

METRO *Life*

The Portland Observer

SECTION B

Community Calendar

Heart and Soul

Open the heart and celebrate the soul. People of all faiths are welcome to open their hearts and celebrate their souls through ritual and ceremony, drumming and dancing, prayer and meditation, storytelling and fellowship. The ceremonies are designed and facilitated by Reverend Kate Verigin. Meetings are every Friday at 7-8:30PM. Call 256-9833.

Too Sensitive?

Do you have a keen imagination and vivid dreams? Is time alone each day as essential for you as food and water? Do noise and confusion bother you? The author of *How to Thrive When the World Overwhelms You* by Dr. Elaine Aaron will be at Borders on Thursday, January 29 at 7PM. Call 220-5911.

Free Women's Clinic

Women, have you ever wondered what natural health care can do for you? Now you can get a free check-up and learn about naturopathic health care on Saturday, January 24, from 9AM to 1PM at the teaching clinic of National College of Naturopathic Medicine, located at 11231 SE Market Street. There is no cost for the Physical exam and any lab work will be performed at cost. Call 255-7355 today to reserve your appointment.

Free Acupuncture treatment

The Oregon College of Oriental Medicine is offering free acupuncture for neck, shoulder, back and joint pain. It will be held on Saturday on January 31st. All clinics are walk-in clinics, open from 9-11AM. The clinic facility is located at 10541 SE Cherry Blossom Drive (just east of Mall 205). Call 254-3566.

Linden Rhapsody

Hal Linden will be performing with the Oregon Symphony Orchestra on January 31 through February 3 at 8PM. An additional matinee is scheduled for 3PM on Sunday, February 1. The Arlene Schnitzer Concert Hall's Portland Center for the Performing Arts is located at South West Broadway and Main.

Learn About Theatre

Young teenagers ages 11-13 can learn performance skills for musical theatre. Students will work on character, movement, song and how to integrate the scene leading into a song. There will be a mini presentation at the end of the session. The class is offered on Saturday, February 7-April 4 from 10:30-12PM. Call 635-3901.

Free Well Child Clinic

You can give your child the Valentine of a free health check-up and learn about naturopathic health care on Saturday, February 14 from 9 to 1PM at the teaching clinic of National College of Naturopathic Medicine, located at 11231 SE Market Street. Call 255-7355 now for your appointment.

Ballet Auditions

The School of Oregon Ballet Theatre will hold open auditions for its 1998 Summer Dance Program on Saturday, February 14 at 11AM, at The School of Oregon Ballet Theatre. The audition is for boys and girls ages 11 through 20. A \$10 audition fee and a photograph, of girls on pointe in first arabesque and boys on releve in first arabesque, are required to audition. Call 227-0977.

Harlem Globetrotters

The Harlem Globetrotters will be playing at the Rose Garden Arena on Saturday, February 21st at 1PM. Tickets are available at the Rose Quarter Ticket Office and TM outlets or by phone at (503) 224-4400.

Hear Our Voice

Four deaf authors will speak about their life experiences in a hearing world in "Hear Our Voice-Deafness Explained." The event, presented by Tucker-Maxon Oral School, is at 7:30PM on Thursday, February 26, 1998, at the First Congregational Church in downtown Portland.

Albina Ministers Plan For Diabetes Sunday



Ruby Houghton (left), chairperson for Portland's Diabetes Sunday, and her mother Ruby R. Denson (right) joined their minister, Dr. James E. Martin at the Albina Ministerial Association breakfast.

(Photo by Neil Heilpern)

BY NEIL HEILPERN

Albina Ministerial Association clergy want their congregants to take care of their bodily

temples of God and plan to give that message early February when they conduct Diabetes Sunday at their respective churches.

The association met Friday to discuss the upcoming event, scheduled to be held at various churches either Feb. 1 or Feb. 8.

Ruby Houghton, American Diabetes Association's Oregon event chairperson, called the diabetes event "special and sacred," noting that "my reason for serving is that God called me in support of my mother who has diabetes and my grandmother who died of complications from diabetes.

A prayer written by her mother, Ruby R. Denson, will be read in various churches as part of Diabetes Sunday. It contains biblical passages that relate to "each ailment I encountered," she said.

