



OWN YOUR HOME

We'll Show You How

Whether you're just dreaming of owning a home or you're ready to buy, First Interstate Bank would like to show you how.

Because at First Interstate, we're committed to revitalizing our neighborhoods through home ownership. And through our Community Lending Center, we place a special emphasis on first-time home buyers.

The Community Lending Center offers potential homeowners a step-by-step approach to buying a home. We'll help you put together a plan to realize your dream of home ownership. We'll focus on finding the loan that best meets your needs and then assist you throughout the home

loan process. And we'll provide information and support after your home loan closes.

We also sponsor community seminars on home ownership. And if you already own a home we can help, too. We'll show you how to use the equity you've built up in your investment to make home improvements or repairs.

So when it comes to any aspect of buying, owning or maintaining a home, call First Interstate. We're here to show you how.

Community Lending Center
5730 NE Martin Luther King, Jr. Blvd.
Portland, Oregon 97211
Phone: 225-3751



Man-Sized Turkey Paid Thanksgiving Visit To Fish

The Scientology Ladies Society and a five foot, nine inch turkey paid a visit to FISH Emergency Services on Monday, delivering 30 Thanksgiving turkeys and hundreds of pounds of canned foods and fresh fruits and vegetables for distribution to families in need. The "Turkey-man" passed out treats to the FISH staff and children who were at the center looking for assistance.

FISH Emergency Services, located at 13th and SE Hawthorne, has been celebrating its 25th Anniversary this year by looking back on 25 years of assisting families and individuals in various stages of rough times, and looking ahead to a lengthy continuation of their goal.

The first FISH Emergency Services was established in the early 1960's in Oxford England, by St. Andrews Church. St. Andrews had wanted to help people and decided the best way to do that was by "being a good neighbor". They began collecting in what some neighbors has an excess of, and giving it to other neighbors who needed those items. Their theory was simply that if those with resources were connected with those who were in need, then the community would be better as a whole and hopelessness, starvation and crime would be next to non-existent.

In 1967 Jean Higgenbotham brought the "neighbor helping neighbor" policy to Portland by establishing the first FISH center in this area. While FISH's policy allows them to provide any form of help, Higgenbotham found food and personal, basic items to be the most in demand and began to center FISH's collections in those areas. Now, 25 years later, FISH finds itself providing a minimum of 12,000 to 14,000 pounds of food alone every month to families in need. It is assured that had Ms. Higgenbotham lived to see this first quarter of a century pass, she would have been proud at the group's spirit, persistence and constant willingness to help.

"It is the effect of everyone's efforts that pulls it off for us," stated Gloria Colvin, FISH's Director of the past five years. "We have churches, businesses, schools--groups like the Ladies Society--etc., do canned food drives; we have people simply walking in the door with blankets, food and personal items that they don't need anymore-- it's really wonderful and



Vicki Scherer from the Scientology Ladies Society, the "turkey", Kevin Campbell, and Gloria Colvin, FISH's Emergency Services Director

very much needed."

According to Colvin, the majority of those who come to FISH are families. Cases usually involve instances where the breadwinner of the family has been laid off, is working one or several low paying jobs or has experienced some temporary disaster that has prevented them from working; 45% of the 16,300 people served during FISH's 1991 fiscal year were children.

All who come to FISH must provide identification or have a referral from their church, a State agency or some other source that can verify the person's identity. This prevents abuse of the system by those who would prefer to go from center to center instead of finding work and getting themselves back on their own feet.

Sharon Tabor, President of the Scientology Ladies Society, stated, "We really enjoy doing food drives and providing assistance to FISH Emergency Services because we agree with their policies. Gloria and her crew don't use a handout, "band-aid" type of approach: they use the donation to actually help people better their condition. Simply handing out food to anyone does not bring that person any closer to being able to provide for himself and his family; FISH does."

The Scientology Ladies Society was formed several years ago by female

members of both Portland Churches of Scientology who wanted to provide more community events. Tabor stated, "The Churches of Scientology have been very active in community events since the 1960's; the formation of the Ladies Society will double those efforts and allow us to provide more services to our neighborhood."

This canned food drive is the Society's second annual for FISH. "Gloria is great, her team is fun; we have a good time helping her to help others. As Scientologists, we working to improve condition in a troubled world to create a more stable community. Working with groups like FISH is a large part of accomplishing that," Tabor concluded.

While FISH accepts donation of food, clothing and personal care items throughout the year, between the holidays and the rapidly dropping temperatures, FISH is currently especially looking for donation of food, gloves, mittens, scarves, hats and other warm clothing. According to Colvin, FISH receives many donation of women's clothing, but very few for men and children.

To find out how your organization can best contribute to FISH's efforts this holiday season, contact Gloria Colvin for the group's current "FISH box" list.

Suggestions for Safe Christmas Toys

With the holiday gift-giving season around the corner, parents are reminded that safety and visual development are important factors when selecting toys for children.

