

Minority Youth Concerns Action Program

Several former gang members affiliated with the Minority youth Concerns Action Program (MYCAP) in northeast Portland are changing their lives through hard work, and the commitment of MYCAP, their parents, and the community.

MYCAP helps young men between 15 and 20 achieve personal, educational, and social skills necessary to become productive citizens.

Justin Rodarte, 19, is a former Bloods gang member and two-year MYCAP student. He is graduating from Mount Hood Christian High School in Gresham on Friday, June 5, at 7:00 p.m. "It took me five years to graduate from high school; I'm on my way to college now. If it had not been for MYCAP, I would be dead right now."

Phillip Green, a 19-year-old former Crips gang member, started work with

the City of Portland this week. Phillip just left the MYCAP residence program and moved into his first apartment. He and his girlfriend are expecting a baby this month. "I feel good. Lots of my homeboys are still in gangs or prisons. I'm glad I made the right decision. My old friends only think about getting a car, jewelry, or things like that. I'm concerned about getting married, buying a house, and being a father."

Daniel Rassmussen, 18, is a former Crips gang member. Daniel is working at Skippers and he is helping with the graffiti gang crew. Daniel and his girlfriend are having a baby in September. Daniel lives at MYCAP now. "I do not want to be one of those fathers who are not there for his kids. I don't want to be locked up. MYCAP is helping me see what I have to do in life. They help me manage money and put it in the bank so I can become self-sufficient."

Tips For Having Healthy Children

Eight helpful hints for expectant mothers

We once thought that a child in the womb was in a world of its own, completely oblivious to the outside world. But more and more, today's research shows that an unborn child becomes accustomed to its mother's voice, reacts to the music playing around it, and even feels the effects of its mother's anxiety. What you do, and sometimes even what you say, during this crucial period of your bay's life can make a difference.

The Hubbard Dianetics Foundation has established a hotline to answer question about prenatal life and care. And here are some tips they'll be giving expectant mother who call in:

* Get early medical care. Seeing a doctor early in your pregnancy, or even while you are only planning to get pregnant, can predict problems before they come up and help you to ensure proper nutrition and care for your child from the beginning.

* Don't smoke. Among other things, smoking can lower your child's intake of the oxygen that is vital for his survival and formation.

* Don't drink. Medical studies show that alcohol can possibly affect the formation of the child's central nervous system (brain and spinal chord) and contribute to birth defects.

* Avoid drugs. Many drugs will stay in your child's body long after they are gone from yours, and adversely affect your child's growth. Even if it comes from your doctor, find out first if they are stimulants or depressants and what affect they could have on the fetus before you take them.

* Be careful with your movements. A child is more easily injured than you may think. Be aware of your movements; picking up heavy objects and even bending over can affect your child. Have someone help you to avoid stress on the child.

* Be quit if injured. If you know that your is under physical stress or possibly injured, stay quiet. According to Dianetics, when under physical stress, a fetus not only hears the sounds outside the womb, but makes a detailed recording of them. The words you say may have an unconscious influence on the child later in life.

* Stay calm. The unborn child, particularly in later stages of pregnancy, is aware of the sound and rhythms of its mother's voice. If the mother is under stress or upset, fetus's have been known to respond to it. Provide your child with a safe, calm environment as much as possible.

More information and a free booklet on Silent Dianetics Births can be obtained by calling the Dianetics Hotline at 1-800-FOR-Truth or 1-800-367-8788.

Pomp And Circumstance

AMA Headstart, PCC Cascade campus graduated 13 pre-schoolers on Saturday, June 6, 1992. Attired in green and purple cap and gowns, carrying "torches", these youth marched into the auditorium, accompanied by a parent or other relative. "On this stage, there is a doctor, a lawyer, a pilot, intoned Mr. Richard Brown, Master of Ceremonies who also shared the duties with Lillian Waddle, who acted as Mistress of Ceremonies. One of the highlights of the program was when each graduate presented a rose to her/his loved one. Mr. Ron Herndon, Director, AMA Headstart, was guest speaker. Mr. Herndon encouraged the parents, relatives and friend to stay involved with their children as they enter school. He cautioned them to believe that their child "be anything that he/she wanted to be". The parent must believe in the child and not be deterred by what the parent might receive from the school officials.

