

## Dr. John Kitzhaber To Speak On Oregon Health Plan

Oregon has been assigned the task of providing 600,000 people with basic medical insurance coverage. John Kitzhaber is to address how the implementation of this plan will affect you and your business.

Dr. Kitzhaber is a nationally and internationally known speaker on health issues; and he is the 1992 recipient of the Dr. Nathan Davis Award, presented by the American

Medical Association.

This dinner meeting will be held at the Valley River Inn on September 8, 1993. Time is 6pm for the no-host bar, 6:30pm for the dinner. Entertainment will be provided by the McKenzie Touring Group. Cost is \$24.50 per person.

To make your reservation, contact either Wendy at (800) 562-9323 or Dick at (800) 562-9359.

## Child Abuse Intervention

by Pam Slaughter

Not long ago, while at a local grocery store, I witnessed the following scene: a six-year old boy and his mother, were in the checkout line together. They were entertaining themselves by comparing the bizarre headlines on the various tabloids. Then the mother asked the boy for a dollar. He reached into his pocket, only to discover that his dollar was missing. Her response was loud and violent. She screamed at him. She called him a stupid idiot. She said that she had known all along she shouldn't have trusted him with a dollar. She said that if she could find somebody stupid enough to pay it, she would sell him for a dollar. He ran into the parking lot, frantically retracing his steps back to the car. She paid for the soda, then followed him out to the car. Screaming all the way. He burst into tears when he got to the car without having found the dollar. She pushed him into the car, and glanced back at the silent onlookers who were all watching in horror. She smirked, then drove away.

This entire scene lasted about two minutes in full view of the store

staff, security guards, and twenty-five customers. Everyone had looked stunned while listening to the abuse the mother hurled at her son. Now that she was gone, they looked guilty, frustrated, upset. Guilty for not helping the boy by saying or doing something. Frustrated for not even knowing what an appropriate response would have been. Upset because they know, intuitively, that the little boy is probably a victim of abuse on a regular basis. What would you have done in that situation? If you're like most, you wouldn't know what to do.

The bad news is it's likely that most Americans will witness this type of child abuse. The good news is there are appropriate ways the average individual can respond. Keep in mind that these suggestions are not strict guidelines, but are designed to help individuals think about some options. By thinking about it in advance, a person would feel prepared, and would be less likely to watch in stunned silence, as a child is abused.

Michael Houston, Executive Director of the Exchange Club Center for Parenting Skills, offered the following suggestions:

1. **Show No Anger.** No matter how angry you may feel, do not direct that anger at the parent. Angry stares or words may lead to a physical confrontation between you and the parent. Also, the parent may respond to your hostility by being harsher on the child once they get home.

2. **Relate.** Say something to the parent to demonstrate empathy. "My kids always seemed to throw tantrums at the grocery store too! I know just how embarrassing it feels. But don't worry, when she's a little older, she'll outgrow it!" Or empathize, then share a suggestion. "When my child did that, one thing that usually helped was--". Sometimes it may be enough just to give an understanding smile to the parent.

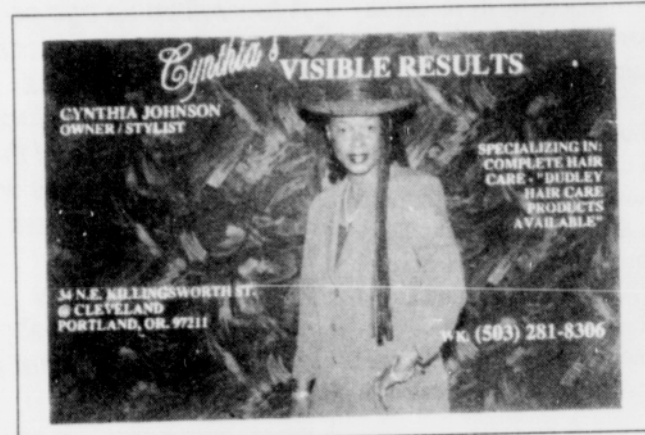
3. **Offer To Help.** Sometimes a parent screams at his child because the parent's hands are full and the child is misbehaving. Offer to carry a bag, hold a hand in the parking lot, etc. Ask "Can I help?"

4. **Distract.** Many adults get cranky when they're tired, as do children. If it appears that the parent's foul mood is partly due to fatigue,

distract the parent with a compliment. (It must be sincere. Anyone can see thorough flattery.) "Excuse me, I like your hair style. Where do you get it done?" "I love that unique umbrella!" If you can't think of something nice to say, ask a distracting question. "Are you related to Jane Smith?" Focus on something other than the child.

Think about the suggestions which have been offered. You may come up with some of your own. Once in a while, a parent may appear to be enjoying herself at the expense of her child. The woman whose son lost the dollar bill was one of those. The Portland Police Child Abuse Hotline (731-3100) can be called in those cases. Children's Service Division would be alerted, and would first investigate, then determine what action to take. Fortunately, most parents don't enjoy screaming at or hitting their child, especially at a grocery store. It is stressful for them as well as the child. To these parents, your subtle and kind intervention will most often be effective, and welcome.

