

Aging and Memory Resources

Health event scheduled Saturday

African American seniors and their family caregivers can once again come together and learn about resources available to them and hear from speakers working in cutting-edge health programs that positively impact their communities.

A Hold Onto Your Memory: Aging and Memory in the African American Community conference will be held Saturday, Sept. 6 from 9 a.m. to 3:30 p.m. at Portland Community College Cascade Campus, 705 N. Killingsworth St.

The second annual event is sponsored by Volunteers of America Oregon, The Layton Aging and Alzheimer's disease Center at Oregon Health and Sciences University and the Urban League of Portland.

The free conference is dedicated to addressing the concerns around health disparities of African American seniors and their families. Free transportation



Corliss McKeever of the African American Health Coalition and Tiffany McKenna of the Marie Smith Health and Social Center support the "Hold On To Your Memory" health conference Saturday at Portland Community College's Cascade Campus.

is also available thanks the sponsorship of TriMet's Ride Connection.

Topics include traditional and complementary approaches to dealing with aging and memory loss. Workshops and resource information will also explain how some medicines can play a large role in the prevention and management of aging and memory loss.

Participants can learn and take part in hands-on demonstrations in stress and depression, healthy soul-food cooking, acupuncture, and horticultural, aroma and massage therapies, with an emphasis on better ways to communicate with a doctor.

A free healthy soul food lunch will be served at noon with entertainment provided by local storyteller & drummer Nyewesi Askari.

Other events will include free health screenings, sample computer games that stimulate the brain, and an introduction to "mindfulness" meditation practice, which helps reduce stress.

For more information, call Tiffany McKenna, director of the Marie Smith Center at 503-802-0453.

Public Servant Ted Winters Remembered Was founder of prison ministry

Marc "Ted" Winters, husband of Sen. Jackie Winters, R-Salem, and a former aide to Governors Tom McCall and Bob Straub, died Aug. 26. He was 84.

A memorial service will be held at the State Capitol on Friday, Sept. 5 at 2 p.m. The service is open to the public.

"Winters was a devoted husband, father and dedicated Christian whose life was a true testament to the power of the human spirit and faith in God," said Senate Republican Leader Ted Ferrioli of John Day. "He will be missed and remembered by many. Our hearts and deepest prayers are with Jackie and her family."

Ted Winters worked for the state of Oregon for 15 years, including seven years as staff to Govs. McCall and Straub. Most recently he was a legislative assistant to his wife.

During the McCall administration, he served as the director of the State Economic Opportunity Office where he helped to establish the Housing Division which later became the Oregon Housing and Community Services Department.

He assisted with the creation of the Oregon Department of Human Resources, and also served as Governor's liaison to the Model Cities Program and Portland Multi-Service Center. He established state ombudsman programs for nursing homes and corrections.

As a private citizen, he founded MAJAC Institute and New Life Christian Network, Inc., a post-prison ministry for which he served as executive director. He, along with Jackie, served "Jackie's Ribs" to thousands of Oregonians.

A published author, he wrote short stories as well as two autobiographical books, Never Kill Lions and Lifer. The books related his remarkable life story of transformation and redemption.

His unique transformation from a life of crime to a governor's aide, made a positive difference in the lives of people around the world. In 1972, Gov. McCall stated "no individual has given stronger proof of Reformation than Marc P. Winters".

He is survived by his wife; son Mark; daughter Theresa; stepsons, Anthony, Marlon, Bill and Brian McClain, 11 grandchildren, three great-grand children and several nieces and nephews.

In lieu of flowers, the family requests that donations be made in his honor to Family Building Blocks, 2425 Lancaster Dr. NE, Salem, OR 97305, a non-profit child abuse prevention program serving high risk children and their families; or the Yatima Group Fund, 891 23rd St. NE, Salem, OR 97301, a non-profit that helps care for children who have been orphaned in Tanzania because of HIV/AIDS.

Dear Deanna!

I think I'm in a relationship that is one-sided. In the beginning my boyfriend and I shared a lot, communication was good and we talked about our goals. Now we don't do anything recreational unless I make a suggestion and pay for everything. I keep trying to love him, support him and find out what's going on. He won't respond but he won't be rude nor leave the house. I'm very confused and these mixed signals make it worse. How do I get through to him? --Going Crazy; Toledo, Ohio

Dear Going Crazy:

Your boyfriend has simply fallen out of love with you. He thinks he's being nice and respectful but he's really being dishonest with you. He has some pent up feelings and thoughts that will only come out if you ask direct questions. You should ask him to share his feelings about the relationship, find out where you stand and if he wants to be with you. Don't make assumptions but rely on his direct response and actions and be willing to take the good with the bad.

