

Letter to the Editor — Continued From Page 2

Black people are given the belief that they are citizens of the U.S. Yet the reality is that Black people are slaves in this country. Nevertheless, many Black people believe that they are actually first-class citizens in "NIGGER"-hating Amerika [sic].

Our collective mind has been raped, violated and penetrated with caucasoid perceptions and caucasoid belief systems. Our behavior can't help but be caucasoid-inspired. What other way do we know as a people? Unless Black people change their thinking, we will be phased out of existence, like obsolete equipment.

Remember we are not needed or wanted by the society at large. Machines provide the labor Black people used to do. Machines and computers are cheaper and less troublesome than people. The criminal controllers of this society made use of psychological warfare to erode and destroy the will and

mind of Black people. This is mentacide.

Sisters and Brothers, if you knew what was in the pipeline now, it would blow your minds. This beast in human form is believed to be committing genocide against us rights now.

I'm inclined to believe the victims must reject the society's culture and values. Only then can the victims minimize the effects of mentacide. The victims must develop a new consciousness, based on truth, to replace the negative consciousness of the victimizer. The victims must seize and develop their own institutions in order to reinforce and encourage their belief system and behavior. The key is victims must create a new generation of minds which have been brought into the new consciousness, to the point it is a part of them. Many of you will say these items are not possible, but I say to you, if we don't dare to challenge the impossible, then we will die like dogs.

Dr. Jamil Cherovee

Teen Abuse Discussed at Training

The problems of adolescent chemical abuse, including identification and treatment, will be examined at a series of training programs offered by Kaiser Permanente's Adolescent Chemical Health Program. The training programs are specifically designed for school personnel, teachers, school administrators, counselors, and other youth service personnel in the community. Each course will be held on three consecutive days from 8:00 a.m. to 3:30 p.m. at Kaiser Permanente's residential treatment center, 2330 N.E. Siskiyou, Portland. All courses will be offered twice throughout the spring and summer, with the exception of the support group training which will be offered four times. For more information or to register, call the Adolescent Chemical Health Program at (503) 249-1477.

An Introduction to Adolescent Chemical Abuse and Its Problems

will be offered February 9, 11-12 and again April 27-29. The course will explore the effects of chemical use, abuse, and dependency on adolescents and their families. Drug classification, the differences between adult and adolescent dependency, enabling, denial and the recovery process will be discussed.

Adolescent Chemical Use

will be offered February 23-24 and May 2-4. Some of the topics to be covered include effective assessment interviews, involvement of family members in the assessment process, and the characteristics of high-risk adolescents.

Support Groups in Schools offered March 7-11, May 16 20, June 20-24, and August 22-26, develops group learning skills so participants can create or strengthen existing support groups for recovering adolescents. Establishing goals and ground rules, encouraging cooperative effort, work with a cofacilitator, and effective leadership styles will be taught through actual group experience.

CORE Team Training Program will be offered January 11-15 and April 18-22. CORE teams are groups of faculty, counselors, and administrators who provide student assistance programs. The course will focus on team building skills, roles and responsibilities, and action plans to develop CORE teams.

Kaiser Permanente's Adolescent Chemical Health Program serves all families in the metropolitan area. It offers outpatient and residential care to anyone between the ages of 12 and 18 with a drug or alcohol problem.

PNB Temporarily Waives 976 Charges

The 976 services have been controversial in Oregon and in other states. They were first allowed in Oregon in early 1985. Numerous customers have contacted the PUC Consumer Assistance section, mainly protesting the availability of adult entertainment calling and complaining about high bills caused by children using the group conversation or "ab" lines.

The Oregon Public Utility Commission has approved a plan by Pacific Northwest Bell Telephone Co. to waive charges for customers who want to restrict their phones from dialing numbers with a "976" prefix.

The \$5 set-up and \$1 monthly charges, which have been in effect since Nov. 1, will be waived for 90 days beginning Jan. 1.

Free Workshop For Volunteers



"When people volunteer . . . it shows their caring . . .", Jennie Portis
Photo by Richard J. Brown

The Center for Urban Education is sponsoring a free workshop, "Volunteers: Finding and Keeping Them", on January 21st, from 7-10 p.m. at the Central Northeast Neighbors Office, 5540 N.E. Sandy Blvd. The workshop will offer practical information on how to make volunteer work a rewarding experience for citizens and community groups.

Gay Greger, volunteer program coordinator for the Portland Park Bureau, will focus on volunteers in neighborhood associations as she presents the ingredients of a successful volunteer program. Several neighborhood citizen experts, including Jennie Portis, Livability Coordinator of the Inner Northeast Coalition, will then address the use of volunteer energy in specific neighborhood projects.

Ms. Portis, formerly Communications Assistant at the Office of Neighborhood Associations, will discuss the importance of volunteers during Neighborhood Recognition Week, which she coordinated in 1986 and 1987. "When people volunteer," says Portis, "it shows their caring, their commitment, and their willingness to get the job done without monetary reward." Portis is well aware of the importance of volunteers to the success of the neighborhood program; "they bring a diversity of talents and perspectives that may well be missing from the bureaucratic structure."

"Volunteers: Finding and Keeping Them" is the first in a series of free and low cost workshops and conferences designed to help empower Portland citizens working to make their city a better place to live. For information on any of these workshops, call Phyllis Cole at the Center for Urban Education, 231-1285.

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