

# Speak Out

Do you think our local African American elected officials are doing a credible job of representing their constituencies?

by Arnold Pitre



**Dianne Runnels**  
American State Bank

I think they are accomplishing getting recognition for themselves rather than the issues represented. However, a leader is only as strong as his/her following. There is not a very high visibility of the Black leadership. The leadership seems to be far and few in between. The people that want to become involved and are our potential leaders, have a difficult time doing so, due to lack of knowledge of what is being offered, and consequently not much has changed. We still have drug problems, high unemployment and the like.

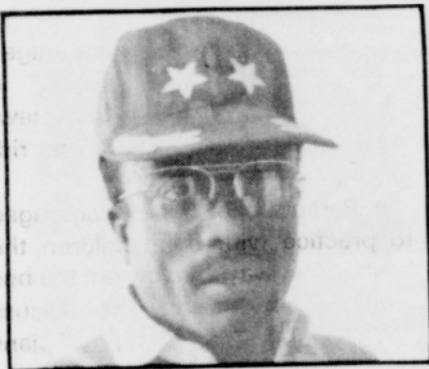
On a positive note, we have a community paper, like The Observer, to provide information to those willing to use it. There is some positive activity going on in the community, but it needs to be brought out more. I have only been in Portland for a short while, and I do see some good opportunities in existence; and with strong leadership and support, we can take advantage of some of these opportunities.



**Randy Randle**  
Child Service Worker

I would say 50% yes and 50% no. There are some City officials that seem to be doing a credible job. There are some County officials that are doing a poor job. There have been attempts to reach some of our County officials to express certain concerns, and they refuse contact: the will not listen to the Black groups voicing concerns. If they do not respond or listen, they cannot begin to understand what is going on in the Black community.

Though some of our officials are doing somewhat of a credible job, they still need to be aware of what their white counterparts are thinking. They are always seeking their white counterparts' approval and disallowing the input of those they are elected to represent. They all mean to do well when they first enter the political arena, but once there, it's often times a different story. We do not have the means to test them prior to entering into politics, and sometimes the results are not so good. There is hope, though. The 50% that are doing a credible job will assist the constituency in forcing the other 50% to do a better job, or be removed.



**Raymond Barber**  
Finance Education Consultant

No . . . because of established political practices and procedures, elected officials are caught up in the game of jostling for a position of power. They must sacrifice personal commitments and compromise promises made to their constituents in order to become a more powerful member of the political body. They lose sight of the needs of their communities in their effort to stay afloat as a member of the elective political system. This, in turn, causes a loss of rapport that is vitally needed in our community.



**Eugene Daniels**  
Manager, Parking Facility

Some of them. Our County officials seem to be doing alright, but our city officials are not, especially City Commissioners. Our officials seem to have to worry about their positions instead of worrying about the Black community problems. We need more elected Black officials to offset the officials that are not meeting the needs of the Black people in this community. We do not need a bunch of "yes men".

# Community Mental Health

by Danny Bell

Reprinted with permission from "Update On Human Behavior", Susan Sturdivant, Ph.D.

## Depression

Jack is a large man who moves and talks slowly, sighing frequently. He has no complaints about his life other than occasional spats with his wife, but neither does he have any enthusiasm for his work or home life. When asked if he's happy, he shrugs and says, "I guess so. I'm getting by."

Lauren cries easily and often, feels anxious and scared, and has difficulty sleeping. She is confused and frustrated about her love relationship. She hates her partner's criticism of her but feels intimidated and won't leave him because she fears being alone.

Harry's wife left him suddenly asking for a divorce. He feels abandoned and alternates between rage and hopeless depression. He continues to work but withdraws from friends and family and at times thinks of "ending it all."

Jack, Lauren and Harry are among the 4 to 8 million Americans who are treated for depression every year.

Their numbers are increasing especially among people born since 1940; in a recent poll, 52% of the adults questioned admitted they felt "lonely and depressed".

What is it? In practice, the condition of depression tends to be defined by its symptoms which include: feelings of helplessness, worthlessness, and anxiety; changes in thinking, such as poor concentration, confusion, forgetfulness, or indecisiveness; decreased ability to enjoy life; changes in usual sleep patterns and appetite — either sleeplessness or extreme fatigue, loss of appetite or overeating; and either unusually slow or rapid speech and physical movements. Depressed people are pessimists. Expecting the worst from life, they magnify their failures and minimize successes. They tend to blame themselves for anything that goes wrong, even events over which they have no control.

Many factors may contribute to depression, among them personality characteristics, biochemical imbalances; genetic factors; learned patterns of thinking and acting; stressful life events; social and economic class; age and sex.

