

METRO

The Portland Observer

SECTION B

Community Calendar

Sustainable Food

A workshop to explore ways to make foods affordable, nutritious and culturally appropriate is from 9 a.m. to 2 p.m. Saturday, Feb. 19 at St. Andrew Community Center, 4940 N.E. 8th Ave. Cost is a \$10 donation and lunch will be provided. Call 503-221-1054 ext. 203 to register.

Parenting Classes

Newborns don't come with instruction manuals but parents and parents-to-be can attend classes through Providence Health Systems to learn about a variety of topics from pain and childbirth to breastfeeding to infant CPR and much more. For a schedule of events, call 503-574-6595 or visit www.providence.org/classes.

Preschool Open House

Tillamook Cooperative Preschools holds its open house on Saturday, March 5 from 10 a.m. to 2 p.m. at 935 N.E. 33 Ave. Financial aid is available. For more information, call 503-234-1691.

Get in Shape

Get in shape with Portland Community College's non-credit classes designed to get you trimmed and toned in January. Weight training: cardio circuit revs up the class for 90 minutes from 6:30 to 8 p.m. in the newly built gym of PCC's Cascade Campus, 705 N. Killingsworth. Cost is \$89 for 10 weeks. For more information, call 503-978-5205.

PCC Skills

Learn how to build a Web-based business in a three-week class from 6 to 9 p.m. Tuesdays through Feb. 8 in Room 130 of Mt. Tabor Hall at Portland Community College's Southeast Center, 2305 S.E. 82 Ave. Cost is \$49. For more information, call 503-788-6265.

Business Meeting

Join North/Northeast Business Association meetings on the first Monday of each month from 6 to 8 p.m. at Albina Community Bank, 2002 N.E. Martin Luther King Blvd. Morning networking meetings are the third Wednesday of each month from 7:30 to 9 a.m. at the Blazers Boys and Girls Club, 5250 N.E. Martin Luther King Blvd. For more information, call 503-249-0487 or visit www.nneba.org.

Gain Computer Skills

The Sun program offers a computer class for parents at King Elementary School. To register, call 503-916-6156 or 503-319-3425.

Volunteer Option

If you are looking for a volunteer opportunity, check out Bradley-Angle House to end domestic violence. Bilingual women and women of color are especially needed. For information, call 503-282-9940.

Volunteer for Hospice

Kaiser Permanente offers training for hospice volunteers Tuesdays and Thursdays from 12:30 to 4 p.m. through Feb. 3 with one Saturday session on Jan. 29. For more information or to register, call 503-499-5285 or 503-499-5408.

Get Fit, Stay Healthy!

Sankofa 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. Martin Luther King Jr. Blvd. For more information, call 503-285-2484.

Creative Space For Dance

Aurora Dance Studio, 5433 N.E. 30th (at Killingsworth), offers an array of classes for children, teens and adults at all levels of ability. Call 503-249-0201 or visit online at www.hevanet.com/auroradance for additional information.

African Gospel Acappella

Survivors of war draw on music to minister

The singing group African Gospel Acappella will perform a free concert at George Fox University in Newberg at 7 p.m. on Friday, Feb. 18 in Bauman Auditorium. The public is invited. Donations will be accepted.

African Gospel Acappella is comprised of six blind men from Liberia who have survived a civil war, poverty, and other hardships. The group was formed decades ago while members attended the School for the Blind in Monrovia, Liberia. Together, they represent five different tribes and sing in several native African languages as well as English.

After the civil war started, all of the men were scattered. In 1992, they regrouped as the "Inspirational Echoes of the Blind." Through song and testimony, they ministered throughout the city of Monrovia and beyond.

In 1998, all six men came to America and toured 46 states as the "Liberian Acappella Choir." Through their ministry efforts, many orphans in Liberia benefited by receiving food and care.

The primary goal of AGA is to share the good news of Jesus Christ through song and testimony. Secondly, the group desires to focus awareness on the plight of people in Africa, especially the disabled.

Group members write and compose their own gospel songs. Last year, the group released its first CD, titled "For Me to Live is Christ." Their second CD, titled "Yulo Mun Woloh (There Will Be a Child Born in Bethlehem)," was recently released. Prior to forming their current ministry,



The Vancouver-based group African Gospel Acappella will perform a free concert at George Fox University in Newberg.

they toured the United States for four years as Liberian Gospel Acappella, a ministry that aids orphanages in the war-torn country.

The Vancouver-based group currently

performs in schools and churches in Washington and Oregon. In addition to performing, the men are each building a new life. Two of the men have wives and children that are still in Liberia and they are working toward

bringing them to the U.S.

The group has performed in more than 1,000 American schools and churches. For more information on the group, visit the AGA Web site at www.africangospel.org.

