

# History Center Opens

continued ▲ from Front

ter, once the Colonial movie theater on North Albina and Killingsworth, was taken down to make way for the expansion of Portland Community College's Cascade Campus. Except for the 300 old theater seats removed by Humboldt community activist Herb Jenkins at the last minute, there was virtually no attempt at salvage.

"We told the pastor that they were right in the path of the expansion, we offered to help," Galbraith says. "He told me, 'Oh, they'd never do anything bad to us.'"

In addition to building materials, the center has significant documents and newspaper clips related to Portland's African-American heritage.

Galbraith says the material will be available for research and periodic exhibition.

For more information, call the museum at 503-231-7264



PHOTO BY MARK WASHINGTON/THE PORTLAND OBSERVER  
The Architectural Heritage Center displays beautiful stained glass windows salvaged from the William and Dora Killingsworth House, land now occupied by Jefferson High School.



Actor Tim Curry created a cult classic in fishnets.

## 'Rocky Horror' at Clinton Street

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audience.

"It's fun, it's the only place where you can get every type of person, put them in a room together and it's a time where people can get along. You are throwing a party," he said.

However, many of the patrons are underage and wear next to nothing. Young men very secure in their sexuality wear dresses or other intimate apparel.

"There are a lot of kids that if I was their father, I wouldn't let them leave the house the way they look," Burgess said.

But Rocky Horror is all about free expression and according to Burgess, "If you are over 18, you can do whatever you want."

Many parents are supportive because many attended Clinton Street Theater to watch the picture in their teen years.

To say that Rocky Horror is a cult movie would be an understatement. To some, it's a way of life. Like a tennis game, your eyes are constantly going back and forth between the movie and the live cast. The regulars have mas-

tered this art of dual watching. The virgins may have to visit more than once to understand the plot of the movie because with all the throwing of rice, the heckling of memorable lines and watching a movie and a play, it can be overwhelming.

Burgess says that the members of his black community either don't know about the show, ask why he wants to be involved, or are otherwise supportive. His mother was a huge influence on his decision to direct the show and has seen him in action as the main character.

Burgess may be heavily involved with Rocky Horror, but it's not the main focus in his life.

"It seems that whenever I hang out with someone outside the cast, all they want to do is talk about is Rocky Horror Picture Show," he said.

In his regular life, Burgess works as a bartender at a local restaurant and is currently writing a TV show. He has already written three plays.

In the movie, Rocky Horror Picture Show was the break out role for four time Oscar nominated actress Susan Sarandon, Tim Curry and singer Meatloaf. Who knows where this experience can take Burgess.

## Check Your Mental Health, Improve Your Mood

Sufferers often don't know it

More people are being diagnosed with depression and mood disorders, but still hundreds of thousands remain undiagnosed. Many people don't talk to their doctors about it because they don't think that what they have is an actual condition. They feel that what they are going through is just a normal part of life.

Granted, the world that we live in will always be full of problems and unforeseen occurrences. So, it is normal sometimes to be sad, worried and anxious. However, if you find

yourself always in these moods, you may have a serious mental illness. And if you hesitate to talk to your doctor about it, you're missing out on the opportunity to be treated with medicines that actually solve the problem.

According to an article on BlackNews.com, there are two types of depression - situational and non-situational.

Situational depression is when a person becomes weighed down because of financial problems, health problems, family problems, etc.

Non-situational depression is when a person is depressed for no reason at all. For instance, a person may feel great one day, and then wake

up the very next day feeling down in the dumps when nothing has changed. A person who goes through this often suffers from bi-polar disorder, which is basically chemical imbalances in the brain that make your mood fluctuate from extreme highs to extreme lows.

Either way, whether one suffers from situational or non-situational depression, there is treatment for both. In fact, there are quite a few treatments that can help. Most of them are advertised heavily on television - Prozac, Paxil, Zoloft, Seroquel, and many more.

There are other solutions such as light therapy,

aromatherapy, and body massages that can help to relieve depression and lift one's mood. Natural herbs, such as St. John's Wort and passionflower, may also help. In addition, regular exercising and spiritual meditation are recommended.

It's a common saying that fish is brain food. This too may ease one's mental suffering. In fact, a combination of these options can be very satisfying. However, the most important option to explore is to talk to your doctor. Tell him exactly how you feel - sad, down, hopeless, worthless, worried, anxious, suicidal, homicidal, or whatever best describes your condition.

## Eating Disorders Cross the Color Line

(AP)—The common perception is that eating disorders afflict only white women, especially upper- and middle-class women. While those are the most reported cases, specialists believe all socio-economic and ethnic groups are at risk.

Black and Hispanic women were thought to be less likely to develop anorexia and bulimia because more

voluptuous physiques are generally considered attractive within their ethnic groups. A study in the Journal of Counseling in Psychology in 2001 found that African-Americans were more accepting of larger body shapes and less concerned with dieting.

But Laurie Mintz, an associate professor of counseling psychol-

ogy at the University of Missouri-Columbia, said adoption of "Western values concerning attractiveness and thinness may increase minority women's risk for the development of eating disorders."

Research over the last decade has found these eating disorders among minority women and lower-income women, she said.

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