

METRO *Life*

The Portland Observer

SECTION B

Community Calendar

Calling SEI talent!

The Self Enhancement, Inc. Pamplin Fellows are seeking youth acts for their first annual Talent Showcase to be held Saturday, March 29, 1997. Special guest judge for the showcase will be Portland's very own rap recording artist Cool Nutz. If you feel you have what it takes, auditions will be held March 18 and 19 in the Benson High School auditorium from 4:00 pm to 7:00 pm. You must call the SEI Pamplin Project hotline at 249-1721 ext. 325 to schedule your 5 minute audition. Space is limited, so call today.

Public can see first cloned vertebrate

University of Oregon scientists are inviting the public to see the first cloned vertebrate at an open house in the UO neuroscience laboratories from 10 a.m. to 1 p.m. on Saturday, March 22, at Heustis Hall, 1425 E. 13th Ave. Visitors will have the opportunity to view research first hand by taking elective tours of approximately 15 laboratories conducted by neuroscience researchers.

Free meditation instruction

Authorized representatives of Sant Thakar Singh will be offering a free program which includes instructions for the inner Light and Sound meditation. This process, which brings inner peace, can be learned by young and old alike regardless of faith, religion or lifestyle. Saturday, March 22nd 1:00 p.m. Gresham City Library 385 NW Miller.

Class on business management

If you are a salesperson, a manager, or hire people, come spend 1 1/2 hours FREE of charge and learn how to develop intuitive skills to improve your decision-making abilities. The seminar will be offered on two separate dates: Monday, March 24th at Silver Cloud Inn: 2426 NW Vaughn from 9:30 a.m. - 11 a.m. This class is being offered by Faye Pietrokowsky, MS, an instructor at Marylhurst College and owner of Inner Design and Crystal Ball Production. Call 221-2123 to reserve your space.

Registration opens for Oregon Writers' Workshop classes

Registration has begun for Spring Term classes at Oregon Writers' Workshop. Taught by well-known Oregon writers, the evening (10 weeks) and weekend classes are open to people of all skill levels who wish to make a serious commitment to writing.

Spring Term Faculty: Lane Browning, Andrea Carlisle, Christopher Howell, Angie Jabine, Peter Marsh, Doug Marx, Sallie Tisdale, and Susan Whitcher.

Spring Term Course Offerings In: Fiction, Personal Essay, Poetry, Children's Writing, Freelance Journalism & Feature Writing, and Creative Nonfiction.

Classes begin the week of Monday, April 7, at the Pacific Northwest College of Art, 1219 SW Park Avenue and the Mountain Writers Center, 3624 SE Milwaukie Blvd. For more information, call 241-8922.

African Mental Liberation Weekend

On Friday, Saturday and Sunday nights, March 21-23, KBOO (90.7FM) hosts the fourth annual collection of programs honoring African Mental Liberation. This cultural broadcast consists of African scholars, thinkers and historians featured in a wide spectrum of taped interviews and lectures.

SUBMISSIONS: Community Calendar information will be given priority if dated two weeks before the event date.



Last Saturday Portland minorities picketed to protest disparity of Martin Luther King Jr. Blvd. construction jobs. Members of the Rainbow Coalition (left), and National Association of Minority Contractors, including NAMCO president James Posey (above) picketed the numerous recent construction sites in the community.

Struggle isn't bad

BY SANDY HERDER

A butterfly's struggle inside the cocoon makes its wings strong.

What a powerful message! This is a belief I hold true to my heart, it has given me strength and determination especially after my tragic car accident ten months ago.

I will begin my story at the scene on April 12, 1996 at 8:00 a.m. It was a pretty cold day to be wearing a sarong (which is a Hawaiian wrap) and sandals, a Hoku (a flower wreath head band) and a dozen shell necklaces, but this was the big day for 25 first graders along with their teacher me, Mrs. Herder. We were ready for our Hawaiian day's assembly, we had devoted almost a month to learning about the culture through songs, books, music, and dance. My mind was busy going over details on how to introduce the seven hula dances. I commute 25 minutes each day one way to work. It so happened on this morning on a four lane bridge, the Fremont Bridge on Interstate-5, there was a stalled jeep in the third lane. Of course I was unaware of this for I drove a small Volkswagen Jetta and the fogged windows didn't help either. The car in front of me barely swerved out from behind it and almost caused an accident to my left as the car behind him let out a long horn. As my view became clear I had no time but to put my brakes on. The next thing I knew I looked up to see my windshield shattered into hundreds of pieces. I also remember a head indentation in the glass, heavy with blood. It seemed like an endless amount of time for someone to stop and see if I was all right. I tried to get out of the car but the traffic was whizzing by me so fast, so instead I pressed my horn because of the pain I felt in my two legs. I prayed out loud to God that my knee bones would not be protruding out. As I looked down the whole front of my car was caved in on my legs, but praise God, just a bleeding knee. First to arrive was a nurse who was off duty and a paramedic. (By the way who-ever and where-ever you two are thank you, thank you for being there until the ambulance came.) Another blessing at this time is that the hospital was just 5 minutes away. As the paramedics wrapped my head in a plastic foam brace they pressed against my wound and I blacked out in the ambulance. I was awakened by the ajar of the paramedics lifting the cot from the ambulance. All that I murmured was that I had to go to school, 12 teachers were waiting to practice one last time before the grand show.