AMA headstart operates a fully licensed preschool-day program, full day, family focused program (7a.m. to 5:30p.m.), five days per week, September through June. The program is dedicated to developing the Whole Child and the Whole Family. It is documented that it is cost effective and has had a long range impact on both the child and the parents.

Currently, AMA Headstart operates eleven centers. If you have a child, 3, 4, or 5 years old, this child is toilet trained, you are working, training, going to school or on job search (public assistance) and you need free day care for a minimum of 6 hours per day, five days per week, you might qualify. Call the program (503) 283-1267.



Campaign '92: The African American Dilemma

BY PROF. MCKINLEY BURT

Contrary to a media-induced image in the minds of many Americans, there is in this country a vast number of functioning African American citizens who understand their position in this society, make intelligent assessments and decisions, and VOTE!

Not only must these blacks come to grips each day with the economic disabilities and other traumas of racism and institutionalized prejudices, but like the rest of the populace they too reel under the breakdown of the ESTABLISHMENT'S VALUES AND MORALITY --in the executive and congressional departments of government as well as in the areas of business and banking. The very same rascals, of course, sense their vulnerability and scream about "VALUES", something they obviously have never possessed.

As a ground swell of revulsion sweeps through the nation and a long-suffering body politic (12 years) becomes determined to throw out as many of the elected variety of these criminals as possible, a new issue appears on the horizon. There is fast developing what might be called a "triple threat" presidential campaign with no clear cut decisions in the cards -- only the promise of utter chaos should the election process be thrown into congress.

In this situation it is not likely that African American voters will rely on that old Chinese proverb: "A known devil is better than an unknown devil". And therein lies the dilemma, a choice between the consummate politician, saxophonist Clinton and the absolutely unknown factor, H. Ross Perot. While it is possible that one or the other will break and reveal his true colors, it is equally likely that we will not be granted that easy out and the dilemma will remain intact.

Another difficulty is that the media seems doggedly determined to play a strong hand in determining possible out-comes in this election; more so than in any prior contest. Many of us have noted their new development, "manipulate either the politician or voter with a carefully crafted spectrum of POLLS (who's on first). I do not think that it is any longer possible to depend upon the media for even their version of a fair and impartial report or analysis of the process. It is all about selling papers and about introducing their own undisclosed views and concerns.


Given these situations, what is it that African Americans should be about to ensure their survival in times as uncertain as any in their history? My readings of the articles and news stories in the black news papers from around

the country tell me that the brothers and sisters are of two principal opinions; "stay the course" (hold what you've got) and "come together". And of course, they admonish, "watch the establishment bandits".

In respect to that latter warning, I would refer readers to my May 27 article here, "The Great Society And New Carpetbaggers", and similar articles I have written on the rip offs practiced against innercity residents (the week before that I wrote about the housing scams, often abetted by the banks and mortgage brokers). A 24 hour vigilance is required because there will be a number of new programs initiated in the ghettos and, believe me, the "new carpetbaggers" already have gotten the scent of new opportunities to further exploit the disadvantaged.

Another front on which it is absolutely necessary for blacks to not only "hold what you've got", but to make major advancement, is that of EDUCATION, And Training. I am going to return to this theme next week for herein lies our greatest hope for the future, whatever the election results. Given the financial traumas of all our institutions of learning, this is an area where we must focus our every effort and resource.

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Dajuana Harris On Honor Roll



Dajuana Harris is on the Honor Roll at Martin Luther King Jr. Elementary School. Dajuana likes softball and Cooking. She attributes her academic achievements to hard work and discipline. You can count on hearing more about Dajuana in the near future. She is a beautiful girl in more ways than one!

Congratulations Dajuana!


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