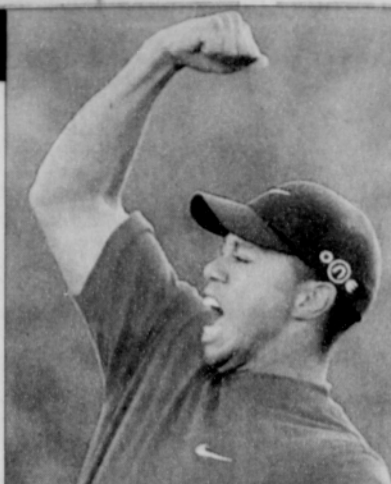


# METRO

The Portland Observer



## Incredible Finish

Woods wins fourth Masters under pressure

See story in Sports, page B3

35  
years of  
community service

SECTION B

### Community Calendar

#### Whole Foods Nutrition

Joyce Young will discuss how to eat for healthy mind, body and spirit, and teach how to prepare easy nutritious foods in an efficient way on Monday, April 18 at 7 p.m. at the New Seasons Market, 5320 N.E. 33<sup>rd</sup> Ave. Call 503-288-3838 for more information.

#### Approaches to Menopause

Health expert Tori Hudson will share her opinions on increasing your libido during menopause and relieving yourself of hot flashes and sleepless nights during a seminar on Tuesday, April 19 at 7 p.m. at the New Seasons Market on 1954 S.E. Division. To reserve a space call 503-445-2888

#### Clean Up Your 'Hood

Earth Day is on Saturday, April 23 and the north Portland community will hit the streets for litter and illegal dumpsite pick-ups. The St. John Lutheran Church, 4227 N. Lombard, will have space to collect unwanted items. Come and volunteer and do your share. For more information please contact Mary Jaron Kelly at North Portland Neighborhood services, 503-823-4099 or mkelley@ci.portland.or.us

#### Be a Hospice Volunteer

Providence Hospital offers free training for volunteers at least 18 years old who can commit four hours a week for a year. Pre-registration is required. For more information or to get an application packet please call Cynthia Cohen, volunteer coordinator at 503-215-5774

#### Women Mentors

Women in Community Service is seeking volunteer mentors for female offenders at Coffee Creek Correctional Facility. Mentors provide support and encouragement to women transitioning from prison back into the community. Mentors must be female, 24 or older. Training is provided. Call 503-570-6614 for more information.

#### Children's Museum

Portland Children's Museum will hold a variety of art activities for children throughout the month, including mediums using mosaic, African arts and culture and garden stepping stones. For more information, call 503-223-6500 or visit the web at www.portlandchildrensmuseum.org.

#### Get Fit, Stay Healthy!

Sankofaa 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.

#### AIDS Awareness

Albina Ministerial Alliance sponsors a bi-monthly support and education group for African Americans living with HIV/AIDS at Maranatha Church at 4222 N.E. 12<sup>th</sup> St. The group will meet every second and fourth Thursday of the month. For more information, call Elnathan Hudson at 503-285-0493 ext. 217.

#### Women in NAACP

Women in NAACP 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.

#### Birth Ready

Whether you need childbirth preparation classes, or just a refresher, Providence Health Systems has a workshop for you. Prepare for pain, take a weekend seminar or prepare big sisters and brothers-to-be throughout the summer by visiting www.providence.org/classes or call 503-574-6595.



Dominic Abaria (from left), Lorien Peterson and Becky Miller of the Concordia's A Capella Chorus belt out 'Smooth Operator' during ceremonies marking the university's 100 years of education.

PHOTOS BY NICOLE HOOPER/THE PORTLAND OBSERVER

## Concordia Turns 100

### Northeast campus offers services to local community

BY NICOLE HOOPER  
THE PORTLAND OBSERVER

All the classrooms at Concordia University were empty April 5 to celebrate the northeast Portland school's 100<sup>th</sup> birthday.

The teachers, faculty and students left their desks and dispersed into the neighborhood. No boring speeches, fancy banquets or corporate "pats on the back." Instead, the Concordia campus community spent their day giving.

"The goal was to celebrate our birthday by serving the community," said Jen Rondema, community outreach coordinator.

Over 200 students, faculty and staff did two-hour projects with non-profit organiza-

tions like the Oregon Food Bank, as well as neighborhood groups. Something as simple as mowing a lawn can help bring campus and community together. Neighbors can request services from the students and often utilize this resource if they are elderly.

A business administration major at the college, Hiram Dave helped the celebration by designing a flier and making a marketing plan — a "real world" experience that he hopes will prepare him for his career.

Dave, 20, is the founder of a campus organization called H.O.P.E (Helping Other People Everyday). He is from Houston, Texas and came to Concordia because of the Oregon climate and because of the smaller classes.

"I want to be a name rather than a number," he said.

CU's mission is to "prepare leaders for the transformation of society."

Andrea Bruno, the college's director of

continued ▼ on page B5



Concordia University students enjoy a community picnic on the 100<sup>th</sup> birthday of the northeast Portland school.

## Woman Urges Black Stamp Use

### Heritage stamps series alive and well

BY NICOLE HOOPER  
THE PORTLAND OBSERVER

Roberta Jean Ramzy is proud of the Black Heritage stamps she uses to mail her letters and correspondence. She encourages others to use the stamps to help celebrate the great accomplishments of so many African Americans.

So it was with great shock when she recently got a forwarded email titled: U.S. Post office to Destroy African-American Stamps.

The document claimed the Postal Service was not only discontinuing the Black Heritage stamps but planned to destroy the ones that were not sold by March 30.

Like all commemorative stamps, the Black Heritage stamps generally remain on sale for a year, or as long as supplies last. This series, which started in 1978, has made stamps of many famous and literary figures in history. In February, the post office honored singer Marian Anderson with the 28th stamp in the Black Heritage series.

The USPS says the word on the series' demise was flat out wrong.

"Nothing could be further from the truth," said David Failor, director of stamp services for the post office. He said the rumor

seems to recur every year; right after the latest stamp in the series is issued.

The Postal Service responded to the concerns of Ramzy and others with the following statement on its website:

"A recent Internet rumor saying the Postal Service is discontinuing the Black Heritage series is another one of those untrue yarns that the Internet is sometimes famous for, as is the rumor that the Postal Service is destroying current Black Heritage series stamps."

The website also stated, "Black Heritage stamp series is one of our most popular. We have no plans whatsoever to discontinue it. The Postal Service remains as strongly committed to honoring the historical achievements and contributions of African Americans on stamps as we've always been. And we are proud to offer the latest stamp in the series honoring the great civil rights advocate and Supreme Court Justice, Thurgood Marshall."

Failor said the Black Heritage series is a main component of the Postal Service's annual stamp program.

"We're already looking forward to announcing next year's honoree this fall," he said.



Portland resident Roberta Jean Ramzy proudly holds some of the Black Heritage stamps she received from the U.S. Postal Service.

PHOTO BY MARK WASHINGTON/THE PORTLAND OBSERVER