

METRO *Life*

The Portland Observer

SECTION B

Community Calendar

PCC Job Fair

The PCC Cascade Campus is having a job fair which promises to have 100 employers in industries ranging from the food and beverage to construction and health careers. "Be prepared and dress for success," said Ed Joseph of the PCC Cascade Campus Skills Center. "Be ready to talk to employers." The event is set for Wednesday, May 6 from 11 AM to 6 PM on 705 N. Killingsworth.

Bowling For Rhinos

Help save the African black rhino, Javan rhino and Sumatran rhino. Bowl with the keepers from Metro Washington Park Zoo at Brunswick Sunset Lanes in Beaverton - two sessions, 12-3 PM or 3-6 PM. All profits from the nationwide event go to the Lewa Wildlife Conservancy in Kenya, Ujong Lulon Preserve in Indonesia and Bukit Barisan Selatan National Park in Sumatra. Call 226-1561, ext. 255 for pledge sheets.

Learn CPR

Red Cross will offer Community CPR at American Red Cross, Oregon Trail Chapter, 3131 N. Vancouver, Portland. The class will be held on Saturday, April 25th, from 8:30 AM to 4 PM. Community CPR, a 7.5 hour course, teaches how to care for an adult, child, or infant who stops breathing or is choking, give CPR, recognize a heart attack, etc. Course fees may vary. Call 280-1440.

Free Acupuncture

The Oregon College of Oriental Medicine Clinic is a non-profit, educational organization periodically offering free clinics. On Saturday, May 9th, treatments are offered for those suffering from stress, insomnia, headaches, and neck and shoulder tension. All clinics are walk-in clinics, open from 9 - 10:30 AM. No appointments are necessary. The new family clinic is located at 10541 SE. Cherry Blossom Drive (just east of Mall 205).

Alberta Street Fair

The first Alberta Street fair is taking place Saturday, May 2. Organizers want to encourage the rest of Portland to come have fun and celebrate the changes taking place on NE Alberta Street. The organizers are currently seeking all types of entertainers including musicians, dancers, jugglers, etc. who want to perform at the event. Call 287-3496.

Mothers and Daughters

"Mothers and Their Daughters" is the topic of a free community health forum presented by Dr. Nancy Salisbury, a gynecologist at Providence Milwaukie Hospital. The event is at 7 PM on Wednesday, May 13 at Providence Milwaukie Hospital in the Mother Gamelin Conference Room. Get help opening the lines of communication at this forum for mothers and their daughters 11 years and older. There will also be an overview of female adolescent health care issues.

Jazz In The Vineyards

There will be an outdoor Jazz concert at the Willamette Valley Vineyards on May 3, from 3 - 5 PM. The Andrei Kitaeff Trio will be playing. General admission is \$8, \$5.50 for students and seniors. There will also be refreshments and wine tasting, wineglass and T-shirt sales prior to event and during intermission. Call 399-5184.

