



Cindy Baker of Providence Health System (left) and Abby and Sally Egland of Abby's Closet show off the evening wear donated by Providence employees for girls who can't afford expensive prom dresses.

Fashions Bring Night to Remember

Donations help girls go to the prom

Remember that little black dress that made you the hit of your senior prom? Or the red number that set you apart in a wedding? Maybe they are still tucked in the back of the closet, and folded away in a drawer. The good memories of yesterday - could be a better reality for a teenager today. That's what has prompted a number of Providence Health System employees to dig out their old formal dresses to help create new memories for young girls who otherwise might not have a prom dress. Providence employees collected 29 gently used party dresses and gowns and a variety of accessories and donated them to Abby's Closet for the organization's annual "Prom Boutique" gala. At the event, Abby's Closet distributes the fancy dresses

free of charge to girls who might otherwise not be able to attend their prom due to cost. Cindy Baker, Providence Portland Medical Center information services director, organized the donation effort by Providence employees. "Most of us had these one-time evening, party or wedding dresses that could be enjoyed by another," explained Baker. "And knowing how important it can be to young ladies in high school to participate in activities like the prom, and to help them feel good about themselves - well, that was enough motivation for me." And for other Providence employees as well. Baker is excited that something as simple as donating a dress will make a huge difference in a young woman's life. "We can all make a difference in our community in little ways by looking for opportunities," she said. Abby's Closet is a Portland based non-profit organization.

COURAGEOUS

AFRICAN AMERICANS



by Ron Weber

Triple Nickels to the Rescue

The African-American presence in America's wars has always been in strong numbers. However, a powerful and brave all-black military combat group almost went entirely under the radar when it came to recognition during World War II.

Although every single post in a military contingent is of absolute major importance, few were as terrifying as those held by the 555th Parachute Infantry Battalion, also known as "The Triple Nickels."

From 1944-1947, this all-black paratrooper group was trained to face near annihilation in the sky, hails of bullets while parachuting down to earth, and even worse conditions once on the ground. Nervously standing in the dark in the back of a plane they were sure to face an uncertain future. They could be blown out of the sky without every seeing what hit them. Once on the ground they could be surrounded by machine guns and cut to pieces.

Sadly, after months of training, the 555th was little used on the front lines. However, back in the United States, the paratroopers battled some of the most treacherous forest fires. With so much of our able bodied men scattered around the globe in combat, few fire fighters remained in country to battles some of the worst fires



The Triple Nickels were an all-black military paratrooper group.

in decades, including the famous Tillamook Burn, right here in Oregon.

Originally untrained as firefighters, these men jumped right into the center of fast moving and extremely intense blazes, driving the flames back to save American lives and millions of acres of valuable forests.

Although racism kept them from fighting in the war, their bravery in combating forest fires brought the Triple Nickels respect and medals here on the home front. Without their courage against these horrific natural disasters much of our nations beautiful green forests would have been reduced to nothing more than smoldering black ashes and many civilian lives may have been lost.

After World War II, America

began to see not only the bravery of our black soldiers, but also the sheer determination of our nation's African American men and women. Black soldiers in many other units would rise to the occasion again in the Korean War, the Vietnam War and any other conflicts.

In early wars, the United States counted on America's minorities to "help." Today we could not win without people of color. With groups like the Triple Nickels, who patiently trained and took whatever assignment they were given, America's armed forces are fully integrated and fully trained with the best soldiers around the globe.

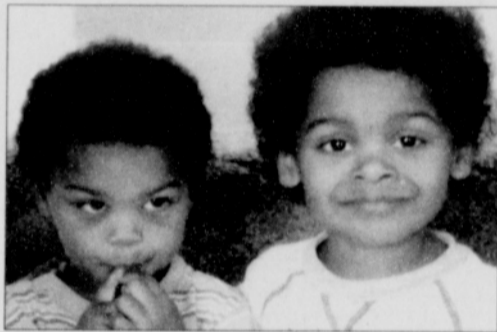
Rob Weber is a local speaker and author on African American history and a regular contributor to the Portland Observer.

Brothers Reflect Adoption Needs

Two brothers with smiles and giggles that will tug at anyone's heartstrings reflect the approximately 300 Oregon children available for adoption through the state, generally because of abuse or neglect.

Maleek is charming and polite. His brother, Amir can be cautious, but engages others with games of peek-a-boo. Both boys are active and enjoy riding bikes or playing ball.

At Head Start, Maleek is thriving and his teachers love having him in their classroom. He follows directions well and is devel-



Maleek and Amir, ages 4 and 2.