Paul Kohl, O.D., Chief of the Infant and Pediatric Service at the Pacific University College of Optometry, recommends that parents of young children select toys that encourage running, climbing, crawling and acrobatics, and that pre-school age children receive thorough vision examinations to assure that their vision is developing properly. Dr. Kohl offers the following guidelines for selecting safe and meaningful toys this Christmas:

*Match the toy with the child's age and maturity level. Do not rely on the manufacturer's suggestions as these are often too broad. Provide older children

with industrial-strength safety goggles along with the purchase of chemistry sets, hobby kits, workshop tools, rifles, and BB guns. Be sure and check that the safety goggles are used. Avoid giving younger children toys that shoot projectiles, games using darts or arrows, or toys that fly in the air.

*Avoid purchasing face shields and helmets, toy goggles or toy glasses that do not meet federal safety standards for impact resistance. Check the label of all toys for stated eye and health hazards.

*Establish rules for how children will use toys (such as dart games and BB guns) that can potentially cause eye injuries. Be sure to provide children with plenty of supervision when they play with these type of toys.

*For infants, select colorful cribs

mobiles, rubber toys, and large bright balls. Toddlers can use blocks, simple puzzles, toy pots and pans, ring stacks, stringing beads, bean bag games, and ring toss games. Finger paints, modeling clay, simple sewing cards, and drawing tables make ideal gifts for pre-schoolers.

*Older children can use jump ropes, pogo sticks, hula hoops, roller skates, building sets, electric trains, road racing toys, remote-controlled toys, board games, and video games.

The Pacific University Family Vision Centers offer free vision screenings for infants age six months and children of all ages. For scheduling a free screening, please call the Family Vision Center near you: Downtown Portland, 224-2323; Forest Grove, 357-5800; North Portland, 240-5319.

Children Visit Crestview Center

On Tuesday, November 24, 1992 at 3:30 PM, several children from Hillsdale Terrace Apartments will visit the senior citizens residing at the Crestview Convalescent Center, 6530 SW 30th (SW 30th & Vermont) Portland.

Community Service Officer Karen Masterson of the Multnomah County Sheriff's Office Safety Action Team said the youths are participating in the Youth empowerment Fund Program sponsored by HUD.

The children will be bringing "pine-

cone turkeys" to the seniors to help them decorate their rooms for Thanksgiving. Last month during Halloween, they brought painted pumpkins to the center and presented them during tea time.

Many of the children, who range in age from 7-13 old, do not have grandparents and similarly some of the Crestview residents do not have grandchildren. "They have unofficially adopted each other" said Karen Masterson "and are becoming good friends"

Live Reindeer Bring Santa To Jantzen Beach Center

Don't miss the chance to meet Rudolf, Comet, Dasher, Donner, and Blitzen at Jantzen Beach Center. Live reindeer will deliver Santa to the shopping center on Friday, November 27 at 11 a.m. at the North Payless doors. Children can meet Santa and ride the merry-go-round for free upon arrival until 12 noon!

Escorting Santa will be Jantzen Beach Center's own playful Christmas polar bear, Churchill. After Santa arrives, children can enjoy viewing the reindeer from 12 noon-4 p.m. outside in Yonny Yonson's Courtyard.

Learn More About MALCOLM!

Video Biography
Locally Produced International Perspective
Difinitive History
Spanning Malcolm's Evolution
Perfect Stocking Stuffer
\$29.95

individuals only
Pre-paid only - Check or Money Order
Grassroot News
P.O. Box 12289
Portland, Oregon 97211
or Call (503) 287-9074

By Any Means Necessary
Winner of Global Africa-Visions
Past, Present, Future
Grassroot News

A Special Offer For African-American Families This Holiday Season



AT LAST A FULL COLOR CATALOG FOR AFRICAN-AMERICAN FAMILIES AND FRIENDS

The items in this catalog were especially selected with you in mind. Ideal for Black History, Holidays, Birthdays... **Items Include:** Greeting Cards, Collectibles, Toys, Children's Books, Art, Clothing, Cookbooks, and more... Regardless of your Age, Religion, Gender, or Life-style, There's something here for everyone. **All Items Listed are made by African-Americans**

OVER 200 ITEMS TO CHOOSE FROM SATISFACTION GUARANTEED

Enclosed is my check / money order in the amount of \$5.00 made payable to S. B. Johnson & Son, for a two year subscription to your full color catalog.

Mail to: S. B. Johnson & Son
Importers - Distributors
P.O. Box 91698
Washington DC 20090-1698

COD ORDERS ACCEPTED

FOR MORE INFORMATION CALL:
(301) 894-0954

Name _____
Address _____
City _____ State _____ Zip _____

Money back guarantee. If not completely satisfied within 30 days, return for full refund.

Public Notice

Wholesale to the Public 35% to 50% off
100% Human Hair 16" from \$15.95
braiding and weaving
Wigs and Beauty Supplies
We will meet or beat anyone's prices.

Sales and Promotional items excluded.

Mrs. C's Wigs and Beauty Supply
707 N.E. Fremont
Portland, Oregon 97212
(503) 281-6525
Open: 11:30 - 6:00 Tues thru Saturday

Dad's Oil Service

heating oils

Best Cash Prices
104 NE Russell
Portland, OR 97212
282-5111

Speedy Service
Friendly
Call for Quote!

