

METRO

SECTION B

The Portland Observer

Community Calendar

Bridge Pedal Weekend

Sunday, Aug. 14 is the big day for the 10th Annual Providence Bridge Pedal, an 8 bridge, 14 mile ride through the city. Start times are 6:30 a.m. and 9:30 a.m. For more information visit www.providence.org/bridgepedal.com or call the Bridge Pedal hotline at 503-281-9198.

Oxbow Campfire Program

On Friday, Aug. 12 or Saturday, Aug. 13 come to Oxbow Regional Park to learn how plants have been used for thousands of years for food and medicine with naturalist Natalie Norman and Miriam Burk from Portland Parks and Recreation. The event starts at 8:30 a.m. and lasts until 9:30 p.m. For more information, call Metro at 503-797-1850.

Flower Arranging

The Ohara Ikebana Show featuring the 500 year old art of Japanese flower arranging, takes place at 10 a.m. on both Saturday, Aug. 13 and Sunday, Aug. 14 at the Japanese Garden in Washington Park. For more information on this event or others at the Japanese Garden call 503-223-1321 or visit www.japanesegarden.com.

Summer in the Garden

The beautiful therapeutic garden at the Oregon Burn Center at Legacy Emanuel Hospital, normally closed to the public, will be open on Monday, Aug. 15 for garden arts and crafts. Horticultural therapy students will conduct garden tours and artist demonstrations are planned.

Real Estate Networking

A business investment and real estate networking event benefiting the O.A.M.E. Youth Entrepreneurship Program will take place on Friday, Aug. 12 at Windows Cafe in the Red Lion Hotel on Grand Ave. Doors open at 5 p.m. with entertainment at 8:30 p.m. Admission is \$10. For more information, e-mail jproperty@peoplepc.com.

Learn First Aid

Learn first aid safety for yourself and your family at the American Red Cross. Current class offerings include learning how to baby sit children for children and performing CPR. The techniques learned in the courses may prove necessary for crisis situations. For more information visit www.redcross-pdx.org.

Beginning Drumming

The North Star Ballroom, 635 N. Killingsworth Court, hosts beginning drumming and Ghanaian rhythm classes on Tuesdays at 6 p.m. On Wednesdays, an intermediate level of the drumming is offered in addition to an African aerobics/dance class. All classes are taught by Chata Addy. For more information call 503-632-0411.

Summer Play Days

All summer long come join other families in Irving Park every Wednesday at 10 a.m. to gather with Waldorf School oriented and inspired families who wish to play, snack and get wet in the new water play area. For more information, contact www.shiningstarschool.com.

Shining Star School

Openings for fall enrollment at Shining Star School, a Waldorf Initiative School near Northeast Sixth Avenue and Prescott Street, are now available for kids going into grade 1 and 2. Twelve children will be accepted for this small community based school. For more information visit www.shiningstarschool.com or call 503-753-4459.

