

TEEN'S IN TROUBLE

Oregon's Teen Suicide Rate Soars

Between 1990 and 1992, Oregon's teen suicide rate reached its highest point ever, with 40 young Oregonians killing themselves in 1992 alone. Thousands more considered or attempted suicide, according to a recent state study.

The Oregon Health Division study estimates that more than one-fourth of Oregon's high school students, roughly 38,000, seriously considered suicide during the year prior to the 1993 survey. Eleven percent of the state's high school students, or 15,000, attempted suicide, including 4,600 who received medical treatment for suicide attempts, according to estimates.

Oregon's young men were four to five times more likely to die as a result of suicide than their female counterparts, according to death certificates. But, survey results show young women more likely to consider or attempt suicide than young men. This difference can be traced largely to method: 70 percent of the teen and pre-teen suicide attempts that resulted in death involved guns.

And guns, the survey shows, are much more common among males than females.

State Health Officer Kathy Gaffney sees the easy availability of guns among teens as the beginning of a solution: "We must keep guns out of the hands of our young people. At the same time," she said, "More caring adults, listening to youth and guiding them, could reduce anxieties that too often lead a teen toward suicide."

The Health Division report on teen suicide is based primarily on the most recent Youth Risk Behavior Survey. In the survey, which is part of a national student poll conducted every two years, 2,620 students from 25 Oregon high schools responded to questions on topics ranging from nutrition to suicide attempts. The students were almost evenly distributed by gender.

Oregon teens who attempted suicide commonly reported other risky behaviors. Among those who said they had attempted suicide:

- 67 percent smoked more than a

pack of cigarettes a day.

- 64 percent were threatened or injured with a weapon at school more than five times during the previous year.
- 55 percent had consumed alcohol on at least 20 days of the previous month.
- 55 percent had ever injected drugs.
- 53 percent had been pregnant more than once or had caused more than one pregnancy.

Another link between suicide attempters was a history of physical or sexual abuse. Students who had been physically or sexually abused were four times more likely to attempt suicide than those who had not been abused.

Finally, self esteem played a role in suicide attempts. Students who described themselves as very overweight, very underweight, or near the bottom as students were much more likely to attempt suicide than their classmates.

NYCAP-ROPHE Community Wellness Center

The media called them "gang members," the programs that worked with them called them "case loads," the community that grieved their loss called them "our children." And while all of those terms have relevance and meaning, many of us knew them personally and by their names: Roy Booker, Ramone Peck, Cedric Covington, Jerome Piggy, John Sweet, Manson Branch...the list goes on!

We spent countless hours together talking about their dreams and what might be. We laughed together, cried together, prayed together. But before they could turn that crucial corner completely away from gangs, they were robbed of their young lives.

They all had things in common. They were all victims of gang violence. They were all young African American males. They were all victims of the disease of drugs and alcohol and mental stress disorders. They were all victimized by another young African American male addicted to drugs and alcohol and exhibiting the same mental stress disorders.

Until now there did not exist a comprehensive substance abuse and mental health facility to address their needs. A year ago two community activists heard their cry and responded to meet their need. The effort is called NYCAP-ROPHE (Healing) Community Wellness Center.

Lackland Air Force Base Graduate



Airman Laureen Z. Prasad

Lackland Air Force Base, San Antonio-Airman Laureen Z. Prasad has graduated from Air Force basic training here.

During the six weeks of training the airman studied the Air Force mission, organization and customs and received special training in human relations.

In addition, airmen who complete basic training earn credits toward an associate degree through the Community College of the Air Force.

Prasad is the daughter of Chankrika and Fawiza Prasad of 6909 N. Denver, Portland.

Shaping Children's Values - Where Do We Start?

BY BLAKE HARRIS

Kids and violence, gangs, drugs in schools, confusions that school children have about sex, children giving birth to children--these all add up to a terrifying social reality. We are faced with a generation spinning wildly out of control.

The majority of youngsters are now affected. According to a survey by the Joseph & Edna Josephson Institute of Ethics, 61% of all high school students say they have cheated on an exam once or more during the last year. As well, 33% admit to having stolen form relatives at least once in the last year.