Reactive depressions occur in response to a loss of some kind. Separation or divorce, job loss, retirement, children leaving home, or completion of a major life goal can all trigger reactive depression. Depressions may recur on the anniversary date of these events.

Learned helplessness, generated by a lack of control over life, creates chronic, low-level depression. When we believe we can't control what happens and our actions repeatedly fail to produce results, we feel helpless and become depressed.

Repressed anger can become depression. Depressed people are dependent upon love, approval, and reassurance from others because they lack self-esteem. Fearing that their anger will drive away those they love, they often deny angry feelings resulting in depression.

Eighty percent of those suffering from depression can be helped. Psychotherapy plus anti-depressant medication when indicated relieve depressive symptoms, keep them from coming back, and help clients function normally.

Therapy for depression includes recognition of the negative and self-destructive thoughts and attitudes that both accompany and perpetuate depression. Therapy also helps by replacing negative attitudes with more positive and optimistic attitudes. A client can benefit with a positive relationship with a therapist who will not "give up" on a client no matter how depressed he or she becomes. This includes support from others and encouragement for taking control of one's life.

Group therapy offers the added advantage of feedback and encouragement from other group members; a forum for learning and practicing interpersonal skills; and the nucleus of a support group that can be carried into the clients' daily lives.

If someone close to you is depressed, you can help by listening, but not judging; offering alternative ways to deal with practical problems; telling them you care about them; and sharing activities such as meals, shopping or work tasks.

Advising a depressed person to "cheer up" or "snap out of it" may be misinterpreted as saying that you don't think their feelings are valid, or that their blues are a burden to you.

You can lend moral support by accompanying a depressed friend or family member on their first visit to a therapist.

Your presence may be the support needed to take that important first step towards getting help.

Readers of Community Mental Health are invited to write us at 128 N.E. Russell, Portland, OR 97212; attention Danny Bell.

## Food Condition Desperate

The Salvation Army needs food desperately, according to Catherine Grassley, coordinator of the agency's Christmas food warehouse.

"The food we have now will only fill a hundred baskets," Grassley says. "We must fill 1,000 baskets before December 21." The Salvation Army plans to feed 2,769 families by providing 1,000 food baskets and 1,769 food vouchers. "Food donations are critical to those who count on our help."

Foods particularly needed are canned tuna, peanut butter, chili, and other non-perishables.

People can take food and toys to the 1987 Salvation Army Christmas Headquarters at N.E. 7th & Holladay Streets in Portland. For information regarding donations, call 238-GIVE.

# Pretty . . . and Poisonous

Holiday Hazards You Should Know About

PORTLAND — With the holidays fast approaching, the staff of the Oregon Poison Center recommends taking extra precautions to prevent accidental poisonings during this special time of year.

• Visits to friends and relatives whose home are not poison proofed may lead to problems. Or, friends and relatives who visit for the holidays may bring medications and other poisons into the child's environment. A child-proof area should be provided for your visitor's personal belongings instead of leaving them in unlocked suitcases or nightstands.

• Gift items such as perfumes, colognes and aftershaves are often displayed low enough for children to reach. These gifts contain high concentrations of alcohol and can cause serious symptoms if ingested by little children.

• Christmas plants such as mistletoe, holly and juniper are poisonous and ingestion can make a child very sick. Mistletoe should be wrapped in plastic or netting before hanging to prevent berries and small leaves from dropping to the floor. Better yet, use the plastic variety. Holly leaves or berries should not be used to decorate food items of any kind.

• Christmas greens such as fir, pine and spruce are not harmful if a child chews on the needles. However, if swallowed, the needles can lodge in the throat and possibly interfere with breathing.

• Preservatives added to the water in a tree holder may contain concentrated sugar, bleach or fertilizer. Some of these substances can be dangerous, so keep pets as well as children away from them.

• Alcoholic beverages left out after a holiday party and ingested by an early rising child can also cause devastating results. Be sure to empty all party glasses and the punch bowl before going to bed. Even small amounts of alcohol can

be dangerous.

• Ornaments made today do not contain poisonous substances. However, a broken ornament can be dangerous. A broken piece may be lodged in the throat or cause cuts and abrasions in the mouth. Keep ornaments out of your child's reach. The paint on antique ornaments may have a high concentration of lead. Children could be poisoned by eating these paint chips. Display the heirlooms high on the tree.

• Holiday candles are generally safe. The waxes, scents and colorings are considered non-toxic. If you make your own candles, the scenting agents should be kept away from children as they are dangerous in larger amounts.

