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Good Samaritan Hospital Presents Discussion On Depression

"Depression: A Model for Beating the Blues," a program for caregivers and health professionals, will be held at Good Samaritan Hospital & Medical Center on Wednesday, January 20, 7-9 p.m. in Peterson Hall Auditorium, 2255 N.W. Northrup.

The presenter will be Mark D. Tilson, Ph.D., a clinical psychologist with Legacy Rehabilitation Services. Tilson will discuss why people get depressed; how to pinpoint what is causing a person's depression and practical methods to combat depression and improve mood.

For more information, please call Good Samaritan Education & Family Support Services at 229-7348.

Promote Black Businesses

"Circulate The Black Dollar" is the theme for Jabell's Beauty and Barber Supplies 1993 Calendar. Nothing promotes self sufficiency as owning your own business. Relying on black dollars to maintain and operate a successful proud black business, Jabell's is considered one of the oldest Black Retail Businesses located in the heart of the community catering to the black consumer. Jabell's as well as other black businesses are struggling to survive. We are calling on you to help maintain our pride. We are launching this campaign to save our pride. We are launching this campaign to save our businesses. Please circulate the black dollar. Stop by Jabell's and ask for your 1993 Calendar.

Police Recruit For Job Openings, Step Up Minority Recruiting

The Portland Police Bureau is looking for candidates to apply for the position of police officer and is stepping up its efforts at minority recruiting to meet its goal of making its workforce representative of the community. Applications will be accepted from Tuesday, January 19, 1993, through Monday, February 1, 1993; preparatory workshops will be held on Tuesdays, Thursdays and Saturdays (register at 796-3200, 1-800-262-9529 or 800-248-9529).

Applications are available at City Hall, Personnel Services, 1220 S.W. 5th Avenue, Room 100. If candidates cannot pick up an application, or if they have questions, they are encouraged to call 823-4169 (inside metro area) or 1-503-823-4169 (outside metro area).

Portland Police Chief Tom Potter said the increased efforts at recruitment go toward goals in the adopted Human Goals Statement of the Bureau, namely: "To make the Police Bureau a model of equal opportunity for all regardless of race, color, sex, religion, age, national origin, marital status, sexual orientation or physical challenge."

IBEW Local 48/NECA/METRO Donate \$1,000 to the Northeast Emergency Food Program

A \$1,000.00 donation to the Northeast Emergency Food Program (NEFP) made by the International Brotherhood of Electrical Workers (IBEW) Local 48, the Oregon-Columbia Chapter, National Electrical Contractors Association (NECA) and the Metro Electrical Training Trust (Metro) made it possible for NEFP to serve families in need during the holidays.

Formed in 1983, NEFP helps meet the needs of families in Northeast Portland. Operating out of a small house on NE Killingsworth, NEFP serves an average of 600 people each month. This is made possible through donations from groups such as IBEW/NECA/Metro, grant money and help from local churches.

This \$1,000.00 donation is part of an ongoing commitment by IBEW Local 48, NECA, and Metro to support and help various groups and agencies within the community.

Saturday Academy's Winter 1993 Session For 6th - 12th Grade Students

After a record breaking enrollment Fall term, Saturday Academy is pleased to announce its Winter 1993 session. Saturday Academy is a nonprofit educational program hosted by Oregon Graduate Institute of Science and Technology. The purpose of Saturday Academy is to provide 6th - 12th grade students access to the expertise and resources available within the community.

Held after school, evenings and on weekends, classes are small, fun and feature hands-on learning. The range of topics is broad with classes in computing, math, engineering, science, communications, humanities and the arts. Supported by individual and corporate contributions, grants and tuition, Saturday Academy has tuition assistance on request. It is our policy that no student will be turned away on the basis of inability to pay tuition.

This winter there are thirty-seven classes including Aviation, Creative

BY PETER LEWIS

Personal values, honesty and personal integrity, morality -- call it what you will. Children need to be taught the difference between right and wrong. That's a lesson we have learned the hard way.

After many educators decided in the 1960s that teaching clear moral lessons was wrong, schools tended to get out of the morals business. Texts which had strong moral messages such as not stealing or working hard to achieve goals were replaced.

The result was a moral vacuum that is all too evident today. One recent survey found, for instance, that two-thirds of high-school students said they would lie to achieve a business objective. Almost half (47%) would cheat on an important exam. Not to mention the fact that America has among the highest drug abuse, teenage pregnancy and juvenile crime rates in the industrialized world.

