

METRO

The Portland Observer

SECTION B

Community Calendar

Pow Wow

Native American drummers, singers and dancers will gather at Mt. Hood Community College for a traditional Pow Wow on Saturday, Oct. 9 at 4 p.m. For information, call 503-465-8074.

Learn to Swim

Fall Swimming Lessons are available at the Columbia Pool, 7701 N. Chautauqua Blvd and Matt Dishman Pool, 77 N.E. Knott. For information, call the Aquatic Division at 503-823-5130.

Rummage Sale

The Hollyhock Loaves and Fishes Center hosts a rummage sale to raise money for the community's Meals-On-Wheels program from 1 to 6 p.m. Oct. 14 and 15 and 9 a.m. to 6 p.m. on Oct. 16 at 1907 N.E. 45th Ave. For information, call 503-281-8109.

Adoption Seminar

Information on the process of adoption and a variety of adoption opportunities will be shared on Thursday, Oct. 21 from 7 to 8:30 p.m. at the New Hope Community Church, 11731 S.E. Stevens Rd. in Clackamas. For information, call 503-659-5683.

Midwife and Healers Conference

The International Center for Traditional Childbearing has partnered with midwives and healers who will show the connections of current practices with past traditions at the 3rd annual Black Midwives and Healers Conference at PSU's University Place Hotel. Visit www.blackmidwives.org.

Leadership Summit

The National Forum for Black Public Officials is holding its annual Fall Leadership Summit and Marks for Excellence Luncheon from 8 a.m. to 4 p.m. at the Double Tree Lloyd Center. For information, contact Deena at dpierott@ci.portland.or.us or Michelle Harper at mharper@ci.portland.or.us.

Aquatic Fitness

Providence has a full schedule of fitness classes including water exercising at the Providence Aquatic Center, 4805 N.E. Glisan. For a schedule, call 503-215-6301.

Women in NAACP

Women in NAACP, a new women's group, meets 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.

Children's Healthy Growth Clinic

A free 40-minute session on Rolfling, a holistic system of soft tissue manipulation and movement to insure health growth and movement patterns, is available for children ages zero to 10 on Saturday, Oct. 23, from 1-5 p.m. at Wild Oats Market, 2nd floor, 3535 N.E. 15th. For questions about this clinic, call 503-753-7653 or email rolfer@earthlink.net.

In Charge

The American Red Cross Oregon Trail Chapter offers When I'm in Charge, a 2.5 hour course that prepares children ages eight to 11 how to respond to and be safe in situations. The next class is held Wednesday, Oct. 20 from 6 to 8:30 p.m. at Mt. Hood Medical Center, 24800 S.E. Stark St., Gresham. The fee is \$18. To register, call 503-280-1440.

Forces of Nature

OMSI presents Forces of Nature, National Geographic Chases Mother Nature's Dark Side, at Omnimax from Oct. 8 through March. For more information, call 503-797-4000.

McCormack-Matthews Center Serves Kids

New space for Albina Head Start opens

Trail Blazer and Portland native Damon Stoudamire officially unveiled the McCormack-Matthews Center in northeast Portland last week, named after longtime neighborhood activist Sharon McCormack and Damon Stoudamire's grandmother, Wanda Matthews Stoudamire.

Trail Blazer President Steve Patterson as well as Ron Herndon, the director of the Albina Head Start, and the McCormack family joined him.

"This center is very special to me. I'm so appreciative to just see my grandmother's name on the building. She meant a lot to me and I have so many memories of spending time with her as a kid," Stoudamire said.

The McCormack-Matthews Center was a \$3.2 million project and is located at 6930 N. Kerby. The building was designed to meet the space requirements of Albina Head Start programs. The center has three preschool classrooms, three infant and toddler rooms, computer lab, multipurpose room, and a parent resource room that will serve 90 children from birth through five years old.

The center also has additional space provided for administrative activities, recreation, parking and internal circulation.

Charitable donations for the project came from Stoudamire, the Paul G. Allen Charitable Foundation, Bill & Melinda Gates Foundation, Meyer Memorial Trust, The Collins Foundation, the Portland Trail Blazers, Region X Head Start Bureau and Spirit Mountain Community Fund.



Albina Head Start kids surround Trail Blazer and Portland native Damon Stoudamire for the opening of the new McCormack-Matthews Center, named after longtime neighborhood activist Sharon McCormack and Damon's grandmother, Wanda Matthews Stoudamire.

Energy Costs Skyrocket

Warmth this winter will cost a bundle

Many local residents face steep heating bills in the upcoming months thanks to record prices for heating oil and big increases in the cost of natural gas.

The Oregon Public Utility Commission approved an 18 percent rate increase for Northwest Natural beginning this month and heating oil prices have soared over the past few months.

Industry experts are warning that crude oil prices - which hit new highs last week - could lead to local home-heating oil prices routinely hitting above \$2 a gallon this winter.

For gas customers, the bill for a typical residential customer of Northwest Natural who uses 56 therms will increase by \$10.40 monthly, from \$57.64 to \$68.04.

"Until prices come back down again there are things customers can do to lessen the impact of these price increases, especially during the upcoming winter months, when they will take a bigger bite out of household budgets," said PUC Commission Chairman Lee Beyer.

Turning your thermostat down can save up to 3 percent for each degree of reduction. A programmable thermostat that automatically reduces heat at night or while the house is unoccupied can lower heating bills by 5 to 10 percent.

Experts say gaps, leaks and small holes in ductwork account for as much as 25 percent of home heating loss. Fully insulating your residence generally results in up to 30 percent savings on a heating bill.

Local residents can ask for a free energy audit. Utilities are required to provide free energy audits and incentives such as rebates or loans for energy saving measures.

Bill paying assistance for low-income residents may also be available.

For more information, call the Oregon Department of Energy at 1-800-221-8035.



Donya Frazier, parent educator for Albina Early Head Start, embraces kids. She is part of a program that helps educate parents about how to act as teachers toward their children.

Back to the Basics of Parenting

Head Start brings families together

BY JOHANNA S. KING
THE PORTLAND OBSERVER

Albina Early Head Start knows about the vital needs of young children. They also understand that parenting is neither a quick nor easy task.

In response to a critical community need for parenting assistance, a new program has evolved to help bring parents closer to their children through hands-on interaction and activity oriented projects.

"We highlight the relationship between parents and kids in order to de-

velop the skills parents need to meet the needs of their children," said Donya Frazier, parent educator for Albina Early Head Start. "Parent willingness and involvement are the essence of what we use to assist parents in becoming more experienced and better qualified for the job."

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— Donya Frazier, parent educator

In a joint effort with Self Enhancement Inc., the free Parent Child Services Program meets Monday and Friday evenings from 5 p.m. to 7 p.m. at the SEI building and offers support to parents in need of some helpful hints of the basics.

Influenced by the idea that parents

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