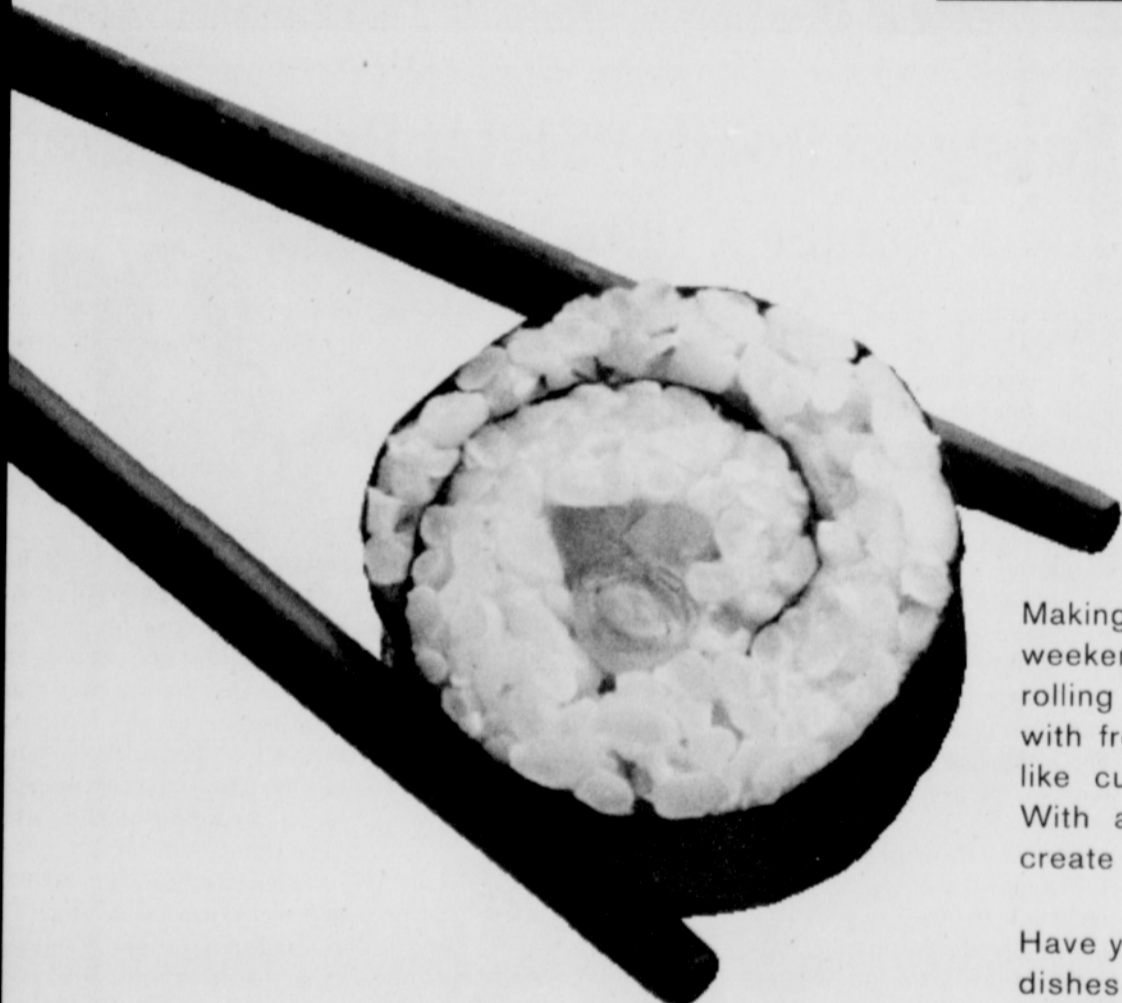
These brothers need to be placed together. They need energetic parents who can provide both boys with lots of activities and learning opportunities. With love, structure and enrichment, Maleek and Amir will bring many rewarding times for the right family.

For more information on the availability of these children for adoption, or on how to become a foster or adoptive parent, contact the Special Needs Adoption Coalition at 503-542-2392 or Department of Human Services at 1-800-331-0503.

opmentally on target. Amir needs some extra bolstering of his social, emotional and motor skills. He receives individualized therapy, in addition to attending Head Start.

NEW SEASONS MARKET

Roll with it
SUSHI TIPS & TASTES



Making sushi is actually pretty easy and can be a lot of fun. Visit us this weekend and we'll do our best to make a sushi chef out of you. We will be rolling sushi at the Solutions counter using Lundberg Organic sushi rice with fresh vegetables and fruits. There will be some classic vegetarian rolls, like cucumber and avocado, alongside some more creative combinations. With a few tips, some inexpensive tools, and a little practice, you can create this delicious cuisine in your own kitchen.

Have you steered clear of sushi because of the raw fish that most traditional dishes contain? Well, fear not! Although sushi originated in China during the 7th century with raw fish and rice as its main ingredients, times have changed. A visit to any sushi bar will uncover many vegetarian choices. Of course you can always add raw fish as you please while preparing sushi.

There are only a couple hard and fast rules to sushi preparation. The first is to only use the very freshest ingredients. The second is never eat the wasabi by itself. Visit us Saturday and Sunday, 11:00am to 5:00pm.

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