Whether it is kids owning guns to threaten and, on occasion, kill their classmates, whether it is high school students joining in "Spur Posse" games that keep track of how many different sexual conquests the players can rack up, or whether it is simply lying and cheating, these are all the symptoms of one fundamental disease--the moral decay in society.

Or perhaps moral decay is the

wrong way to describe it. More factually, at least where our children are concerned, the biggest problem since the 1970s has been the utter lack of instruction in morals and values in our schools. The idea back then was that children should grow on their own and should be encouraged simply to decide for themselves what they should believe.

"[This was] based on a materialistic idea that the development of the child parallels the evolutionary history of the race; that in some magical way, unexplained, the 'nerves' of the child will 'ripen' as he or she grows older and the result will be a moral, well-behaving adult," author and humanitarian L. Ron Hubbard pointed out in the widely distributed booklet "The Way To Happiness."

"Although the theory is disproven with ease--simply by noticing the large criminal population whose nerves somehow did not ripen--it is a lazy way to raise children," said Hubbard. "A child is a little bit like a blank slate. If you write the wrong things on it, it will say the wrong things. But, unlike a slate, a child can begin to do the writing: the

child tends to write what has been written already."

Today, the good news is that schools are beginning to get back into the character development business in a big way. In this, they have the overwhelming support of parents. A 1992 study showed 86% of Americans favored schools teaching moral values while only 12% were against the idea.

However, working out the best way to build character and to instill important values in our children still lies ahead. We have learned in recent decades that recognizing problems in our school system does not mean that these problems are easily fixed. There are a number of ideas about the best way to teach moral values to children in the classroom. Some schools have started to use videos that show the terrible consequences of dishonesty, intolerance and crime. One, for instance, starts out with the vivid, highly dramatic street arrest of a teenager.

In another approach, Kevin Rayan of Boston University has developed a school curriculum that makes character education part of everyday teaching. This relies on

different works of literature to impart ethical values.

Many school systems are developing their own curriculums that focus on such things as civic responsibility, respect for oneself and for others and respect for the natural environment.

However, whether any of these approaches will work is still open to question. "Effective moral teaching, or character education as it is sometimes called, involves more than simply teaching children the difference between right and wrong," said Glen Horton, campaign manager of The Way To Happiness Foundation, a non-profit organization dedicated to restoring moral values in society. "Children, and especially teenagers, need to have a reason to do right and not do wrong, a reason that makes real sense to them. They have to be motivated by more than the simple fear of getting caught because they never think they will."

For almost a decade, The Way To Happiness Foundation has distributed "The Way To Happiness" booklet to a growing number of schools, civic groups, parents and children across the country.

Horton said that because the booklet outlines moral values completely based on common sense, children respond to the publication in an enthusiastic and dramatic way. They learn that right conduct is the only road to building happy and successful lives for themselves, both now and in the future.

"The Way To Happiness' is the vital educational tool that has been missing in the large majority of our schools," said Horton. "For several years now, the booklet has been working to instill moral values and build real character in the few schools where it has been included as part of the curriculum. In the classroom setting, it has a track record of resounding success. So why not simply include the booklet in more of our school curriculums?"

"It would be a tragedy if another generation was lost while school systems experimented with various approaches to character education. We need something our children will respond to now, not in 10 or 20 years time. From all the evidence I have seen, that something already exists--The Way to Happiness."

UJAAMA Distributors

7050 N. E. Martin Luther King Jr. Blvd. Portland, Oregon 97211

Is now looking to train youth ages 13-17 girls/guys, to learn the business of being an entrepreneur thru B.H.P. Youth Business Oppt.

This will be an earn while you learn opportunity. Must apply in person after you phone for an appointment at 503-285-5286. If no one is in clearly leave your name and phone number after the message and we will call you to set up an appointment.

SCHOOL LUNCH

Candy's a Sweet Finale To a Brown Bag Lunch

News USA

(NU) - Go ahead. Put a couple of pieces of candy in those lunch boxes when the kids go back to school. Experts say learning to eat candy in moderation may help children develop lifelong healthy eating habits.

