

Help Managing Medicare Part D Enrollment period assistance available

Staff and volunteers from the Multnomah County Senior Health Insurance Benefits Assistance (SHIBA) program are conducting neighborhood enrollment events to provide individual help with the Medicare Part D benefit.

Enrollment in the prescription drug program takes place from Wednesday, Nov. 15 through Dec. 31.

"People with Medicare who enrolled in a Part D Plan earlier this year may think their plan will continue as it is. We're trying to help people avoid unhappy surprises at the pharmacy in January," says Janet Bowman, SHIBA coordinator.

Bowman encourages seniors and people with disabilities to read their new 2007 plan carefully because coverage and prices may have changed.

People who have questions should call their plan or 1-800-MEDICARE, or attend an enrollment event to get answers before Dec. 31.

Enrollment events with appointments required are scheduled Friday, Nov. 17 at the Hollywood Library, 4040 N.E. Tillamook St.; Tuesday, Nov. 21 at the Midland Library, 805 S.E. 122nd Ave.; Nov. 29 at the Gresham Library, 385 N.W. Miller Rd., Gresham; Dec. 2 at Portland Community College, Southeast Center, 2305 S.E. 82nd Ave.; Dec. 9 at PCC Cascade Campus, 705 N. Killingsworth St.; Dec. 19 at the Midland Library; Dec. 27 at the Gresham Library, and Dec. 28 at the Hollywood Library.

To reserve an appointment or for more information, contact Multnomah County Aging and Disability Services Helpline at 503-988-3646.

Groundbreaking for King Memorial in D.C.

continued ▲ from Front

"It's because of them that I can be heard," she said. "I do not take that for granted, not for one breath."

Donations for the memorial, which have mostly come from major corporations, hit \$65.5 million earlier this month.

Harry Johnson, president of the Martin Luther King Jr. National Memorial Project Foundation, said he hopes to have the site completed by the spring of 2008.

The location is flanked by the Lincoln, Thomas Jefferson and Franklin D. Roosevelt memorials near the eastern edge of the Potomac River Tidal Basin.

The entrance to the memorial will include a central sculpture called "The



Mountain of Despair." Its towering split rocks signify the divided America that inspired the nonviolent efforts of King

and others to overcome racial and social barriers.

"This project has been over a decade

◀ Martin Luther King Jr.'s daughter Yolanda King (front, from left), civil rights leader Rep. John Lewis, D-Ga., wiping his tears, former Labor Secretary Alexis Herman, Martin Luther King Jr.'s sister Christine King Farris and Darryl R. Matthews, president of the Alpha Phi Alpha Fraternity, take part in the groundbreaking ceremony for the at the Martin Luther King Jr. Memorial on the National Mall on Monday in Washington, D.C. Also pictured (top, left) former Portland Trail Blazer Bill Walton, and Rev. Marvin Winans (center), consoling Rev. Jesse Jackson. (AP photo)

in the making," Bush said, thanking Clinton, who signed the legislation authorizing the monument.

Dear Deanna!

I have to choose who I want to marry. I have a childhood friend that would love to be with me but I don't feel any fireworks for him. I really want to marry my ex-boyfriend but I know he would only marry me for stability since he has a history of unemployment. I am so anxious to become a married woman but I'm having a tough time with this decision. Neither man has expressed this interest so I will be the one proposing. Who do I choose? —Marriage Confusion; On-Line Reader

Dear Confusion:

You are missing the major dynamics of marriage such as a mutual agreement and of course, a loving committed relationship. This is a union from God and not to be taken lightly or as a game. Your childhood friend doesn't deserve heartbreak and your ex-boyfriend would use you. You deserve better and should invest time in building a loving relationship with someone that has love, trust, respect and a joint decision for commitment and matrimony.

Ask Deanna!



Real People, Real Advice

An advice column known for its fearless approach to reality based subjects!

Dear Deanna!

My boyfriend and I have been dating for a while. He has never told me that he loves me and it's bothering me. I express my feelings all the time and he responds with remarks such as "I know" or he'll say "okay." This is causing arguments because I want him to say certain things to me but he won't do it. He feels I should rely on

his actions but I also need to hear his love here and there. How do I keep this from becoming an issue in this relationship? —Need Love; Richmond, Va.

Dear Need Love:

If your boyfriend isn't a verbal guy, then you should indeed, observe his actions. If he is consistent, respectful, considerate and faithful you shouldn't complain. It won't hurt to ask him why he refuses to share his love verbally. While you're having this discussion, let him know why you need his verbal expressions and how it would make you feel. At the end of the day, be wise and appreciate what you have and don't ruin things with something this simple.

Dear Deanna!

My mother has suddenly refused to babysit my children while I go to work. I can't afford a regular babysitter and she knows it. I don't pay her because I'm trying to repair my car, take care of my bills and a few other things. My mother asked me to pay her but I have

other priorities to handle. I'm at the point of losing my job and she acts as if she doesn't care and won't help me. She is literally tossing her grandkids out in the cold. How do I handle this? —Meisha; Omaha, Neb.

