

# METRO

The Portland Observer



**Little League Team Victorious**  
Portland's Peninsula Little League returns home with four wins in the Urban Initiative Jamboree in Williamsburg, Pa. See Sports, page B6

SECTION B

## Community Calendar

### Get Crafty

Merging metal and fiber into art will be the discussion during a general meeting of the Columbia Stitchery Guild, Wednesday, June 13 at 7 p.m. at the Interstate Firehouse Cultural Center in north Portland. For more information, call 503-823-2070.

### Day of the African Child

On Saturday, June 16 there will be free admission to the World Forestry Center Discover Museum for children under 18 for the Day of the African Child. There will be live African entertainment, a marketplace, story telling, food and crafts. For more information, call 503-488-2117.

### Health Forum

On Tuesday, June 19, a men and young men's health forum will provide information on easy ways to prevent and detect health problems early on in a comfortable environment. Gift cards will be given to all males who attend the session at the Northeast Health Center, 5329 N.E. Martin Luther King Jr. Blvd. For more information, call 503-988-3387, extension 22242.

### Hospice Volunteers Needed

Summer training sessions for hospice volunteers start June 22. The Legacy Hospice Service volunteers must commit to four hours per week for one year. For more information, contact volunteer coordinator Ashley Cox at 503-225-6157.

### Stroller Class for Moms

Are you a new mom or do you have a toddler? Get some exercise and meet other moms at the free Stroller Strides class, 9 a.m. to 10 a.m. Tuesdays and Thursdays at Peninsula Park. All you need is a stroller, water, a mat or towel and comfortable shoes. Call Helen at 503-260-5018 for more information.

### Youth Summer Sports

July 5 through July 27, the summer youth sports program is held on the Portland State University campus, providing low-income youths ages 10-16, with sports instruction, field trips, a free medical exam and two free meals daily. Registration is open now. Visit [palkids.org](http://palkids.org).

### Washington Park Shuttle

Summer service is every 15 minutes from 10 a.m. to 7 p.m. with more than 10 stops, including the Oregon Zoo and the Japanese Gardens. The shuttle runs daily through Labor Day. Regular Tri-Met fare applies.

### Interstate Farmers Market

A farmers market is held each Wednesday through Sept. 26 from 3 p.m. to 7 p.m. just off Interstate Avenue between Overlook Park and the Interstate Kaiser Permanente Campus. The market is known for its variety of quality fresh local produce, baked goods, cut flowers, artisan cheese, meat and fish.

### Planet Jupiter

On the second Monday of each month through August, at 7 p.m. and 8 p.m., the MHCC Planetarium Sky Theater explores the planet that outshines every other planet in the sky except Venus. Visitors will learn how to locate Jupiter and its four moons as well as other planets. Admission is \$1.

### Women in Community Service

Volunteer female mentors are being sought by Women in Community Service to work with incarcerated women at the Coffee Creek Correctional Facility. The women provide support and encouragement for inmates transitioning from prison back into the community. For information, call 503-570-6614.

### Vancouver Outdoors Market

Saturdays and Sundays, through Oct. 27, the Vancouver Outdoor Market will feature fresh produce, food, and arts and crafts. Hours are from 9 a.m. to 3 p.m. on Saturdays and 10 a.m. to 3 p.m. on Sundays.

### Parenting Classes

Newborns don't come with instruction manuals but parents and parents-to-be can attend classes through Providence Health Systems to learn about a variety of topics from pain and childbirth to breastfeeding to infant CPR and much more. For a schedule of events, call 503-574-6595 or visit: [providence.org/classes](http://providence.org/classes).

## Survivors Heal from Silence after Loss

Grief support with a cultural perspective

BY SARAH BLOUNT  
THE PORTLAND OBSERVER

Community advocate Perlia Bell believes that the way individuals deal with grief depends greatly on their culture and environment. She also believes many problems in society are caused by a lack of grief expression.

As a non-profit founder of grief counseling tailored for the African American community, Bell's credentials come from a lifetime mingled with the great loss. After countless funerals spanning decades, she decided to change the way she approached the grieving process.

