

METRO

The Portland Observer



Votes are In
Trace of gospel propels
American Idol winner
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SECTION B

Community Calendar

Arts Scholarship Etended

The African American Visual Arts Scholarship at Portland State University application deadline has been extended to July 31. The committee is seeking young African-American artists and offering to pay \$3,000 per year. For information, call 503-725-3397 or 503-725-5560.

Going Green

Our Garden, Inc. is holding its 8th annual Our Garden Kids Party and Plant Sale from noon to 4 p.m. Sunday, June 6 at King Plaza, 3939 N.E. Martin Luther King Blvd.

Plan On It

A Juneteenth Planning Committee will meet Friday, June 4 at 6:30 p. at the Philadelphia Missionary Baptist Church, 236 N.E. Mason. For more information, call 503-282-2216.

Ya Gotta Regatta

You gotta go to the 10th annual Columbia Slough Regatta small crafts show and paddling event from 9 a.m. to 1 p.m. Sunday, July 26 at the lower Columbia Slough.

Better Homes

A Fix-It Fair is a free neighborhood resource for building a better home and growing a greener garden from 8:30 a.m. to 2 p.m. Saturday, June 5 at Helensview High School, 8678 N.E. Sumner.

Birth Ready

Whether you need childbirth preparation classes, or just a refresher, Providence Health Systems has a workshop for you. Prepare for pain, take a weekend seminar or prepare big sisters and brothers-to-be throughout the summer by visiting www.providence.org/classes or call 503-574-6595.

Juggling Meds

An Aging Forum at the Providence Center, 4805 N.E. Glisan, helps older adult learn how to manage multiple medications at 6:30 p.m. Wednesday, June 16 in the social room. To register, call 503-574-6595.

Canine 101

The Oregon Humane Society explains problem pooches at Canine 101 classes on Saturdays, June 5 and 19 at 11 a.m. A \$10 donation is suggested. For more information, call 503-285-7722 or visit www.oregonhumane.org.

Women Speak

Women have a voice at Women in NAACP, a new women's group, meeting from 10:30 a.m. to 1 p.m. the first Saturday of each month at the American Red Cross Building, 3131 N. Vancouver. For questions, call 503-249-6263.

Interest in Adoption?

A free information meeting for prospective adoptive parents is held the third Wednesday of every month from 7 to 8:30 p.m. at Belmont Public Library, 1038 S.E. 39th Ave. For more information, call 503-226-4870 or visit www.openadopt.com.

A Healing Song

Sankofaa Health Institute offers a free diabetes support group from 6 to 7:30 p.m. every third Thursday at Alberta Simmons Plaza, 6707 N.E. MLK Blvd. For more information, call 503-285-2484.

NAACP Meetings

The Portland Branch of the NAACP holds two monthly executive committee meetings, on the second Thursday of the month and the Thursday before the fourth Saturday of the month. General membership meetings are held on the fourth Saturday of each month. For more information, call 503-284-7722.

A Walk with Cancer

Creating comfort in knowledge for women of color

BY JAYMEE R. CUTI
THE PORTLAND OBSERVER

The worst time to learn of the shortage of culturally-specific information about breast cancer is the day you're diagnosed.

One longtime northeast Portland resident is becoming a filmmaker so other women won't have to experience her isolation.

Norma Roland knew she was at high risk for cancer. Her father and several brothers suffered from lung cancer and being African American put her in a higher risk group.

Roland was conscientious about her diet and punctual with mammograms. Yet in September of 2002, she was diagnosed with breast cancer—the most common type of cancer among African Americans.

"I didn't go into it with the frame of mind that I'm going to die. I made up my mind that positive thinking will help the body heal," Roland said.

Her survivor's attitude pulled Roland through a year of chemotherapy and a double mastectomy.

What she wasn't prepared for was feeling out of touch with the literature and videos designed to comfort and educate her.

"I looked at the material that was written and there really wasn't anything available for women of color. There weren't any women that looked like me and that I could relate to based on race."

Roland found other women in her oncologist's waiting room echoing this same sentiment.



