

METRO *Life*

The Portland Observer

Community Calendar

Origin Of The Family

A weekly study group will use Engel's *Origin of the Family, Private Property and the State* to trace the economic, social and political consequences of humankind's historical journey from the egalitarian matriarchal clan to the patriarchal family of present-day society. It is an ongoing, free study group held on Sunday mornings, beginning on January 10 at the Star E Rose Café (2403 NE Alberta St.). Call 503/228-3090.

Swap Meet

The Portland Macintosh Users Group will hold its annual Swap Meet on Monday, January 11 at the Northwest Neighborhood Cultural Center (1819 NW Everett) at 6:45 PM. The swap meet will feature new and used Macintosh computer-related items for trade or sale. Anyone interested in renting a table space for \$10 should contact Jeffrey Thorns at 285-9563. Admission is free and open to the public.

Vocolot

Congregation Neveh Shalom and the Mittleman Jewish Community Center are proud to present the first Portland concert by the Bay Area a cappella group Vocolot. The concert will be held on Saturday, January 9 at 8 PM at Congregation Neveh Shalom, 2900 SW Peaceful Lane in Portland. Vocolot's repertoire mixes folk, jazz and classical music, creating an innovative sound for the coming century.

Indian Singing

In Other Words is proud to host a reading with Gail Tremblay author of a newly revised collection of poetry INDIAN SINGING (Calyx Books, 1998) on Saturday, January 9 at 7 PM. Tremblay's vision is achingly vivid. Her poetry mourns the death of a lover, the loss of her home, the way our society smothers itself. In this pregnant grief, Tremblay holds the direction to healing: through the old ways, through stories, through travel home.

Memorial Ski Race

Skiers can remember a fellow athlete, have a great time and raise money for valuable eye research all at the same time during the third annual Kyle Curran Memorial Ski Race on Sunday, January 3. The race will be held at the Mt. Hood Ski Bowl. Skiers of all ages and levels are encouraged to participate in this event. Registration for the dual, head-to-head slalom race is \$27. For more information, contact Jonathan Weaver at the Casey Eye Institute at 503/494-3360.

Chamber Orchestra

After a national search, the Rose City Chamber Orchestra is pleased to present visiting conductor Dr. Eric Kujawsky, Music Director of the Redwood Symphony. Dr. Kujawsky has shocked audiences with his bold interpretation of classical music. Come experience this excitement with the Rose City Chamber Orchestra on Sunday, January 17 at 3 PM at the Peace Lutheran Church (2201 North Portland Blvd.).

Free Clinics

Attend one of the free introductory clinics at the Oregon College of Oriental Medicine (OCOM) and learn how acupuncture can help you keep your resolution to stop smoking. The Saturday morning clinics will be on January 9 - 16, from 9-10:30 AM at the Oregon College of Oriental Medicine (10525 SE Cherry Blossom Dr.). The free Saturday clinics this January are part of the community education program of the Oregon College of Oriental Medicine. Call 503/253-3443 ext.208.

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

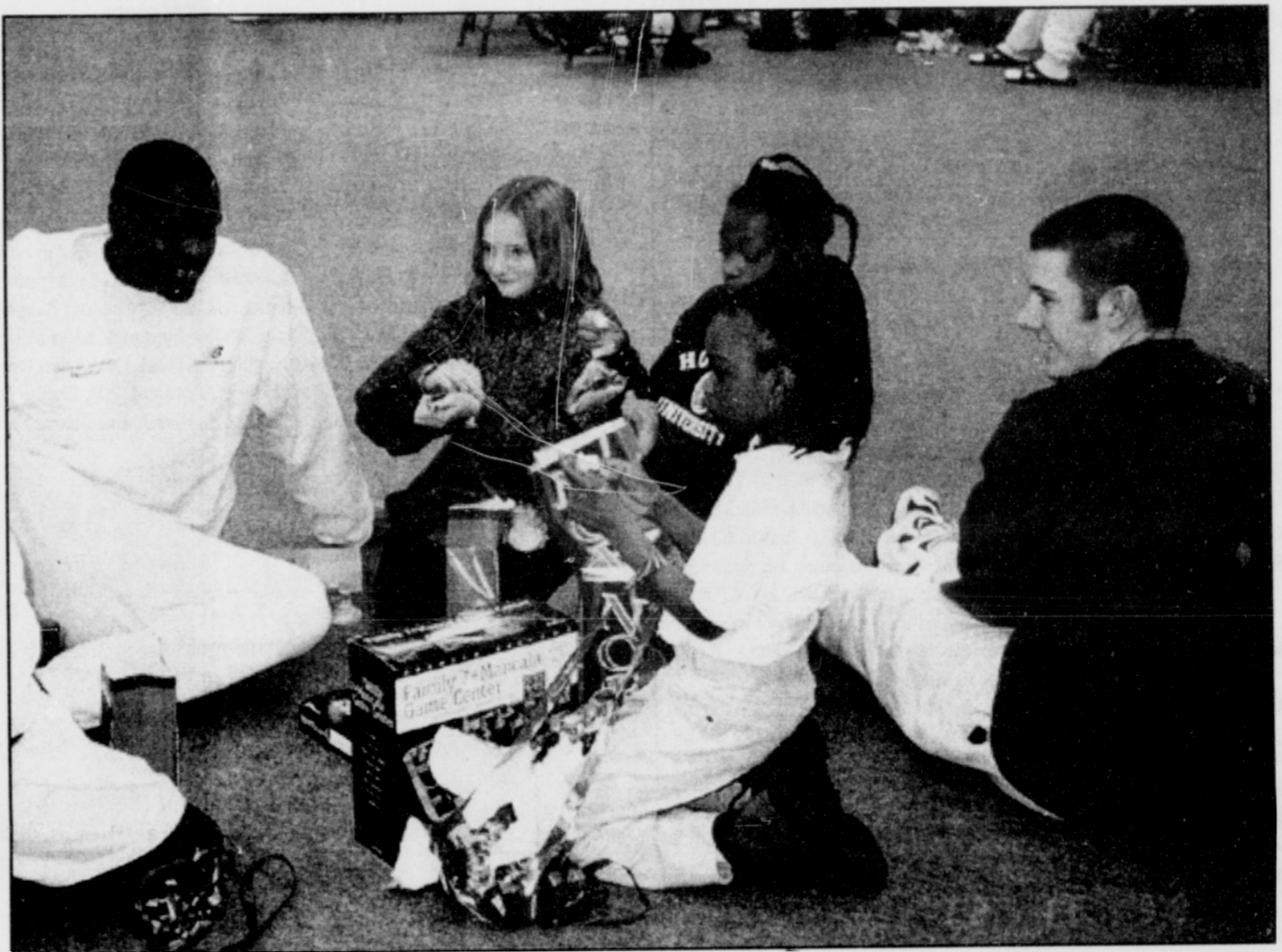
Children At Lutheran Inner-City Ministries Celebrate Christmas

