

# METRO

The Portland Observer



## Ebony Carvings

Forestry Center hosts rare collection

See story in Focus, page B3

SECTION B

## Community Calendar

### Ten Minutes with the Mayor

Mayor Tom Potter will meet Parkrose, Argay and surrounding neighborhood residents on Saturday, May 6 from 9 a.m. to 11:30 a.m. at Beale Street NW BBQ Restaurant, 10721 N.E. Sandy Blvd. All surrounding neighborhood residents are invited; sign-ups begin at 8:30 a.m. and fill quickly. For more information, call Carmen Rubio at 503-823-3578.

### Health Fair at Portsmouth

Attend the Community Health Fair at Portsmouth Middle School, 5103 N. Willis Blvd., Saturday May 6 from noon to 4 p.m. The fair will offer free blood pressure, blood sugar, lead, vision and body mass index screenings; diabetes education services, bike safety and other health-related information.

### PCC Art Beat Festival

The art beat goes on at the 19th Annual Art Beat festival at all Portland Community College campuses, May 8-12. The festival offers students community access to local, regional and national artists, plus visual art, dance, music, theater and literary events. This event is free and open to the public.

### OAME Luncheon and Tradeshow

The Oregon Association of Minority Entrepreneurs (OAME) presents the 18th Annual Entrepreneurship Luncheon and Trade Show, May 11 at the Oregon Convention Center. Trade show is from 10 a.m. to 4 p.m. and the luncheon is from noon to 1:30 p.m. in Hall C. For more information, call OAME at 503-249-7744.

### Bird Festival

Celebrate International Migratory Bird Day at the Oaks Bottom Migratory Bird Festival, Saturday, May 13 from 10 a.m. to 4 p.m. at Sellwood Park, just south of Oaks Bottom Wildlife Refuge. The event is free and open to the public; for more information, visit [www.audubonportland.com](http://www.audubonportland.com).

### Walk For Mothers Day

Join the Fifth Annual Making Strides Against Breast Cancer Walk, Sunday, May 14, beginning at 9:30 a.m. at 1875 SW Park Ave. and continuing a five-mile route to the PSU campus. For more information, call the American Cancer Society at 503-795-3940 or sign up online at [www.cancer.org/stridesonline](http://www.cancer.org/stridesonline).

### Loaves and Fishes Lunch

Seniors, join the Cherry Blossom Center Loaves and Fishes for lunch, Monday through Friday from 11:30 a.m. to 12:30 p.m. Each meal includes salad, bread, beverages, your choice of two entrees and dessert, for the suggested donation of \$2.75 as able. Cherry Blossom Center is in the East Portland Community Center, 740 SE 106th. For more information, call Tamara or Steven at 503-256-2381.

### Stroke Community Forum

Providence Hospitals present the Stroke Community Forum as part of National Stroke Awareness Month, Tuesdays, May 23 and 30 at 7 p.m. The events are free; the May 23 forum is at Providence Portland Medical Center amphitheater, 4805 N.E. Glisan, and the May 30 forum is at Providence St. Vincent Souther Auditorium, 9205 S.W. Barnes Rd. To pre-register and for more information, call the Providence Health Resource Line at 503-574-6595.

**36**  
years of  
community service



PHOTO BY ISALAH BOUIE/THE PORTLAND OBSERVER

Kristina Booker trains with Garland Brown Sr. at Matt Dishman Community Center, 77 N.E. Knott St.

## Matt Dishman Promotes Healthy Lives

Partners with African American Health Coalition

BY LEE PERLMAN  
THE PORTLAND OBSERVER

One could say the Matt Dishman Community Center and the African-American Health Coalition have a symbiotic relationship.

The center at 77 N.E. Knott St. helps the coalition achieve its mission on improving the health of local residents and the AAHC helps the Portland Parks and Recreation facility stay true to its roots as a community resource.

Originally built in the 1920s as Thomas Lamb Eliot School, then closed in the late 1940s, it began a new life in 1951 as the Knott Street Community Center. A new Eliot School was later built three blocks to the west and renamed for Harriet Tubman.

In 1970, the Knott Street center was renamed in honor of Matt Dishman, an African American community leader. It has been not only a headquarters for boxing and wrestling competition, but one of the few anchors of public pride in an often neglected and forgotten community.

