



# Metro

## May Day celebration at Kennedy School

There was no better way to celebrate the emergence of spring than by spending May Day at Kennedy School. There was entertainment for children (face painting & balloon twisting, storytelling with Will Hornyak and an acrobatic show performed by Rhys Thomas.)

Attendees were treated to an array of music and dance (Hot Shot tap dancers, Gypsy Caravan belly dancers and roots rock with Kerosene Dream, just to name a few.)

There was garden art, food and drink and two performances of the traditional Maypole dance. All May Day festivities were free and as usual, McMenamins demonstrated how to be the greatest party host



## New treatment for stroke sufferers to be tested at UO

CONTRIBUTED STORY  
FOR THE PORTLAND OBSERVER

Researchers at the University of Oregon are beginning a study of a new treatment that may benefit some of the 400,000 Americans who survive strokes each year. The new treatment – called “forced use therapy” – requires the stroke sufferer to use the afflicted muscles rather than to compensate for their immobility. “Our research will specifically explore techniques to help stroke sufferers who have limited use of their legs,” says Marjorie Woollacott, head of the UO Department of Exercise and

Movement Science. Several recent studies have pointed a new direction in stroke treatment. These studies indicate that long duration physical therapy sessions can result in the stroke-afflicted brain re-organizing itself for improved performance. This approach is in contrast to traditional rehabilitation techniques that call for short duration physical therapy – often for periods of just an hour or two a day.

“Our sessions will last six hours per day, five days a week for two weeks,” says Woollacott. The therapy sessions will be a

combination of stretching, endurance and flexibility training, balance activities and other exercises.

“We believe these sessions will allow most participating stroke sufferers to improve their balance and their ability to walk,” says physical therapist Laura Adomaitis who will be directing the research study in collaboration with Woollacott.

Stroke sufferers with weakness on one side of the body (otherwise medically stable) who are interested in more information about participating in the upcoming research study should contact Laura Adomaitis or Marjorie Woollacott at

the Motor Control Laboratory of the University of Oregon at 541/346-0275. Stroke are America’s third leading killer and the primary cause of adult disability.

Every year, 550,000 Americans suffer strokes, killing 150,000 people and leaving 400,000 additional persons with varying degrees of physical disability. Most commonly, stroke results in weakness on one side of the body.

## Portland Housing Center awarded \$30,000

### • First-time Home Buyers in the Portland Metropolitan area

CONTRIBUTED STORY  
FOR THE PORTLAND OBSERVER

The Portland Housing Center recently received \$30,000 in new funds to support HomePurchase Partners, a program which educates and prepares first-time homebuyers to become “mortgage-ready.” Local

lending institutions that support the Center have granted these new funds. Portland Housing Center is one of 39 national NeighborWorks HomeOwnership Centers and a designated one-stop-shop resource center providing education, counseling, and financial assistance to first-time home buyers.

The Center received a \$15,000 contribution from Bank of America, a \$10,000 contribution from Continental Saving Bank and a \$5,000 contribution from KeyBank. Over the course of the last year, Portland Housing Center has received a total of \$312,237 to support Home Purchase Partners, a

program designed to educate and assist people to purchase their first home. “The financial support we have received is very exciting,” says Peg Malloy, Executive Director for the financial Housing Center. “We are pleased to work in partnership with our funders to promote homeownership and increase the number of home buyers in the Portland Metropolitan area. These funds will enable Portland Housing Center to continue to be a valuable resource in the community and further promote homeownership and stable communities in our region,” says Malloy.

## Oregon housing conference to convene in Portland

CONTRIBUTED STORY  
FOR THE PORTLAND OBSERVER

Oregon Housing and Community Services (OHCS) will sponsor the 2000 Oregon Housing Conference on June 14 and 15, 2000. Taking the theme of “Setting the Standard,” the conference will provide attendees with the opportunity to interact with partners around the state on issues surrounding affordable housing. Held at the Hilton in downtown Portland, the Oregon Housing Conference will bring together a variety of perspectives, from the planning stage of an affordable housing development through the management of an existing property. “The need for affordable housing is at it’s greatest,” said Bob Repine, Director Oregon Housing and Community Services. “As we move into the new millennium, we will meet our greatest challenge as we stretch our limited resources to meet the needs of lower income Oregonians. This conference will offer attendees an opportunity to learn the “tricks and tools” on a host of housing issues.”