"I was one of those people who were numb," she said. "Death started to become an event instead of a tragedy: attend the funeral, take time off from work and cry."

But the pain got to be too great so she entered counseling. It was through these sessions Bell learned she had not grieved for her father's death 20 years before, or let go of her brother's death from 1996. But before she could adequately address this grief, Bell had to feel safe and welcome in the environment of group counseling. She said she felt alone when, as was often the case, she was the only African American in the group.

Instead of benefiting from a group setting, she was isolated in her loss. There was no comfort in



PHOTO BY MARK WASHINGTON/THE PORTLAND OBSERVER  
Perlia Bell, who launched the non-profit Senseless Violence Leads to Silence in 2002, has developed her organization to include grief counseling space tailored to African Americans.

*"I would come in [to therapy], and it was just my loss, and I would leave feeling a little worse."*

— Perlia Bell

sharing how her loved ones had passed, because her experiences were worlds apart from others in the room.

"I would come in, and it was just my loss," she said, "and I would leave feeling a little worse."

After years of attending differ-

ent counseling centers Bell realized the problem wasn't her; it was that the groups weren't the right fit.

She also learned that grievors are at high risk of shutting down if they have negative or lonely experiences with therapy. She has watched individuals pass their feelings of isolation on to their children, who grow up thinking they don't need grief services.

"That's the cycle going on," Bell said.

Witnessing the under-

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## Authentic Eatery Struggles for Recognition



PHOTO BY RAYMOND RENDLEMAN/THE PORTLAND OBSERVER  
Co-owner of Northeast Broadway's Odessa's Café Will Brock (left) discusses the restaurant business with server Robyn Lewis and chef John Neal.

Finding adherents for Odessa's Café

BY RAYMOND RENDLEMAN  
THE PORTLAND OBSERVER

The plan seemed simple enough: You start making down-home Chicago cuisine in a town without much barbecue beef brisket. Then you wait for the customers.

But, no matter how airtight the plans are, bank officials want their restaurants to be making money after they log in that first key year of business.

The summer could not be long enough for Will Brock, who has co-owned Odessa's Café with his sister Mari since September.

Just when Odessa's was about to break even, a business partner named Carl Nash pulled out his investment last month.

Now Will is saying, "I'm needing to get more people in here so I can keep the restaurant."

Knowing that potential customers will like the food upon trying it, he'll do almost anything to fill the 60-person capacity.

"I let a lot of people try the collard greens free, because a lot of people haven't realized how much they love them yet," he says.

Tuesdays and Wednesdays Odessa's also offers \$5.95 senior lunches that include two barbecue ribs, cornbread and side dishes. For high-school students, the

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## Saint Andrews Legal Clinic Sponsors Justice Race

Lacing up to help those in need

St. Andrew Legal Clinic will hold its annual Race for Justice to raise donations for legal services for low-income families on Saturday, June 30 at 10:15 a.m. starting from Madeleine Parish, 3123 N.E. 24th Ave.

Both walkers and runners will participate in a 5k course. A kids' ¼ and ½ mile fun run also will be held for children ages three to 10, starting at 9:45 a.m. Packet pickup and day-of-event registration begins at 9 a.m. A post-event party will immediately follow the race in the Madeleine Parish Hall, where participants will enjoy free pizza, beverages, live music and awards.

St. Andrew Legal Clinic is a nonprofit organization providing individuals and families with legal representation since 1979 from its main office at 807 N.E. Alberta St. and branch offices in Washington and Clackamas counties.

The goal of the justice race is to raise \$100,000, all of which will go directly toward helping more low-income families with the legal assistance they des-

perately need. About 350 walkers and runners are expected to register this year.

The \$40 pre-registration fee is waived for those who raise \$100 or more in pledges. On-site registration also will be available for \$45. The kids' fun run is \$5.

For more information or to register, call 503-281-1500, extension 24 or go to [salcgroup.org](http://salcgroup.org).