

# RELIGION



## Do I need a counselor?

*We all have life stressors, especially in today's complex world. Balancing your home, work, and spiritual life can be overwhelming.*

*Internal coping skills can get us through a crisis or change; however, we may not have the resources to overcome in the most effective way.*

*Deciding if counseling is right for you can be a tough decision. It may initially feel like admitting failure.*

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## Still Singing After all these Years

During the late 1960s, "soul assemblies" were part of life at Jefferson High School.

The gatherings would showcase the artistic talent of students of the northeast Portland high school, some of which made it to the big times.

One of the groups to come out these assemblies was the vocal group the Beyons, composed of five men, plus a manager-choreographer, who've stayed together through the years, bound by a strong glue of friendship.

Ira Hammon, Thurtis Channel, Sherman Davis, James Tims, and Jeddy Beasley began singing together at Jefferson High School under the name the "Delmars." Donnie McPherson, who played basketball with them, began attending practices, and steadily took on the role of manager and choreographer.

After high school, they began singing R&B at clubs throughout Portland. But life took them on a bit of a detour. They had families, and went to school. Davis was drafted by the soul group Pleasure, which enjoyed some national recognition.

In the 1990s, they started singing



The Beyons, from left, Sherman Davis, James Tims, Thurtis Channel, Ira Hammon, Jeddy Beasley, and their manager Donnie McPherson, in front.

together regularly again, but this time they switched their focus from R&B to gospel, which they say was a natural transition.

"I think it was a long time coming because all of use grew up in the church," said Hammon, who describes a different energy in the group after getting back together, and a new feeling from singing gospel music.

They now sing at various churches throughout Portland, backed by a full band, including a recent gig at New Hope Baptist Church.

The Beyons, who begin each practice with prayer and end it with a prayer, are friends first, whose

bonds have only grown stronger over the years, as they've been there for each to laugh together and cry together as they've gotten older.

The group has grown, they've extended a hand to the younger generation, to show them the right path, and serve as positive role models.

"For me, when I think about everything over the years that these brothers have gone through and how we've put that to good use as men, I think it spends volumes of what our legacy it will be," said Tims.

The Beyons will have a website up soon at [www.thelegendarybeyons.com](http://www.thelegendarybeyons.com).

## Funeral Services for Carolyn Harden

Carolyn E. Harden passed away on July 6, 2010. Harden, whose maiden name was Gibson, was born June 29, 1949 in Ft. Worth, Texas.

She is survived by her daughters Stephanie, Sonya and Carmen Gibson, her son Asmar Rutley, and Shirley Peck. Funeral services for

Harden will be held Saturday July 17, 2010 at Rose City Park United Methodist Church, located at 5830 Northeast Alameda Street.

## Prolific Gospel Singer Passes Away

Walter Hawkins, a legendary gospel singer from Oakland, passed away on Sunday after losing a battle with pancreatic cancer. He was 61.

During his thirty plus year career he produced prodigious number of hit gospel songs and published songs. With a keen eye for talent, Hawkins helped launch the careers of many well regarded musicians including Tramaine Hawkins, Mary Mary, Kirk Franklin, John P. Key,



Richard Smallwood, Donny McClurkin, LaShaun Pace, Kurt Carr, Yolanda Adams, Lynette Hawkins-Stephens, Shirley Miller, Daryl Coley, Byron Cage, and others.

He was the recipient of many rewards including one Grammy Award, three Dove Awards, and many others.

His last album was "Love Alive V", the fifth in a series of live recordings.

## In Loving Memory, Don Forman

Don Forman, a local resident who helped teach disadvantaged youth the game of golf and served on a key committee in his credit union, passed away on July 1.

Forman was actively involved Unitus Community Credit Union. Taking time away from his day job at a telephone company, he would come to the credit union and approve member loans as part



of his duties with Unitus' Credit Committee, on which he served for 10 years, including one year as chair in 1980 and 1981. Later he served on the supervisory committee for 24 years, including 18 as its chair.

He was a constant presence at monthly board meetings, and completed continuing education to stay

current with Unitus' internal accounting controls. Forman also represented the credit union at Oregon Volunteers' Conference as well as at other regional and national conferences.

Forman was an avid golfer, a game he was eager to share with his children, and other kids at the First Tee program, which teaches area youth about the game. He later helped expand the program to include financial literacy.

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