Dear Meisha:

Your mother is doing you a favor and you should help her out as much as you can. Your children are eating at her house for free and extra water, heat and utilities are being used. Obviously she is fed up and decided to put her foot down. Your mother cares but she simply wants you to be responsible and provide a little compensation for her assistance. It would be easier if you go ahead and offer a little money which she'll appreciate until you can do better.

Ask Deanna is written by Deanna M. Write Ask Deanna! Email: askdeanna1@yahoo.com or 264 S. LaCienega Blvd. Suite 1283 Beverly Hills, CA 90211. Website: www.askdeanna.com

Africa Center Unites a Continent

continued ▲ from Front

For six years they tried to secure a grant to support the center. After three attempts they received a \$200,000-a-year grant, for three years, from the federal Office of Refugee Resettlement. The grant will pay for a coordinator, two staff members and money to lease and operate a

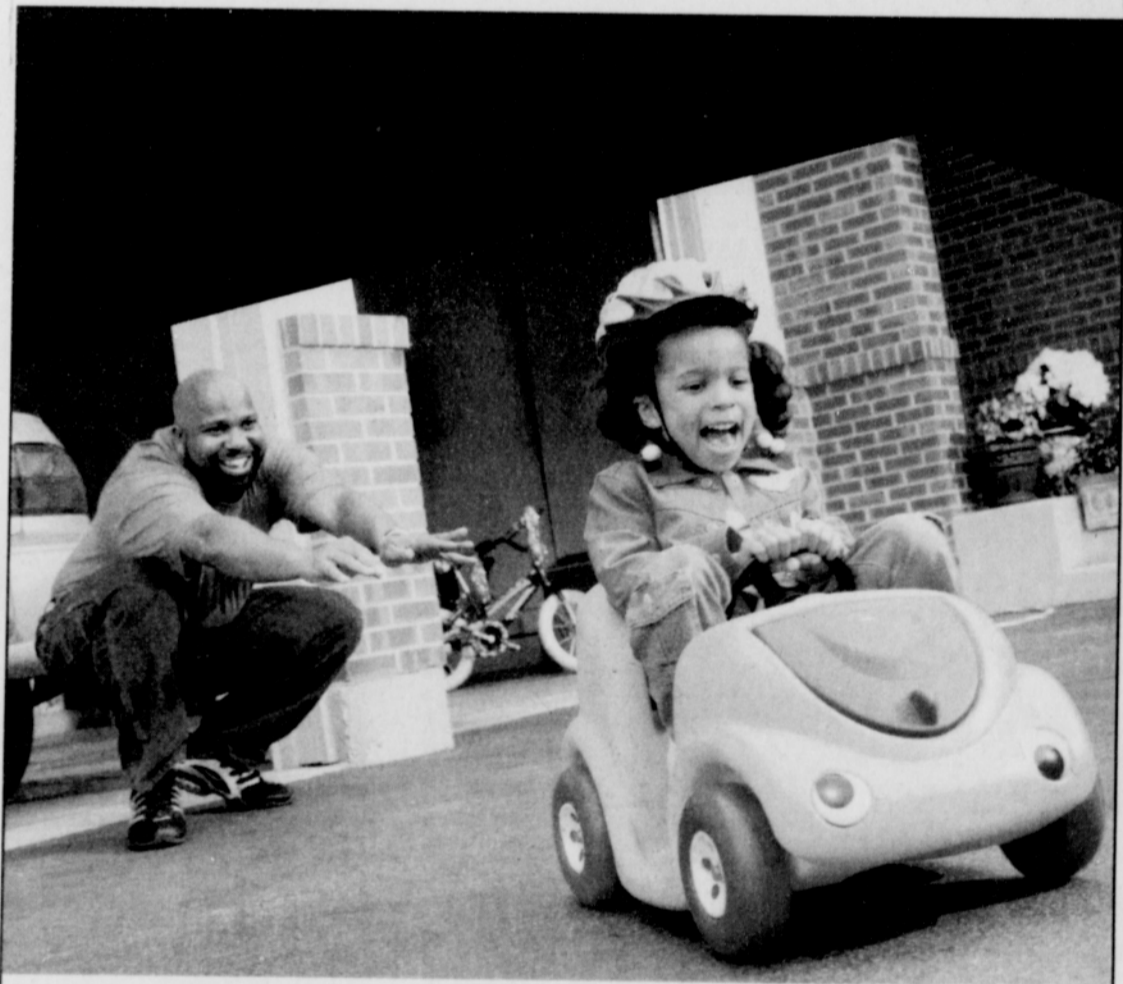
future site.

Africa House is temporarily operating within IRCO's employment training center at 631 N.E. 102nd Ave., across from their main offices.

Dogo says a permanent site, somewhere in northeast Portland, will come soon after community input on where the permanent place should be.

He describes a future vision of the center thriving beyond the three-year grant, to a place where Africans can remember their culture.

Africa House could become a place where African immigrants get needed services and feel like home in a center that provides space for weddings, funerals and cultural events, Dogo said.

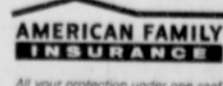


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