

# METRO *Life*

The Portland Observer

SECTION B

## Community Calendar

### Pet Adoption 2001

The Oregon Humane Society joins with hundreds of animal welfare organizations around the country for the May 5-6 "Pet Adoption 2001." Over 140 homeless pets are expected to find loving homes from the Oregon Humane Society during the marathon adoption weekend. Visit the society, located at 1067 NE Columbia Blvd. in Portland, on Saturday, May 5 from 10 a.m. and Sunday, May 6 from 12 noon until 7 p.m. Call 503/285-7722.

### Medicare Planning

"Medicare Planning... Making Sense of Supplemental Insurance Options" is a two hour unbiased class for people ages 55 through 64 who are thinking of returning or for those approaching Medicare eligibility age. Pre-registration is required by calling 503/413-8795. The next class is on Tuesday, May 1, from 6:30 p.m. - 9 p.m. in the Good Samaritan Hospital Campus.

### Les Femmes' 50<sup>th</sup> Anniversary Tea

In honor of their 50<sup>th</sup> anniversary, the Les Femmes requests the presence of all past Debutante and Cavaliers, years 1951 to 2000 to their 50<sup>th</sup> Anniversary Tea on Saturday, April 28<sup>th</sup> at Immaculate Heart Catholic Church Parish Hall, located at 2926 N. Williams Ave., from 2:30-4 p.m. Call Betty Stephens at 503/255-8645.

### Vietnam Veterans of America

The Vietnam Veterans of America, Francis C. Sollers Chapter 392 invites you to come to our monthly meetings the 2<sup>nd</sup> Wednesday of every month at 7:30 p.m. at the VA Hospital, 2<sup>nd</sup> Floor follow the signs. Call Kristin Kidd at 503/777-9787 for more info or questions.

### Mind and Body

#### Medicine at Nature's

Nature's Wellness Center will be having FREE community education classes. Their next one is on Mind Body Medicine, with Dr. Claire Michaels on April 25, from 7-9 p.m. The Center is located at 3535 NE 15<sup>th</sup>. Call 503/281-3262 to pre-register.

### Nia Week: Welcome

#### Back to Fitness!

The Nia Technique is an exciting and expressive mix of yoga, martial arts, jazz and modern dance and features an eclectic selection of music, from New Age to World Funk. Each class during Nia Week will have a specific focus to welcome participants and deepen their Nia experience. The next session is on Monday, April 23 on "The Joy of Movement" at Body Moves, 918 SW Yamhill, 4<sup>th</sup> floor. Call 503-281-3262

### Dances with Universal Peace

The Oregon Peace Institute (OPI) will sponsor a workshop on Dances with Universal Peace with Devi DeJardin. The Dances of Universal Peace are a form of multi-cultural folk dances dedicated "toward one world, within and without." This will take place on April 19, from 7-9 p.m. at First United Methodist Church, 1011 SW 12<sup>th</sup>, Rm. 134. Call 503/725-8192.

### 3<sup>rd</sup> Annual Race for the Roses

Volunteers are needed for the 3<sup>rd</sup> Annual Race for the Roses, April 22 at OMSI. This half-marathon, 5K race/walk and 1/2 mile kids' dash, "Bridging the Gap for Kids in Crisis," benefits Albertina Kerr Centers and The Boys & Girls Aid Society of Oregon. Food, fun and t-shirts provided! Call Carol Hardwick at 503/222-9661.

### Procession of the Species Parade

Celebrate Mother Earth! Gain respect for the environment while developing your creative abilities. Learn basic drills and strut your stuff in the Procession of the Species parade on Saturday, April 28. Workshop takes place on Thursday, April 26, 6:30-8:30 p.m. The event is free to all ages. Call Peninsula Park Community Center at 503/823-3620.

### 31<sup>st</sup> Annual Walk America

Be a hero for babies! Join the March of Dimes for Walk America on April 28. Each year, more than 450,000 babies are born too soon, some no bigger than a dollar bill. Many of these babies struggle just to survive. The 10 and 20K walks begin at the Rose Quarter Commons at 8 a.m. The 3K Family Walk begins at 9 a.m. Register by picking up a sponsor form at any Kmart, Albertsons, Fred Meyer, First Tech Credit Union, Farmers Insurance, or Key Bank locations. Or, you can register online at [www.modimes.org](http://www.modimes.org).

## Lifesaving 101



Grant High School students Danny Doncan (from left), Jordan Blackthorne and Margaret Dean look over materials prior to observing open-heart surgery as part of "Heart Watch," a program at Providence St. Vincent Medical Center that gives students a dose of medical reality.

### Students view open heart surgery as part of 'Heart Watch'

Nearly 140 local high school students enrolled in advanced placement biology and science courses recently viewed an open heart surgery at Providence St. Vincent Medical Center, as part of the hospital's "Heart Watch" program.

