

Newest Face at Madame Tussaud's: Harriet Tubman

In celebration of Black History Month, today ten direct descendants and family members of historic icon Harriet Ross Tubman, including Charles E.T. Ross (great-great-great nephew) and Valery Ross Manoke (great-great niece/oldest living descendant on eastern shore) visited The Presidents Gallery by Madame Tussauds to help unveil a new wax likeness of the renowned abolitionist and conductor of the Underground Railroad at the attraction, 1001 F Street, NW (corner of 10th and F Streets), in Washington D.C.

"Harriet Tubman was an incredible woman whose accomplishments and contributions played a pivotal role in the history of the United States, cementing her status as a true American icon," said Dan Rogoski, General Manager of The Presidents Gallery by Madame Tussauds. "We are honored to have Harriet Tubman's descendants with us today for the unveiling and induction of her wax figure into our expanding Presidents Gallery — an interactive journey through America's history."

Harriet Tubman (born Araminta Ross, calling herself Harriet later in life) was an African-American abolitionist, humanitarian and spy for the Union during the U.S. Civil War. After escaping from slavery, into which she was born, she reportedly freed

more than 300 slaves via the elaborate network of safe houses known as the Underground Railroad. Tubman was born in Dorchester County, M.D., an area from which many of the descendants and family members attending the event currently reside, including Charles E.T. Ross and Valery Ross, who live in Cambridge, M.D.

"We are ecstatic and overjoyed to see Aunt Harriet being celebrated and receiving recognition for her contributions to humanity, which is long overdue," said Charles Ross.

The additional family members who attended the event include: Bernice Ross Carney, Betty Ross and Peggy Ross (great-great niece's and also Valery's sisters); Judy Ross, Patricia Ross Hawkins, Elizabeth Ross Stanley and Ernest D. Ross (great-great-great nieces and nephew); and Jackie Ross Henry (great-great-great-great niece).

Children from Washington D.C.'s Harriet Tubman Elementary School were also on-hand to witness the unveiling of the figure of the historic woman for whom their school is named.

Madame Tussauds studio artists in London created the entirely new wax figure of Harriet Tubman. The figure-making process is incredibly intricate taking anywhere from three to six months from start to



Ten direct descendants and family members of historic icon Harriet Ross Tubman helped launch the new exhibit in Washington, D.C.

finish.

For example, artists insert each strand of hair individually; creating just the head of the wax figure can take up to five weeks alone. Materials such as red silk are used to create the veins on the eyeballs and it can take technicians almost four days to make a set of teeth.

In order to make the figures as lifelike as possible, Madame Tussauds artists study hundreds of photographs and when available, hours of video footage. Of course in some cases, the artists do not have the luxury of photographs or videos (as with the Tubman figure) and need to rely on historical accounts, even paintings.

Hearty food

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and sliced into thin slivers

Preheat the oven to 375°F. Spray a 9-inch round springform pan and lightly dust with bread crumbs or panko.

Beat the egg whites and half-and-half in a large mixing bowl. Beat in sugar, salt, spices, and lemon juice. Add the flour to the milk mixture and mix to form a thick cake batter.

Add the fruit to the batter and mix gently just until the slices are evenly

coated. Pour into prepared pan.

Bake at 375°F for about 50 minutes, or until the top is well-browned. Cool in the pan for at least 15 minutes before unmolding. Serve warm or at room temperature.

Per serving: 168 calories, 3g protein, 39g carbohydrate, 3g fiber, 1g fat, 0g saturated fat, 0g mono fat, 0mg cholesterol, 40mg sodium

Be sure to taste the fruit in advance to gauge the need for sugar. Substi-

tute soft fruits such as plums or nectarines as well as various Asian pears and apples.

For more recipes see "The Northwest Guide to Heart-Healthy Living" distributed free at hundreds of local grocery stores by Providence Heart and Vascular Institute: www.oregon.providence.org

Care

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go bankrupt. It was a rude awakening," she says.

Insurance companies usually put a cap on the amount they will pay and patients have to pay for everything beyond that, she said.

"What the coops do is help patients negotiate with doctors, cancer treatment centers, labs and pharmacies, to get an affordable price — usually the Medicare rate. It works because most doctors and clinics are willing to help. Many of them are simply writing off bills for uninsured patients, already.

"Sometimes the cost is less than you would pay if you had insurance, once you add in the medication bills and the co-pays," she said.

"Even with insurance, cancer patients still end up paying a lot. If you know about chemo treatments, you know they are very expensive and most patients pay a percentage of that."

Jenny McCormick said she currently runs a group for cancer survivors and finds many suffer from nerve pain, orthopedic problems, and other after-effects of treatment. The co-op model offers an affordable way to continue recovery, she says.

"We can't fix all the problems through the co-op, but we can make the cost very transparent. And you have that security from having a group behind you who can advocate for you and remove that stress."

Butler said co-op members are highly aware of the large numbers of families who have no insurance, no job and can't afford their services. Co-ops can't fix that problem, he said, but its Portland providers try to do a little by volunteering 20-25 hours a month at FISH emergency services.

Butler sees the co-op as a good step toward making medical care available to everyone. "Some people say they won't get involved with anything less than a single-payer system," he said. "But anyone who knows how health care is set up knows that we couldn't put in a single-payer system tomorrow if we wanted to."

To sign up or to find out more, call Morgan Butler at 971-313-8354 or visit PPCPdx online at ppcpdxcoop.org

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A family wage, and the benefits that go with it, not only strengthens families, but also allows our communities to become stronger, more cohesive, and more responsive to their citizens' needs.

Our family wage agenda reflects our commitment to people working in the building trades, and to workers everywhere. In this small way, we are doing our part to help people achieve the American Dream. This dream that workers can hold dear regardless of race, color, national origin, gender, creed, or religious beliefs.



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