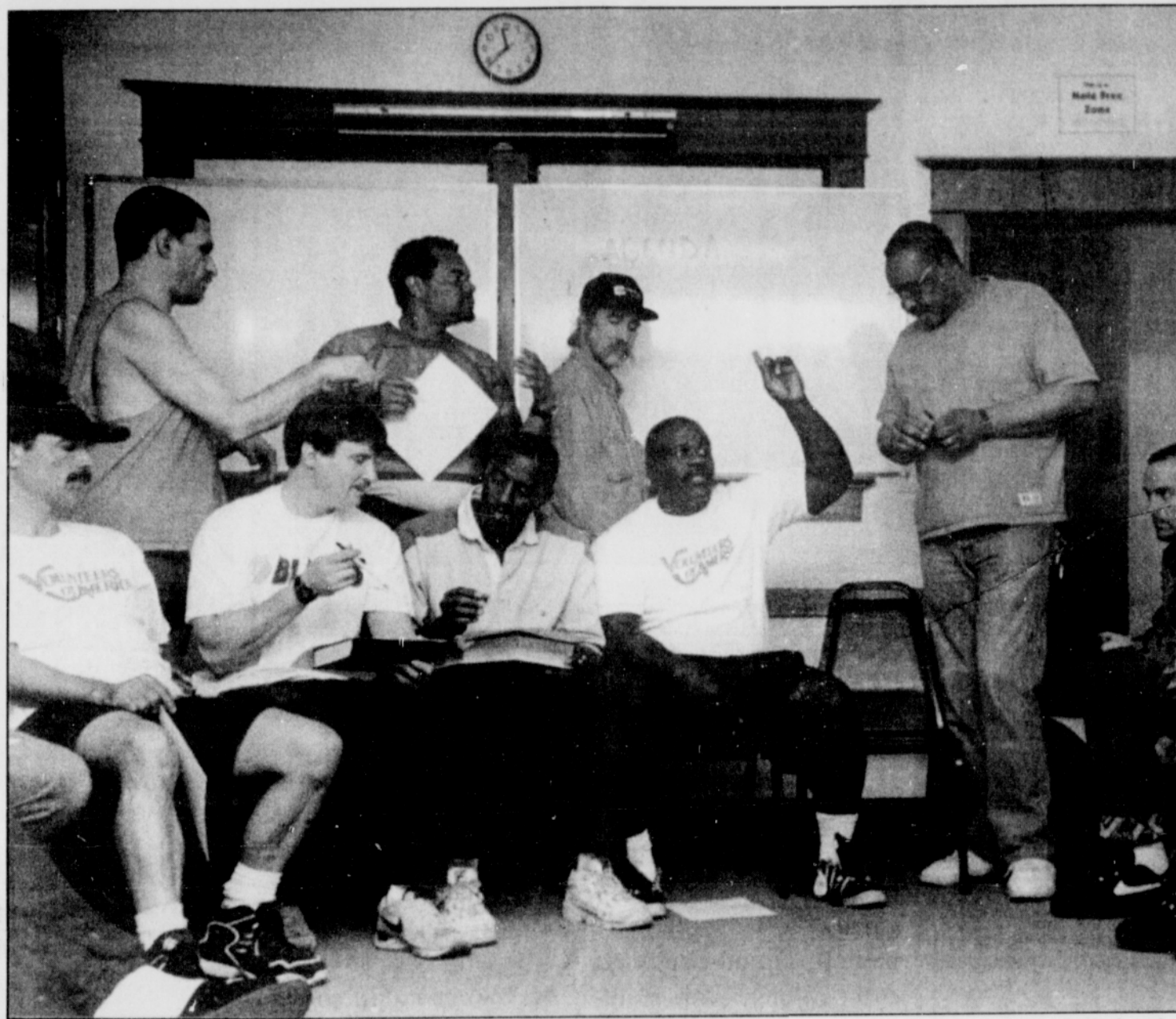
Images Of China

The Interstate Firehouse Cultural Center will be showing a traditional style rod puppetry, infused with classical Chinese opera techniques, performed by Yuqin Wang.

An enchanting program of stories drawn from Chinese myth that depict both traditional and modern-day life in China. The puppets are exquisitely garbed in colorful, authentic Chinese costumes.

Recommended for ages 5 and up. Call 823-2071.

Volunteers of America Facility Helps People In Recovery



Al Forthan (standing near doorway) leads a group of men during a session at the Men's Residential Center, an alcohol and drug recovery program operated by Volunteers of America. Photo by Neil Heilpern

By NEIL HEILPERN

Al Forthan walked into the room and greeted two dozen men whose pasts included drug abuse, violence and crime. Within minutes they were praising each other for cooperative efforts in their community of recovery.

This was Volunteers of America's alcohol and drug program, for many a final opportunity to turn their lives around rather than spend a major portion of their lives in jail.

