



Family Living

Black **H**istory **M**onth

Black History Month



Renaissance Woman - From her early academic achievements to her pathbreaking legal and political career, Patricia Roberts Harris specialized in exploding stereotypes. Born in rural Mattoon, Illinois, Roberts graduated from high school with scholarship offers from five colleges. She chose Howard University, where she graduated in 1945 summa cum laude, and was also a leader of the NAACP chapter and a frequent participant in sit-in demonstrations against segregation in Washington, D.C. A lifelong activist in promoting equal rights for blacks and women, Harris worked as a teacher and administrator at Howard while taking part in civil rights and social welfare initiatives. In 1965 Lyndon Johnson appointed her ambassador to Luxembourg, making her the first African American woman to head a U.S. embassy. When Jimmy Carter tapped her to head the Department of Housing and Urban Development, she became the first African American to hold a cabinet post; she later also served as Secretary of Health Education, and Welfare (now Health and Human Services).

Multnomah County, one in seven women abused each year

CONTRIBUTED STORY
FOR THE PORTLAND OBSERVER

Domestic violence is so common in Multnomah County that one in seven women between the ages of 18 and 64 was abused by their partner in the past year. Women in all age, racial and income groups are affected. That and other findings are included in "Domestic Violence in Multnomah County," the first study of the occurrence, nature and effects of domestic violence in the county. The report, which includes recommendations for reducing domestic violence, will be released at a news conference at the West Women's Shelter in Northwest Portland.

The report is based on a recent telephone survey of 739 women ages 18 to 64 in Multnomah County. The survey focused only on episodes of physical and sexual violence between intimate partners, including married couples, partners living together, and couples dating.

The findings, which are consistent with a 1998 statewide study, include:

- Domestic violence affects all women. Most abused women (84%) are white, 70% are employed, and half earn more than \$25,000 a year.
- Some groups of women experience more violence than others. These include women who are young, unmarried, poor, have children, and have drug and alcohol problems.
- While male abusers come from all parts of our community, some populations of men are more likely to abuse. These include men who have less education, are unemployed, and have drug and alcohol problems.
- Women experience a range of violent acts. The violence is often serious.
- Abuse patterns vary. Some women are abused very often; others infrequently.
- The high level of domestic violence in the county mirror rates for the state and nation.
- 21,000 children in the county were exposed to domestic violence last year, which harms their health

and development.

- Abused women seek help and support in a variety of ways. Most (80%) turned to friends and family, followed by co-workers (40%), law enforcement (33%), health professionals (20%). However, few women who sought help from friends

and family received information about services or immediate help.

The report was produced by Multnomah County's Health Department and Domestic Violence Coordinator's Office, Portland Police Bureau, and Portland Multnomah Progress Board.

Copies of the report are available from the Multnomah County Health Department, Violence Prevention Program at (503) 988-3663, Ext. 22815. The report is also available on the county's Web site at: <http://www.co.multnomah.or.us/defs/dv/index.html>

Community pride banquet approaches

CONTRIBUTED STORY
FOR THE PORTLAND OBSERVER

It is time for our Annual Pride Banquet and we don't want anyone to miss this year. Since 1997 The Salvation Army has been celebrating this community by recognizing people. Organizations and businesses that have made it such a wonderful neighborhood to live and work in. People who have helped bring pride to North Portlanders: Norm Daniel's, Ellen Diggins, Ron Herndon, Charles Jordan, and Mariah Taylor. This year we are offering the opportunity to our business community to sponsor tables at this wonderful event for the suggested donation of \$250.00 per table. We will need a photo-ready company logo,

for the centerpiece and program, mailed to us at the Salvation Army. Or if you have computer-ready version, you can e-mail it to us instead. This is a North Portland community. Also included, as a sponsor are two tickets for you and a guest to join us for the Pride Banquet. We hope you will encourage your employees to join you and bring their family, friends and add associates. To purchase a full table of seats, the

cost is \$120, or singles seats are available; these seats are going fast so don't delay. Due to the success of this event in the past years, tickets and space are limited. Be sure to reserve your table soon! It will be a wonderful evening of pride as we share in this historic community. If you have any questions, please call directly at (503) 493-3925. You can direct your questions and reservations to Cindy.

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Learn about ingredients, cooking techniques, flavor building, and menu building from the basics to advanced concepts in classes featuring traditional to eclectic recipes and cuisines.

Classes include sampling, beer or wine tasting as appropriate, plus the recipes and confidence to create delicious food in your own kitchen.

WHERE THE GOOD THINGS ARE