

METRO *Life*

The Portland Observer

SECTION B

Community Calendar

Bicycle Trek weekend

Cyclists will pedal for three days along the rivers, vineyards and mountains of the beautiful Willamette Valley between Mt. Angel, Salem and Champoeg during the Sept. 19-21 Oregon Bicycle Trek. The event raises money for the American Lung Association of Oregon. Registration deadline is Sept. 12. For information call 246-1997.

Do the right thing

Free T-shirts will be given to the first 1,000 people registered in a march on Saturday, Sept. 20 to celebrate youth who are "doing the right thing." The march will begin at the Urban League of Portland, 10 N. Russell at 8:30 a.m. and then head to Jefferson High School for free food, games, prizes and a bookfair at the North Portland Library. Call 280-2600 to register.

Kids learn basics

Boys and girls can learn the basics of several sports at Saturday camps offered by Vancouver-Clark Parks and Recreation. Included are floor hockey, youth golf, fun and games and sample sports. Times and locations vary.

Downtown sounds

Free Downtown Sounds luncheon concerts in Esther Short Park in Vancouver continue with Jane Doe on Sept. 10 and the James Blackburn Trio on Sept. 17. The concert series is sponsored by the city of Vancouver and Columbia Credit Union.

Candlelight dinner

The Rexall Rose Cafe & Theater will be putting on its first Candlelight Dinner Shows in the Rexall Rose Theater, Thursday, Sept. 11 at 7 p.m. You'll see performances by Portland's Strawberry-pop rock music with a powerful delivery of soulful lyrics and expression by the band's singer/songwriter Stacie Jane, followed by Skin, a band with a swing stomp melodic talk dance groove.

Learn to save a life

Adult CPR is offered at the American Red Cross, 3131 N. Vancouver Ave. Sunday, Sept. 7 from 12:30 p.m. to 4:30 p.m. The course teaches how to care for an adult who stops breathing or is choking, give CPR, use the emergency medical services system effectively, reduce the risk of cardiovascular disease, recognize the signals of heart attack and reduce the chance of cardiac arrest. To register call 280-1440.

Tour Newport

A bus tour to Newport departs the Hollywood Senior Center, 1820 N.E. 40th, Wednesday, Sept. 24 at 8:30 a.m. and returns at 6 p.m. You'll see Keiko the killer whale at the Oregon Coast Museum and explore the Log Cabin Museum and Burrow House Museum. Cost of the tour will be \$58.

Party at the Pittock

Single adults of all ages are invited to celebrate National Singles Week at an elegant soiree on Friday night, Sept. 26 at the Pittock Mansion in northwest Portland. The event features complimentary hors d'oeuvres and a guided tour of the mansion, followed by live music and socializing. The cost is \$20 advance and \$30 at the door. Call 231-9101.

Safari at the Zoo

Free admission and train rides for seniors and their escorts will take place on Senior Safari Day at the Washington Park Zoo, Sept. 16 from 9:30 a.m. to 3 p.m. There will be refreshments, entertainment, animal feedings, sidewalk zoo with pettable animals and more.

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

New housing coming to Alberta district

Construction marks transition from abandoned eyesore to neighborhood rebirth

A cornerstone will be laid for the foundation of the newest and biggest construction project so far by Sabin Community Development Corp. during a ceremony Thursday at 5 p.m.

Where there had once been an abandoned building that was an eyesore and a nuisance to the neighborhood, by this spring there will stand an 11 unit housing development with Sabin CDC's new office space in a storefront below.

The project is called Otesha Place. Otesha is Swahili for "to grow from the earth and build a dream."

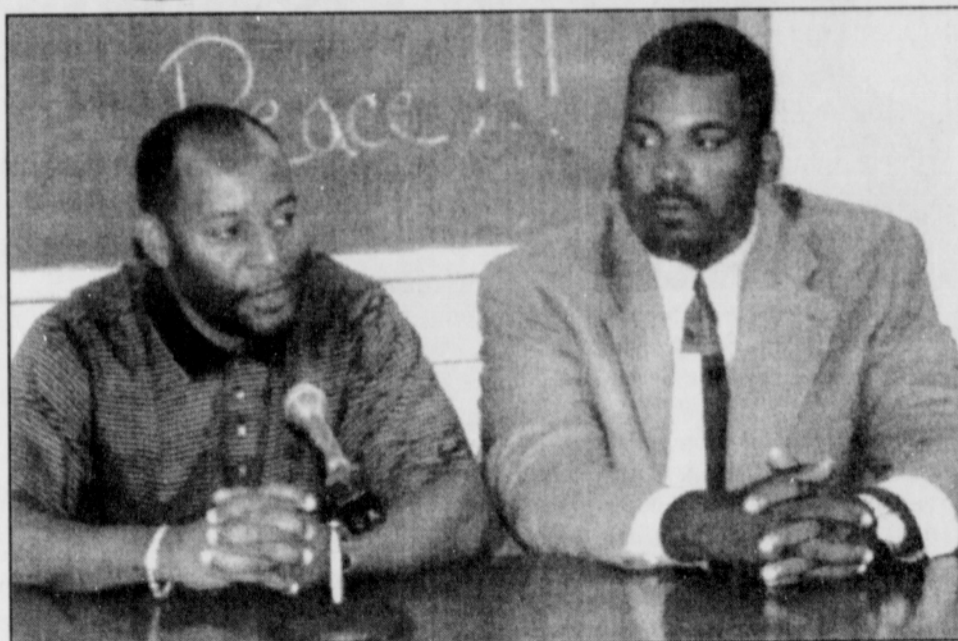
"This name reflects the community-based efforts to revitalize Northeast Alberta Street that Sabin CDC has led for the last two years. It also reflects Sabin CDC's focus on involv-

ing diverse local residents in improving their own neighborhood," said Jane Ediger, Sabin CDC's Property Development Director.