Forthan understood only too well what these men were going through. Six years ago, after jumping bail on probation and

drug charges, he found himself standing before a judge who asked "What can we do to help you?"

"I was startled, but it made me take a look at what I wanted ...out of the system...out of the lifestyle," Forthan told The Portland Observer.

Forthan became a VOA client. Like many of these men, he had gone through an earlier drug treatment program "just to keep out of prison, but not really interested in change."

Three months into the program he started losing his cravings while embracing the 12 step program and turning his powerlessness over to a Higher Power.

"We use a holistic, balanced, very struc-

tured and intensive treatment program here," program director Greg Stone told The Portland Observer. "At first there is a lot of denial and anger towards the system, because the clients have usually been in and out of trouble their whole lives."

The program includes six months residential treatment and six months outpatient status.

The first 17 weeks are the roughest and most intensive, when clients dive into the 45-50 hours of structured treatment that includes education raps, process groups where they talk about feelings and family-of-origin issues, work on literacy and GED achievements, community services, living skills and other topics.

"We give them the basic tools of recovery," said Stone, including getting past denial, prevention planning, understanding criminal thinking and positive, cognitive restructuring to prevent relapses.

At some point, the clients begin to realize they had adopted a lifestyle that was destructive and they pick up VOA's tools for recovery.

"I've been here four months, after being on drugs and alcohol for 15 of my 32 years," said Ernie Ollison. "This is the longest I've been clean and sober in my life."

He smiled and proclaimed, "The thing that works most is the support you have from the group."

David Davis, who is "33, going on 90," said he is now at the stage where he joins in VOA's community volunteer work, having recently showed visitors around at the newly opened McCoy apartments a few blocks north on Martin Luther King Blvd.

"I've taken so much away from the community and now I want to give back, so I volunteer as much as I can," he said.

VOA clients volunteer for 50 different programs, ranging from chores for the US Forest Service to speaking about their life stories to impressionable middle school students.

The program has helped Robert Donaldson Jr. realize he had "unlimited possibilities" to replace the pot, pills and mescaline that he started taking at age 14 and the heroin and cocaine which followed soon afterwards.