Houghton showed a video and distributed literature which described the disease as one that especially hits African-Americans and other American racial minorities. The video talked of "high blood pressure, hypertension, food high in calories and loaded with saturated fats and sugar -- bed fellows with diabetes."

Rev. Lynne Smouse Lopez, of Ainsworth United Church of Christ, which held a similar event last year, said her parishioners were "in awe when they saw how many people were touched by diabetes. Many got tested right after hearing the symptoms."

Rev. T. Allen Bethel, of Maranatha Church, urged fellow ministers to recognize the symptoms and have on hand some unsweetened orange juice or mints in case a congregant has a diabetes episode while at the church.

Denson told of her denial about having the disease when she was first diagnosed.

"I told myself I am a strong woman of faith and God wouldn't give me diabetes, and I told him so," she said. "Guess what! the symptoms kept coming."

The turning point came when her daughter said, "Mother, if you don't have diabetes, God can't heal you of diabetes."

"Take care of yourselves," Denson told the clergy.

"Be tested and find out if you have it. If you do, treat it and God will not be unfaithful."

Leaders Applaud MLK During Birthday Breakfast

BY NEIL HEILPERN

Local labor leaders gathered in southeast Portland last week to acknowledge Dr. Martin Luther King, Jr. for his efforts on behalf of minorities and the ongoing struggle for equality in the work place.

"He always supported the labor movement and was supported by the unions," said Glenn Schuck of the Labor Community Service Agency. "He has left us with a foundation for all people. I know my life is better because of Martin Luther King."

Emory Via, director of the labor education research center at the University of Oregon, recalled working with Dr. King in 1956 on racial relations efforts in Montgomery, Alabama.

"When we shook hands he asked where we met before," said Via, who remembered when they were both students at different colleges attending an intercollegiate forum where black and white students "met and learned that there are people of good will on both sides of the racial divide."

Their goal was to "end segregation, push prejudice out and let understanding in," said Via.

"It is risky to speculate what Dr. King would say the next step is," he said, noting King would have been interested in the problem of poverty in the inner city. "Without economic hope, it is difficult to see the masses of this country rising above their conditions. His task and our task is unfinished."

Ron Fortune, of the Northwest Oregon Labor Council, recalled the dream of the late Bill and Gladys McCoy to have a statue of Dr. King on MLK Blvd. Pointing to a miniature of the statue that will soon be erected in front of the Portland Convention Center, he noted that various Portland labor organizations had donated \$2,800 for the project.

The finished MLK statue will stand eight feet tall, showing a little girl tugging at Dr. King's coat, a young man and a young



Admiring a miniature copy of the MLK statue are (L-R) Oregon Rep. Margaret Carter, Glenn Schuck, Emory Via and Betsy Bruman.

(Photo By Neil Heilpern)

woman ready to go to work.

Betsy Bruman of the MLK statue organizing group board, noted they were only \$20,000 away from the \$175,000 goal to design, build and place the statue.

"A dream is a dynamic force which continues on and on," said Oregon Rep. Margaret Carter. "It is up to people who are part of that legacy to keep it going."

She called the week's MLK activities a "celebration of the man and his philosophy." "Then she asked, "What does it mean in each of our hearts to celebrate a philosophy?"

"We paid a big price fighting bigotry, hatred and violence," she said. "But, just because you (individually) may have arrived,

doesn't mean the masses have arrived."

Carter said issues such as raising the minimum wage were an integral part of people living out their dreams. She said it was necessary for "people of good will to come together. Even during slavery there were good whites who hid slaves in the cellar."

"At the time of his assassination, Dr. King was supporting labor," said Carter. "We should care about workers in this country." Labor and civil rights movements had the same enemies and were both working for better working conditions, she added.

If King was alive he would be "unhappy with welfare reform legislation where people are forced to work at low wages, with few health benefits and

no retirement benefits," she added.

The "I Have a Dream" speech "wasn't the only important thing about the March on Washington," said Robert Williams of the A. Philip Randolph Institute. Recalling walking alongside King, he said, "It was also about work, peace and justice."

Before offering the benediction, Rev. Curtis B. Kirkpatrick, of Hughes Memorial United Methodist Church, said, "thanks to labor for remembering someone who was in the breach."

The group held hands and stood in a circle while Carter led them in "We Shall Overcome," the song which has inspired many people in the civil rights movement.