

OGS Certificate of Service honors Oregon youth

The Oregon Governors' School (OGS) wants to honor Oregon youth who have actively contributed to their communities by recognizing them with an OGS Certificate of Service during its year-end fund drive. Youth who are honored will receive the certificate and will also be featured in the spring issue of the OGS Debrief.

OGS is a nonprofit, statewide organization dedicated to empowering youth with leadership skills to help them make a difference in their

communities. Each year, through a year-round program, OGS gives students are given the skills to turn their passions and dreams into obtainable goals. Their projects have included renovated homes for drug-addicted babies and their mothers, a bike-share program for commuters, AIDS-awareness programs, an alcohol free teen night club, and a clinic for migrant farm workers. From community food banks to peer counseling to recycling programs, the Oregon Governors' School educates, trains and

inspires youth to leadership and civic participation through community service.

Anyone who would like to honor a youth who has contributed to his or her community should send the youth's name, and address indicating where the certificate should be sent, and a tax-deductible contribution of at least \$10 to the Oregon Governors' School, c/o 900 State St., Salem, OR 97301. Certificates will be sent within five days of receipt.

Serious fun for a serious cause

Thousands of elves, gift packages, candy canes, serious runners with jingle bells tied to their shoes and others will take of from Pioneer Courthouse Square in downtown Portland on Sunday, December 8th at 8:30 a.m., to raise money for a disease that the U.S. Center for Disease Control has identified as an im-

pending epidemic affecting Americans of all ages--Arthritis.

The Jingle Bell Run and Walk for Arthritis, an annual event in its eleventh year, will feature a 4-mile run, a 3-mile walk and a 1/2-mile kids' "Fun Run with Santa".

Many participants walk, run or even watch and cheer in holiday dis-

guise. A costume competition is held in the Square just prior to the race.

For more information about the Jingle Bell Run and Walk for Arthritis, call 503-222-7246, or write to the Arthritis Foundation, Oregon Chapter, 4412 SW Barbur Blvd., Suite 220, Portland, OR, 97201. All proceeds benefit the Arthritis Foundation.

Coping: control your own anger

BY CHARLES W. FAULKNER

Below are a couple of letters I recently received from readers. One of them highlights the serious problem of uncontrolled anger, which is a leading cause of violent behavior in today's society. I think my response to both letters is worth sharing with you.

Letter #1: Dear Dr. Faulkner:

Ms. B. (from Washington, D.C.) was absolutely right when she said that black men are no damn good. The should not depend on the black woman to give them emotional support. They ought to depend on themselves, just like white men do. Black men need to affirm their own manhood.

I have raised four young men. They are lazy, inconsiderate and darn right arrogant. They spend 24-hours a day rebelling, rejecting females, and trying to hold onto a false pride. My former husband was the same way--no damn good!--Ms. L., Okla-

homa

Letter #2: Dear Dr. Faulkner:

Most of the people I know really piss me off. They make me angry and I am disgusted with them. One of these days I am going to hurt somebody real bad. You know, as well as I do, that there are a lot of people who need to be put in their place. What's your opinion?--Mr. J., Tennessee

Dear Mr. J.:

I agree with you that there are a lot of troubled people in this society. Statistics prove it. These are demanding times, financially, psychologically and otherwise.

Your statements, however, suggest that you need to seek counseling that will show you how to control your anger. The fact is that no one "pisses you off". No one makes you "angry". There may be other people whose opinions, or even whose behavior, you don't like. But it is you who makes yourself angry. You are responsible for controlling your own

behavior. Such control is known as emotional maturity.

No one else can make you angry. You do it yourself. Therefore, you anger is your problem. You cannot pass this responsibility to anyone else. If you don't want to get angry, then ignore and stay away from those people who intimidate you. Your real problem may be your personal insecurity. Perhaps when you are around certain other people, you admire them but hate yourself. You might be blaming them for making you hate yourself.

Remember, if you sometimes feel like harming other people, simply because you cannot control your own anger, you might someday find yourself at the end of somebody else's fist, or worse, you could end up in jail where you will be forced to control your anger. So, seek competent counseling now.

If you would like to contact Dr. Faulkner, write him at 1635 Nathaniel Mitchell Road, Dover, Del., 19901.

Columbia - Willamette All-Stars

BY RANDAL WOODS, OF THE WHITAKER WAR EAGLES POST

On Saturday, November 16, the Columbia and Willamette 6th graders played their 1996 All-Star game.

