

METRO

The Portland Observer

Sox Celebrate World Series Win

First championship in 88 years

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SECTION B

Community Calendar

Helping Pet Victims

The Oregon Humane Society is accepting applications from people interested in adopting one of 40 dogs and six cats rescued from Hurricane Katrina. For more information, visit www.oregonhumane.org.

Catlin Gabel Rummage Sale

Celebrating its 61st annual rummage sale, Catlin Gabel School will hold a massive fund-raiser from Thursday, Nov. 3 to Sunday, Nov. 6 at the Portland Expo Center. The fair features literally tons of cheap buys spanning over 88,000 square feet. Hours are 5 to 9 p.m. on Thursday, 10 a.m. to 6 p.m. on Friday and Saturday, and 10 a.m. to 3 p.m. on Sunday.

Spaghetti Dinner

Those looking to help out a cause by eating some yummy Italian food can visit a spaghetti dinner being held by St. Charles Church at 42nd and Northeast Emerson Streets on Sunday, Nov. 6 from noon to 6:30 p.m. Spaghetti and meatballs, salad, garlic bread, a beverage and pie will be served, and wine will be available. For more information, call 503-281-6461.

Friends of the Trees

On Nov. 12 and 19 from 9 a.m. to 3 p.m., Friends of the Trees will host crew leader trainings for those interested in learning about tree planting, restoration work and how to guide other volunteers during the winter and spring months. Trainings are free, but pre-registration is required. For more information, call 503-282-8846 or visit www.friendsoftrees.org.

Pre-Thanksgiving Dinner

Brothers on the Move will host its 8th annual Pre-Thanksgiving Dinner on Saturday, Nov. 12 from 11 a.m. to 3:30 p.m. at the Corner Stone Community Church of God in Christ at 2216 N.E. Killingsworth St. Free rides are available during the day. For more information, call 503-281-4587.

Multicultural Symposium

Lewis and Clark College presents the second annual Ray Warren Multicultural Symposium on Wednesday, Nov. 16 through Friday, Nov. 18. For more information, call 503-768-7051.

Essence Blood Drive

Essence Magazine, a lifestyle publication for African American women, will partner with the Red Cross to host a blood drive at the Portland Donor Center on 3131 N. Vancouver Ave. from 7 a.m. to 2 p.m. on Nov. 19. For more information or to make an appointment, call 1-800-GIVE-LIFE.

Al-Anon Meeting

Al-Anon meetings are held Monday evenings from 7:15 to 8:30 p.m. at Miracles Club on the corner of Northeast Martin Luther King Jr. Boulevard and Mason Street. Al-Anon is for friends and loved ones of alcoholics and addicts.

Adult Computer Classes

Portland Impact's Marshall High School SUN program is offering a free computer class for parents. Topics will include basic Internet, Microsoft Office and Windows. Classes will be held Nov. 9 and 16 from 6:30 to 8:30 p.m. at Marshall High School on 3905 S.E. 91st Ave in room A-43. To register, call 971-570-1384.

35
years of
community service

Catalyst for MLK Development Begins



An artist rendering shows the three story office addition and ground floor retail space that will be featured in a long-awaited development on Northeast Martin Luther King Jr. Boulevard.

Renovation to bring new offices, retail

BY LEE PERLMAN
THE PORTLAND OBSERVER

Construction has finally started on the Heritage Project, the reconfiguration of the old Weimers Hardware building into retail and commercial space and the catalyst for future economic prosperity in the heart of inner northeast Portland.

The development team will renovate the building at 3934 N.E. Martin Luther King Jr. Blvd. and demolish an adjacent structure, replacing it with a three-story addition. When completed, the site will hold 30,000 square feet of office space with ample room for ground-floor retail businesses.

The development team of Stephen Foust, Dennis Hadley, Howard Loucks, Barry

Jeana Woolley and Eric Wentland out back of the blighted old Weimer's warehouse at 3939 N.E. Martin Luther King Jr. Blvd. have started work on transforming the property into new offices and retail space.

PHOTO BY LEE PERLMAN/
THE PORTLAND OBSERVER

Pappenheim, Jeana Woolley and Eric Wentland, are all current or former inner northeast neighborhood residents. Financing for the \$6 million venture has come from Oregon Convention Center Urban Renewal District tax increment funds and Albina Community Bank.

Much of the 1930s-era building has been vacant for more than 40 years. The develop-

ment team has been working on the project for four years.

The project team and the Portland Development Commission hope that the project can help jumpstart other development on MLK.

