

METRO *Life*

LIFE IN THE PORTLAND METROPOLITAN AREA

The Portland Observer

Community Calendar

Seats Remain To Oregon Ballet Theatre's Nut Cracker, December 24-28. For more information Call ticket office at 222-5538.

Saturday Academy's Winter 1994 Session, Call Gini Fox at (503) 690-1191 for additional information.

State Park Dates And Fees Announced For 1994, For more information (503) 378-6305.

Dance Workshop In Dance of Ghana. Call 288-3025 to register or for more information.

Spaces Available For OMSI Holiday Break, To register or receive information please call (503) 797-4545.

Mittleman Jewish Community Center Seeks photography competition for "Images of Jerusalem. Cash prizes will be awarded. For applications and guidelines call (503) 244-0111.

King's Day Gospel Event, January 15, 1994, 8:00pm, Arlene Schnitzer Concert Hall, featuring Vanessa Bell Armstrong, Yolanda Adams, and Ben Tankard. For ticket information, please call (503) 224-8499.

**Merry
Christmass
&
HAPPY
KWANZAA**

Family Vision Centers

Low-cost vision care and free vision screenings are available for residents of North and Northeast Portland at the Pacific University Cascade Campus Family Vision Center located at 600 N. Killingsworth (across the street from Portland Community College Cascade Campus). The Center is operated by the Pacific University College of Optometry and Portland Community College.

Services available at the Cascade Campus Vision Center include comprehensive vision examinations, eyewear dispensary services for Family Vision Center patients, and free vision screenings for infants six months and older, children and adults. Vision examinations are provided by optometric interns from the Pacific University College of Optometry who are in their final years of intensive professional training. All interns are supervised by licensed optometrist. The Cascade Campus Family Vision Center is open year-around on Mondays, Tuesdays, Wednesdays and Fridays from 9 a.m. to 5 p.m. All services are provided by appointment.

"To help make vision care services affordable for lower income patients, we offer a sliding fee scale which is based on individual and family income," says Steven Fletcher, Director of Community Relations for the Pacific University College of Optometry. According to Fletcher, this sliding scale allows patients with low incomes to receive care, including eyewear, at significant price reduction. "The typical full fee for a complete vision examination at the Cascade Vision Center is \$50" he says. "By using the sliding fee scale, patients with very low income levels are able to receive a thorough vision examination while paying as little as \$10."

"We find that many community members residing in North and Northeast Portland are of lower income levels and might go without needed vision care for themselves or their families were it not for the availability of this type of high quality, affordable vision care," says Fletcher. He also notes that many inner-city residents are not aware that such

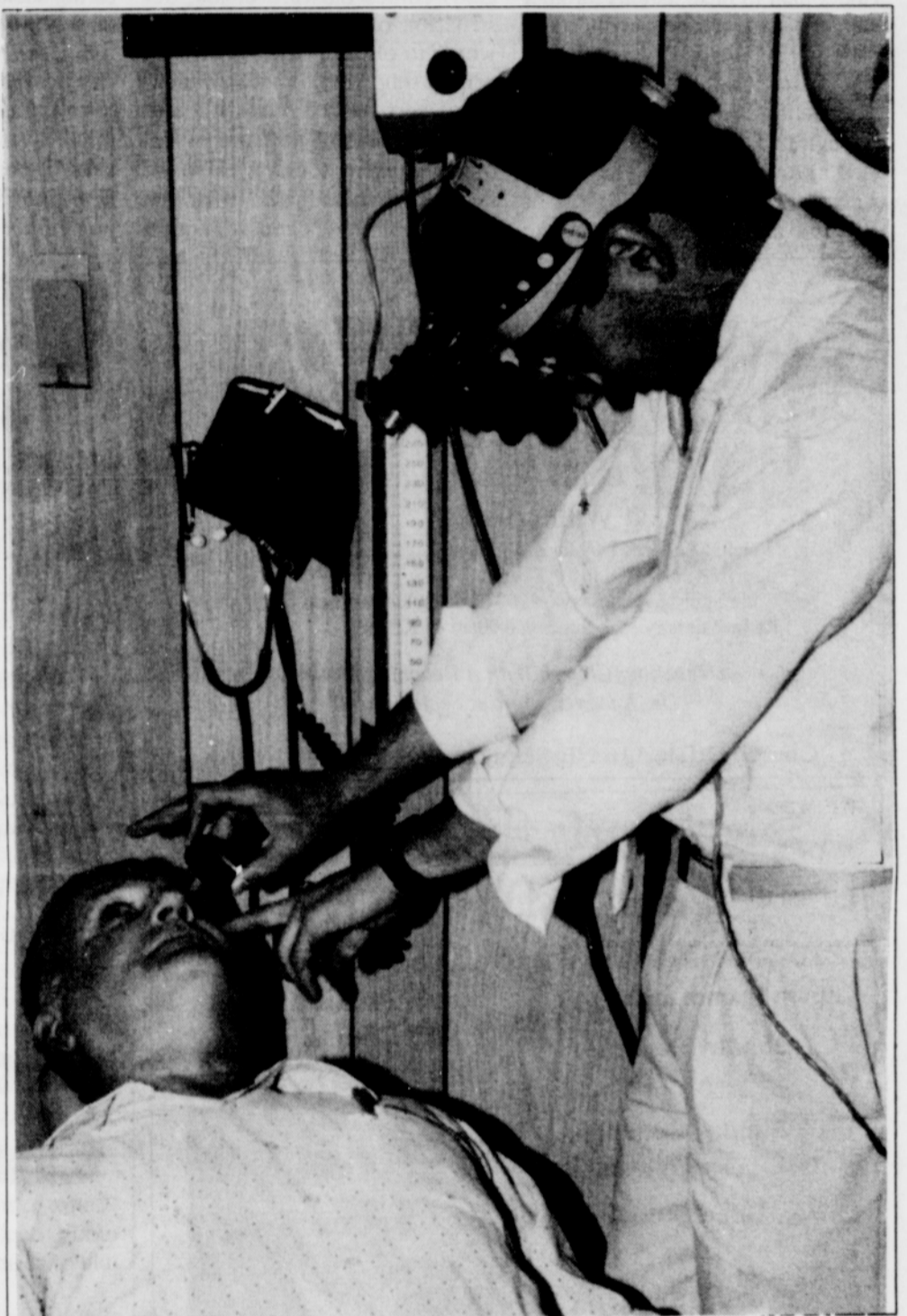
affordable vision care is available without leaving their own community.

