

METRO *Life*

The Portland Observer

SECTION B

Community Calendar

Learn Anger Management

Learn and practice strategies to control anger, reduce stress, and set limits in Kaiser Permanente's "Dealing with Anger" class. The eight sessions are held on Wednesday nights, from 6:30 - 8:30 p.m., beginning Oct. 2 - Nov. 20. Classes are held at Kaiser Permanente's Interstate Medical Office Central, 3600 N. Interstate Ave. in north Portland. Call 503-286-6816.

Columbia River Watershed Festival

The Columbia River Watershed Festival will feature speakers, musical groups and more than two dozen kid-friendly interactive exhibits. It will focus on how humans can develop a spiritual and ecological vision for the Columbia River Watershed in the Pacific Northwest. The event will be on Oct. 5, from 10 a.m. - 3 p.m., Southeast Park, located at 12th and Stark in Portland.

River City Celebration

Harbor jet-boat tours, interactive trade exhibits, historical displays, lantern-making workshops, food booths, entertainment and an evening illuminated procession along the city's Eastbank Esplanade await visitors to Portland's "River City Celebration & Illuminata Parade of Light" on Saturday, Sept. 21, from noon - 10:30 p.m. The daylong festival will be at the east end of Portland's Hawthorne Bridge, where S.E. Madison St. meets the Willamette Riverbank.

St. Andrew Catholic Church

St. Andrew Catholic Church Outreach Ministries is holding a Parish Neighborhood "Giveaway" on Saturday, Sept. 14, from 9 a.m. - 12 p.m. The giveaway will be held in the back parking lot, behind the community center or in the gym if raining. Giveaway items will include clothing, shoes, dishes and furniture. Call Greg at 971-244-0339.

Resort to Fitness

Learn Nia, a hybrid movement class that incorporates martial arts and modern dance. It's a great form of aerobic exercise. Nia is being taught at Resort to Fitness throughout this month, located at 2714 N.E. Broadway. For a schedule and to register, call 503-287-0655.

Victims Assistance Program

Volunteers are needed as on-call Rape Victim Advocates with the Multnomah County District Attorney's Victims Assistance Program for evening and weekend shifts. Training is five events, from 6:30 - 8:30 p.m., beginning Oct. 1 at the Multnomah County Courthouse. Call 503-988-3222 to volunteer.

Beaverton City Library

The Beaverton City Library is sponsoring a series of programs to address areas of concern for consumers such as with money, buying a home and other security measures. All programs are free. On Tuesday, Oct. 8, from 6-8:30 p.m., Wells Fargo Home Mortgage in Hillsboro will give a talk on "Home Buying: Understanding Mortgage and Finances."

Black Actor in Bicentennial Role

Only African American actor in documentary shares his views

BY RON WEBER

FOR THE PORTLAND OBSERVER

With their muscles straining, backs aching, and bare feet bleeding, they trudged on. It took men of steel to carry the heavy boats and tons of supplies over sharp rocks, through steep wooded forests, and across miles of open plains.

Up ahead lay Indians, bears, treacherous mountains, and dangerous white water rapids. As their overloaded boats crashed through the rocks and rapids, amused Indians stood high on the terrain above, waiting for the crazy white men to drown, attempting a feat even the best of them would not dare.

When the boats safely came to rest down stream, baffled Indians watched as York, a large black man, put down his paddle, and proudly strode to dry land. Meriwether Lewis and William Clark would be nearby. Viewing the boats, supplies, weapons, and clothes the men wore, one would guess the time to be in the late eighteenth or early nineteenth century.

Surprisingly, it was the 21st century, and York would be Toby Tyler of southern California. As an avid hiker and backpacker, the role that called for a muscular African American man, fit Toby to a tee.

Portland's OMSI is currently showing the film, produced by National Geographic and narrated by Jeff Bridges, through February 2003. The large-screen format allows the viewers to get a front row seat as they watch the Corps of Discovery's only black member helping bring this dramatic true story to life. Hold tightly onto your seats as the landscape in front of you explodes into view via "a priceless IMAX camera hurtling over a sixty-foot precipice toward the Missouri River below."

