

METRO *Life*

The Portland Observer

SECTION B

Community Calendar

Goodwill Volleyball Tour

Sports For Youth Foundation, Inc. is currently accepting applications for boys and girls aged 15-19, who are accomplished High School or Club volleyball players and good citizens, both in their school and community, to take part in the 1999 Goodwill Ambassadors World Tours. 1999 marks the 16th year that the Goodwill Ambassadors have conducted world tours for Junior volleyball players. The 1999 tour will travel to London, Paris, Geneva, Venice, and Rome. Registration deadline is March 15th.

Call 425/251-6675 or email info@volleyballnw.com website www.volleyballnw.com

Healthy Heart

Heart disease can be prevented, treated and even reversed by lifestyle choices that affect fitness. Learn healthy preventative choices in free one-on-one session on Saturday, February 13, 12-4 PM at Natural Center-East of the National College of Naturopathic Medicine (11231 SE Market). Call 255-7355, ext. 0 for appointment. For a complete list of free screenings, call 499-4343.

Rosemont Property

How will the former Villa St. Rose Convent and School property at 597 N. Dekum be developed? The public is invited to a workshop to explore ideas for the property on Thursday, February 4, 6:30 to 9 PM at the Holy Redeemer School Cafeteria, 127 N. Portland Blvd. The workshop is sponsored by the Portland Development Commission and City of Portland Bureau of Housing and Community Development. At the event, participants will have the opportunity to learn more about the project and share ideas for the use and development of the property, and participate in a visual preference survey. Refreshments will be served and child care will be provided. Call 823-2388.

Your Child's Agenda

"Your Child's Agenda" is a workshop based upon the premise that in order to recognize, honor, and support your child's agenda through his or her own unique qualities, you first need to identify, honor, and celebrate your own as a parent. This two-hour workshop will be held on Tuesday, February 9 & 20 at A Teacher's Space (2755 NE Broadway). Cost is \$35. Participants must pre-register and pre-pay by calling 288-3577.

Tai Chi Society

The Taoist Tai Chi Society of Oregon/USA invites you to join us in celebrating its third annual Chinese New Year Celebration. An evening of cultural exchange opens with a Chinese Lion Dance followed by a traditional 9-course banquet, including vegetarian, seafood, and meat dishes, guest speakers and demonstrations of the art of Taoist Tai Chi will follow. The doors of the Great China Seafood Restaurant will open at 5:30 PM on Saturday, February 20th located at 336 NW Davis, in the heart of China Town. Call 503/223-6193.

Gambling Addiction

An educational talk on "Gambling Addiction" is hosted by OHSU. The authority lecturing on the subject is Jeff Cook, M.Ed., addictions counselor and case manager. His discussion is on Wednesday, February 10 from 7-8:30 PM at OHSU (2935 SW Cedar Hills Blvd., in Beaverton Mall). Call 418-2000.

Stop Smoking

Stop smoking with Chinese medicine. Smoking affects all aspects of health, especially heart and lung systems. Free screening teaches what Classical Chinese medicine can do to help quit smoking. Saturday, February 20, 9 AM-1 PM at Natural Health Center-East, of the National College of Naturopathic Medicine, 11231 SE Market. Call 255-7355, ext. 0 for appointment. For complete list of free screenings, call 499-4343, ext. 103.

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

McMenamins Kennedy School Host 9th Annual Festival of African Films



In Celebration of Black History Month McMenamins Kennedy School teams up with PCC Cascade Campus to bring a striking cast of performances from countries throughout Africa. For more information call P.C.C. at (503-244-6111 ext 3630). Sponsored by the Regional Arts & Cultural Council.

The Silent War



Oregon Motorist are again reaping the benefits of "Gas Prices" that have run amok. A glutony of supply, absent of equal demand have caused prices to vary as much as .30 p/g depending on location.

" A Celebration it Was "



IAM Cares Oregon & A Host of Corporate Sponsors held their first Annual Appreciation Luncheon Jan. 27, 1999, at the OAME Building/Cascade Plaza.

Present (L-R) Ruth Ann Carothers, Area Project Director; Mary Ann Topolewski, Program Participant; Barry Adams, Participating Employer; Lynda Van Doran, Program Coordinator; Tony Ross, Employment Specialist.

IAM Cares is the human service arm of the International Assoc. of Machinists. A National non-profit organization dedicated to helping people with Special Employment and training needs attain career job opportunities.