The Oregon Housing Conference will officially kick off at a luncheon on June 14 at 11:30 a.m. where OHCS Director Bob Repine will announce and present the 2000 Excellence in Housing awards.

According to Director Repine, “Oregon is a national leader in providing innovative solutions to affordable housing. This is our opportunity to recognize accomplishments of individuals and organizations in Oregon who consistently go the extra mile to make direct impacts on their communities.”

The conference will offer over 23 workshops for anyone interested in siting, construction, renovation, property management and other issues which impact quality development in the state of Oregon. Individuals who might benefit include lenders, builders, business owners and managers, real estate agents, service providers, counselors, planners, advocacy groups, local, state and federal government agencies and community leaders.

Individuals can register for the Oregon Housing Conference online at [www.hcs.state.or.us](http://www.hcs.state.or.us), or request a registration brochure by calling 503.986.2109.

For additional information on the Housing Conference individuals can contact Sandy McDonnell at Oregon Housing and Community Service by calling 503.986.2012 or email her at [sandy.mcdonnell@hcs.state.or.us](mailto:sandy.mcdonnell@hcs.state.or.us). For information on the Oregon Livability Conference, contact 503.222.2182.

## Black Journalist Host Regional Conference

The Portland Association of Black Journalists is hosting a regional conference on May 5-7. We’re reinviting journalists from 10 states and our national office, to join us for professional development workshops, social events and to experience with us the Cinco de Mayo festival, the largest celebration of its kind.

This conference will also be the last opportunity to participate in long-range, strategic planning for the National Association of Black Journalists. This year, we celebrate our 25<sup>th</sup> anniversary and we’ve come a long way. With more than 3,000 members, we continue to be the largest media organization in the world for people of color working in television, newspapers, radio, public relations and education.

NABJ’s Western Regional Conference will be at the Double Tree Columbia River. The highlight of the weekend will be An Evening with Danny Glover on Friday, May 5. The gala will include a performance by the

Northwest Afrikan American Ballet, a silent auction and live music from the local jazz band, N-Touch. We also will be inviting a limited number of community leaders and residents to join us for dinner.

### The Portland Association of Black Journalists presents

An Evening With Danny Glover

Also featuring:

Northwest Afrikan American Ballet

Silent Auction – Seafood dinner – N’ Touch Jazz Band

Friday, May 5, 2000 6:45 – 9:30 p.m., Cocktails begin at 5 p.m.

Double Tree Columbia River, Portland

Tickets are \$125 each person

Donations are tax-deductible

Proceeds go toward PABJ Scholarship Fund

Send your check or money order, payable to P.A.B.J., to:

PABJ, P.O. Box 6507, Portland, Ore. 97208-6507

For more info: Call 503/803-0864 or check out [www.pabi.net](http://www.pabi.net)

Advertise in  
the Portland Observer

### St. Johns Truck Strategy Open House

The City of Portland invites you to join us and learn about your neighbors’ work on the St. Johns Truck Strategy Advisory Committee. Topics include:

- reducing the impacts of non-local trucks in the neighborhood
- how truck routing can be improved

Saturday, May 6, 2000  
1:00 p.m. to 4:00 p.m.  
St. Johns Community Center  
8427 N. Central  
Portland, Oregon

View displays regarding the issues covered and the recommendations made by the committee. Committee members, City of Portland and Port of Portland staff will be available to discuss the recommendations and to record your comments. Refreshments will be provided. For more information, call (503) 823-7242.

## The First Steps to Recovery

Jan invited Ned to her survivor’s group even though he hadn’t beaten cancer or bounced back from a heart attack.

As Jan reminded him, problem gambling is an illness and he’d worked hard to recover just like the rest of them.

Like other illnesses, the key to surviving problem gambling is treatment.

If someone you know is suffering, start the healing process by calling 1-800-233-8479.