

Bikes Race For Mayor's Classic

A bicycle race to help police bike patrols takes off Sunday.

See Sports, Page B4

New Business On MLK Finds Support

Employees are added to meet customer demand at new ARCO am/pm market on Martin Luther King Jr. Blvd.

See Metro, inside

College Vision Center To Close

Pacific University is closing its North Portland vision center.

See Health, Page A7

Semi-Conductor Business Opens

Lam Research opens a semi-conductor processing center.

See Observing Vancouver, Page B2

The Portland O

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THE WEEK IN REVIEW

Meat Safety Labels Now Required

Labels on meat and poultry products emphasizing safe food handling and preparation are now required on store packaging. The action was taken after the E Coli bacteria, was connected to numerous incidents of illness in the Pacific Northwest over the past two years. The instructions advise consumers to keep the meat or poultry refrigerated or frozen, keep it separate from other foods in preparation and cook it thoroughly. Ground beef poses a special risk if not cook properly. Bacteria that otherwise might be on the surface of meat can end up in the middle of a ground beef product. All the more reason to make sure there is no red or pink on the inside of a hamburger.

New Police Office For Lloyd District

A grand opening was held Thursday for a new Metro Community Policing Office at 600 N.E. Grand Ave. The office will give Northeast Precinct police officers a visible and accessible facility to promote interaction between police, neighbors and businesses in the Lloyd District. Attorney will conduct the Lloyd District Prosecution project out of the office. The facility will be staffed during business hours, but available around the clock for officers to meet with neighbors, work on investigations and write reports.

Wild Side Walk Part Of Zoo Event

More than 1,800 walkers are expected to participate in the seventh annual "Walk on the Wild Side" Saturday. The event sponsored by Nike Town, will begin from 8 to 9 a.m. at the north end of the Metro Washington Park Zoo parking lot. The walk is part of the zoo's new Roar Faire celebration, a day dedicated to caring about endangered species. Proceeds will benefit the endangered species program at the zoo.

Wyden To Discuss Issues At Precinct

U.S. Rep. Ron Wyden, D-Ore. will hold town meetings in Oregon's Third Congressional District in July to discuss key issues before Congress. Some of the subject include cutting health care costs, reducing the federal deficit and fighting crime in our communities. He will meet in Northeast Portland Saturday from 3:30 p.m. to 5:00 p.m. in the community meeting room of the Northeast Police Precinct, 449 N.E. Emerson St.

Violence Is Abuse Of Power, Domination



Shirley Dean Gary, 46, a past victim and perpetrator of abusive behavior, looks forward to a future without violence.

BY MICHAEL LEIGHTON

He's abusive. He tries to weld power and control over his wife. He tries to solve problems at home with brut force.

According to authorities in domestic violence this is the profile of person whose anger is out of control.

"It's about power over others," said Chris Huffine, a psychologist and director of the Men's Resource Center in Portland.

The victims are usually women and children. Huffine said men are socialized in being the leader, of being in charge, but that's not the reality of the world.

"Men are not always in control. Sometimes his employer is in control, or police, or people with more money. If you're a minority, it may be

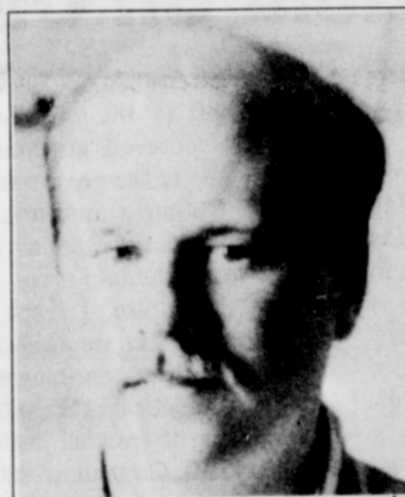
white people," he said.

The frustration over power and control can lead to anger.

Huffine said the key is to learn how to be angry. Recognizing anger is another key to keeping it from becoming destructive.

Not everyone reacts to anger in the same way. "It's different between cultures, for example, from being loud and verbal to being quiet and reserved," Huffine said. "Anger is on a continuum, at different levels every day."