PHOTO BY MARK WASHINGTON/THE PORTLAND OBSERVER
Norma Roland has embarked on making a video documentary to teach other minority women about breast cancer in a style inclusive to them.

"A lot of women I ran into said 'this is fine if you're white' but women of color look at things differently. Cancer is cancer and it has no color but women of color have different issues and dialogue that they don't feel should be open to others."

Roland, who is a retired TriMet customer service supervisor, immersed herself in medical studies. She interviewed doctors and patients, read medical journals and spent

long hours at the library to become an expert in her disease.

"I can't save the world but there needs to be something out there for women of color so if they're diagnosed with cancer at least there can be a videotape that they can relate to," said Roland.

A spokeswoman with the American Cancer Society said the agency is taking steps to reach people of color, beginning

with a prostate cancer campaign geared toward African-American men.

A newsletter called Neighborhood Health Matters is distributed quarterly to 350 organizations throughout the community, including churches, schools, and retail stores. A local Cancer Society staff member who sits on the African American Health Coalition's Breast and Cervical Cancer Advisory Panel is currently working community leaders and volunteers involved in the American Cancer Society's Body & Soul program, which encourages church members to eat more fruits and vegetables to reduce their risk of cancer and other diseases.

With her cancer in remission, Roland has begun a new journey. She teamed up with a professional filmmaker and is learning the industry ropes while creating a documentary to teach other minority women about breast cancer in a style inclusive to them.

The documentary sits half-finished while Roland researches grants and other funding possibilities. She is planning to distribute the video to doctors' offices throughout the nation, beginning with Portland.

"It's still a work in progress, but I know it's God's will and the project will get done," Roland said.

The film depicts her "walk with cancer," showing Roland before and after surgery, discussing types of cancer and talking about prevention and the importance of nutrition and exercise.

Juneteenth Party Plans

Celebration grows with voter drive

An annual celebration representing freedom for African Americans has a strong political feel this year.

The 9th annual Juneteenth celebration is moving to the Jefferson High School campus this year, to accommodate the 5,000 expected participants from Friday, June 18 through Sunday, June 20.

All performers, visitors and vendors are encouraged to register to vote. A "Rock the Vote" team will be prepared with forms and a camera to get as many as

possible included in the political process.

"This is an election year so it's certainly an opportunity to empower youth and give them the opportunity to be responsible voters," said Woody Broadnax of House of Exodus Juneteenth Celebration Northwest.

The Juneteenth committee has also partnered with the lo-



Rose Smith

cal chapter of Big Brothers and Sisters, to bring exposure to Amachi, a program that pairs adult mentors with children of incarcerated parents for fun and meaningful relationships.