Teaching values in schools is now making a comeback. Even liberal groups are urging that schools teach "safe" values such as honesty, respect, perseverance and responsibility -- values that are difficult for anyone to argue with.

And parents themselves by and large do want schools to teach moral values. A recent Gallup Poll survey for Phi Delta Kappa found that when parents were asked to rank the relative importance of 25 educational goals, the top 2 items were developing the ability to speak and write correctly (66%) and developing standards of what is "right" and "wrong" (64%).

But to be taught effectively, moral values must make sense to children. They need to discover, one way or another, that the values they hold ulti-

mately play a vital part in their happiness and success.

Actor Michael Roberts (Rainman, Barretta, etc.), who founded Right Track, an anti-drug program once active in hundreds of schools, today works with The Way To Happiness Foundation.

"I spent a number of years talking to kids in schools in my spare time, trying to provide a role model for them and to teach them to say no to drugs," says Roberts. "But after a while I realized that wasn't enough. Children need to be taught not just the difference between right and wrong, but also why they should do right. Staying away from drugs is part of it, but moral values involve far more than just this. The most effective tool I've come across for teaching moral values to children is the booklet, 'The Way To Happiness' written by American author and humanitarian, L. Ron Hubbard.

"The booklet is in many ways quite unique," says Roberts. "It is possibly the first moral code ever written that is based entirely on common sense. This makes all the difference. In studying the book, children come to realize that living a moral life isn't something they do for other people. It is not just something they should do because it is what their parents or teachers or society expects. Rather, they come to see that their own survival is influenced by the moral values they set for themselves."

The booklet has inspired the annual "Set A Good Example" Contest which to date has involved over 7000 schools and millions of students. And many businesses are now making arrangements to reprint the booklet and distribute it to their customers. Some private schools now even use the booklet as a part of their curriculums. And it

is very successfully being used in programs to rehabilitate juvenile offenders.

According to The Way To Happiness Foundation, over 10 million copies of "The Way To Happiness" have been distributed in this country alone. This has been a grass-roots activity to which thousands of parents and businesses have contributed. And acclaim for the booklet continues to grow each year.

But still not enough children are being exposed to the booklet. And as parents have less and less time these days to spend with their children, schools tend to become the predominate education influence in kid's lives. So that is where "The Way To Happiness" should be, in schools -- all schools.

Parents could do much to urge schools to use the booklet more than they do already. They could write letters. They could give copies of the booklet to the teachers of their children. And in doing so, they will find that the results in using the book can be quite spectacular.

It was Theodore Roosevelt who said, "To educate a person in mind and not in morals is to educate a menace to society." We have seen the truth of this in recent decades. A moral vacuum has given us a generation of youngsters who have few real values. Many of them are blatant criminals. And many more are lost in a sea of confusion.

Dropping the teaching of morals in schools was a serious mistake. An outright tragedy really. But it is a mistake our children shouldn't have to continue to live with.

For further information write The Way To Happiness Foundation, 6324 Sunset Blvd., Los Angeles, CA 90028. Or call (213) 962-7906.

Laughter Workshop

Laughter is a wonderful skill to use in maintaining health, to help in problem solving, and in dealing with life's problems. Volunteers are being recruited by Dr. Linda Ladd, Home Economics agent with OSU Extension Service, to attend a two-day workshop which will prepare them to deliver laughter programs throughout Washington, Multnomah, and Clackamas counties.

On February 25 and 26, each volunteer will receive ten hours of training which will enable them to give a one to two hour program on laughter in the community. Times for both days of training are 8:45 a.m. to 3:00 p.m. The training will be held at the OSU Extension Service (254-1500) located at 211 S.E. 80th Avenue in Portland.

Following their training, volunteers will give six to eight laughter programs in the metro counties over the next year. Volunteers may choose to work in their own business or organization or may choose to be available to work with public groups. Volunteers are also encouraged to attend monthly updates which will provide them with the opportunity to discuss their programs and to learn additional information.

Cost of the training is \$5.00 for materials. Volunteers will also be developing their own "laughter kit."

People who are interested in this training are encouraged to call Francine at the OSU Extension Service at 254-1500 to receive an application for the training. Registration is limited to 15 people.

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