

Black relationships are the topic of discussion at a gathering in Portland each second Friday of the month.

All About Relationships



continued ▲ from Front

conversation can be hot. But that's why many who attend invite others and keep coming back. The dialectic exchange is confrontational, honest and raw. There is nothing left to the imagination.

It is fair to say that the people who attend these discussions are the type that aren't afraid to tell the emperor he's naked or to acknowledge there is an elephant in the living room. In short, they call it how they've lived and seen it, no sugar coating here. And new participants often return.

Leslie Young, a first-timer for the discussions, said she was beginning to lose faith and hope in securing a satisfactory relationship.

"It was refreshing to see people from the community, my people, coming together because they care about what has been lost," she said.

Young said she had intended to remain silent, but after joining the discussion, she felt her comments were respected and acknowledged.

"Although my views weren't popular, I left the group with my dignity in tact... I look forward to the next gathering," she said.

After another first time attendee, Rolanda Thompson said, "I was pleased, these meetings were long overdue. In the long run I hope they help to build a strong black community in Portland."

The discussion isn't bound to the residents of Portland. Black men and women from all over Oregon, the nation and the world are present. And many issues

are addressed through the gatherings.

Even the generation gap is closed as the typical age of participants range between 19 to 66 years old. Black people of all walks of life are also present, from hip-hopsters to the starchy conservative and everything in between.

Perhaps the most important issue that is dealt with by these forums is the growing mistrust that exists in the black community due to differences in economic, political and social advances. For years the black community has looked towards others to correct its problems and Byrd believes that as a result, the black community has grown further apart.

"It's past time for black men and black women to grab the reins and reconstruct their destinies," he said.

There are a lot of reasons why Byrd was interested in organizing an environment whereby black men and women can talk, but ultimately the aim is to resurrect trust, hope and to reinvent black love.

The 2nd Fridays, an unofficial name, were originally held downtown at Savannah Caribbean restaurant. This month's discussion is scheduled Friday, Sept. 10 at 7:30 p.m. at Reflections Coffee House to accommodate the growing number of participants. Reflections is located at 446 N.E. Killingsworth in the strip mall off Martin Luther King Junior Boulevard.

The topic will be "Everything You Love and Hate About Black Men..." the first in a three part series. Other topics include parenting, infidelity, sex, money, blended families, interracial dating, perceptions black men and women harbor towards one another and a host of other related topics.

While listening to the discussion two things are apparent: if you are thin-skinned or have virgin ears you may not want to attend.



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bursitis at one office, tenosynovitis at another and so on until they return home confused, frustrated and still in agony. As Chiropractors, we are concerned about nerve flow to the various parts of the body. Of course, we look to see if a bursal sac has been traumatized or if a tendon has been injured. But more importantly, we look to see what caused the injury. You see,

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Wellness Within Reach

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and free physical activities classes. The fun also continues with live music by the Ron Steen Trio, free refreshments, face painting, a Kids On the Block puppet show, and free giveaways.

This event is an opportunity for the African American Health Coalition to engage and educate

the community in healthy living practices and help fund its ongoing, free physical activity classes, a product of the national Racial and Ethnic Approaches to Community Health 2010 program.

"We want to make physical activity a cultural norm in our community," said AAHC President Corliss McKeever. "More than a thousand African Americans have attended Wellness Within REACH physical activity classes, and it makes me proud to provide a service that is truly needed."

Last year, more than 500 commu-

nity members participated in the first ever Wellness Within REACH Walk, and this year, many more are expected to be a part of the healthy, community fun.

AAHC Program Coordinator and REACH Walk volunteer coordinator Kamesha Robinson said, "An event like this could not happen without the support of volunteers. We asked for help and the community responded, so I would like to say, 'Thank you.'"

To register or learn more about the Wellness Within REACH Walk, visit www.aahc-portland.org or call 503-413-1850.

Suit Filed Against OLCC

continued ▲ from Front

that they've taken actions against me."

Larry also claims that the OLCC owes him approximately \$10,000 for sales he made in May. A dollar figure has not yet been assigned to the lawsuit, though Larry says

he will be seeking retribution for lost income during his store's closure.

According to Jon Stubenvoll, communications director for the OLCC, the agency is following the directive from State Legislature on the distilled spirit-based products in question.

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AAHC African American Health Coalition, Inc.

2nd Annual Wellness Within REACH Walk

September 4, 2004

What

Join Grand Marshal Charles Jordan and AAHC for the 2nd Annual Wellness Within REACH Walk Saturday, September 4, 2004! Walk a 1.5 or 4-mile course through beautiful NE Portland.

When

Registration & event activities begin at 8:00 a.m. The Walk begins at 9:00 a.m.

For more information

For more information about registration or to volunteer contact the African American Health Coalition, Inc. at 2800 N. Vancouver Ave., Suite 100 503-413-1850, or ayannas@aahc-portland.org

Where

Start and finish at Dawson Park, located at N. Vancouver and Stanton in Portland, OR.

Why

The walk is a celebration of our community's health and fitness and a fundraiser for ongoing, free physical activity classes for African Americans in the Portland metro area.

Entry

Entry fee is \$15 per person. Pre-registration is highly encouraged! Register online at www.aahc-portland.org

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