35
years
of
community service

STRIPPING 101

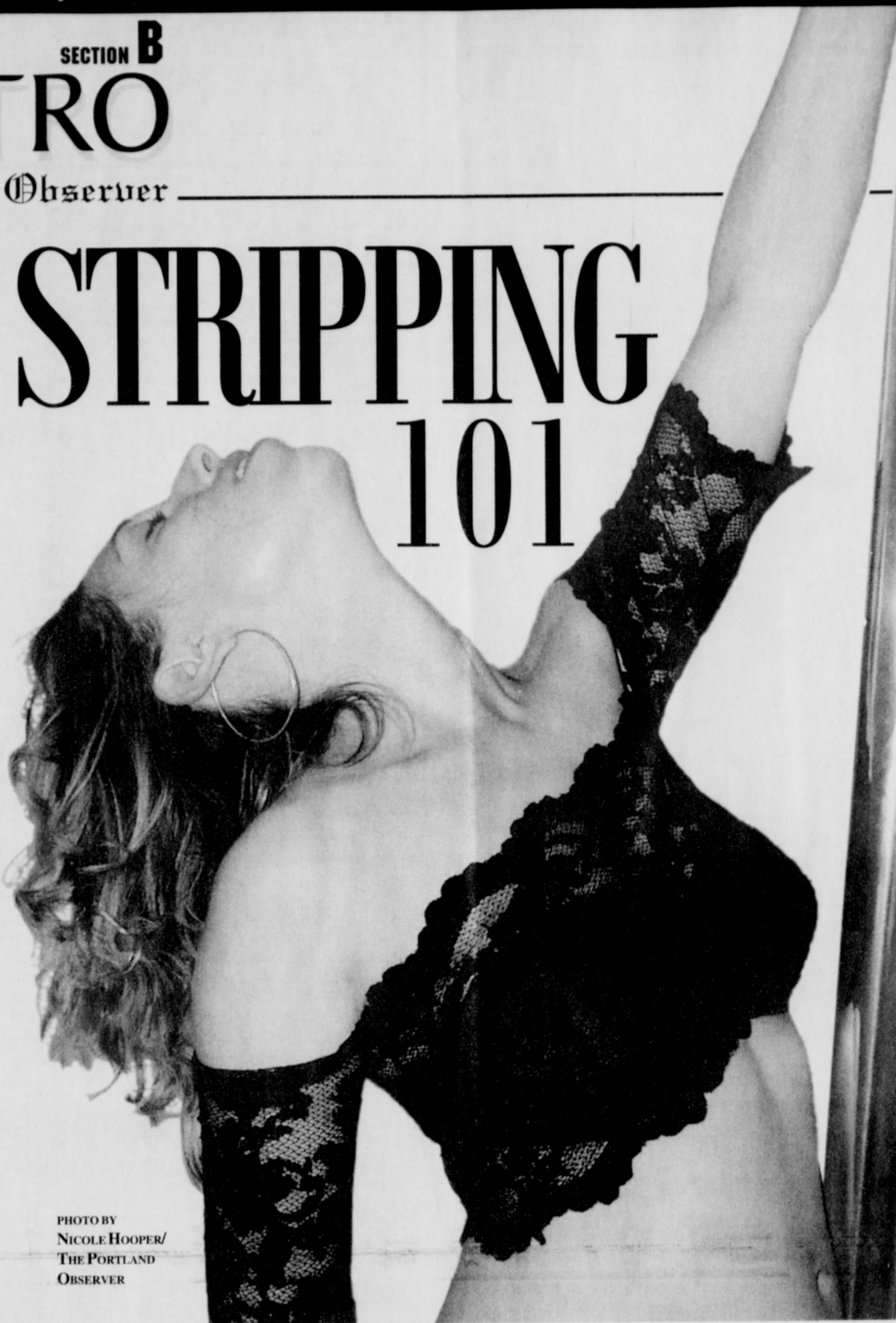


PHOTO BY
NICOLE HOOPER/
THE PORTLAND
OBSERVER

Exotic dancing as instructed by Isis Leeor is not for the strip club scene, but for women who want to enhance their body image.

Not your usual class

BY NICOLE HOOPER
THE PORTLAND OBSERVER

Stripping or exotic dancing clubs are often the meeting place for bachelor parties, nights out with the guys and business meetings. The women at these so-called gentlemen clubs are there to help male customers fantasize. But the strippers often get a bad rap because they are viewed as smutty with no respect for their bodies. Why else would a woman take off her clothes? Is she desperate or does she like the attention?

With women like dancer Sheila Kelly making appearances on the Oprah Winfrey Show, housewives and women all over the world are now being introduced to a variety of "learn to strip" videos. Even Carmen Electra has a DVD collection to teach the regular woman how to take it off and be "fit to strip".

In Portland, the instruction has moved from the privacy of the home into the classroom.

Three times a week, Isis Leeor, a former exotic dancer turned counselor, teaches Stripping 101 at the Milk and Honey Studios in southeast Portland.

Her classes teach stripping as a way to explore your sexuality and improve your body image.

Leeor believes her time as an exotic dancer taught her how to move her body to be comfortable. But it was her counseling background that inspired the class. She studied hypnotherapy and thought pattern management for many years.

She started the stripping classes two

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Local Students Learn Latest Trends

Weather station built with straw bales and dirt

High school students from around the area were not only building a weather station, but also building their future.

A dozen high school students from Aloha, Franklin, and Benson took part in the second year of a three-year project of Portland Community College's Building Construction Technology program called "Framing Student Success." In July, the students constructed an eco-friendly weather station on the Rock Creek in northwest Portland.

It is the first commercial straw-bale structure to earn a permit from Washington County, says Spencer Hinkle, Building Construction Technology instructor.

At each stage of construction the students learned about "green" construction techniques such as sifting dirt.

"We're trying to get smooth dirt so that we can put the first coat of plaster around the straw bale," said Duc Ho, a senior at Benson Tech student. "The plaster is made out of sand, water and dirt. The first coat keeps the insects out of the hay, otherwise they'll eat it and ruin the structure."

Ho said ever since Habitat for Humanity helped build his mother a house, building construction has fascinated him. When the Framing for Student Success project started last year, he jumped at the opportunity.

"I was very excited," he said. "I've learned a lot of things and this has been the greatest experience ever."



The project, funded through the National Science Foundation, is a partnership between PCC, Oregon State University and the construction industry. The students also used their recent construction experience and met with the community garden committee at Rock Creek to help plan the building of a "green" structure.

Last year, the group researched materials, estimated building costs, and designed and constructed a scale model of a weather station for the Rock Creek Environmental Science Center.

"I am always in awe of the creative designs these kids come up with," said Hinkle. "Watching how engaged they are in building their models and presenting their designs reinforces my belief that meaningful hands-on learning gets results."

The purpose of Framing Student Success is to increase knowledge among high school students, parents, teachers and counselors of rewarding careers in the construction industry and its educational pathways. In addition, it is designed to strengthen the math, science and writing skills of students in high school construction programs.

The project also aids high school teachers in developing curriculum that is designed to engage students.

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Benson senior Duc Ho (left) sifts dirt in techniques needed to create plaster in Portland Community College's Building Construction Technology program.