In 1993, it became something more. In that year, financed by a bond measure, the Portland Parks Bureau added a state of the art swimming pool and associated facilities. The rest of the center has a gym, weight room, crafts room, and classrooms that serve a number of functions.

"You name it, we do it,"

Dishman Director Nelson-Furman said. The rooms are used for "everything from an indoor park for very young children to hip-hop classes."

The older part of the building may not be as chic as more modern athletic facilities but, Nelson-Furman said, "It has such a community feel that other mega-centers don't have."

The African American Health Coalition was founded in 1989 by a group of African Americans in the health field profession who were concerned by disproportionately high death rates by African Americans from "preventable" diseases such as "heart attacks, strokes and major chronic illnesses," in the words of AAHC president Corliss McKeever.

It has gone on to provide a multi-pronged effort to promote healthier living through advocacy, education, and providing facilities assisted by a grant from the federal Center for Disease Control and Prevention. For instance, it holds education and support meetings for diabetes sufferers every Thursday at Legacy Emanuel Hospital.

Its "Spice It Up! Healthy Cooking" classes teach people how to do healthy eating and cooking "in a culturally appropriate way," AAHC's Keith Dempsey said.

Finally, through its "Wellness

continued ▼ on page B5

## Letter Carriers Help Stamp Out Hunger

Annual event returns  
Saturday, May 13

Local residents are encouraged to place non-perishable food donations by your mailbox in the morning on Saturday, May 13 and help the National Association of Letter Carriers Stamp out Hunger.

Close to 3,000 letter carriers throughout Oregon and Clark County will join with letter carriers across America to collect the donations from their postal customers during the annual event — the largest one-day food drive in Oregon and in the nation.

"Letter carriers deliver mail to homes in every community, and we know the people along our routes," said L.C. Hansen, president of NALC Branch 82. "We see first hand the need for food donations to help fight hunger."

Nonperishable food such as tuna fish, peanut butter, soups, stews, chili, canned fruits, vegetables, beans, rice and pasta are requested. Do not include glass items, homemade items or previously opened containers.

Letter carriers will collect the donations along their routes and trucks will pick up the food and deliver it to the Oregon Food Bank.

Last year's effort by the letter carriers generated more than 1.3-million pounds of food throughout Oregon and southwest Washington.

"Hunger remains a huge problem in Oregon and in the nation," notes Rachel Bristol, executive director of Oregon Food Bank. "Last year, one in five people in

continued ▼ on page B5



Portland Postal worker Carol McConachie does her part in picking up donations of nonperishable food in the Stamp Out Hunger food drive sponsored by the National Association of Letter Carriers. Local residents can help by placing food donations by your mailbox in the morning on Saturday, May 13.

## Farmers Market Ready for Second Year

Next to Kaiser on  
Interstate Avenue

A rich variety of quality fresh local produce, baked goods, cut flowers, artisan cheese, meat and fish will be available to the public when the Interstate Farmers Market opens its second season on Wednesday, May 10.

The market sets up shop each Wednesday through September, from 3

p.m. until 7 p.m. across the street from the Kaiser Permanente Interstate Campus on North Interstate Avenue next to Overlook Park.

This season, market organizers are taking active steps to expand the number of vendors as well as the number of shoppers.

"The Interstate Farmers Market enables our farmers and vendors to achieve the full retail price for their products," Market Manager Kevin McGovney said.

"They give consumers the chance to meet the people who grow the food and to get the freshest foods money can buy. Everyone wins."

The Interstate Farmers Market effort, being coordinated by Kaiser Permanente and a group of active community members from North Portland, is once again aimed at providing locally grown food to the north and northeast Portland community while helping local farmers develop a marketing outlet for their products.

## Vancouver Youth to Explore Careers

Local youth will get help exploring careers when Washington State University Vancouver hosts a Pre-Employment and Career Exploration Youth conference from 8:30 a.m. to 5 p.m. Saturday, May 6.

Topics include preparing for summer employment, exploring careers, becoming an inventor, being prepared for life in the real world, reverse engineering, college 101, fo-

continued ▼ on page B6