Huffine said controlling anger doesn't come from dominating others, but from gaining personal strength from within.



Chris Huffine

"Focus on yourself, not the other person," he added. "There's nothing wrong with anger, to key is to find ways to make constructive change."

The emphasis at the Men's Resource Center is making men fully accountable and responsible for their behavior. They can't physically abuse someone and then put the blame on others.

"No man ever hit his wife because he was pushed," Huffine said.

"Even if he was hit first, it's a choice to hit back." Abusers learn how their behavior has hurt their partners, children and themselves.

Pervasive Fears Of Violence

Safety And Future Worry Kids, Parents

A pervasive fear of violence, the presence of guns, and the influence of drugs and gangs have left 77 percent of black adults worried about their own children or children they know becoming victims of violence. A study conducted by the Children's Defense Fund (CDF) and the Black Community Crusade for Children (BCCC) reports that an overwhelming majority (83 percent) of black adults say these are "Really bad times" (50 percent) or "Tough times" (33 percent) for black children and many worry that their children will not live to reach adulthood. The poll does say that despite the obstacles they face, black children are more hopeful - 75 percent feel these are very good times for them personally.

Cooling Off With Free Ice Cream



Elliemay Brookshier, 14, enjoys the delights of a public ice cream social coordinated by the Employee Recognition Committee at the Salvation Army Adult Rehabilitation Center on Martin Luther King Jr. Blvd. and Alberta St.

Trying To Break Abuse Chain

BY MICHAEL LEIGHTON

Shirley Dean Gary is in a Portland Salvation Army shelter. She's trying to get some money saved up, her footing strong, and the violence taken out of her life.

She's seen too much physical harm inflicted upon her and others and she's dishied out a lot of violence herself.

But at 46 years old, enough is enough. She says she's spent too many years in a violent and unhappy cycle.

Today, she doesn't want to think of herself as being "tough" and "bad." In fact, she said, she would just "like to be thought of as a middle-aged kindly woman."

"A lot of things in my life need healing and mending, but I don't have to blame somebody," she said, "I've learned to be more observant about others, and not be so defensive."

It's a whole new view on the world. Gary first married at 16. The relationship, she said, was abusive, adding that her last marriage was no different.

"I was miserable and I wanted to make him miserable. I'd pick on him, I'd blame him for things, I was hurting."

She came from a violent home. She recalls how her mother was repeatedly beaten by her father, a person who was successful and held good jobs.

The beatings, she said, were extreme, they left scars. When her mother finally decided to end the marriage, she was driven to buying a gun to keep her father at bay.

"He tried to sneak into the home one day, and she shot at him...that kept him away."

Gary wonders if violence is inherited in her family.

"I was a violent type of person," she said. "I was very destructive and wanted someone else to feel bad."

She said her brother is violent.

"He once kidnapped a girlfriend, after beating her up," she said. "I see my brother in the same pattern as my father, with a low respect for women."

Pat Hill, director of the shelter, said domestic abuse is usually learned behavior.

She argues that if the problem of family violence is to end, it has to start with the upbringing of children, because they are the future.

"Men who watch their mothers being beaten, are far more likely to beat their wife," Hill said.

"It's inter-generational, we see it crop up in families," she said. "We've got to put a dam into that cycle."

Picnic Set For Supporter Of Prenatal Care

A picnic celebration for early prenatal care will be held Friday, July 15 from noon until 4 p.m. at St. Andrews Church on N.E. Eighth Ave. and Alberta St.

"It is an opportunity for the community and agencies to come together in a fun atmosphere and interact," says Corliss McKeever, coordinator of the Prenatal Outreach Program. "There will be entertainment, food and fun, along with educational material - everyone is invited."

Some of the services offered include door-to-door outreach, linkage to the federal Housing Authority, bus tickets for transportation to prenatal care appointments, case management up to the baby's first birthday, a small infant clothing closet, infant formula, and referrals for counseling, substance abuse, and domestic violence.

For more information, call 288-5995.

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