History Center Opens

continued A 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

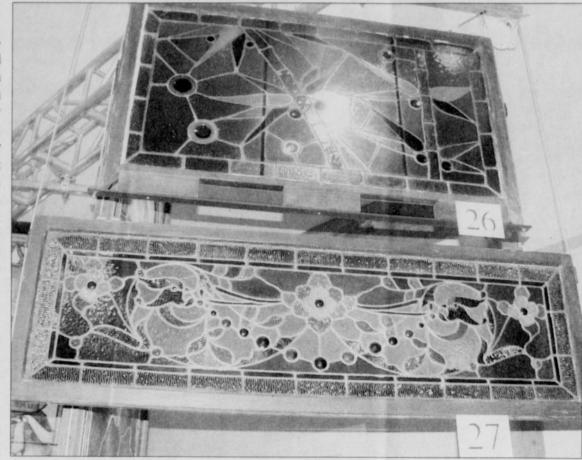


PHOTO BY MARK WASHINGTON/THE PORTLAND OBSERVER

The Architectural Heritage Center displays beautiful stained glass windows salvaged from the William and Dora Killingsworth House, land now occupied by Jefferson High School.

at Clinton Street tered this art of dual watching. The continued A from Front

'Rocky Horror'

Actor Tim Curry created a cult classic in fishnets.

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 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 underlife. Like a tennis game, your eyes

Eating Disorders Cross the Color Line

middle-class women. While those Journal of Counseling in Psychol-

Black and Hispanic women were cerned with dieting.

(AP)—The common perception voluptuous physiques are generogy at the University of Missouriis that eating disorders afflict only ally considered attractive within Columbia, said adoption of "Westwhite women, especially upper- and their ethnic groups. A study in the ern values concerning attractive-

are the most reported cases, spe- ogy in 2001 found that African- minority women's risk for the decialists believe all socio-economic Americans were more accepting of velopment of eating disorders."

larger body shapes and less con-

anorexia and bulimia because more professor of counseling psychol- income women, she said.

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 free expression and according to out with someone outside the cast, all they want to do is talk about is Rocky Horror Picture Show," he

> 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 Picstatement. To some, it's a way of ture Show was the break outrole for four time Oscar nominated actress are constantly going back and Susan Sarandon, Tim Curry and forth between the movie and the singer Meatloaf. Who knows where live cast. The regulars have mas- this experience can take Burgess.

ness and thinness may increase

Research over the last decade

has found these eating disorders

But Laurie Mintz, an associate among minority women and lower-

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 BlackNews.com, there are two fluctuate from extreme highs talk to their doctors about it types of depression-situational to extreme lows. because they don't think that and non-situational. what they have is an actual condition. They feel that what when a person becomes they are going through is just a weighed down because of finormal part of life.

Granted, the world that we lems, family problems, etc. live in will always be full of prob-

you may have a serious mental actually solve the problem.

nancial problems, health prob-

lems and unforeseen occur- is when a person is depressed rences. So, it is normal some- for no reason at all. For in- Seroquel, and many more.

According to an article on brain that make your mood tation are recommended.

Situational depression is fers from situational or non- fact, a combination of these situational depression, there is options can be very satisfying. treatment for both. In fact, there However, the most important are quite a few treatments that option to explore is to talk to can help. Most of them are your doctor. Tell him exactly Non-situational depression advertised heavily on television how you feel - sad, down, hope-

times to be sad, worried and stance, a person may feel There are other solutions whatever best describes your anxious. However, if you find great one day, and then wake such as light therapy, condition.

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yourself always in these moods, up the very next day feeling aromatherapy, and body masdown in the dumps when sages that can help to relieve illness. And if you he sitate to talk nothing has changed. A per- depression and lift one's mood. to your doctor about it, you're son who goes through this Natural herbs, such as St. missing out on the opportunity to often suffers from bi-polar John's Wort and passionflower, be treated with medicines that disorder, which is basically may also help. In addition, reguchemical imbalances in the lar exercising and spiritual medi-

> It's a common saying that fish is brain food. This too may Either way, whether one suf- ease one's mental suffering. In Prozac, Paxil, Zoloft, less, worthless, worried, anxious, suicidal, homicidal, or

> > and ethnic groups are at risk.

thought to be less likely to develop



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Free birthday cake for everyone Sing to Packy at 2 pm **Elephant Ears** Packy's Parade Make-a-trunk

Sunday, April 17 10 am - 4 pm

Rama's birthday cake at 1 pm **Elephant Training** Rama Painting **EleFun Central**







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