

PCC Celebrates New Learning Resource Center & Performing Arts Center

Portland Community College opens its brand new library and theater at Sylvania Campus. A ceremonial procession from the CC Building, across the new plaza, to the new buildings is planned. Tours and demonstrations are scheduled following the ceremony, noon, Thursday, April 21, 1994 at the Sylvania Campus, 12000 SW 49th Avenue, center of campus.

Imani Women's Support Project

Imani Women's Support Project, in cooperation with Habitat for Humanity, is joining in the second annual "Walk for Humanity". The Walk's mission is to provide a 6-mile pledge walk through NE Portland. This fund-raiser will be a show case for Imani and other nonprofit groups' programs in NE Portland. Further it will provide a vehicle to raise funds and publicity for Imani

Women's Support Project.

Imani Women's Support Project, Inc. (Imani) is inviting community residents throughout the State of Oregon to pledge or walk in the May 7, 1994 "Walk for Humanity."

The mission of Imani is to provide comprehensive support services to women and members of their families, to aid in the preservation of the traditional African American family values and culture.

Imani is a non-profit women managed agency that provides Services for African American and low-income women who are in recovery from substance abuse. Imani offers parenting, self-esteem and anger management for clients and provides child care during Narcotics Anonymous meetings.

Imani developed "The Social Skills Building Playground" for children of Northeast Portland who have been perinatally exposed to drugs. This playground is designed to strengthen parent and child bonding, and to help develop children's gross motor skills.

First Interstate Supports Small Business Loan Program

First Interstate Bank is participating in a program to assist small businesses with start-up financing, loans and free technical assistance.

The Small Business Administration's (SBA) Micro Loan Program provides loans of up to \$25,000 to small business owners with particular emphasis on providing financial assistance to women, low-income, minority and rural business owners.

In Oregon, the Micro Loan Program is administered by Cascades West Financial Services, a community-based non-profit financial intermediary in Corvallis.

First Interstate Bank provided \$5,000 in non-Federal matching funds for the program's Micro Loan Revolving Fund.

The program is offered in 14 Oregon counties: Benton, Clackamas, Hood River, Jefferson, Lane, Linn, Lincoln, Marion, Multnomah, Polk, Tillamook, Wasco, Washington and Yamhill.

The loans can be used to finance machinery and equipment, furniture and fixtures, inventory and working capital. The loans are available for a term of up to six years. The loan application costs and fees have been kept to a minimum and the \$100 application fee is incurred with the loan payment.

Micro Loan borrowers supported with intensive marketing, management and technical assistance by small business experts from Cascades West.

In addition to contributing \$5,000 to the Small Business Administration's (SBA) Micro Loan Program, First Interstate is providing applications and making referrals to the program through its network of Commercial Banking Centers (CBC).

Information about the SBA's Micro Loan Program is available from Cascade West Financial Service, 503-757-6854 and from any First Interstate Commercial Banking Center.

With 168 branches throughout Oregon, First Interstate Bank has been helping Oregonians meet their business and personal financial needs since being established in Portland on July 4, 1865.

Helping Children Cope With Disaster

Children And Their Response To Disaster

Disasters strike quickly and without warning. These events can be traumatic for adults, but they are frightening for children if they don't know what to do.

During a disaster, children may have to leave their homes and daily routines. They may become anxious, confused or frightened. As an adult, you'll need to cope with the disaster and also give your children crucial guidance about how to respond.

Children depend on daily routines: they wake up, eat breakfast, go to school, play with friends. When emergencies or disasters interrupt this routine, children become anxious.

In a disaster, they'll look to you and other adults for help. How you react to an emergency gives them clues about how to act. If you react with alarm, a child may become more scared. They see our fear as proof that the danger is real.

Children's fears also may stem from their imagination, and you should take these feelings seriously.

A child who feels afraid is afraid. Your words and actions can provide reassurance.

Feelings of fear are healthy and natural for adults and children. But as an adult, you need to keep control of the situation. When you're sure that danger has passed, concentrate on your child's emotional needs by asking the child to explain what's troubling him or her. Your response during this "problem time" may have a lasting impact.

Be aware that after a disaster, children are most afraid that: the event will happen again; someone will be injured or killed; they will be separated from the family and, they will be left alone.

After the Disaster: "Time for Recovery"

Immediately after the disaster, try to reduce your child's read and anxiety. Keep the family together. If you need to look for housing and assistance, you may want to leave your children with

relative or friends. Instead, keep the family together as much as possible. Children get anxious, and they'll worry that parents won't return.

Calmly and firmly explain the situation. As best you can, tell children what you know about the disaster. Explain what will happen next. Crouch down and talk to children at their eye level.

Encourage children to talk. Let children talk about the disaster as much as they want. Encourage them to describe what they're feeling, listen to what they say. If possible, include the entire family in the discussion.

Include children in recovery activities. Give children chores that are their responsibility. This will help children feel they are part of the recovery. Having a task will help them understand that everything will be all right.

You can help children cope by understand what causes their anx-

eties and fears. Reassure them with firmness and love. Your children will realize that life will eventually return to normal. If a child does not respond to the above suggestions, seek help from a mental health specialist.

For more information and contacts regarding this subject, please call the Bureau of Portland Fire, Rescue & Emergency Services, Pat Swan, Community Relations Assistant, 823-3754.

Annual Benefit Wine and Cheese Tasting

Saturday, May 14, 1994 7:00 PM

Brook Building, 3620 N. Williams (next to House of Sound) **Music & Dancing** \$10 Donation

For more information call 760-6963

A. Philip Randolph Institute Portland Chapter P.O. Box 11329 Portland, Oregon 97211

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