The best way to teach kids about healthy eating is by example, the experts say. When they see parents enjoying candy in moderation, they learn not to view it as a "forbidden" item, but as a treat that can fit into a nutritious, balanced diet.

What is important is to send a message about when candy is appropriate. For some kids, after lunch is an appropriate time.

The best lunch-box treats are wrapped candies made from natural ingredients, like Brown & Haley's Almond Roca, the popular butter-crunch confection coated with chocolate and diced almonds.

Teaching Good Habits

Actually, candy may be better for you than you think. For instance, chocolate contains no animal fat and is low in cholesterol. And a 1 1/4-ounce milk chocolate bar has just 13 grams of fat.

Internet: Treasure For Investors

(NU) - The vast information superhighway known as the Internet is becoming easier to access, offering computer users a smorgasbord of information and resources.

Founded more than 20 years ago as a U.S. military research network and expanded to connect mostly academic institutions, the Internet is the world's largest computer network. An estimated 20 million people across the globe use it to exchange electronic mail, pursue special interests, search databases and do business. About 150,000 new subscribers join the Internet each month.

For investors, the Internet offers some real treasures. Fund companies

are logging on using NETworth, a new financial and business information package. At least 40 fund families currently are on-line, including Bull & Bear which offers eight mutual funds and discount brokerage services.

Using NETworth, fund groups can offer investors marketing brochures, advertisements and their entire prospectus. Investors who subscribe to Internet pay nothing to access the material.

A number of popular services, including America Online, offer access to the Internet. NETworth's Internet address is network.galt.com.

PearBear Goes Back to School With the Kids

By Maggie André

(NU) - It's back to school time, and across the nation, school nutritionists and parents are making renewed efforts to help America's kids eat healthier.

Among their shared goals are less fat and sodium in lunchroom menus and more fruits and vegetables overall.

To support nutritional education, the Oregon Washington California Pear Bureau created a program last year for school lunch facilities and classrooms, built around the character called Pear-Bear.

Because life-long food preferences often begin at a very early age, the project was aimed at children ages 5

through 9. However, it quickly became apparent that bears are popular with older children too.

The program centers on an educational poster about good eating and a book series called "The PearBear Chronicles," and includes coloring contests, children's cooking classes and other activities that make learning about nutrition fun.

A new nutrition poster and the next in the series of children's story books is being introduced this year through classrooms and lunchrooms, as well as retail stores.

For the PearBear poster and the first book of "The PearBear Chronicles," send a proof of purchase for three pounds of USA pears and \$1.50 for postage and handling to: OR WA CA Pear Bureau, Studio B5, 813 S.W. Alder, Suite 601, Portland, OR 97205-3182.





CJ's Lingerie
For Full Figured Women

Store 503-331-1718 3415 NE Broadway
Portland, OR 97212

ENROLL NOW FOR FALL

PROVIDENCE MONTESSORI SCHOOL

Ages 2½ to 6
Monday - Friday • 7 a.m. - 6 p.m.

NEW! Morning Half-day Montessori Class

- Experienced staff
- Nutritious lunch/snacks
- RN
- Diversity among children & staff
- Creative Movement Class

872-2400

Providence Child Center • 830 N.E. 47th Avenue

CASH CONNECTION

PAYDAY ADVANCES

"When you can't ask your boss"

WESTERN UNION

The fastest way to send money

Checks Cashed Any Kind • No ID Required

Fax Service • Notary • P.O. Boxes

Utility Payments • 2 Day Tax Refund

Loans • Electronic Filing

Six Locations To Serve You

2 NW 3rd / 241-7777

2929 SE Powell Blvd / 233-2274

5600 NE MLK Jr. Blvd / 287-6669

11902 SE Stark / 255-2274

530 SE 10th Ave, Hillsboro 640-1111

2611 E 4th Plain Blvd., Vanc. (206) 695-2121

*Payday advance not available in Vancouver.

Financial Services for America's Local Communities

New & used books on Business, Music, & African-American Studies

POWELL'S CITY OF BOOKS

9 AM - 11 PM Monday through Saturday
9 AM - 9 PM Sundays

Used books bought every day till 8:30 PM

On the #20 Bus line • One hour free parking

1005 West Burnside Street
228-4651