"This is the Heritage project because this is what we inherited, but also because this is what we'll leave behind as a legacy,"



Army Major Competes in State Pageant

Joelle Goodwin is Mrs. East Multnomah County

Joelle R. Goodwin of Portland is competing for the title of Mrs. Oregon America 2006. The new Mrs. East Multnomah County will join counterparts from all over the state during a pageant this March in Clackamas.

Goodwin, a major in the U.S. Army, and her husband Bob have three children. In addition to her military duties, she is an active volunteer in her Parent Teachers Organization at her son's school and a Cub Scout den leader.

She has chosen, HIV/AIDS Education, Research and Compassion as her pageant platform. The Cascade AIDS Project is the charity of her choice.

Goodwin enjoys working on various fundraising projects and also enjoys singing in her church choir. Her hobbies include gardening, weightlifting and competing in 5k and 10k races. She and her family also enjoy traveling.

She is a graduate of Lincoln High



Joelle Rankins Goodwin, a Lincoln High School graduate and 1982 Rose Festival princess, is competing for the title of Mrs. Oregon America.

Hood College in Frederick, M.D. She holds a certificate in massage therapy.

The New Mrs. Oregon will receive over \$15,000 in prizes, including roundtrip airfare for her and her husband to the National Mrs. America Pageant in Palm Springs, Calif. The contest is nationally televised on the WE: Women's Entertainment Network in the fall of 2006.

Contestants on the state level will once again collect food for the Oregon Food Bank. The participants are also working with the National Anthem Project Foundation teaching community groups the history and words to the National Anthem.

School where she was the school's 1982 Rose Festival princess. She received her Bachelors Degree from the University of Oregon and Masters degree from

also working with the National Anthem Project Foundation teaching community groups the history and words to the National Anthem.

Tuskegee Airmen Honored

Famed soldiers to visit Jefferson campus

A part of history will grace Portland on Tuesday, Nov. 8, when the Tuskegee Airmen visit the Jefferson High School auditorium from 9:15 a.m. - 10:15 a.m.

The airmen were the first black pilots enlisted by the U.S. military and trained at the all-black Tuskegee Institute in Alabama. Their responsibility during World War II was to protect the American bombers from enemy fighter planes in the European theater. They never lost one bomber.

At the time, black soldiers were always put in their own units. Segregated from white soldiers, they lived and trained apart.

The pilots of the 332nd Fighter Squadron were rewarded for their distinguished service combat record with 95 Distinguished Flying Crosses, 14 Bronze Stars, 8 Purple Hearts, and many other medals and honors.

The Jefferson program will be emceed by Charles Jordan and include the Buffalo Soldiers of Oregon, Martin Luther King Jr. Elementary school choir and the Perspective Gents Cane Team

Focus on Men's Sexual Health not Always Priority

BY NICOLE HOOPER
THE PORTLAND OBSERVER

During an intimate encounter a man's brain may be ready for sex but what if he strikes out in the performance department? Does this lack of erection mean he is suffering from a health problem?

According to Dr. Roger McKimmy of Oregon Urology Specialists in Eugene, often a man won't know that he has an erectile dysfunction due to denial. The failure to address the problem is not only a sexual concern, but can be a sign of heart disease or other health condition, especially in African-

American men.

Unlike women where it is acceptable to talk to your friends about health issues, men often have no one to talk with. Why? Because men just don't talk about those sorts of things. Why would a man tell his buddies that he "can't get it up"? Society puts much emphasis on the penis as an indicator of manliness. McKimmy said many men are not at ease talking with a physician about intercourse or what they do in the bedroom. But there needs to be an open discussion.

"After about 15 seconds of awkwardness patients are re-



Dr. Roger McKimmy

lieved that someone understands and is not make fun of them," he said.

The issue doesn't just affect

the older or African-American population.

"Men at any age can experience problems sustaining an erection to the completion of satisfaction of both partners," McKimmy said. "There can be lots of reasons for that, like an organic problem for example, getting enough blood into the penis."

As an urologist, Dr. McKimmy also finds it useful to not only talk with the patient about the ED but to their partner. Often, the patient doesn't realize he has a problem until he hears first hand from his partner.

Sadly, women often feel that they are the blame for their partners ED, afraid that their husband or boyfriend isn't attracted to them anymore.

The problem of erectile dysfunction also tends to compound itself and spill over to attitude outside the bedroom, turning into depression.

"Being depressed does nothing for your libido," said Dr. McKimmy.

He said women often do a better job of taking care of their health. Men on the other hand, Dr. McKimmy feels, pay more attention to the condition of their car than their own bodies.