

Albina Head Start in Northeast Portland gets a fresh coat of paint from one of many AT&T workers who put in a day of community service Friday, as a part of the AT&T care program.

Photo by M. Washington



Play tough, play Tonka, was the message at the Hollywood West Fred Meyer last weekend. With a real life size semi-truck (above), and child size (below).

Photo by M. Washington



## African-American Seniors Are Urged To Get Flu Shots

As New Data Shows They Are Less Likely to do So; Black Colleges Join Government In Flu Outreach Efforts

The U.S. Department of Health and Human Services urges African-American seniors to get their 1997 flu shots, as new figures released by the Centers for Disease Control and Prevention (CDC) show that the adult African-American immunization rate is far below the national average.

In 1995, 58.1% of American overall received their influenza shots, but only 39.3% of African-Americans reported receiving their flu shots. And while 35.6% of all seniors age 65 and over reported receiving their pneumococcal shots in 1995, only 19.7% of senior African-Americans received the vaccine, the CDC said recently.

Failure to get flu and pneumonia shots puts seniors at unnecessary risk for complications of illness that lead to as many as 60,000 deaths every year.

"We've seen a slight increase in vaccinations among African-

Americans, but health care providers and communities need to make an extra effort to close that gap and keep the overall number of older Americans receiving flu shots going up," said CDC Director Dr. David Satcher.

This year, Historically Black Colleges and Universities (HBCUs) are a crucial part of the strategy to increase adult immunization rates among African-American seniors. Eleven institutions in eight states are participating in a program called Horizon Partners.

For more information about receiving a flu shot covered by Medicare, contact: 1-800-638-6833. For more information about influenza disease and CDC's recommendations for influenza vaccinations, telephone the CDC National Immunization Information Hotline (800) 232-2522, English.

## Kennedy school's unsung hero

Continued from Front Metro

The McMenamin bid won out over 12 other proposals, in part because the task force trusted the brothers to carry through. At a public meeting attended by 130 people, it received overwhelming support.

However, there was an obstacle: The property's residential zoning. Harrison and his staff proposed a zone change as part of a larger re-

zoning package that, among other things, called for higher density infill development in the area. There was strong community opposition to this and Harrison withdrew it, leaving an isolated "spot" rezoning for the Kennedy property in violation of the bureau's own policies.

The Portland Planning Commission rejected the proposal. Shortly thereafter, City Council, prodded by neighborhood phone calls, asked

them to reconsider. Taking the hint, most of the commission went along.

Looking at the finished result of the process, Fossum told the gathering, "If the neighborhood, the government and the private sector all get together and draw boundaries around what they want to see, this is what you can accomplish."

As for Darby, she told the Observer the next day, "I can't stop smiling. I'm delighted."

## No Longer Waiting to Exhale

By Prof. McKinley Burt  
Super-committed Phile Chionesu, founder of the 'Million Woman March and long in preparation for this momentous day - studying early childhood education, pre-law and theology, and a mother - successfully carried off this gathering of an ebony gender whose time has come.

Ably assisted by a cadre of equally dedicated co-founders, this charismatic woman was able to assemble over a half-million black women along Philadelphia's historic Benjamin Franklin Parkway.

And on this Saturday, October 25, 1997 which shall prove equally historic in American history, came as we said last week - not to atone or to apologize - but to celebrate their unity in defining and implementing an agenda of family, children, education and economics.

They will do it too - are you going to help brothers, or are you still searching for your identity?

Tens of thousands of marchers from historically African American colleges, hundreds of thousands of 'neighborhood folks' and other tens of thousands of career and professional women all came together to plan and build new community structures, new pyramids if you will.

In the bibliography that closes this article it is obvious that I heard the plea of the woman in the reader's column of the November, Essence Magazine; "whatever we call ourselves... its essential to be educated about the long history of Black women in the struggle for gender equality."

You got it lady and I faxed a copy to you in care of the magazine (much longer)

it was very reassuring to be informed that those who could afford the time and/or money stayed over to conduct important workshops dealing with wage and promotion disparities (glass ceiling dilemma), techniques for getting young black females motivated for science and technology courses, and very importantly, small business workshops - a desperate need in an era of mergers, lay offs and cut backs.

And speaking of "Waiting To

Exhale", several groups from California and New York combined to discuss and develop strategies to remedy the lack of meaningful roles for black actresses.

In fact, there was a news service report on this very situation on page C3 of Monday's Oregonian.

I wish the ladies all success and goodspeed, and I further hope that a goodly number of black males will be shaken out of their legarthy and inspired (shumeed) into covering in an equally structured and organized manner.

And, now, for that promised bibliography. First, some late words on 'woman power' found at 'Reflections Bookstore'.

\* "Sister Power: How Phenomenal Black Women Are Rising To The Top", Patricia Reid-Meritt

\* "Straight, No Chaser: How I Became A Grown-up Black Woman," Jill Nelson (author of "Volunteer Slavery")

\* "Sistahs, Rules: Secrets for Meeting, Getting and Keeping a Good Black Man", Denene Millner.

And there are those classic basic contributions to our understanding the forces that shaped the black women who march today.

\* "Labor of Love, Labor of sorrow: Black Women, Work and the Family From Slavery to the Present," Jacqueline Jones, Vintage Books Edition, 1986. "Crucial to Our Understanding of The Black Family Today." Recommended by Toni Morrison, Coretta Scott King, Henry Louis Gates.

\* "The Black Woman, an anthology", edited by Tony Cade Mentor pb, 1970. Many classic articles and essays on race, politics and society (a brilliant and challenging assembly of voices that demand to be heard).

\* "Black Women in Antiquity" Edited by Ivan Van Sertima, 1985. From the great queens of Ethiopia and Egypt and Nubia to African women who contributed so much to early Europe.

Write or call Dr. Ivan Van Sertima, Africana Studies Dept. Rutgers University, New Brunswick, N.J. 08903



Finding the perfect pumpkin is part of the fun of halloween for Khadijah Harden and her mom l'eisha Parker.

Photo by M. Washington

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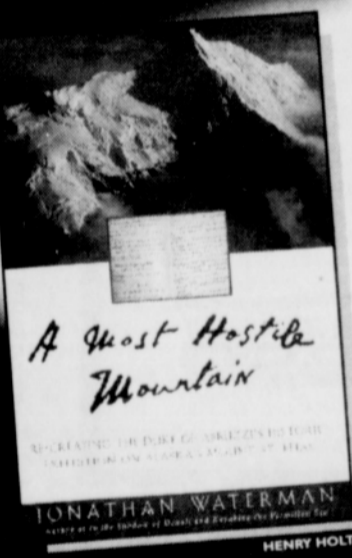


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Re-creating the Duke of Abruzzi's 19th century expedition on Alaska's Mount St. Elias, Jonathan Waterman's *A Most Hostile Mountain* is a riveting mixture of adventure and painstakingly researched history - a homage to a long-dead prince, all told with the emotional force of personal memoir.

The Portland Observer Newspaper

in it's Celebration of Diversity

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