

METRO

The Portland Observer

Local Wrestler Goes to Work

'Slick Cedric' one of few African Americans in sport

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35
years of
community service

SECTION B

Community Calendar

Opal School Plant Sale

On Saturday, May 14, the Portland Children's Museum will host a plant sale to benefit the museum and Portland's Opal School. Pre-planted baskets, bulbs, annuals, perennials, flower pots, shrubs, herb starts, small trees and bird houses will be available. For more information, visit www.PortlandChildrensMuseum.org.

Bonsai Exhibit

The Japanese Garden is holding a bonsai exhibit and sale on Saturday and Sunday, May 14 and 15 starting at 10 a.m. The event is free with paid admission to the garden at Washington Park. For more information, visit www.japanesegarden.com or call 503-223-1321.

Stamp Out Hunger

The 11th annual National Association of Letter Carriers Food Drive is held Saturday, May 14. Your postal carrier will pick up plastic bags donated by Fred Meyer and filled nonperishable and canned foods at your door. For more information, go to www.oregonfoodbank.org.

Learn Sustainable Living

Natural Style s is a once a year opportunity to come together and learn more about sustainable products and services. The focus is educated, entertain and enlighten. This event will take place on Saturday and Sunday, May 14 and 15 at the Oregon Convention Center.

Lunch with the Grrl's

Saturday, May 21, DinnerGrrl's will be hosting their spring potluck. The goal is build broaden professional horizons of women, network and to encourage other women in their career aspirations. For more information, email Portland@dinnergrrls.org.

Great Strides Walk-a-Thon

Join the Cystic Fibrosis Foundation on Saturday, May 21 at 10 a.m. for their annual walk-a-thon. The group welcomes walkers, volunteers and donations. For more information or to register, contact Oregon Chapter Cystic Fibrosis Foundation at 503-226-3435 or www.cff.org.

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, 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.

Portland Children's Museum Activities

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 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.

Healthcare to the Most Vulnerable

Income not a deciding factor at local clinic

Only eight months after getting federal assistance to help poor and underinsured patients, Oregon Health and Science University Family Medicine at Richmond in southeast Portland has expanded its services, increased the number of patient visits, and plans to add new patient exam rooms.

The Federally Qualified Health Center at 3930 S.E. Division St. provides comprehensive primary care to vulnerable patients in the clinic's adjacent neighborhoods regardless of their ability to pay.

In March, the health center had a record number of patient visits at 2,744, up from about 1,800 visits per month a year ago. The number of uninsured patient visits increased by 6 percent.

The center has added a mental health counselor; a nurse practitioner with expertise in diabetes and pain management; and a medical social worker to help coordinate patients' housing, transportation, food and other needs.

Although part of OHSU, the Richmond health center is overseen by a board of community volunteers. It also actively works with its neighbors and businesses in its community.

"Since we have been opened, it's been very busy. There is a definite need for health care for the underserved. I think it's great that we can bring the quality of services for people who are in need," said Mark Kinney, a certified medical assistant.

Kinney has worked with OHSU for five years but has been on the Richmond clinic staff for the past three.

Nancy Wilgenbusch is president of the Richmond clinic board and president of Marylhurst University.

"I think affordable health care is an overarching problem," Wilgenbusch said. "We all have to be part of the solution in