A 20-Year North Portland Clinic Closes

By YEMA MEASHO

For the first time in 20 years, regulars of the North Portland Clinic will have no choice but visit different physicians other than the one they have come to consider as a friend and family member. After a couple of decades in the neighborhood, the clinic closed its door this week because of lack of funds to maintain its facility.

Despite many efforts to keep the clinic open, the financial burden to sustain the clinic has forced Dr. Michael Freinstat, the owner, to shut the clinic down.

In the past, Legacy Emanuel Hospital took the clinic under its wings to financially support it. However, with no long term commitment and changes in management, Legacy decided that the clinic should stand on its own.

"There is no way this clinic is going to be on its own paying the reasonable physician and staff salary," said Dr. Freinstat. "That is why lots of doctors don't move into the area. I was left with no recourse but to close the building."

Under former management, legacy considered buying out the clinic and hiring Dr. Freinstat to serve the community bet-

ter. Since the late 1970's, the clinic stood at the heart of Northeast Portland providing the community with its medical needs at a price most patients could afford.

"At times he was pressured to increase his prices but he could not do it because he realizes that people in the community could not afford to pay a \$60 office visit," Melissa Woods, Office Assistant who worked at the clinic for the past 11 years.

Dr. Freinstat, a family practitioner, with an orthopedics partner built the facility hoping that the facility would benefit both the community and the physicians involved. Three years into the journey, the partnership broke up because of the amount of time and effort required and Dr. Freinstat was left alone.

I felt obligated to continue with the plan, said Dr. Freinstat, since it was the first clinic in the area.

Because the project unexpectedly lost a lot of working capital from the beginning, throughout its existence, the clinic faced many financial difficulties. In order to keep the project alive Dr. Freinstat filed for Chapter 11 bankruptcy. Although the interest rate kept

increasing, the Small Business Administration allowed him to pay a certain amount to keep the debt the same.

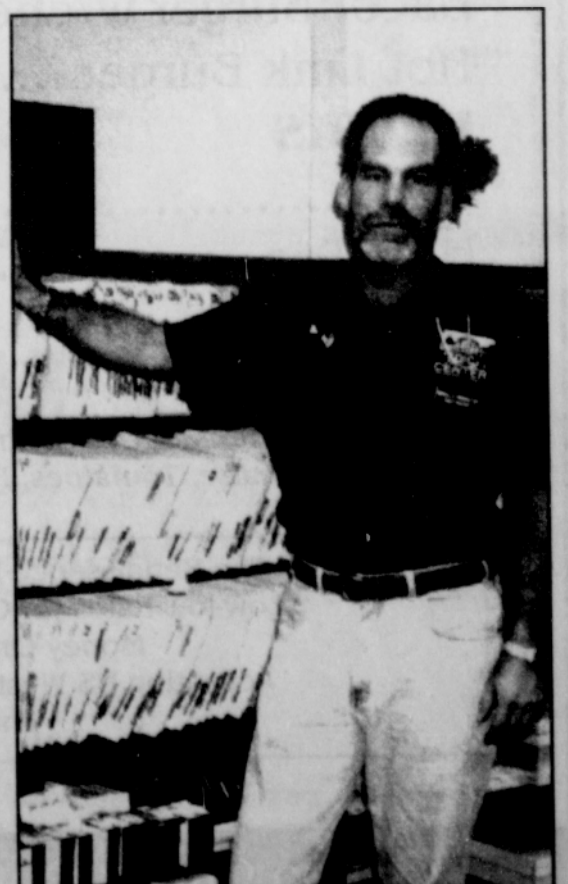
By then the clinic became a family affair. Upon the breaking up of the partnership, Dr. Freinstat's mother cosigned to share the financial burden with her son.

"The unsung hero is my mother," he said. "Nobody knew about her. She didn't have to do this but she did it for her son."

Debbie Freinstat is also another member of the family who had become involved in the clinic. As a nurse at Eastmoreland Hospital, Debbie met Dr. Freinstat during his residency and went on to work for him at the clinic. They were then married and she became office administrator.

At 51, Dr. Freinstat believes that it is time for him to move on and fulfill some family obligations.

They sold their clinic equipment at a price that amounted next to nothing and donated some items to local churches and schools.



Dr. Micheal Freinstat