



Metro/Religion

Sunshine Division Checks List for Food Boxes

Every holiday season since 1923, the Sunshine Division of The Police Bureau has provided Holiday Food Boxes to needy families throughout Portland. This year, the Sunshine Division will be supplying 4,000 Holiday Food Boxes to be distributed throughout the greater Portland area.

Volunteers will deliver most of these boxes on Saturday, Dec 23rd.

Beginning immediately, the Sunshine Division will be accepting requests from needy families for Holiday Food Box deliveries. Anyone who

wishes to request assistance can call the Sunshine Division Holiday Help Line at (503) 823-2169. This line will be accepting requests from 8:30 a.m. to 3:30 p.m. weekdays until Dec. 8.

All requests for assistance will be entered into the Holiday Assistance Network-Data System (Hands) and compared to request at other cooperating agencies including: Salvation Army, FISH, Snow-Cap and others. Comparisons are made to assure that as many families are helped this season as is possible.

Negro Spiritual Master Vocalist Performs

By TERRY GOODWIN
FOR THE PORTLAND OBSERVER

There is a rich and abiding history that expresses both God and Black suffering, and, but not limited to, the meaning of heaven in the lyrics and



Shannon Dalthierre Goodwin

soulful interpretation in the American Negro Spiritual. The harsh reality of slavery and segregation provides inspiration to songs that give voice to hope and healing to all who identify with the heartfelt words and melodies. "There is a balm in Gilead to make the wounded whole..." and "it's me, it's me, oh Lord standin' in the need of prayer" are phrases in stanzas from two familiar Negro spirituals.

Vocalized by the likes of Jessye Norman, Kathleen Battle, Mahalia Jackson, Marion Anderson and of course, Paul Robeson, all of whom enjoyed international fame for bringing attention to this peerless genre. Oh yeah, by the way, I left one name off that list that belongs with that company, only updated to the current millennium. That name is Shannon Dalthierre Goodwin.

A third generation Portland native, he is a solo vocal talent who's legacy includes a maternal grandmother, Mable Cecelia Hayes-Henderson, who garnered news ink in the 1930s-40s as a vocalist, and his father also sang in various venues throughout the Portland area in mid 1950s.

Goodwin is considered a major talent in this special art form, has the depth and range and superior tone quality that is said to exceed that of Paul Robeson himself.

No, no, no, not just this writers attempt to drop names on a gullible public, but the critique of individuals who have heard both in live performances.

A graduate of Pepperdine University at Malibu, Calif. in music, literature and education, Goodwin's ca-

reer has caused him to travel extensively throughout Europe and Africa under the auspices of the U.S. State Department as a music ambassador. He is listed in the who's who among Black Americans and has many other accolades too numerous to list here.

Goodwin has been invited back to Europe to teach a Masters class in the arts and is currently in discussion with none the than our own Oregon Symphony Conductor James DePreist, who is assisting him in the details of that itinerary.

You can lend your support to this effort and hear part of his vast repertoire on Dec. 2 at an open seating event at 12 p.m. in the McGuire Auditorium of Warner Pacific College, 2919 SE 68th Ave where contributions to his overseas effort will be gladly accepted for this free event.



A picture will capture a moment but words will embrace the heart.

By: **MoZetta Zion**

(Poet, Writer & Speaker)

Photo: Mozetta's mother and son.

Words From Your Heart

A gift for all occasions: Holiday, Birthday, Etc..

Service Includes: **New Poets welcome!**

Personalized poem or message

Creative paper styles

Framing Selections **(503) 204-2452**

Augustana Lutheran Church welcomes you to Sunday worship:
8:30 am—Contemporary 11 am—Traditional
1:30 pm—Open Circle 6 pm—Jazz Service with
Marilyn Keller, Ron Steen, Kevin Deitz and George Mitchell

Sunday Dec. 3 at 7:30 pm: "A Soul-Filled Messiah"
with PSU & Choral Cross-Ties, Marilyn Keller, Disciples in Song, Darrell Grant. Directed by Dr. Bruce Browne. Tickets \$10 & \$15

Augustana Lutheran Church
NE 15th & Knott ~ 503.288.6174 ~ www.augustana.org
Rev. W.J. Mark Knutson Rev. Ramona Soto Rank

AFFORDABLE

JJ

LOCK & KEY

503-284-9582

FULL LOCKSMITH-SERVICE
RE-KEY AND INSTALL LOCKS
LOCKED OUT?-WE MAKE KEYS FROM SCRATCH
HOUSE, OFFICE OR CAR



Personal Training
That Fits Into
Your Life

Randy Cannon Fitness
Professional Fitness Trainer

Nationally Certified
Personal Training and
Nutritional Counseling

Cell # 313-3708
randycannon@thepersonaltrainer.net



AFRICAN AMERICAN MEN'S CLUB, INC.

A Non-Profit Organization
"In the Community... For the Community"

Annual NEW YEAR'S EVE BALL

This will be the place to be!!!
Featuring the Sound of:

OCEAN 503



Best Western Rose Garden Hotel
10 North Weidler
Portland, Oregon

Cannon's Rib Express - 503/289-3836
Hair Creations - 503/281-1185
Nails by Camerinda - 503/289-3110
Showscapel - 503/282-4444
Onestop Music, Inc. - 503/284-2435
Fastfix - 503/284-2435

It's Ramadan, the Muslim's Month of Fasting

By DR. A. Y. LAFI
THE PORTLAND OBSERVER

Muslims in Oregon and throughout the world will observe Ramadan around the 27th of November. Ramadan is the 9th month of the Islamic Lunar calendar which occurs about 11 days earlier each year. The onset of a Lunar month comes with the first sighting of its crescent moon. Ramadan like other Lunar months lasts for 29 or 30 days based on the sighting of the crescent moon of the month after. Over one billion Muslims throughout the world observe Ramadan. Fasting during Ramadan provides Muslims with a key experience in their faith. It is one of the five basic pillars of Islam. The other four are Shahadah or the declaration of faith in Allah as the only God and in Mohammed as His servant and messenger, Salat or daily prayer, Zakat or giving obligatory charity, and Hajj or the pilgrimage to Mecca.

