

METRO *Life*

The Portland Observer

SECTION B

Community Calendar

Clothing for a Good Cause

Successful Choices hosts a blow-out clothing sale fundraiser from 9 a.m. through 5 p.m. Sat., July 19, in the McCoy Academy parking lot, 3802 NE Martin Luther King Jr. Blvd. Stop by for food, drinks, music and killer bargains.

African Beats at Fairview

Enjoy marimba music inspired by the rhythms of southern and western Africa from 11:30 a.m. to 12:30 p.m. Friday, Aug. 1 at Fairview Park, 1520 N.E. Village St. For more information, call 503-988-5655.

Classics for Canines

Improve your reading skills by reading aloud to therapy dogs from 1 to 3 p.m. Sat., Aug. 2 at the Albina Library, 3605 N.E. 15th Ave. Register at 503-988-5362.

Sant Thakar Singh

Know Thyself as Soul Foundation features free a meditation class from 2 to 6 p.m. Sunday at Portland State's Hoffman Hall, 1833 S.W. 11th Ave. For more information, call 503-648-7380.

Democrats Party

Who says politicians can't party? The Multnomah County Democrats' third annual potluck is at 1 p.m., Aug. 17 at Woodstock Park, Southeast 48th Avenue and Steele. For more information, call 503-804-4471.

Haunting at Lewis and Clark

Lakewood Theatre Company presents "Oregon Ghosts" weekends at the Studio Theatre, at Lewis and Clark College, 615 S.W. Palatine Hill Rd. \$23. For more information, call 503-635-3901.

Welcome Home Troops!

The Troops Parade to welcome home the U.S. forces from Iraq is at 11 a.m. Saturday, July 19 in the park blocks at Northwest 8th Avenue and Davis. For more information, call 503-670-0864.

Petal Pushers

The Providence Rose Pedal celebrates five weeks of cycling with events through Aug. 10. Music and Movies by Moonlight is on Wed., July 16 and Aug. 6. The Portland Art Museum is free to anyone arriving by bike from 5 to 8 p.m. Thursday, July 17.

Native American Fish

Quintana Galleries presents Wy-Kan-Ush-Pum Gala, Celebrating Salmon and Art at the Governor Hotel, 611 SW Tenth Ave. Auctions will feature internationally renowned Native American art. Enjoy a salmon dinner, live entertainment and Spirit of the Salmon Awards. For more information, call 503-731-1284.

Car Wash Benefit

Give your baby a bath from 10 a.m. to 4 p.m. Saturday, July 19 at 605 N.E. Ivy St. All proceeds benefit the University Park Community Center and Richard Brown Headstart Center.

Museum Hosts Cruz-In

Vancouver's Pearson Air Museum, 1115 E. Fifth St., welcomes you to its Cruz-in, Wednesdays from 4 to 9 p.m. through Aug. 20. Come by to see hundreds of vintage cars, hot rods and hogs, not to mention a barbeque, bar and music. For more information, call 360-694-7026.

Stallions Horsin' Around

The World Famous Lipizzan Stallions ride through the Rose Garden at 2 and 7:30 p.m. Saturday, July 19 for "Dancing White Stallions." Tickets are \$19.50. For more information, call 503-224-4400.

Taking Stress Out of Caregiving



Participants learn tools to become more powerful caregivers to their aging family members at Legacy Emanuel Hospital in north Portland.

PHOTO MARK WASHINGTON/THE PORTLAND OBSERVER



Farhia Omar teaches caregivers to manage stress.

African Americans helping sick and elderly take time for themselves

BY JAYMEE R. CUTI
THE PORTLAND OBSERVER

Many African Americans have been raised to believe that taking care of sick or elderly loved ones is a duty to take pride in.

They may not have also been warned about the tension associated with being a caregiver and what that stress can do to their mental and physical health.

The cooking, cleaning, shopping, supervision, daily personal care and sometimes financial support can bury caregivers in mountain of to do lists that prevents them from taking time for themselves.

A new six-week long class at Legacy Emanuel Hospital, helps family caregivers learn that taking care of themselves can help manage depression, anger, stress and im-

prove communication with doctors and other family members.

The class, Powerful Tools for Caregiving, taught by Farhia Omar, was born from a study at the Oregon Health and Sciences University, focusing on how stress on African Americans can lead to dementia and Alzheimer's disease.

Omar and lead researcher Fred Miller encountered several participants who listed "caregiving" as a major environmental stress.

The free class includes free textbooks

and teaches techniques to reduce stress, communicate effectively, take care of yourself, make tough decisions, set goals and problem-solve.

"They need to know there's a limit to what they can do, and they can get outside help if necessary," said Omar.

This class, not for professional caregivers, benefits people taking care of loved ones in their home, in nursing homes and even out of state. For more information about the caregiving series, call 503-494-2367.



PHOTO BY MARK WASHINGTON/THE PORTLAND OBSERVER

Rose Garden for Sale?

Renaming Blazer venue could pay millions

BY JAYMEE R. CUTI
THE PORTLAND OBSERVER

Could Portland's Rose Garden Arena fall prey to the talons of corporate sponsorship, as did the Staples Center, the FedEx Forum and Compaq Center?

Corporate naming-rights of the Rose Garden could mean millions for the Portland Trail Blazers, according to the team's newly appointed President Steve Patterson.

Patterson brokered a \$5.4 million renaming agreement between Compaq Computer Corp. and the Arena Operating

Co. in Houston in 1996 and told reporters at the Sports Business Journal that the Rose Garden was a "big opportunity to raise revenue."

The Blazers and its Oregon Sports Arena recently cut costs by laying off 88 workers. The team's \$105 million payroll is the highest in the NBA.

At a press conference last week, Patterson said that player personnel cuts weren't out of the question and answered, "Make me an offer" when asked about trading Damon Stoudamire, who was arrested on his third marijuana offense at a Tucson, Ariz. airport earlier this month.

Blazers spokesman Mike Hanson said discussion about renaming the Rose Garden is "premature" and that no plans to sell the name are in place.

Local Writers to Celebrate Success at Dawson Park



Tanya Brame reads her short story at the Mississippi Pizza Pub in north Portland.

A writer's block party at Dawson Park in north Portland will mark the end of a series of workshops by Write Around Portland.

The local group provides low-income individuals with the opportunity to articulate their lives and experiences through the power of creative writing, transforming lives and building community.

The party on July 26th will follow a successful series of Summer of Writing workshops in the Boise-Eliot neighborhood, recognizing the accomplishments of the participants and providing a gathering place and activities for local children and adults.

For the kids there will be bookbinding, poetry tiles, postcard making and face-painting. Writing workshops will serve teens and adults. There also will be music, an open mike, booths featuring food, information and merchandise of local artisans and businesses.

In addition, the works from the participants will be published in a Summer Anthology and released at the block party.