This All-star game had a special twist--with a few similarities--when it was learned that 1996 Columbia All-Stars would be coached by Randal Woods, head Coach of the Whitaker War Eagles and the 1996 Willamette League All-Stars would be coached by James Miller, head coach of the Whitaker Warriors. Both head Coaches respective teams were undefeated in League play. Although from different leagues, both coaches are from the Whitaker Football Program.

Representing the Columbia League All-Stars were players from Jefferson, Centennial, Marshall, Roosevelt, Sandy and Whitaker (CI).

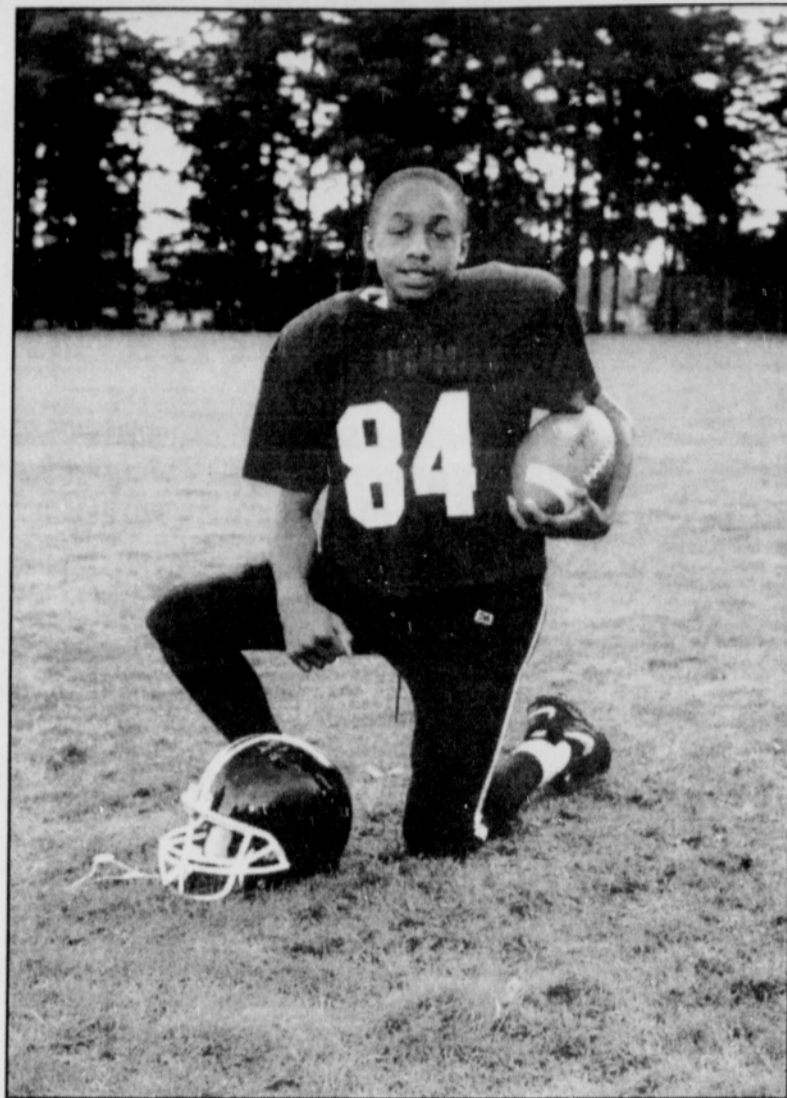
Representing the Willamette League All-Stars were players from Cleveland, Franklin, Grant, Madison, Parkrose, Wilson and Whitaker (C2).

This was a real test of All-Stars. The game pitted the team speed of the visiting Columbia League All-Stars against the size and strength of the home team Willamette League All-Stars.

With only a week to prepare and true Oregon football weather (lots of rain, a thick muddy field and cold weather) this All-Star game shaped-up as a real defensive battle from the beginning.

Willamette took the early lead when it struck on a 60 yard touch down run up the left sideline in the first attempt. Then the football hit the right upright and dropped backwards. Willamette took a 6-0 lead into half-time when the remaining first half displayed a great defensive exhibition.