While having two real-life siblings and looking forward to children of his own, Tyler felt very close to his fellow cast members, calling them "family." Although he was the only black actor on set, the rest of the cast made him feel right at home. His job was just the same as York's was 200 years ago: to work as a team member and help accomplish the mission.

The role demanded elbow-to-elbow hard physical labor, depicting the grueling legendary expedition with other actors that bonded them tighter than most traditional roles. The additional "twist" of working near uncontrolled forest fires sometimes made the production of this film difficult. Smoke filled the air and shooting in some areas was delayed as much as six months, but they hunkered down and got the job done.

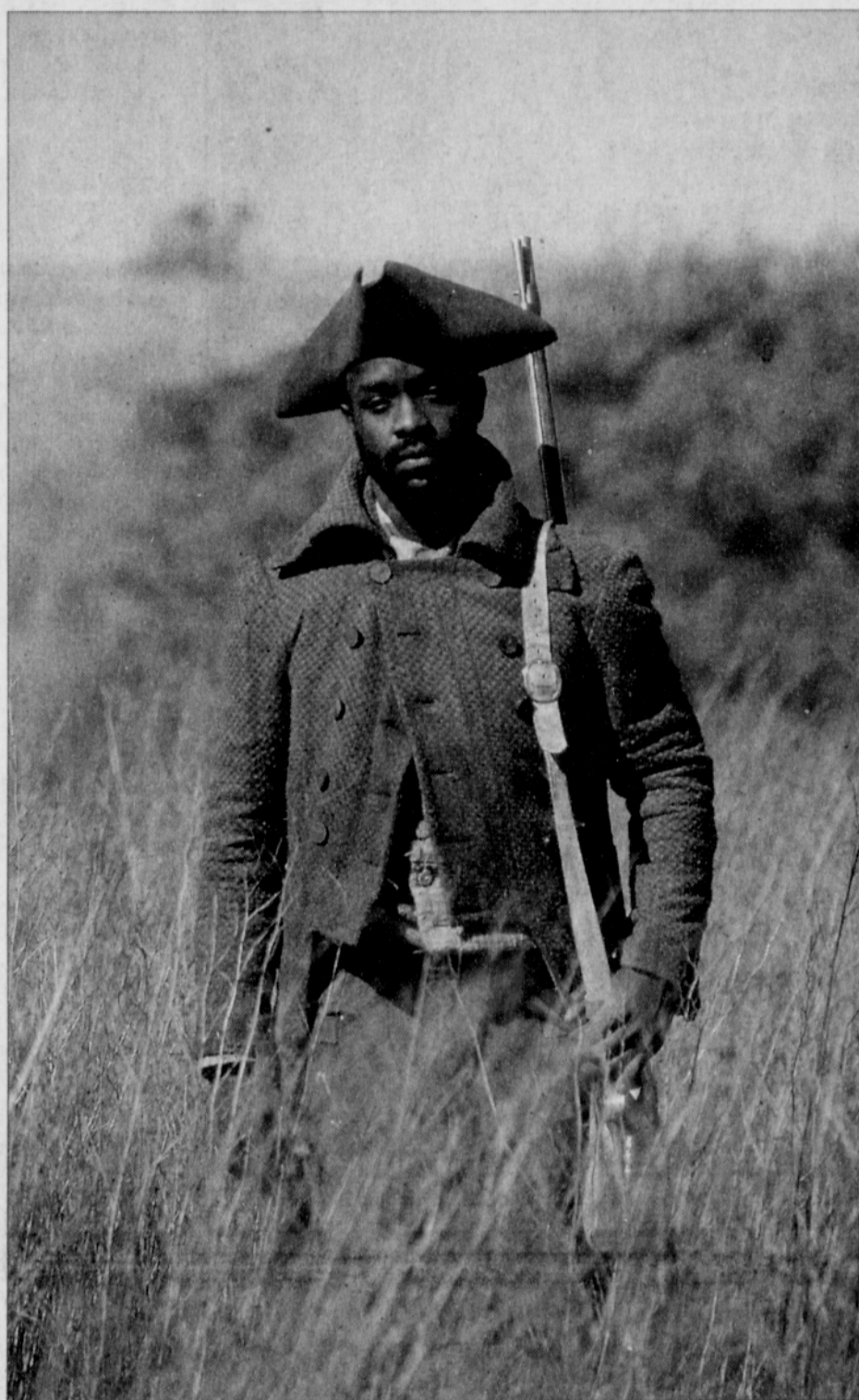
In a recent interview, Tyler, a former football player for Utah State, expressed how hard it was to "pull away" from the cast after the shoot was finished.