I did not know how bad my injuries were until I woke up later that afternoon. My husband was first to arrive at 9:00 a.m. He was very calm and supportive. Bless my support-



Sandy Herder

ive and caring staff members at Woodlawn Elementary, my principal canceled appointments and was there at the hospital by 9:30 a.m. sixteen staff members came to comfort me. I was still incoherent from being sedated. I remember asking for a mirror and my dear friend told me there wasn't one around.

“I did not know how bad my injuries were until I woke up later that afternoon...I was still incoherent from being sedated. I remember asking for a mirror and my dear friend told me there wasn't one around.”

The next morning my head was throbbing but I finally was alone and could open the desk mirror and take a peek. I immediately felt ill again as I saw a large six inch laceration starting from the top of my forehead down and across both eyes, not to mention a nick out of my nose along with dozens of glass cuts. This was just the beginning of my struggle to be strong.

Born and raised in Hawaii I came to Oregon in 1986. As I attended the University of Portland in Oregon I was a contestant in several pageants where I took home a title, placed as runner-up, attended one National voted as Miss Congeniality, along with various other awards. I enjoyed pageants.

I received some scholarship money but it also got me involved in the community and

state. It opened the door for many opportunities and I also learned a great deal about myself. In 1989 I married a local Oregonian Rob Herder and today we share two beautiful children. Hayden-5 years and Eldon-2 years. I had put my pageant and modeling days aside for six years. Then, just as I was beginning to update my portfolio with recent pictures and also had the title of Ms. Oregon US of A 1995 this had to happen. Life seemed so unpredictable. Five months early I was competing at the Ms. US of A Nationals and now I could barely raise my head to the salesperson at the store.

Now ten months later as I look back I can honestly say that everything that happens in life, it happens for a reason. Through eyebrows and eyelashes missing, to my right eyebrow losing its nerve to go up and down with my facial expressions, to a chunk of tissue missing from my left nostril, to dents in my forehead from a error of steroid treatments. I have been through two surgeries to my face and have come back to face daily life with nose bandages to a red face from Laser resurfacing. (All in which was paid for by a referral from the health provider that caused the indents to my scars on my forehead and upper bridge to my nose.) Everything fell into place and through it all I have gained so much. 1.) the power that comes from inside. 2.) The determination that things are going to get better and to make the most of where I am at now. So many times you may say to yourself if only I was 10 pounds lighter, if only I had a clear face in a time of pictures, if only my hair would cooperate. How many times I wished for those situations instead of spending most my time drawing my eyebrows even, with an eyebrow pencil or trying to disguise my red scars, especially the bumpy one on the side of my nose.

If I were asked this question in a pageant "If you could go back and change one thing in your life what would it be?" I would not choose to erase my car accident. This has been the most moving lesson in my life and I feel I also have a wonderful opportunity to witness to students and people where ever I go the power of attitude.

February 24, 1997, Ten months after my car accident I am presently holding the title of Mrs. Portland and will be competing for the Mrs. Oregon International this coming May 17, 1997 at the Hult Center in Eugene, Oregon. As I sit here and type this on my computer it was a great day at school being it was my first day back with a burned face and a white gauze bandage over my whole forehead and entire nose. My Kindergartners gave me big hugs and reminded me that I said I was only going to be out two days, not four.

Massive Clothing Liquidation at Coliseum

Thursday, March 20 kicks off four bonanza shopping days for bargain hunters. The biggest liquidation sale ever to come to town will open at Portland's Rose Quarter Coliseum Expo Hall.

Apparel Designer Zone, Inc. expects to clear 100,000 items and clothing from some of the biggest fashion names in U.S. merchandising including items from America's largest jean and casual clothing company and from America's number one intimate apparel catalog along with designer fashions from Macy's department stores.

Portland shoppers will discover a fortune in this retail clearance bin, saving up to 90% off retail prices. The massive liquidation sale will run for four days from 10 a.m. to 9 p.m., Thursday and Friday March 20 and 21, and 10 a.m. to 7 p.m., Saturday and Sunday, March 22 and 23.

San Diego entrepreneur Ben Badiee, owner of Apparel Designer Zone, Inc., has produced more than 400 of these shows for the world's biggest and best retailers, designers and department stores. "For the past nine years retailers who wouldn't think of having their merchandise end up outside of the traditional retail environment have allowed ADZ to turn their over-production garments into extra cash," explains Badiee.

Badiee added, "Unlike dealing with discount retailers, the companies do not have to wait months before they receive payment. They receive a fair price for their merchandise and don't feel as if the items have been 'compromised' by being highlighted at a discount retailer."

Badiee's concept is simple. Apparel Designer Zone Inc. eliminates the middle man. Without the overhead of traditional retailers, the company can offer better prices. Traditional retailers "have to pay leases, employees and advertising 365 days a year; I do it a week at a time. It's a win-win situation for everyone involved," says Badiee. He added, "Executives from stores I work with are pleased because they get their money immediately after each sale. The public simply can't purchase this type of merchandise at these prices anywhere else. That's the bottom line."