

Jackson seeks House seat

A native Portlander, Cary Jackson, announced his candidacy for the office of State Representative in Portland's District 18. This Northeast Portland District includes the neighborhoods of Alameda, Beaumont, Hollywood, Irvington and Rose City.

Jackson, a 1966 graduate of Jackson High School, cited unsolved local and neighborhood problems as his reason for filing for office. He sees the continued need to solve the problems of tax relief for the average homeowner, disregard for the limited incomes of the elderly, and our everyday energy problems as critical areas that need attention.

"I believe my experience and familiarity with Northeast Portland's unique problems helps qualify me to serve as their representative," Jackson said. "As I talk with community people, I share their concern over rising area crimes and burglaries, increasing growth and waste by government bureaucracy, increasing utility rate and a general lack of concern by government in critical problem areas. I want my candidacy to stand for change, awareness and solutions to these problems," Jackson stated.

In conjunction with his announcing his candidacy, Jackson resigned as Executive Officer of the Trade and Economic Development Committee for Oregon's State Legislature. This joint statutory committee is chaired by the President of the Senate and Speaker of the House. "Serving in the Executive Officer capacity for over a year, has given me great insight into legislative problems, but primarily has provided me with the experience to work within our legislative system and solve problems," observed Jackson.

Following his graduation from Jefferson High School where he served as Student Body President, Jackson received his BA from Harvard. Working his way through college, he also earned a Masters in Business Administration from Stanford.

While obtaining his education, the



CARY JACKSON

Portland Democrat worked summers for the Port of Portland's engineering department, worked as a management consultant for various small business firms and has served as a consultant to minority business, community groups and fair housing programs. He has experience in tax accounting, budgeting, management practices, statistical analysis, in addition to legislative and fiscal experience from his most recent state post.

Jackson currently serves as volunteer chairperson on the Citizens Task Force for City of Portland. In this Mayor-appointed position, he has the responsibility to review city budgets and offer policy recommendations. He currently is in his second year working with fellow Portlanders on this budget task force.

Planning a full-time, ambitious grass roots bi-partisan campaign, Jackson declared, "I hope to visit every home in my district and invite every interested citizen to work with me shoulder-to-shoulder, first on the campaign, and then on the problems that need action. If you believe working together can solve some of our problems," Jackson challenged, "then help take this message to Salem." He invited citizen volunteers to visit him at his 3134 N.E. 17th street home, or have questions ready when he calls at their homes.



Portland's volunteer school nurse program is in its second year and more nurses are needed to expand the program to cover all the Portland Public Schools.

The program, the first in the nation, allows Registered Nurses to volunteer professionally as nurses in the schools.

The program is designed to show the need for nurses in the schools and to allow nurses who do not have employment to acquire the work required to maintain their licenses.

Nurses work one day a week, plus attending staff and educational meetings.

Arlo Guthrie schedules concert

In a rare concert appearance, Arlo Guthrie will perform at the Paramount Theater on Wednesday, January 28th at 8:00 p.m. Tickets are priced at \$5.50 in advance and \$6.00 on the day of the show.

Arlo Guthrie, son of the renowned Depression-era folk singer-writer-poet Woody Guthrie, is most widely known for the great twenty minute classic, the rambling narrative, "Alice's Restaurant Massacre". He has also won praise for his definitive treatment of the song "City of New Orleans" and the album *Hobo's Lullaby*. In 1967, his first album, *Alice's Restaurant*, won the praise of both the underground and established press. His music and the incredible rapport he has with his audiences prompted late rock critic Lillian Roxon to say to him, "...he

comes on like a new, young gentle Lenny Bruce." Since *Alice's Restaurant* (which was made into an academy award winning movie in 1969), he has released eight albums; the most recent, a double live set with the amazing Pete Seeger.

This will be Arlo's first performance in Portland, and it should be well worth the wait. Along with his three-piece band Shenandoah, Arlo will fill the Paramount with some of the happiest, most humorous country folk rock yet.

Tickets are available at the usual outlets: Meier and Frank, Stevens and Son, Longhair Music in Portland and Gresham, Everybody's Records, For What It's Worth Records, America in Vancouver, and the Paramount Box Office open 11:00 a.m. until 5:00 p.m.

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by Cal R. Williams

AT HOME

If your child is one, two or three years old, babyhood has passed. You are now seeing a real person reaching out to discover what wonderful things there are in the world to taste, to feel, to smell, to look at, and to handle.

During the first year while children are infants, you learn many things about them and yourself. First you learn that they don't break easily, they are made of pretty tough stuff and no single mishap makes a great deal of difference. You may make yourself nervous trying to do the perfect thing all of the time. Relax! You can't always succeed and it's really your basic relationship that counts. Be assured, that is you and your child are enjoying life together, you must be using the best methods for both of you.

You know that children are going to grow and learn. Although you may do your share of nudging, your youngster is responsible for much that happens. Babies lift their heads, turn over, and eventually crawl. You are an excited teacher encouraging and guiding the processes. But remember that much of what is happening is the result of natural growth going on inside the baby. Muscles, bones and nerve endings are developing faster than at any other period of life and they are doing this at a rate which may be different for each infant.

Another thing you learn is that your child is different. As you talk with other parents, you discover that babies do not all sit up at the same time, eat the same

amount of cereal or sleep the same hours. As time passes, some cry more, some are easy going, some are cuddlers, some are not. There is no just right for all of them except to be themselves. As you observe others, do not become concerned whether your baby is winning the race, simply give it a chance and love every new growth step made.

Should you worry about bad habits? Children seem to have plenty of these. They suck on a bottle which really gets to be a habit. Crawling is another example and pants wetting is another. You may nag and worry about these habits, but it doesn't seem to help. Most infant habits simply disappear in spite of parents. Just remember, there are no adults with those habits.

You also learned that infants communicate their feelings by cries of hunger or a turn of the head to avoid disliked food. You have cuddled to stop the crying and start the smile. Tears and smiles are language that will turn into words. Pay attention to the messages sent to you and respond with love and acceptance. It seems you learn much about children being with them, but a wise parent seeks as much information as possible from people who study children. Youngsters grow best when they are with adults who know and understand how children develop and grow.

Utility cost hearing set

The third in a series of legislative hearings on proposals to reduce utility rates for low-income and elderly persons is set for Tuesday, February 10th at 1:30 p.m. in the Portland City Council chambers.

State Representative Ed Lindquist, D-Jennings Lodge, chairman of the interim Legislative Committee on Trade and Economic Development, said the special subcommittee investigating alternative rate reduction proposals is seeking testimony from all interested persons.

"I am personally committed to finding a legislative solution to this problem," Lindquist said. "The question now is how best to implement a rate reduction - in other words, which of several proposals to recommend to the 1977 Legislature." Recommendations outlined in a November 19th committee staff report include a tax refund, home insulation program, general welfare increase, energy stamps and special rates.

Lindquist said, however, "the door is open to any proposal which will lead to lower utility rates, especially winter fuel costs, for Oregon's poor and elderly."

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