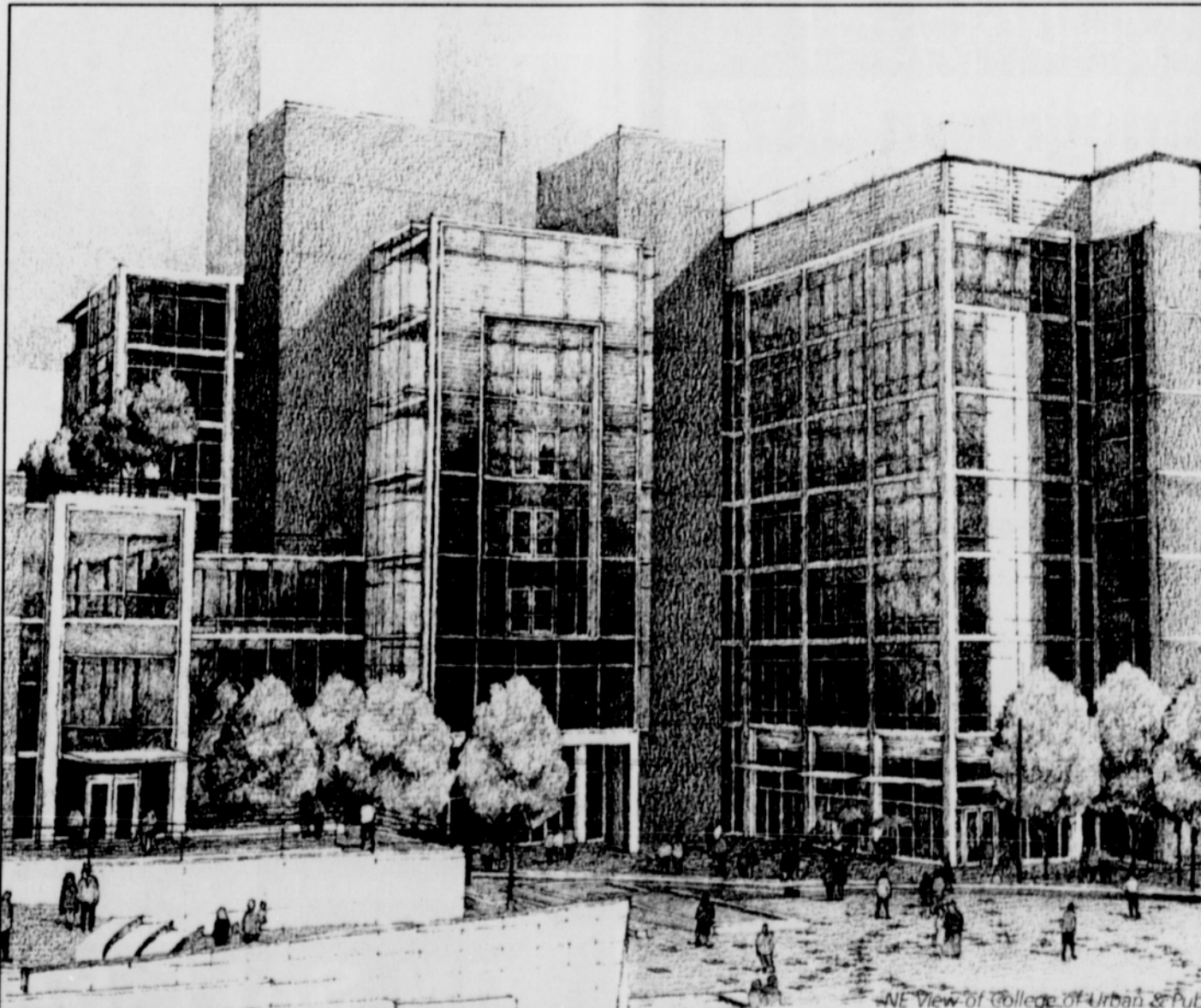
"I didn't think of myself as an addict," he said, noting his 3.4 grade average in high school. The program has grabbed his interest in life and revitalized it. Donaldson is planning to join his sons in a real estate business. "My head is clearing up and I know there is a better way."

One of the surest signs of success can be seen when they have refocused away from their personal plight to stand and cheer for a visitor who introduced himself as a person who was clean and sober for 10 years. They were celebrating another person's success, a good indication they were really "getting it."

What they get, in part, is the message on Forthan's wall: "How I think affects how I feel. How I feel affects how I behave. Worry is a lack of faith."

(For more information on VOA's Men's Residential Center Women's Residential Center call 235-8655.)

State Emergency Board Approves \$3.5 Million



College of Urban & Public Affairs, Portland State University.

For PSU Urban Center Project, Construction To Start This Summer

Portland State University will begin construction of its \$33.3 million Urban Center project this summer, thanks to the State Emergency Board's decision Friday, April 10 to approve the university's request for \$3.5 million in state monies.

The Emergency Board's action solidifies the last portion of state funding toward the project, which will include a new building for the PSU College of Urban & Public Affairs, a distance-learning center, transit center, public plaza and retail space. The Urban Center begins construction in June on the block bounded by SW Market and Montgomery streets, and SW Fifth and Sixth Avenues, at the south end of downtown Portland. It is scheduled to open in late 1999.

Under the agreement reached with the Emergency Board, PSU will receive \$2.35 million in general fund monies.

The remaining \$1.15 million comes in the form of interest earnings in the state treasury's higher education account.

"We're extremely pleased the state Legislature has shown its strong support for this project, which will benefit not only the downtown Portland and university communities, but also residents throughout Oregon," said PSU President Dan Bernstine.

"The realization of the Urban Center project show how public-private partnerships can work."