In addition to adjustable fees based on income, the Cascade Campus Vision Center also provides a program of free vision screenings throughout the year for infants as young as six months, children, and adults of all ages. "These screenings are not a substitute for a complete vision examination but do provide important information about clarity of vision, eye health, and how well the eyes are working together as a team," says Fletcher. Screenings are particularly beneficial for younger children whose ability to learn to read and write depends on good eye health and visual skills. Optometrists at the Cascade Vision Center recommend that children receive vision screenings early in the school year so that disorder can be detected before the ability to learn is hindered. Screenings take about 20 minutes to complete and do not cause discomfort.

Pacific University's Cascade Campus Family Vision Center is affiliated with Family Vision Center in downtown and in Forest Grove. All Family Vision Centers are non profit and offer the sliding fee scale. Patients at the Cascade Campus Vision Center are in need of extensive testing services or other specialized vision care are frequently referred to the downtown Portland Vision Center where more technical services can be provided.

The Pacific University College of Optometry, which was established in 1945 and is based at the Pacific University campus in Forest Grove, Oregon, is the only optometric training facility in the Pacific Northwest and one of only 17 such institutions in the United States and Canada. The College is home to more than 340 students who come from every state and several nations to receive the Doctor of Optometry degree.

For more information about fees, services and free screenings, please call the Pacific University Cascade Campus Family Vision Center at 240-5319.



An optometric intern examines a patients vision

7,000 Free Dinners To Needy From Azteca



Jose (Pepe) Ramos

Azteca restaurants throughout Oregon and Washington will serve more than 7,000 free dinners to needy people this holiday season.

Four Oregon restaurants will participate in the free dinner program for needy families on Sunday and Monday, December 19 and 20, from 11 a.m. to 10 p.m. In Beaverton, Medford, Clackamas and Portland at Lloyd Center, a total of 800 meals will be served.

This year's program marks the 9th consecutive year Jose (Pepe) Ramos, founder of the family-style group of Mexican restaurants, has provided free holiday dinners.

"This country has been good to me and

my family," Ramos said. "This is just something I want to do to help people."

Coupons for the free dinners are available through local food banks in both states. Coupons enable guests to order a special entree.

Over 6,000 traditional Mexican dinners will be served at Azteca's 26 restaurants in Washington.

Ramos immigrated to Renton, Washington, 20 years ago from a village near Guadalajara. With little money and unable to speak English, he worked as a dishwasher and cook. A year later he opened his first small restaurant in Burien. The rest is a typical American success story.

Herman Grimes Named President Of Coast Industries, Inc.



Herman Grimes

Herman Grimes was named President of Coast Industries, Inc. on December 1, 1993. Mr. Grimes has been with the firm for 12 years, and was formerly Vice President of Government Contracts. He has a strong background in management, accounting and contract administration.

Coast Industries, Inc. is a minority-owned Portland-based firm with more than 37 years of experience, with three operating divisions including Building Maintenance, empire Security and Government Con-

tracts. Coast provides quality contract services nationwide and currently provides custodial base support and security services in six states, Oregon, California, Idaho, Indiana, Tennessee and Florida, with more than 400 employees.

Mr. Grimes replaces Baruti L. Artharee, past President of Coast Industries, who has accepted an appointment from Gov. Barbara Roberts as Executive Director of Housing and Community Services for the State of Oregon.

Neighbors Reclaim Park With Rally and Carol Sing

On Saturday December 18, community residents gathered to reclaim their park from drug dealers and gang violence. Armed only with their voices and their optimism, the neighbors will celebrate community solidarity and their desire for peace. The event, which is co-sponsored by New Hope Missionary Baptist Church, Housing Our Families, and the House of Umoja, will consist of an opening rally, a march around the perimeter of the park, and a Christmas carol sing.

The event was inspired by a recent Community Forum in which neighbors met to discuss positive and pro-active approaches to the violence and fear caused by drug dealers and gang activity. Participants were particularly concerned about Unthank Park, which ceased to be



Locals gather to reclaim unthank park

a family park several years ago when it became a meeting place for drug dealers and local gangs. At the forum, neigh-

borhood residents decided to symbolically reclaim their park by establishing a strong community presence. The "Take Back the Park" Rally and Carol Sing will kick-off a series of neighborhood events dedicated to this goal.

The sponsors of the event each have a commitment to and investment in the safety of the neighborhood. New Hope Missionary Baptist Church is a community based church located one block away from Unthank Park. The house of Umoja is a social service agency working with gang-affiliated youth, including many members of Unthank Park gangs. Housing Our Families is a non-profit community development organization which is working with the residents of the neighborhood around Unthank Park to revitalize and stabilize the area.