The community is creating a mural along one side of the building called, "Hands On Alberta," to feature multicolored hand prints bearing the names of people who have contributed to the "Giving a Helping Hand" campaign. The mural will surround a community bulletin board.

The 11 apartments in Otesha Place will house low-income tenants. Four of the units are designed to be handicapped accessible. The design includes a central courtyard with a playground and community space.

Sabin CDC officials say as with other newly remodeled buildings along Alberta Street, color is a significant feature of the building. The body of the building will be English pine with trim of blackberry swirl and indigo night.



Increase The Peace

Tony Hobson of Self Enhancement, Inc. and Johnny West of Nailah Entertainment, support positive role models for kids, during a press conference to kick-off Increase the Peace., a basketball tournament to promote opportunities for youth and adults and promote self-respect, held over the Labor day weekend at Concordia College in northeast Portland.



From left to right: Iris Bell, State Rep Margaret Carter; her daughter Emmaly Williams and Cletus Moore at the American Black Chiropractic Assoc. Convention

Portland Embraces Black Chiropractic Convention

Addressing the need for more minority health care professionals in Oregon, State representative Margaret Carter (D) welcomed more than one hundred attendees of the American Black Chiropractic Association (ABCA) to Portland. Hosted by Western States Chiropractic College and the City of Portland, ABCA convention attracted national participation.

With just four black chiropractors in Oregon and Washington, Representative Carter invited convention participants to encourage others to follow in their footsteps by pursuing a career in health care.

"There is a tremendous urgency for more African-American chiropractic physicians in our communities. As successful chiropractors, you are in an ideal position to reach out to others who can make a difference. Look for the best and brightest and serve as an inspiration to them. Mentoring students can help ensure their success. Often it takes just one adult showing interest in a young person to help them make a positive choice," explained Representative Carter.

She reported that minority health care professionals are reaching out, citing a report that shows minority graduates mentor

66 percent more than the majority and are twice as likely to be involved in community health screenings.

She also listed national statistics that report African-American providers care for nearly six times as many African-American patients as do non-African-American providers. If those numbers are to be reflected locally, more health care professionals must make their home in Portland, says Representative Carter.

"Former Governor Tom McCall once had signs posted on the entrance to Oregon saying, 'Welcome to Oregon. Enjoy your visit, but don't stay.' This is no longer the case. I am here to tell you there is a life for us 'out West.' I encourage you to seek opportunities in our great state."

Oregon's chiropractic college, Western States Chiropractic College (WSSC), was named Chiropractic College of the Year by ABCA members.

Western States was honored for its commitment to the association and its efforts to bring the convention to Portland. The college sponsored a tour of its campus in northeast Portland and hosted a luncheon for nearly one hundred conference attendees at the Riverside Golf and Country Club.

WSSC President William H. Dallas, D.C., spoke about the college's pledge to seek and support African-American students as they pursue an education at Western States. "There's a critical need for diversification on the WSSC campus and we are determined to answer that call."

We welcome the support the ABCA can give us in reaching that goal."

Other convention participants included Roy Jay, chief executive officer at Oregon Convention Services; Iris Bell, board member at Western States; and Jo Ann Bowman, State Representative (D). Cletus Moore, WSSC director of campus operations and former vice president of the Urban League and WSSC board of trustees chairman James Badge, D.C., of Phoenix, Ariz., also attended.

The ABCA meeting, held August 20-24 at the Portland Marriott, also included installation of new officers. Gloria Niles, D.C., of San Lorenzo, Calif., assumed the presidency from Cal B. Whitworth, D.C., of Boston, Mass.

Western States Chiropractic College, established in 1904, offers both a doctor of chiropractic degree and a bachelor science in human biology. WSSC is accredited by the Northwest Association of Schools and Colleges and the Council on Chiropractic Education.

Successful urban kids in spotlight

'Doing the Right Thing Day' celebrates youth who are showing effort at school, at home and in their community

The Urban League of Portland invites young people and adults to celebrate inner city youth who are "doing the right thing" at a celebration on Saturday, Sept. 20.

The second annual "Doing The Right Thing Day" honors youth who are showing effort at school, at home, and in their community. The goal is to encourage youth to do the right thing and help dispel negative public images of inner city youth.

The day will begin with a march departing from the Urban League at 10 N. Russell St. at 9 a.m. and traveling down Martin Luther King Jr. Blvd. to Jefferson High School's football field at North Killingsworth and Kerby.

Opening ceremonies at Jefferson begin at 10:30 a.m. A youth talent showcase and booth displays by community organizations takes place from 11 a.m. to 3 p.m. The first one thousand people to register for the march will receive a free T-shirts. The elementary school, middle school and high schools that bring the most students will receive a \$1,000 grant.

A \$1,000 grant will also be made to the PTA/PTO that registers the most parent marchers. There will also be cash prizes for the student talent contest.

Book fair boosts reading skills

Children and families are invited to a free Children's Book Fair during the Urban League of Portland's upcoming "Doing the Right Thing Day."

The goal of the Sept. 20 fair is to promote and interest in reading for young people in grades pre-school to eight grade and their families.

The event will include activity centers where children will gain stamps to earn a free book. A stage will feature short presentations by "People Who Read".

The book fair is a new component of "Doing The Right Thing Day", a celebration for inner city youth. The book fair's presenting sponsor is Washington Mutual Savings Bank.

For more information, contact Michael Pullen at the Urban League of Portland at 280-2625.