• The holiday turkey should be thawed in the refrigerator and not at room temperature. Allow one to three days for complete thawing. If you don't have that much time, put the bird in a water-tight wrapper and immerse in cold water for three to seven hours, depending on the size of the bird. Continue adding ice to the water to prevent it from warming to room temperature too soon.

Wash your hands, work surfaces, and utensils well before and after dressing the turkey to lessen the chance of contamination from bacteria in the turkey. Stuff your turkey just before baking. Do not allow food to stand at room temperature upon completion of the meal. Debone and refrigerate the turkey immediately after the meal to minimize the chance of bacterial growth. Desserts can also be a source of bacterial food poisoning and should be refrigerated before and after serving.

And, don't forget to post the Oregon Poison Center's phone number where you can find it in an emergency. The numbers are 279-8968 in the Portland area and 1-800-452-7165 toll free statewide.

## U.S. Bank Sells Poinsettias for Little Groups With Big Hearts

U.S. Bank today announced that it will conduct a special Christmas charity fundraising drive for the holiday season. Called the "Little Groups with Big Hearts fund drive", poinsettias will be sold from December 14 through the 24th. The proceeds combined with matching funds contributed by U.S. Bank will be divided between four local non-profit agencies. The poinsettias will be sold in the U.S. Bancorp Tower lobby from 12:00 p.m. to 2:00 p.m. and 4:30 p.m. to 5:30 p.m., Monday through Friday or until all of the 1,000 poinsettias have been sold. The poinsettias will sell for \$5.00 and all proceeds from the sale will be matched dollar for dollar by U.S.

Bank. The funds raised will be divided between four local non-profit agencies: American Wilderness Foundation (provides outdoor experiences for troubled and low-income youth in the area); Edgefield Children's Center, Inc. (provides mental health services for emotionally disturbed children and their families); Portland Sickle Cell Anemia Foundation (serves sickle cell anemia patients and their families and educates the public about the disease); and Hospice House (provides care and counseling for persons close to death and their families).

Santa Claus will also be on hand in the Bancorp Tower lobby during those same hours to hear your special requests. In addition, a number of local high school choirs will be carolling during the noon hour. The U.S. Bancorp Tower lobby areas will be in full Christmas dress and spirit beginning December 14, 1987.

**Walnut Park Lock & Key**  
533 N.E. Killingsworth  
503-288-6338

8:30-6:00 Mon.-Fri.  
10:00-5:00 Sat.

24 hr. Emergency Service

**CANDY 3 for \$1.00**

**COLD SODA'S 55¢**

## 20% Off Most Toys

**The Neighborhood Toy & Gift Shoppe**

Toys & Gifts for Small & Big Kids

5429 NE 42nd  
Portland, OR 97218  
284-8970  
Off Killingsworth on 72 & 75 Bus Lines

Holiday Hours:  
Dec. 1st thru 29th  
Mon-Fri Sat Sun  
10-6 p.m. 9-4 p.m. 1-5 p.m.

Greeting Cards & Gift Certificates & More

**PORTLAND OBSERVER**  
"The Eyes and Ears of the Community"  
288-0033

## NEW PATIENT SPECIAL

Parking validated at any City Center parking lot.

This certificate entitles each new patient with:

**EXAM, BITE-WING X-RAYS, ROUTINE CLEANING**  
For Only **\$35.00**

OR

**\$40.00 OFF NEW DENTURES**

- Preventive Family Dentistry
- Special Attention to Children and Gum Disease
- Free Denture Cleaning
- No Charge Consultation
- Reline & Repairs while you wait

**Edward E. Ward, DMD**  
Convenient, affordable dental care for your family.  
610 SW Alder, Suite 1008 • 228-3009  
HOURS: M-F 7AM-7PM / SATURDAY 8AM-5PM Expires Dec. 31, 1987

TOP LINE Brands BOTTOM LINE Prices

SINCE 1905

# Caplan SPORTSWORLD

625 S.W. 4th & Morrison  
Downtown, Portland  
(503) 226-6467

## 82 YEARS SPECIALIZED IN SPORTING GOODS!

GOLF	TENNIS	SHOES	TEAM/SCHOOL
SPALDING DUNLOP YONEX LYNX HOGAN RAM	PRINCE WILSON HEAD EKTELON YONEX PRO KENNEX	REEBOK AVIA CONVERSE BROOKS NEW BALANCE FOOT JOY	BASKETBALL SOCCER BASE/SOFTBALL COACHES UNIFORMS FITNESS

- Largest selection in Northwest
- Lowest Prices in Town!
- Gift Certificate Available!
- Free Parking with \$15 Purchase!