Fasting is an obligatory act for all physically and mentally able Muslims, but there are exceptions, including women who are menstruating, pregnant, or nursing and those who are sick or traveling. A Muslim is allowed to break fasting and compensate later whenever there is a health danger. Elderly people and those who have chronic diseases must each

feed a poor person a meal for every day they miss fasting. Children under puberty age are also exempt from fasting. However, parents are encouraged to train their children how to fast at an early age so that when they are older and obligated to fast, it's not such a difficult task.

For Muslims, Ramadan fasting represents one of the significant experiences in their faith. It is a personal act aimed at obedience to Allah and seeking the right perception of Him.

Muslims look at Ramadan as a month of joy and blessing, not a month of starvation and unwelcome self-denial as some might think. It is the month in which the Qur'an (Muslim Holy Book) was revealed to be a guide for mankind. Fasting during Ramadan brings the community together into one act and one feeling. All Muslims, regardless of their color, gender or economic status, come together for this collective worship.

They do it sincerely for Allah and Allah only. There is no authority to check if a person is fasting or not. Thus fasting may be thought of as a test of faith and honesty. It is really a wonderful yearly comprehensive program with a lot of positives.

The end of Ramadan is celebrated by Muslims for their being enriched and emerging stronger from this ex-

perience, both physically and morally. They start their celebration by attending a special collective "Eid" prayer held in the morning in Mosques. They congratulate each other that they were able to complete their fasting and extend greetings even to those with whom they are in dispute, starting a new page of love and respect.

Indeed, the fast-breaking celebration is a time for joy and reunion on both family and community levels. People wear new clothes, children get their gifts, and family and friends come together for large meals. Although Ramadan is short, it may be considered as a time for gathering energy to act positively toward family and society in the future.

Ramadan helps Muslims adapt to a new style of life, and fills them with a renewed sense of honesty and enthusiasm to work hard, feeling their responsibility towards others. Indeed, it has a long-lasting impact on a Muslim's life.

Dr. A. Y. Lafi is the director of Cultures Enterprises and assistant professor at Oregon State University. His writings have appeared locally in a number of publications, such as Fireweed, To Topio, Calapooya, and Corvallis Gazette Times.

LIFE Center Low on Food

The Low Income Families Emergency Center in Northeast Portland has nearly depleted its supply of non-perishable food and actively seeks charitable donations to help families in need make it through the winter months. The center also seeks winter coats for its clients.

The non-profit provides certain basic needs to families and individuals throughout Oregon and Southwest Washington. All able-bodied adults and youths are asked to volunteer in exchange for services.

Executive Director Leslie Clark said a sizable increase in demand this fall has stretched the center's resources to its limit.

"We served almost 1,000 people last month, which is huge for us," Clark said. "Monetary donations though United Way and from other sources allow us to maintain a strong operation, but we also need donations of food and clothing to continue fulfilling our mission."

Individuals who would like to make a donation should visit the L.I.F.E. Center at 2746 N.E. Martin Luther King Jr. Blvd. For more information, call 503-284-6878.

Churches Celebrate the Life of Christ

Warner Pacific College will be having a Jubilee Festival celebrating "The Life of Christ" with 25 different denominations coming together for this event. Admission is free for all to enjoy music, drama, choirs, children's craft room and a live nativity.

Donations of food, blankets or winter clothing accepted at the door

for the needy. They will also be having a free blood pressure clinic with a blood mobile onsite.

The event will be held on Saturday, Dec. 9 and Sunday, Dec. 10 at the college located at 68th and Division. For more information about the festival, call 503/233-2811 or about the exhibits, call 503/285-5847.

CARPET CLEANING For The Holiday Season



Martin Cleaning Service

Carpet cleaning includes 1 Hall
Over ten feet extra
Pre-Spray Traffic Area
* Stairs \$1.50 Ea.
Upholstery Cleaning
• Sofa under 6 ft. \$69.95 * Ottoman \$20
• Sofa over 6 ft. 79.95 * Dining Chair \$20
• Loveseat \$49.95 * Chair \$24.95
• Recliner \$39.95 * Sectional \$79.95

Additional Services
• Auto * Boat
• R.V. Cleaning * Deodorizing
• Pet Odor Treatment
• Dirt Resistant (Teflon) Protection
• Spot & Stain Removal

2 Areas Or More 2 Room Min. Includes 1 Hall Free	\$25⁰⁰ Each Area
Heavily Soiled Carpet Areas	\$35⁰⁰ Each Area

Sofa (under 6 ft) \$69.00	\$109⁰⁰
Loveseat Or Chair \$49.00	

leather Cleaning Sofa (under 6 ft.) \$100.00 (\$10.00 each additional Foot) Heavy Soiled extra	\$100⁰⁰
--	---------------------------

MARTIN CLEANING SERVICE
Carpet & Upholstery Cleaning
Commercial & Residential Services
Martin Cleaning Service
Carpet & Upholstery Cleaning
Appointment (503) 281-3949

Featuring Famous Cajun Flavor!

NEW CHICKEN STRIPS

- 3 Chicken Strips
- Regular Side
- Biscuit

ONLY \$4.19

15 PCS **POP EYES CHICKEN & BISCUIT**

MIXED CHICKEN 2 LG. SIDES • 7 BISCUITS

Offer expires December 31, 2000