Dear Deanna!

My cousin is dating someone but they have an open relationship and have been known to date other people. They still have a good relationship because they are upfront with everything. Now, her boy-

Ask Deanna!

Real People. Real Advice
An advice column known for its fearless approach to reality based subjects!

friend is interested in dating me on the side. I am also interested in him but I don't know how my cousin will react. I know it wouldn't be anything serious because they often joke about the people that try to come between them. Should I date him anyway? --Anonymous; Dallas, Texas

Dear Anonymous:

This is not the solution if you want something meaningful in a relationship complete with respect and sincerity. You already know going in that you would have your cousin's leftovers and everyone else's because he's a recreational dater. Then you have to ask yourself if this man is worth the confusion with your cousin and family drama that will be

sure to follow. Choose someone else to date unless you purposely want to be second fiddle with no options.

Dear Deanna!

I'm engaged to a good man and we love each other. He cheated on me and got someone pregnant and I stuck by his side from the beginning to the end. He has no plans of leaving me but the child's mother doesn't understand that. She's using every trick she can think of but he won't budge. We are getting married soon. Am I supposed to sit and watch or is there something I can do to help him? --Committed; Hickory, N.C.

Dear Committed:

It's good that you're standing by your man and even better that you're getting married. Your future husband obviously told this woman things she wanted to hear because there's a baby and she has hope. Your husband is the key to this puzzle. He needs to establish a paternity suit, make child support decisions and a custody arrangement. You need to support him while he puts things in order and then go into a clean marriage with no baggage.

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

Activist Appointed to School Board

The Portland School Board has selected an activist for the Hispanic community to serve an open seat on the volunteer board.

Martin Gonzalez of north Portland will take the position vacated by Dan Ryan, another north Portland resident.



Martin Gonzalez

Gonzalez is the former executive director of the Portland Schools Alliance and was recently hired as an outreach coordinator for TriMet.

"Martin Gonzalez has been deeply engaged with schools in Portland for many years," Director David Wynde noted, "he brings great experience in engaging parents and families who have not traditionally had a voice in the district. His integrity, intelligence and commitment to all students will serve the district well."

Gonzalez will serve until June. If he wishes to run for a full four-year term, he will have to file for election by March to be on the May Primary ballot.

Verdict Finds Workplace Racism

continued from Front and used cars annually.

"We need people to be informed about who not to do business with," he said. "Ashbury is one of those companies that have shown a total disregard for people

of color, seniors and gay and lesbian communities."

The Thomason Auto Group in 2001 paid 11 former employees \$2.5 million after the Equal Employment Opportunity Commission upheld claims of racial, sexual and religious harassment and

found the company had tolerated a hostile work environment.

A witness for the dealership owner said management took steps to combat racial harassment, according to court papers.

Associated Press contributed to this story.

BACK YOUR BLOCK '08 GET INVOLVED!
VISIT NIKEBACKYOURBLOCK.COM TO FIND OUT MORE!

SATURDAY, SEPT. 13, 2008

Come join us for a day of connecting with the neighborhood, pitching-in, and a good ol' fashioned block party to recognize our local heroes.

HOSTED BY NIKE FACTORY STORE PORTLAND | ALSO BE NIK BLVD. PORTLAND, OR 97217 | 503.291.5911

REPRESENT YOUR BLOCK

Join a volunteer team to work in the community during the morning and build up your appetite for the afternoon BBQ bash.

Volunteer Experience begins promptly at 8am on Saturday.

RECOGNIZE NINE HEROES

Nike is awarding a total of \$100,000 to twenty local non-profit organizations who have inspired our youth through work, play, and educational programs. Plus, Portland eats, local neighborhood photo exhibit, entertainment, and a few surprises.

Limited Edition Portland t-shirts and bags available this day only! Sign up today to reserve your spot!

NikeFactoryStore

The Diversity Institute Presents Jazz On the Mississippi

DATE: SEPTEMBER 11, 2008

LOCATION: MISSISSIPPI AVE. BETWEEN THE STREETS BEECH & SHAVER

EVENT TIME: 6:00PM - 10:00PM

LINE UP:
MAIN STAGE (LOCATED ON BEECH)
GRETCHEN MITCHELL & BAND
THE COLUMBIAN PRINCESS
BAND ON "Q"
HOSTED BY: DJ OG ONE
STREET PERFORMERS (VARIOUS ARTIST) FEATURING:
THE POETS CORNER F. ROCHELLE
D. BURTON & SPECIAL GUEST
URBAN ARTS DANCE COMPANY
SELF ENHANCEMENT CHOIR

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