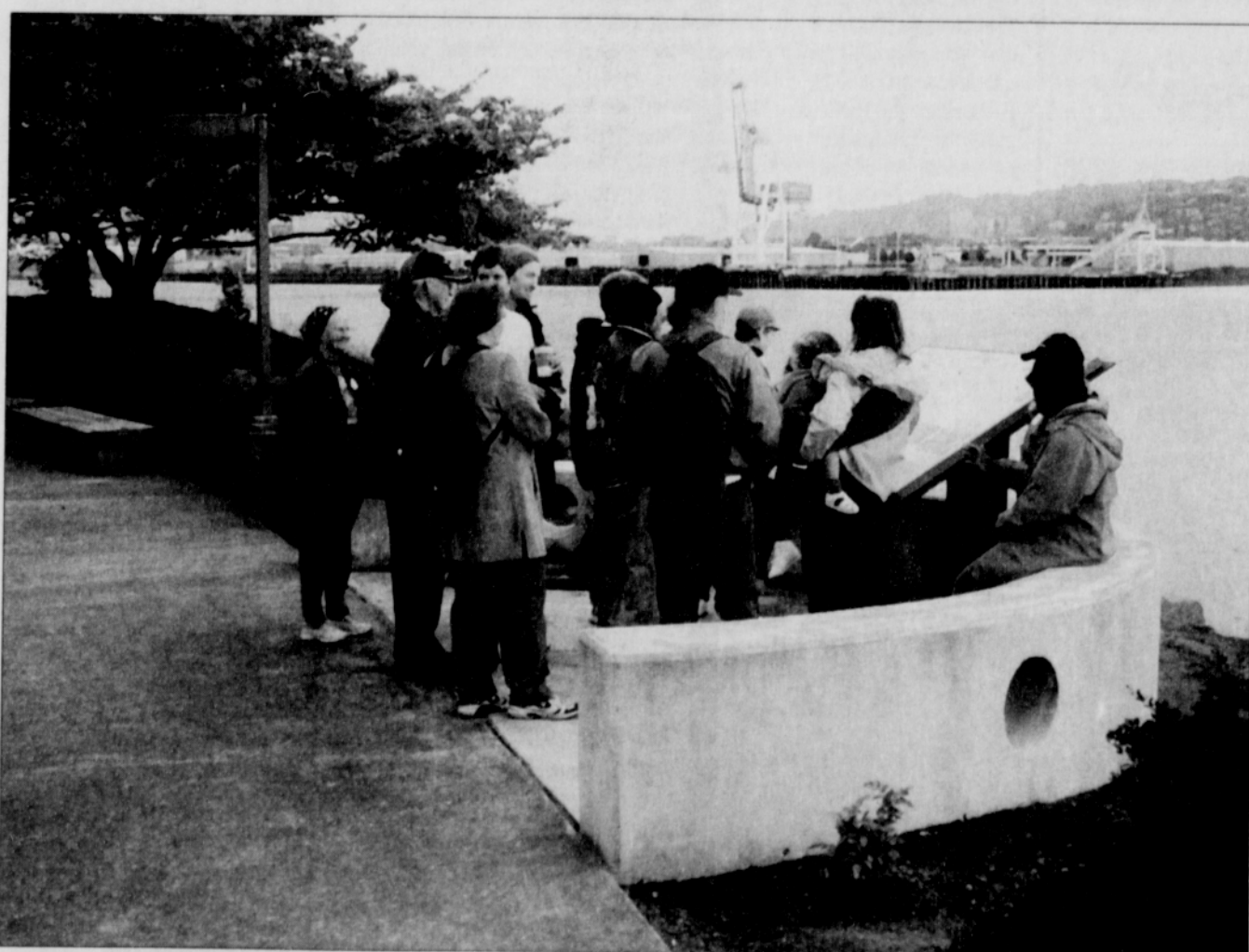
Rose Smith, a Project Hope social worker with Big Brothers Big Sisters, said volunteers in the program often introduce kids to restaurants, movies and sporting events.

"They have these dates to help these children have fun," Smith said.

Juneteenth has a full schedule of three days of fun, including a Basketball Extravaganza tournament on Friday, June 18; a Fun Center with artisans, food and games; a Juneteenth history lesson; a Freedom Trail Parade; and an Old School R&B concert on Saturday, June 19.

The Juneteenth committee is still seeking vendors and volunteers. For more information, call 503-282-2216.

Ten Toe Express Now Boarding



Walkers traveled round trip from the North Prescott Street Max Station on Interstate Avenue to discover this little known scenic river walk on Swan Island.

Health campaign says use your feet

Area residents and workers are being encouraged to use their feet to travel.

With the opening of the Max Yellow Line on Interstate Avenue, the city is distributing a free walking kit that includes a digital pedometer to count steps, a walking map, guided walking schedule and a coupon book for local businesses with more than \$100 in savings.

Kaiser Permanente and the African American Health Coalition are among the partners in the campaign to get a health message across to a target audience—the 12,000 households that live closest to the new mass transit service.

"This is an exciting opportunity to use federal funds to promote walking to North Portland residents first as transportation choice and second as a way to stay healthy," said Commissioner Jim Francesconi who oversees the city's transportation bureau.

Recent medical news reports indicate inactivity and poor nutrition are taking their toll on American's health and life expectancy. Current Center for Disease control guidelines allow for the accumulation of moderate intensity physical activity over the course of the day. Multiple, shorter walks also have comparable improvement in cardio-respiratory fitness and health.

For a free Ten Toe Walking Kit or more information call 503-865-TOES or e-mail tentoe@pdxtans.org.