Columbia breathed a sigh of relief when they tide the game in the third quarter with a 65 yard reverse run and core up the right sideline. Next was the all important extra point, the Columbia coaching staff



Alex Bates

contemplated on trying to run it in or put it in on the foot of it place kicker.

With the game on the line, Columbia's coaching staff decided they would put the game on the foot of it's All-Star place-kicker.

It turned out to be the right decision, the kick went up with great accuracy and just barely cleared what turned out to be the game winning (PAT) Point-After-Attempt. Columbia took a 7-6 lead into the fourth quarter.

The game came down to what was expected, a great defensive battle, with a lot of heart, desire and effort from each team on offense. The game had great defensive plays and big defensive hits.

With two minutes remaining on the clock, the Willamette All-Stars in control of the ball and driving across Columbia's 40 yard line.

Here the Columbia All-Stars held their ground to stop the Willamette All-Stars on a four down play with only 24 second remaining on the clock.

Columbia ran out the remaining 24 seconds and took home with what may be one of the best All-Star games in years.

This All-Star game in the mud at Walker Stadium was truly a game to remember for both the Columbia and Willamette All-Stars, both coaching staffs as well as the fans.

AHN broadcasts Uncle Tom's Cabin

The African Heritage Movie Network (AHN) "Movie of the Month" series presents Uncle Tom's Cabin, a perfect family special for the month of November. Uncle Tom's Cabin is a retelling drama of Harriet Beecher Stowe's novel, a classic tale of slavery and redemption during the pre-Civil War in the South. Uncle Tom's Cabin will air on KWBP, November 29, 1996 at 8:00 p.m.

"It's disheartening how distorted the character Uncle Tom has become since he was created by novelist Harriet Beecher Stowe over a century ago. Uncle Tom is an anti-hero to many blacks today, but, originally he was a force for liberation," said Ossie Davis. "You have to understand the



Uncle Tom (Avery Brooks)

time. He was a slave character created in an era when whites justified slavery, saying blacks had no souls.

The original Uncle Tom, a God-fearing Christian slave, set out to prove just the opposite," he added.

Uncle Tom's Cabin is a timeless classic which chronicles the life of Uncle Tom (Avery Brooks), a deeply religious slave who's sold by his owner to pay off debts.

Separated from his beloved wife, Tom goes willingly thinking his sale would be a chance to help the other slaves on the plantation as well as his family. Uncle Tom's Cabin also features Samuel Jackson, Phylcia Rashad, Shirley Jo Finney and Bruce Dern.

Uncle Tom's dreams of becoming free are shattered, when he finds himself being sold again for the third time at the mercy of Simon Legree (Edward Woodward), his ruthless new slave owner.

Through this terrible purchase of Tom's life, he suffers terribly, but still refuses to reveal the whereabouts of his friends Emmeline and Cassy, two other slaves that successfully escape the plantation. Disobedient of his master's demands, Tom is flogged tremendously by the angry Legree and is left to die in his own blood. As Tom's life of slavery ends, a new life of freedom begins for the other slaves that Tom helped to escape.

Violence against women

Women Empowered Beyond Beijing for Equality, Development and Peace (W.E.B.B.), in collaboration with other groups from throughout Oregon, is sponsoring 16 Days of Activism Against Gender Violence from November 25 to December 10.

A variety of activities will take place to draw attention to abuses suffered by women and to make recommendations for change.

"This joint effort is historic. It may be the first time that so many different groups have joined together to expose violence against women in all forms--from rape and domestic violence to the institutional abuses of prison and poverty," says program coordinator Judith Armatta.

"Women of all ages, backgrounds and ethnicities experience violence simply because they are women. The 16 Days, which remembers the day fourteen female engineering students were massacred in Montreal on December 6, 1989, will spotlight the numerous and daily violations of women's human rights in a country that prides itself on being the leader of the "free world".

Part of an international campaign initiated by the Center for Women's Global Leadership, the 16 Days, began Monday, November 25, International Day Against Violence Against Women, and will end Tuesday, December 10, International Human Rights Day.

The centerpiece activity will be a day long tribunal on Saturday, December 7 at Portland State University, where a panel of judges will have the opportunity to hear personal testimony from women who have experienced violence and make recommendations for change.

Judges at the tribunal will include community activist and Portland Public School Board Member Joseph Tam, Confederated Tribes of Warm Springs representative Anita Jackson, and Affiliated Tribes of Northwest Indians representative Bill Ray.

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