Nurse Kevin Kelly encouraged the students to partake in food provided by the hospital - an empty stomach exacerbates queasiness - and explained what to do if nausea strikes. The surgery - an aortic valve replacement - was performed on a 61-year-old woman by world-renowned cardiac surgeon Albert Starr, M.D., director of the Providence Heart Institute. Dr. Starr wore a "headcam"

while he performed surgery that was broadcast live onto a big screen in the Souther Auditorium, watched by the students through an audio feed into the auditorium the students were able to question the physicians in the operating room via Kelly, who served as moderator. The surgery took just over three hours and afterward, Dr. Starr answered students' questions about the procedure and about surgical careers, in general.

"Heart Watch" was launched in 1995, in an effort to offer students a life-size dose of medical reality and raise awareness about what it takes to save a life and the teamwork involved in surgery.

"Part of the educational process is to see the real world as it exists outside of the classroom," says Dr. Starr. "Classrooms are important tools for packaging information, but it's also important to see how education is used in the outside world."

The Providence Heart Institute is a comprehensive, high-quality, international center for the study and treatment of cardiovascular disease. Through the team efforts and dedication of physicians, nurses, and hospital staff, the Providence Heart Institute has become one of the largest and busiest cardiac centers in the western United States.

## Northeast Legislators to Meet Public

State Rep. Deborah Kafoury and newly appointed State Rep. Jackie Dingfelder, both Democrats of Portland, will co-host a town hall Thursday, April 19 at Grant High School from 7-9 p.m.

"The Legislature will soon be addressing such critical issues as energy deregulation, childcare, racial profiling, and school funding. Your input is necessary as we debate the merits of these issues," said Rep. Kafoury.

Dingfelder was appointed on April 5th to fill the seat vacated by Joann Bowman who resigned to run for Multnomah County Chair. "I am honored to be representing District 19, and am looking forward to hearing my constituents' opinions," Dingfelder said.

Dingfelder manages the Watershed Support Program at For the Sake of the Salmon, a group dedicated to the protection and restoration of salmon. She has also served on a number of community boards and commissions, including the Oregon League of Conservation Voters and National Abortion Rights Action League.

## City Prepares for Budget Cuts

Portland Mayor Vera Katz has warned the city to brace for across-the-board cuts, announcing that she would have to cut \$4.7 million from an already lean budget, Katz said the Portland Police Bureau will lose \$2.6 million from cutbacks and the Portland Fire Bureau will have to give up \$1.1 million.

Katz promised that the police cuts would not cause a reduction in the number of officers on the streets. The fire department plans to make up for its losses at the newest fire station. That facility will remain unstaffed for a year. Mayor Katz also plans to cut more than \$600,000 from the city parks department. That means less grass on park edges and shorter restroom hours. "That was very painful, we tried to do the best we could and we tried to deal with the community needs and keep the basic services," Katz said.

## St. Johns Soon to Get Help Raising Kids



Deb McCabe at the vacant storefront in St. Johns where plans are underway for the creation of a "relief nursery," giving parents a helping hand in raising their kids.

BY LORRAINE-MICHELLE FAUST  
THE PORTLAND OBSERVER

Soon a relief from the pressures of parenthood will be available in the heart of St. Johns. Preparations to renovate the old La Beck's

Video Chest building, 8425 N. Lombard, into a Relief Nursery are underway.

"We give a respite to the kids, to be in an environment of their own," President of Portland Relief Nursery, Inc., Deb McCabe said.

We also give the parents respite, so that they can get a break." The center is scheduled to open early September with the goals of supporting high-risk families and to prevent child abuse. It will provide programs like therapeutic

daycare, parent training and education, on-site counseling and family needs assessment and referrals to other services.

Perhaps the most innovative service in child abuse prevention that the center will offer is 24-hour respite care. "We will offer crisis respite when there's a situation where parents feel like they're just going to lose it," McCabe said.

Renovation costs, that will make the relief nursery a reality, are projected to total \$2 mil-

'WE CAN CHANGE CHILDREN'S FUTURES,' - FORMER OREGON GOV. BARBARA ROBERTS.

lion. Most of the money for the project has come from private donations, but \$10,000 of it came from public funding.

Former Gov. Barbara Roberts, a member of the Relief Nursery board, is excited the money needed for the project has been raised.

"It's encouraging that the staff and board members of these foundations understand so well that early intervention is a crucial investment in young children," Roberts said. "We can change children's futures." McCabe hopes that people in the community will agree with the efforts of the center and will be willing to volunteer their efforts. "We really want to encourage the community to be involved," she said. The project's goal is to strengthen north Portland's families by addressing their needs. "We hope to make little children safe and to make the families feel secure and stable in the environment that they are raising their children," McCabe said.