~ With Concordia University

Smiles lit up the children's faces as they walked through the door at Lutheran Inner-City Ministries on Northeast MLK Blvd. to find a brightly decorated Christmas tree, a pile of presents wrapped in red and green paper, and basketball players from Concordia University prepared to share the holiday season with them. Each child walked hand-in-hand with the basketball players to receive a bag of treats and a present donated by Concordia's faculty and staff.

This was Concordia's second annual Christmas program for the children at Lutheran Inner-City Ministries. Herman Hawkins, Pastor at Martin Luther Memorial Lutheran Church and alumni from Concordia University Portland is excited about the partnership. "Concordia University is a valuable member of the Northeast community and their involvement with the children really makes a difference in the children's lives. Our kids have been looking forward to this event for weeks now."

Patti Schlimpert, director at Concordia University, agrees that this is an exciting partnership. "The Lutheran Inner-City Child Development program provides quality educational and enrichment opportunities grounded in the Lutheran tradition. Concordia University was founded on the same beliefs and we are thrilled to be able to connect our students with young children in Northeast Portland."



Children from Inner-City Ministries and Basketball players from Concordia University enjoying the Christmas season at Inner-City Ministries on Northeast MLK Blvd. Photo by Alphonso Niles

Customized Tobacco Quit Line Offers Help To Kick The Nicotine Habit

This time of year we all make promises to ourselves, spouses and friends knowing that we may never keep them. But this year, the Oregon Health Division is doing something to make sure tobacco users have the necessary resources available to keep their resolutions to quit. Oregon smokers who want to quit smoking cigarettes or chewing tobacco can now call the state's new, toll-free tobacco line at 1-877-270-STOP.

"It's important for anyone who is ready to quit that they have convenient access to professional help," Nancy Clarke, Oregon Health Division's Managed Care Coordinator said. "We are thrilled that the Quit Line is up and running in time for the New Year. We know that over 70 percent of Oregon's smokers want to stop and the Quit Line provides them with a convenient option."

During their first call, callers speak with an experienced cessation specialist who analyzes their tobacco-use habits and where they are in the quitting process. Based on their information, the specialist works with the smoker to develop a customized plan to successfully quit smoking. One of the more innovative aspects of the Quit Line program is the availability of intensive, one-on-one phone counseling sessions. These ses-

sions are scheduled at times most convenient to the caller and can take place either at work or home.

"There is scientific research from across the nation verifying that these types of quit line services work," Dr. Tim McAfee, medical director for the Oregon Quit Line said. "Quitting is never easy. Nicotine is as addictive as heroin or cocaine."