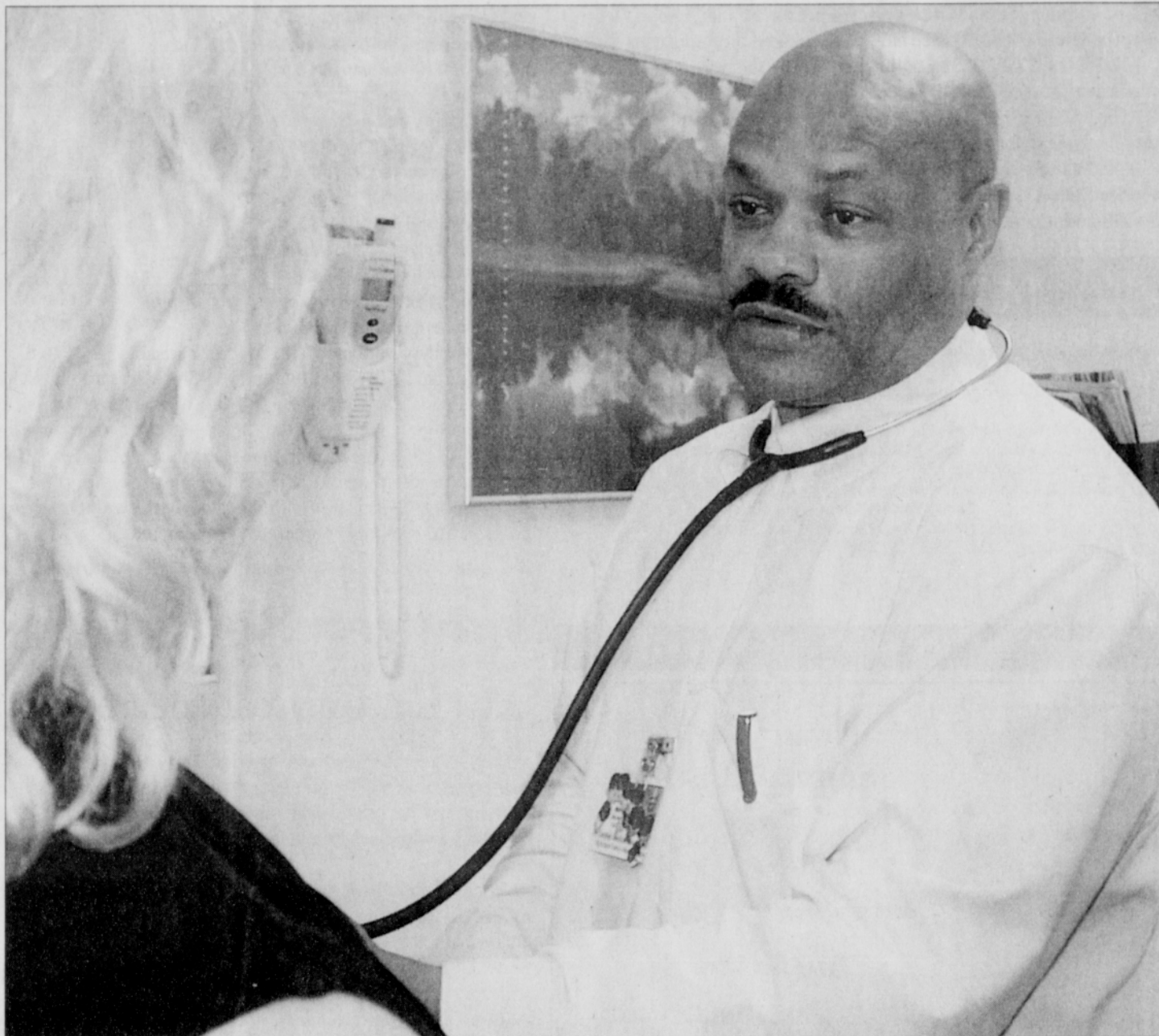


PHOTO BY NICOLE HOOPER/THE PORTLAND OBSERVER.

Medical Assistant Mark Kinney talks with a patient about the importance of lowering blood pressure.

"I think it's great that we can bring the quality of services for people who are in need."

—Mark Kinney, Richmond Clinic Medical Assistant

any way we can."

Plans call for adding three more exam rooms to the clinic in the coming months.

By spring 2006, five more exam rooms will be added.

"We are trying to bring services on site

that match the needs of our patients," said Ann O'Connell, a registered nurse and the clinic's executive director.



← Melanie Dixon returns to college more than a decade after high school to jump-start her life and career.

PHOTO BY NICOLE HOOPER/THE PORTLAND OBSERVER

Student Fights for College Funding

Path out of dead-end jobs turns political

BY NICOLE HOOPER
THE PORTLAND OBSERVER

Melanie Dixon is on the path to success and wants others to join her.

The Portland Community College student testifies for college funding in front of the Ways and Means Committee of the Oregon Legislature. She lobbies for Oregon Opportunity Grant funding for part-time students. She regularly sets a table outside the PCC Cascade library in north Portland to recruit student for lobbying trips.

Dixon doesn't fit the profile of the typical student and certainly not one of a returning student.

Like many adults she found a "glass

ceiling" in the workforce without a post high school education. Like others, she has struggled to keep a full-time job in order to provide for her family.

As the director of legislative affairs for the PCC student body, Dixon has visited the state Capital four times to lobby for students and her professors. She works with student body presidents from 17 community colleges on behalf of a half million students.

"Teacher's jobs are getting cut as with the programs," Dixon said. "The anthropology department is completely gone. What happens to the students that are majoring in programs and the programs leave? They will

have to start over with something else or go to another school."

Another goal for Dixon is to implement the Parents as Scholars program that would allow women on welfare to go back to school and use that time to count towards a full-time job. This would enable those on welfare to keep benefits but also work towards a career instead of a dead-end job.

With all that Dixon is involved in she still makes her daughter, Simone, a priority. Both had to sacrifice for Dixon to return to school, but she believes that this is better for the long run. Eight-year old Simone views her

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On
NE ALBERTA ST
Street

Art Hop this Saturday

If you think you've experienced the art on Alberta on Last Thursday, that's not even the half of it. On Saturday, May 14, artists, galleries, performers, small businesses, musicians, and nonprofits join forces to showcase the power of art through the sixth annual Art Hop.

The free all-day and evening fair takes over 33 blocks on Alberta Street from Martin Luther King Jr. Boulevard to Northeast 33rd Avenue with art contests, live art, art activities, art-making classes and even a parade. More than 5,000 people are expected to attend and participate, proving its theme this year of "art moves."

Art Hop showcases established and emerging artists of Portland as well as established and emerging businesses on Alberta.

"From theatre, music, performance, and fine arts to graphic arts, fashion, poetry, etc. You name it; we'll have it," said Allan Oliver, president of the Art on Alberta board and owner of Onda Gallery.

Starting at 11 a.m. sharp and continuing through 8 p.m., highlights include a mid-afternoon parade, the exhibition of 14 paintings by nationally celebrated artist Phyllis Davidson, a show of kinetic sculptures created by local artists and designers, and scores of the Portland area's best craft artists.