"Working as a team carrying and pulling those boats upstream helped us get close. We were tight," he said.

Having a grandfather who was a boatman in Gulfport Louisiana helped fuel Tony's interest in working on this film.

Tyler got his start in acting while doing theater work at Utah State. Here he often "lived the life of a solitary writer focusing on social drama." He has acted in many roles, including *Yellowstone*, *Black Knight*, and *A Place In The Sky*, where he met the director and producers of the Lewis and Clark film. His roles have been very diverse, ranging from a cook to a weatherman for the Tuskegee Airmen.

To prepare for the York role, Toby immersed himself by reading Lewis and Clark



Toby Tyler from the movie "Lewis & Clark: Great Journey West," now showing at OMSI.

journals, Stephen Ambrose's *Undaunted Courage*, and a detailed packet of information provided by National Geographic.

"Understanding what York went through helped me better play the role. This part also helped me understand the importance of our

country's history," he said.

In addition, Toby studied Oprah Winfrey's performance in *Beloved*.

Oprah was said to have "gone deep and called on spirits," to help her in this award-
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Anderson Named Dean of Minority Affairs

Doctor on mission to enhance minority opportunities at OHSU



Dr. Stephanie S. Anderson

Dr. Stephanie S. Anderson has been named assistant dean of minority affairs in the Oregon Health and Science University School of Medicine.

Anderson is charged with helping the school recruit minority faculty, residents and students; retain them by improving cross-cultural communication and networks on campus and with the Portland community; and make OHSU nationally known for its recruitment and retention of minorities at all levels.

The appointment was announced by Dr. Christine Cassel, dean of the School of Medicine.

"One of my missions is to enhance opportunities for our minority faculty

and students," Cassel said. "This will strengthen both the school and the entire OHSU medical community. Stephanie has the skill and training to lead this effort, and we are delighted that she is willing to join the dean's office staff."

Anderson, an assistant professor at the school, proposed the position partly because of her own experience as an ethnic minority physician.

"I realized if I were feeling isolated, how must a busy resident or medical student feel?" Anderson said. "Our goals are to improve the sense of community on OHSU's campus as well as promote the visibility of OHSU and its support of minorities."

OHSU's Office of Diversity and Multicultural Affairs recruits and supports minority students for all four of OHSU's schools. The School of Medicine is the first OHSU school to create its own administrative position for minorities to complement the work of the university-wide office.

Anderson is excited about the long-term potential.

"The minority physicians we're training today are those who will go on to promote diversity training and take care of the minority communities that so much need physicians," she said.

Anderson received her M.D. from the University of California at San Francisco and completed her internal medicine residency training at Santa Clara Valley Medical Center in California. Her professional interests include women's health as well as medical student and resident education.



Kiona Tift with the gold medal she won in Ti Kwon Do.

Fifth Grader Trains For Junior Olympics

Kiona Tift is only 9 years old, but already she has a black belt in Ti Kwon Do and has traveled internationally.

The fifth grader at Prescott Elementary School in Parkrose is currently training for the 2003 Junior Olympics in Florida. Her home gym is the Family Martial Arts and Fitness Center in northeast Portland.

Kiona won a gold medal at the Washington State Championships last year, and also competed at the world champion-

ships in Seoul, Korea.

She has spent many years of dedication to get where she is today.

Kiona started Ti Kwon Do when she was just 3 years old in Tacoma, and has earned special recognition for her athletic accomplishments from Washington Gov. Gary Locke and the Pierce County Council.

A Native American, she also dances in pow wows.

Kiona is the daughter of Ana Garcia and Quwayne Tift.