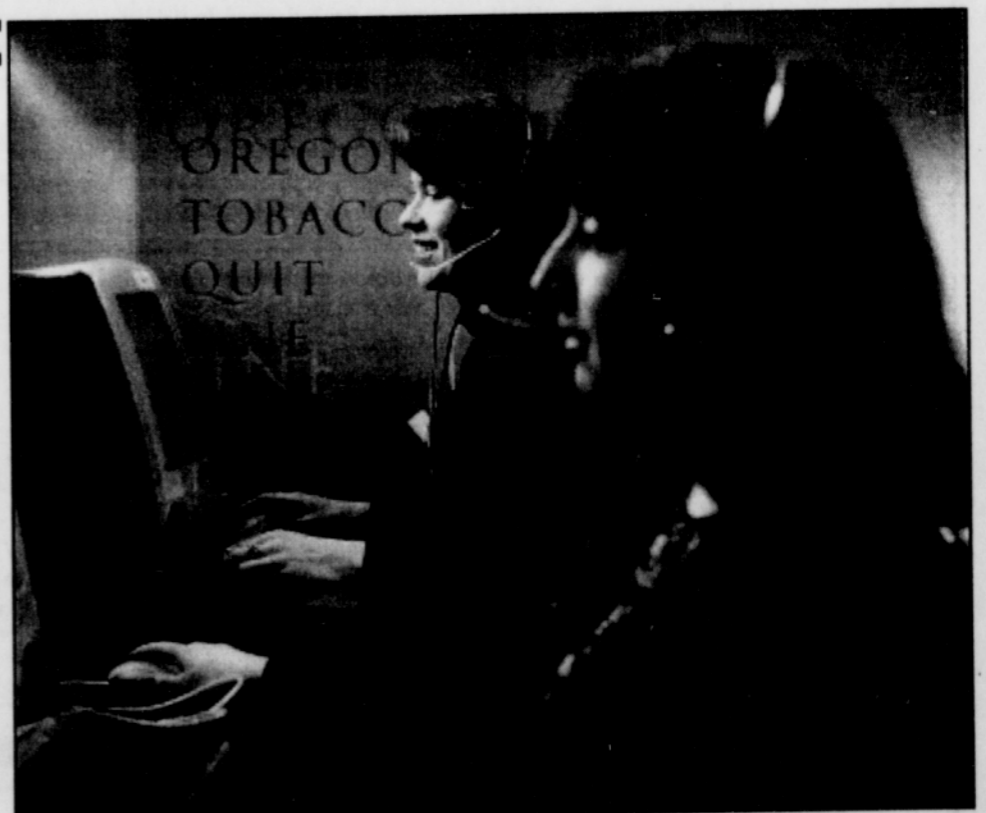
The tobacco counseling services the Quit Line provides will make it easier for the smoker who is ready to quit."

For callers who have already quit, but need additional support, Quit Line cessation specialists can also help. If the caller's friend or family member smokes, they can receive cessation materials and information on community resources.

"Many of our callers see quitting as an unscalable wall," Clarke said. "Our job is to help break the wall into manageable pieces and make it less threatening."

The Oregon Health Division has been running radio advertisements and working with local coalitions and county health departments to promote the Quit Line in limited counties including Clatsop, Columbia, Deschutes, Lane, Lincoln, Linn, Polk, Umatilla and Yamhill counties.

The toll-free number for the Quit Line is 1-877-270-STOP (1-877-270-7867). Spanish call-



ers can access this service at 1-877-2No-Fume (266-3863). TTY access is available by calling 1-877-777-6534. The Quit Line is open for calls Monday through Thursday, 9 AM - 8 PM; Friday, 9 AM - 5 PM; and Saturday, 9 AM - 1 PM.

The Oregon Tobacco Prevention and Education Program is a comprehensive effort to reduce

the use of tobacco and exposure to secondhand smoke. It includes programs in local communities, schools, businesses, media and special populations. The program is funded by a tobacco tax increase approved by voters in 1996. Ten percent of the new revenue is allocated to tobacco use prevention and reduction.

Northeast Portland will host the Millennium 2000 Youth March

By YEMA MEASHO

October 1995 marked the beginning of the million marches that consequently kept emerging from all corners of the country. The Nation of Islam, headed by Minister Louis Farrakhan, organized and debuted the Million Man March in the nation's capital three years ago intending to mobilize the black community into the future. The march specifically targeted black men and their responsibilities in their families and communities across the nation. It called for unity and empowerment of the black men.

Today, spurred by the success of the Million Man March and following the footsteps of the Nation of Islam, many black organizations are marching the streets of various cities addressing various issues.

Inspired by the Million Youth March in Atlanta and New York this past fall, individual community leaders and associations in Northeast Portland are organizing a youth march to be held on January 1, 1999 at 11 a.m. The march is part of the three tiered strategy of the Millennium 2000 Youth March that is intended to

foster and develop a relationship between the community, educators and the youth.

"While we are inspired by marches in New York and Atlanta, we have our own agenda, that is Millennium 2000 Youth March," said Woodrow V. Broadnax Jr., one of the march's organizers in a meeting with local teenagers. "That is you ng guys taking control of the future. In order to move with the nation and the world, we need to be able to step into the future in every area and way of life."

Supporters of the march hope that what had

happened in Harlem would not be repeated here in Portland. Attendees of the Harlem march characterized the event as "the Million Cop March" because the number of police officers on the streets almost matched the estimated 6,500 demonstrators.

The Nation of Islam will not participate in organizing the march but will provide security for the marchers.

Organizers are holding several press conferences in order to attract publicity from the media.