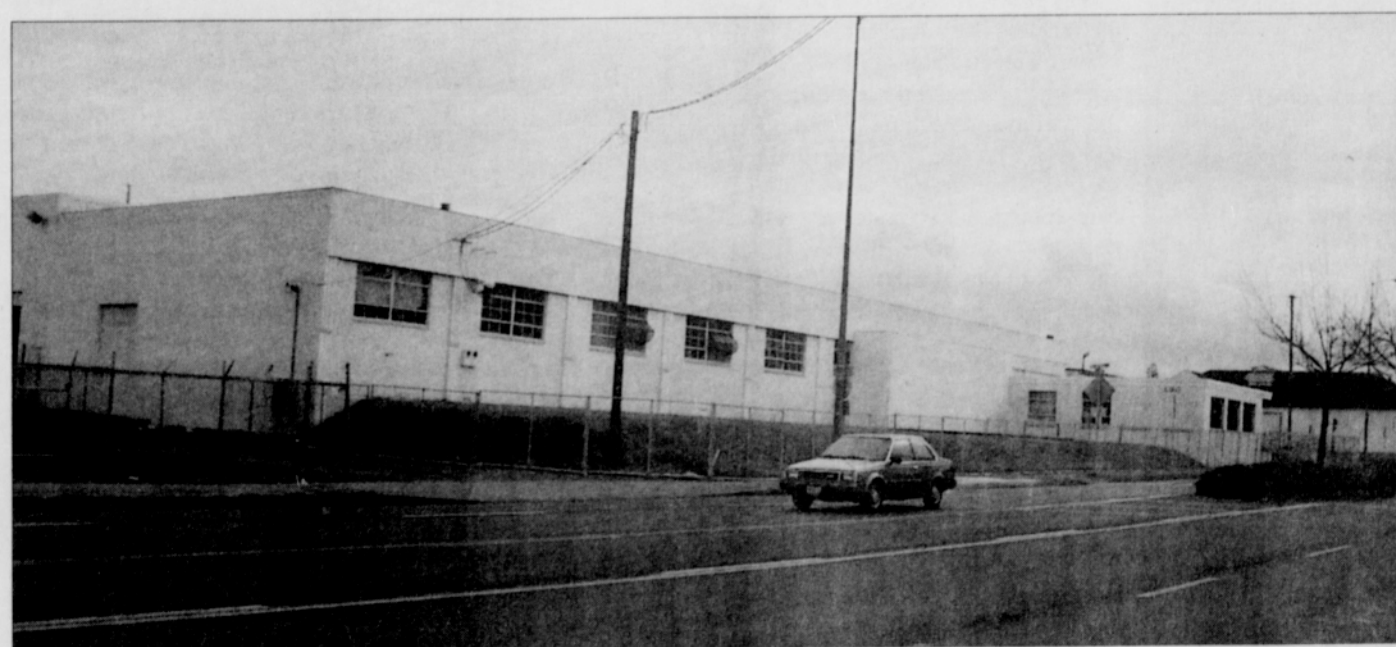


PHOTO BY MARK WASHINGTON/THE PORTLAND OBSERVER

More than two dozen jobs will move to this long-blighted property on Northeast Martin Luther King Boulevard and Holman Street when remodeling is completed over the next few months.

Old Industrial Site Gets New Life

Company to bring workforce to MLK Boulevard

The Portland Development Commission

has closed a land sale with National Meeting Company for the firm's new corporate headquarters at 6360 N.E. Martin Luther King Jr. Boulevard.

Construction has already begun and the company intends to occupy the building by summer 2005, bringing more than two dozen employees and a creative, expanding business to the northern part of the boulevard.

"This transaction may represent the most important new commercial business and construction project on MLK since the Adidas store in 1997," said PDC Chairman

Matt Hennessee. "We hope it will have a very significant impact on the development potential of the entire area."

The long-blighted property is located near the intersection of Northeast Portland Boulevard, a key development node identified in

"We hope it will have a very significant impact on the development potential of the entire area."

—PDC Chairman Matt Hennessee

the Albina Community Plan. The nature and quality of the property's redevelopment is considered crucial to help achieve community goals of job creation and community

revitalization in the area which are key elements of the Oregon Convention Center Urban Renewal Plan.

National Meeting Company, currently located in the Central Eastside, is a 25-year old Portland firm providing strategic planning, creative design and production, technical staging, and logistical management of live corporate events. The company also plans, manages and carries out meetings and conventions for a wide variety of national and local clients.

The firm has about 30 employees and will add a minimum of three additional people to its staff with a potential to increase its workforce even further in the next several years.

With this property acquisition, the company will invest in renovating and outfitting

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Grading Diets

Experts compare low-carb, high-carb benefits

Local medical experts are trying to resolve a controversy whether a low-carbohydrate or a high-carbohydrate diet is better for the health of many minorities disproportionately affected by obesity and its associated diseases, such as diabetes.

African-Americans, Latinos, and other people of color who are overweight or obese to enroll in the study.

Kaiser Permanente's Center for Health Research in north Portland is overseeing the study as part of a grant from the National Center for Complementary and Alternative Medicine - a branch of the National Institutes of Health.

CHR researchers along with medical experts from Oregon Health and Sciences University will conduct the five-year study to compare the safety and effectiveness of a low-carbohydrate Atkins-style diet with the more conventional high-carbohydrate DASH diet.

Two hundred and forty overweight or obese people will be recruited for the study. Participants will be given an intensive six-month behavioral intervention program to lose weight, and then receive long-term counseling to maintain weight loss for the next two years.

Low-carbohydrate, high-fat diets, such as the Atkins and South Beach diets, have become immensely popular among Americans who are trying to lose weight. Authors of books about these diets claim they result in rapid weight loss and improved disease risk without hunger and any need to pay

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