### Cynthia's Visible Results



Barber Needed: Contact Cynthia at (503) 281-8306

### Kaiser Permanente Offers Health Education Class In North Portland

The following class is open to the public and is being offered in North Portland this fall through Kaiser Permanente. For registration information, call Kaiser Permanente's Health Education department at (503) 286-6816.

Cholesterol and fat in your diet may increase your risk of heart disease. "How to Lower Your Cholesterol" teaches how to plan meals and modify recipes to cut fat and

cholesterol intake. Classes will be from 6:30 to 8:30pm on Fridays, Oct. 8 and Oct. 15, at Kaiser Permanente's North Interstate Service Building, 7201 N. Interstate Ave., Portland. Cost is \$15 for Kaiser Permanente members, \$32 for the general public. A spouse or other support person is encouraged to attend at no extra charge. Please register at least 10 days before the class starts.

by Professor McKinley Burt

Hello there boys and girls: Welcome back to school! We know that many of you have been checking out the pages of the Portland Observer newspaper this summer for those special activities that appeal to you. Many of you are reading more and reading better, which is the key to your future. Keep it up.

However, some of us, to whom you are so very, very important, are concerned that there are others who are not doing that well. We worry that there are those for whom school is NOT A PRIORITY. You may not realize it, but each year about 10 percent of your classmates meander into school AFTER opening day, though sometime before October 1. These are precious times in a young life and each day should be regarded as a rung on the ladder of your future; each hour, in fact, something to be considered when you watch television instead of completing your homework.

We adults understand very well that it must seem to you that it is a very mixed up and uncertain world that is being thrust upon you at such an early age. We are sorry for that, but are going to do our level best to get things

in order as soon as possible. Just as many of you are seeing money problems in your own homes, the big world and the education system are experiencing difficulties of their own. Some of you, I'm sure, feel very threatened by the loss of some very important programs (and people), activities key to the learning process and your future as adults.

But, you should be aware that every generation since time-began has experienced some form of social or economic struggle that seemed quite harsh and disheartening. And, yet, humans have always survived and, for the most part, moved forward. We understand that for the very young, new at life and learning, it can be very difficult grasping the big picture or its importance at the local schoolhouse level. Especially when we are at the tailend sports, clubs, proms and other extra curricular activities.

As many are shocked by the cutbacks and adjustments, just keep in mind that the nature of the world has always been CHANGE--exactly as your history books tell you. And as we mentioned above, "survival is the key. Now, we are all aware of what happened to the DINOSAURS. They didn't survive because they failed to

adjust to change, and this is the heart of our message to you today. We adults admit many of our failures, and recognize that we didn't pass on to you the kind of smooth-running, almost perfect world we would have liked. But we love you, and are going all out to help you adjust and to fashion this education system in a manner that will assure your future.

To do this, we need YOUR HELP. We need a commitment on your part as well, not just in terms of your personal application to studies and improved relations with your peer groups--but also a strong effort to secure more participation of parents in your everyday learning process from homework to curriculum and career guidance, and on-site school activities. These are things that are going to really make a difference and will expedite those all-important adjustments we spoke of.

Some of you young people are better at interpersonal and public relations than others. These communication and 'people' skills can be used to build social and economic relationships with your peer group and the outside world--activities that eliminate a lot of the violence and misunderstandings that have become too

much a part of school life. Human survival and advancement has occurred because of planned, cooperative activities which have built families, communities, then nations. And believe me, the school is a community, a family with a common goal.

Don't forget, your health is one of your most important assets (right up there with your brain). Take care of it, if you lose it, you may never get it back. And even if you do you may never be able to function the same. Your career, your income or your social relationships may never be what they could have been. Watch your diet, from an over-indulgence in fast foods to a daily overdose in high-sugar snacks. And, above all, take every precaution with those "social relationships." There are diseases out there for which THERE IS NO CURE!

Lend your fellow student a helping hand with lessons, a social problem, or directions to an adult or agency that can provide assistance. Advise a friend who has left school to "come back"--there is no future without an education, only statistics. Beyond 'social', you need business and career clubs and more summer job developers. Call on us and your parents. Do it!

### Enroll For Fall

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### Grandparents Want Healthy Smiles, Too

Grandparents across the U.S. will be honored with their own day, National Grandparents Day, on September 12. You can let your own or your children's grandparents know that their health is important to you by helping them invest in a healthy smile. Dental care products make unique and valuable gifts.

Older adults are a rapidly growing segment of the U.S. population. More people are living longer and it is important that they take care of their oral health so their teeth can last longer and it is important that they take care of their oral health so their teeth can last their entire lifetime. Unfortunately, two out of three older adults have tooth root decay at the gumline as their gums recede. Also, most are affected by some form of periodontal (gum) disease, and many

have recurrent decay around older fillings. "In addition to seeing their dentist regularly, good at-home care is vital for older adults to maintain a healthy mouth," said James Coats, DMD of the Multnomah Dental Society.

