

HEALTH WATCH

Families with Mental Illness -- A free, 12-week course for people whose family members live with mental illness is offered at Emanuel Hospital, Mt. Hood Medical Center and Providence Medical Center. The course has been described as "life-changing" by former participants. Registration is required by calling 503-203-3326.

Chronic Pain Support Group -- Meets the first Wednesday at 4 p.m. to 5:30 p.m. and the third Wednesday of each month, from 7 p.m. to 8:30 p.m. For more information, call 503-256-4000.

Cardiac-Rehab Exercises -- A medically supervised exercise program for people dealing with heart conditions. For information, call 503-251-6260.

Stroke Alert Screening -- Check your carotid arteries with a painless ultrasound to assess your risk. Fee \$40. To schedule a screening, call 503-251-6137.

Managing Chronic Hepatitis C -- Third Wednesday of each month at 5 p.m. The informative session is led by a registered nurse to help you manage side effects of medications and dosage preparations and administration; doctor referral required. To register, call 503-251-6313.

Better Breathers -- An asthma educational support group meets on the 1st Tuesday of the month from 1:15 p.m. to 2:45 p.m. at Adventist Medical Center. For information, call 503-251-6830.

Powerful Tools For Caregivers -- 6-week educational series designed to help family caregivers take care of themselves while caring for relatives or friends with chronic illness. Class size is limited, and registration is required. Call 503-413-8018.

Leg Alert Screening -- Check for peripheral arterial disease with this safe, simple screening using ankle and arm blood pressure. The fee is \$40. To schedule an appointment, call 503-251-6137.

Romney Offers No Apology

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"There are 47 percent of the people who will vote for the president no matter what," Romney is shown saying in a video posted online by the magazine. "There are 47 percent who are with him, who are dependent upon government, who believe that they are victims, who believe that government has a responsibility to care for them, who believe that they are entitled to health care, to food, to housing, to you name it." "Forty-seven percent of Americans pay no income tax," Romney said.

Romney said in the video that his

role "is not to worry about those people. I'll never convince them they should take personal responsibility and care for their lives."

Romney did not dispute the authenticity of the hidden-camera footage. He sought to clarify his remarks but did not apologize.

"It's not elegantly stated, let me put it that way. I was speaking off the cuff in response to a question. And I'm sure I could state it more clearly in a more effective way than I did in a setting like that," Romney said. "Of course I want to help all Americans. All Americans have a bright and prosperous future."

About 46 percent of Americans owed no federal income tax in 2011, although many of them paid payroll, state and other forms of taxes. More than 16 million elderly Americans avoid federal income taxes solely because of tax breaks that apply only to seniors, according to the nonpartisan Tax Policy Center.

Romney's 2010 federal tax returns show he paid a tax rate of about 14 percent on an annual income of \$21 million. The vast majority of his income came from investments, which are taxed at a lower rate than wages. His wealth has been estimated as high as \$250 million.

Drummer Obo Addy Dead at 76

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mic music into healing and other rituals. Addy was designated by his tribe as a master drummer by the age of six.

Addy's earliest musical influence was the traditional music of the Ga people, but he was also influenced as an adolescent by popular music from Europe and the United States. He got his professional start in Ghana by playing with the Joe Kelly Band, the Ghana Broadcasting Band, and the Farmer's Council Band, which played popular American and European music and the dance music of Ghana known as highlife.

The Arts Council of Ghana as a Ga master hired Addy in 1969, and he received his first international exposure at the Munich Summer Olympics in 1972. He then moved to London and spent six years touring internationally until 1978, when he relocated to Portland. There he met and married his wife Susan, who began managing his musical career.

He maintained two different ensembles: Okropong, which shares traditional instrumentation, using hand and stick drums, bells, and shak-

ers to create a layered rhythmic effect; and Kukrudu, an eight-piece African jazz group that relies on a mix of European and African instruments.

Through numerous in-school residencies, performances and workshops, Addy affected hundreds of thousands of lives in the Pacific Northwest and beyond.

Addy's charismatic spirit, rapid-fire hands, and powerful voice led him to receive the National Heritage Fellowship Award from the National Endowment for the Arts under President Bill Clinton, the Governors Award for the Arts in Oregon, The Masters Fellowship from the Regional Arts and Culture Council and the Masters Fellowship from the Oregon Arts Commission.

He was a member of the faculty at Lewis & Clark College, and the artistic director of the Obo Addy Legacy Project, formerly known as the Homowo African Arts and Cultures, a not-for-profit organization founded by the Addys in 1986.

The organization put on an annual Homowo Festival in Portland for nearly 15 years with music and dance, food, vendors and art demonstrations from various countries

within the continent of Africa and the African Diaspora.

Addy leaves behind his wife, six children, a stepdaughter, a stepson; 4 brothers and 9 grandchildren.

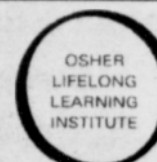
Cocaine Use Problems?

Are you addicted to cocaine and have you used opiates in the past year? A voluntary research study is offering 8 weeks of no-cost intervention. Participation may last up to 6 months. (OHSU eIRB #7431)

Compensation up to \$765

CODA Research

For more information contact: 503-239-8400 ext. 254



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Bees 101

Speaker: Naturalist Jim Anderson
Tuesday, September 18, 1:30 p.m.
Elsie Stuhr Center of the Tualatin Hills Park & Recreation District, 5550 SW Hall Blvd, Beaverton

This is a free event.

Light refreshments will be provided.

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