

"The Cobi Techniques" Offer Alternatives To Portland Public High School Students

"It's A New Generation" is the theme of Cora Smith's "The Cobi Techniques" third annual series of fashion shows. You will see high school students as models, strutting their stuff and exuding self-confidence. Jefferson, Benson, Marshall, and Roosevelt High Schools will be giving themselves a pat on the back for successfully completing "The Cobi Techniques" twenty hour program designed to build self-confidence, self-esteem, and improve attendance and grades.

Included in the show is the Performing Arts. Original songs authored by Cora Smith and music director, Fred Hammack, Director of Music from Jefferson High School will be showcasing talents in the areas of singing and dancing. The Cobi Techniques' focus is to create a marketable outlet and incentive program for youth whose talents would otherwise go unrecognized and undeveloped. Students will unveil their talents at a school assembly with an audience of approximately 1,500 at each school. The schedule for the participating schools is as follows:

December 9, 1986 — Marshall High School, 10:10 a.m.-11:10 a.m., Address: 3905 S.E. 91st.

December 11, 1986 — Benson High School, 10:10 a.m.-10:50 a.m., Address: 546 N.E. 12th.

December 12, 1986 — Jefferson High School, 10:10 a.m.-10:45 a.m., Address: 5210 N. Kerby Avenue.

December 12, 1986 — Roosevelt High School, 7:30 p.m.-9:00 p.m., Address: 6941 N. Central.

"The Cobi Techniques" was first implemented in 1984 at Jefferson High School where the principal, Nathan Jones, pondered over ways in which to polish students' character as well as thwart the drop-out, attendance, and tardiness rate. Mr. Jones realized a non-traditional course was needed to act as an exercise for students to uncover their hidden abilities and at the same time build self-confidence.

"The Cobi Techniques," a non-credit elective course was offered



Cora Smith of Cobi Techniques.

on a trial basis. Through one-on-one sessions, a group dynamics, stage production projects, grooming, acting and public speaking, attitude changes occurred in the scholastically inclined student as well as the student who had potential to become a drop-out.

Today the course is offered at four high schools. Two high schools offered two sessions to accommodate the demands of the students. In January, 1987, plans are underway to introduce the course to other high schools and several middle schools.

"The Cobi Techniques" will follow-up with the students by providing additional training, referrals and productions in the upcoming months. For more information on how successful The Cobi Techniques have been, contact Harold

Washington, Integration Specialist, Roosevelt High School, 280-5260; Dolly Bowman, Vice-Principal, Jefferson High School, 280-5180; Leon McKenzie, Integration Specialist, Benson High School, 280-5100; A.J. Morrison, Integration Specialist, Marshall High School, 280-5240.

Dance For Survival

Portland's first "Dance For Survival", a benefit to help the city's homeless population, will be held Sunday, December 28th. The dance will feature the nationally acclaimed Portland band, the "Crazy Eights", and master drummer Obo Addy, whose blend of jazz and ethnic music from his native Ghana have brought him praise from all corners of the music world.

Tickets are seven dollars in advance, eight dollars at the door, and can be purchased in advance at G.I. Joe's, Galleria Jean Machine and Music Millennium after December 8th. The dance starts at eight P.M. at the Pine Street Theater, 221 SE 9th at Pine.

Funds raised by the "Dance For Survival" will be used to feed, shelter and protect the homeless this winter. Proceeds will be dispensed through Burnside Projects and Burnside Community Council—non-profit agencies helping the homeless.

For further information, contact Donna Schaeffer, 222-9362.

Competing Cats

Over 28 breeds of pedigreed cats, plus household pets, will compete for ribbons and rosettes at the Lewis & Clark Cat Club's 14th annual Cat Show on Saturday, December 6th at the Multnomah County Expo Center. The general public is welcome; admission is \$2.00 for adults, \$1.00 for senior citizens, and \$1.00 for children. (Cats must be entered in advance of the show to compete.)

Address of the Multnomah County Expo Center: 2060 N. Marine Drive, Portland.

Customers Urged To Mail Early This Holiday Season

The Holiday Season is here again. It is the busiest and heaviest time of the year for the Post Office.

During this holiday season the Postal Service will handle more than 12 billion holiday cards, letters and packages.

To handle this monumental amount of mail, the Postal Service asks customers to "Mail Early" in the Season and early in the day.

Mail Early Collection Boxes—Beginning Monday, December 8th, your post office will begin special collection runs to strategically placed "Mail Early" collection boxes throughout the city.

These "Mail Early" collection boxes will be marked with a green Christmas tree decal on their side.

Postal Contract Stations & Self Service: As an added convenience, local postal contract stations will be open outside normal post office hours and Self Service Postal Units are available to serve you 24 hours a day.

Saturday Service - Specified post offices, stations, and branches will be open December 13 and 20 as full service and retail mailing outlets.

Will Call Service - All post offices will be open for customers to pick up packages on December 13 and 20 from 8:00 AM to 5:00 PM.

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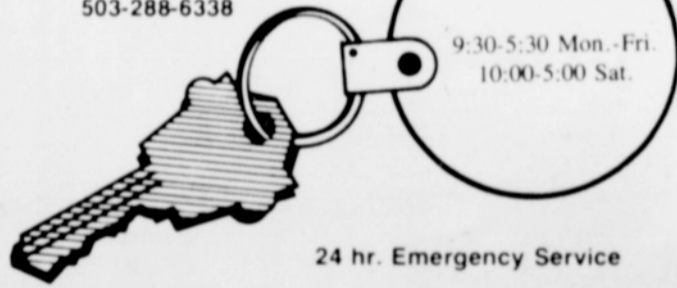
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Black United Front Annual Dance

The Black United Front, Portland Chapter, will hold its annual Christmas Dance, Saturday, December 20, 1986, from 9 pm until 2:30 am at the Royal Esquire Club, 1708 North-east Alberta. The public is invited to enjoy the live music of Portland's own Streetcorner Singers and a band to be announced. Your favorite dance tunes, old and new will be played during intermission by D.J. Howard Williamson. Free food will be available. Tickets are \$5.00.

Low-Income And Homeless Families assisted

This winter, Portland area youth, affected by disaster or low-income situations, and local homeless families are the targets of a Red Cross effort to distribute Care Kits and Family Comfort Boxes to those in need. Red Cross is seeking individuals, civic groups, manufacturers and companies to assist in filling these needs through:

- completing one or more Care Kits and/or Family Boxes
- donating necessary items in bulk
- taking on a quantity of kits/boxes as a group project

"The need is now as the holidays and winter months approach. As families are without heat and shelter. As the home fire season approaches, the request for these items increases dramatically," says Ronnie Meyers, Community Services Specialist, American Red Cross.

To find out more about specific items needed for this project and how to get involved, contact Red Cross Youth and Community Services, 284-1234.

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