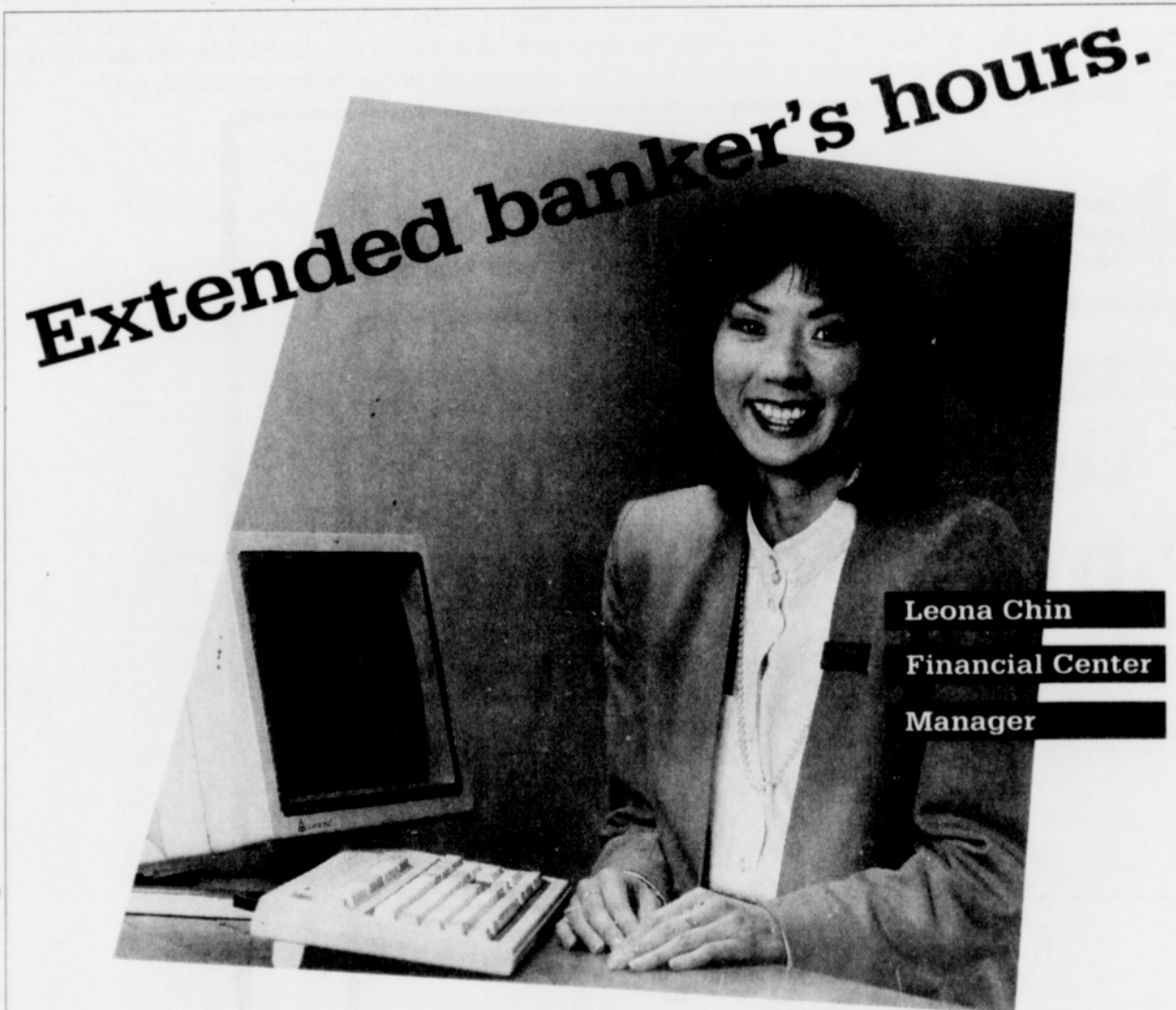
Sometimes as people age they don't have adequate finger dexterity to manipulate strands of dental floss. In this case, a commercial floss holder can be a big help. An alternative to flossing is interdental cleaning aids. These include specially shaped brushes, rubber tips or other rubber devices, and wooden or plastic implements designed to clean between teeth.

An oral irrigator can be especially helpful to someone with fixed partial dentures as it uses a direct stream of water to remove particles of food from around and between the

teeth. Oral irrigators are useful for cleaning area that are hard to reach and may reduce gingivitis. However, they are not a substitute for flossing or brushing.

An electric toothbrush can be much easier to use for people who have arthritis or other physical difficulties than a manual toothbrush. Even treating someone to a new manual toothbrush is an excellent idea because a toothbrush should be replaced every three or four months. When a toothbrush becomes matted, frayed or worn, it may lose its plaque-fighting effectiveness. Bent or broken bristles could also injure the gums.

When selecting dental products, whether for your grandparents or yourself, look for the ADA Seal of Acceptance, which means a product is safe and effective for its intended use.



At 8:30 a.m. each Wednesday, Leona Chin visits local schools where she helps students with their School Savings accounts and in planning for the future. In her daily responsibilities at the bank, Leona and her staff help adults with real loans for higher education, remodeling and home purchases. If you have financial dreams, call Leona at (206) 487-6860. She'll do everything possible to make them come true.

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