

Family Living

The Portland Observer

CHILDWATCH

House parties allow everyone to help black children

BY MARIAN WRIGHT EDELMAN

On September 26, Dwayne Crompton turned 50. But instead of a birthday party, he held a "House Party" to help black children get a healthy and safe start in life.

He told 200 or so friends who attended his party not to buy him a new tie or any other gift, but instead to donate the money to the Black Community Crusade for Children (BCCC) to help accomplish its mission to leave no child behind.

Dwayne, who runs KCMC (Karing for Children is our Main Concern), a wonderful child care center in Kansas City, was one of the 270 black Americans across this country who hosted House Parties on September 26 to support the Crusade's work and renew the black community's long tradition of service and self-help.

National House Party Day is about black folks taking responsibility and building a movement for children by opening their homes, schools, houses of worship, and community centers to friends and neighbors who want to improve the life chances of children. Following are a few examples of the House Parties that have been held around the country.

• Jimmase Shalaby, a single mom in Trenton, N.J., invited several of her friends to a party she organized at her apartment complex's clubhouse. She promoted the event by hanging posters throughout the community, and friends helped prepare food.

• A Richmond, VA., group known

as Youth Nation 2001 held a party highlighting Moccasin themes at the city's African Cultural Center. It began with a drum concert and attracted black college student. A local grocer donated food.

• In New York City, supermodel Iman and her husband, rock star David Bowie, hosted a dinner and auctioned commemorative dinner plates painted by celebrities, including Rosa Parks, Muhammed Ali, Maya Angelou, Bill Cosby, Whoopi Goldberg, Eddie Murphy, Whitney Houston, Janet Jackson, Spike Lee and Oprah Winfrey. Also in New York, BCCC Working Committee member Geoff Canada held a house party at his home, and the Persaud Brothers, three young, black humanitarians known for hosting charity functions, held a party for young professionals and figures in the fashion and music industry.

• In Los Angeles, director Oz Scott and his wife, Lynne, opened their home and, along with actress Victoria Rowell (who plays Drucilla Winters on the Young & The Restless soap opera), hosted a down-home, afternoon soul food feast with collard greens, macaroni and cheese, chicken, and peach cobbler. Guests were entertained by a children's gospel choir, a youth string quartet, and three teenage pianists. Actress Anna Maria Horsford joined actor, Samuel L. Jackson, and others on the host committee, and raffled off some traditional black dolls. Reed Tuckson, president of the Charles Drew Col-

lege of Medicine and a member of the BCCC Working Committee, addressed the guests.

• In West Hollywood, Calif., recording artist Tevin Campbell and producer Quincy Jones held a party that featured New Qwest/Jungle recording artists Red Foo and Dre Kroon.

• Pat Wesley, who runs a day-care center for children with special needs in Dallas, decided to hold her party in October to coincide with a statewide recognition day for special needs children.

Some parties raised \$10, while some raised tens of thousands of dollars. Every dollar raised will be matched dollar for dollar by a \$3 million grant from the Charles Stewart Mott Foundation and will be used to support the work of the BCCC and endow the former Alex Haley farm, which is the Children's Defense Fund/BCCC's center for spiritual renewal, and character and leadership development.

The most important thing about House Parties is that they allow everyone to get involved in helping children. At a time when many of our political leaders are shamelessly abandoning children and their families, I am so grateful that black folks are coming together to do what we've always had to do—take care of our own. And we'll work together to build a movement that is so powerful that no politician will ever again be able to hurt children as they did in 1996.

Elder advocates needed

Volunteers are needed to protect the rights and dignity of the elderly and to advocate for quality long term care. They will serve as Certificate Ombudsmen for the residents of nursing homes, residential care facilities, assisted living facilities, and adult foster care homes. The advocates will participate in a nationally-recognized training program that covers areas such as the aging process, communication skills, meditation, problem-solving skills and investigations. An orientation training will be held

in Portland beginning December 5.

Certified Ombudsmen investigate complaints and concerns of the residents and then work with the facilities to make changes. "Ombudsmen empower residents and provide a means to solve their problems," says Kathy Walter, Volunteer Recruitment Supervisor. "I think that sometimes we forget about the elderly. But it is important to remember that they—the elderly—have the same rights, needs and wants that everybody else does."

For information about the program

or to learn how to get involved, contact Kathy Walter at 1-800-522-2602.

Project Independence

Project Independence is a free program for single parents and displaced homemakers located at the Cascade Campus of Portland Community College. The program is accepting applications for the class which begins on Monday, January 6, 1997. For further information, please call Linda Palmer at 978-5633.

Grandparents raising grandchildren

Growing numbers of grandparents are finding themselves parents once again, housing and raising their children's children. It is estimated that 3.4 million children in the U.S. currently live in a household headed by their grandparent.

The Center on Aging at Bradley University has received a three-year research grant from the National Institute on Aging to study grandparents who are sharing a household with a grandchild. Heading up the study is Dr. Rachel Pruchno, the Director of the Center on Aging and a well-known psychologist who studies families in

their middle and later years.

The Center on Aging will be conducting personal and confidential interviews with 700 grandparents, age 50 or older, who live with at least one grandchild under the age of 18. Dr. Pruchno stresses the importance of grandparents coming forth and sharing their experiences, so that researchers, educators, and policy makers can better understand their needs.

The Grandparent Study will fill an important knowledge gap by providing information about the challenges and rewards of grandparents who are raising a grandchild. Specifically, the

study will identify grandparents who are struggling with their new role, whether it be socially, emotionally, or financially. These findings will be important to local and federal agencies to better plan programs and policies to assist families in the future.

If you are a grandparent sharing a household with a grandchild and you would like to participate in the Grandparent Study, call 1-800-695-5927. Remember, by participating you have the opportunity to improve the system and have a voice in the services and policies that are being planned for the future.

Birth Announcement

Qian' Tae Jay-Allen Dixon

Male, 2 lbs 10oz, 15"

Mother: Qiana P.C. Dixon

Grandparents/Paternal: Jacqueline Jones

Grandparents/Maternal: Patrick Dixon Sr.

Great Grandparents/Maternal: Chrusbine Jones

Great Grandparents/Paternal: Wille A. Jones Sr.

Great Grandparents/Paternal: Larry Dixon Jr.

Great Grandparents/Maternal: Patricia Dixon of Kalazou, MI.

Parenting For Education

"24 Ways To Strengthen A Weak Memory In Classroom Learning"

BY VIVIAN OWENS

1. Write a word or number down on a card. Refer to the card frequently.

2. Recite silently the number or word several times before putting it away. Return to it later for another recital.

3. Recite "it" orally several times.

4. Orally discuss "it" with someone else who is also interested in the details of your topic.

5. Study "it" and make associations which stimulate instant recall.

6. Sing "it" and create a jingle.

7. Rehearse the song at every available opportunity. 7. Remove distractions and allow yourself time to concentrate when you need to memorize or remember something. Give yourself a noise-free environment if possible, or a soft music setting if you know music helps.

8. Worryes and anxieties handicap memory. Rid yourself of worries before you set about a memory task by writing the worries down on paper and sticking the worry list into a brown paper bag. Set the bag outside of your work door and accept permission to return to it, after you've concentrated on your needed topic. 9. Consider good nutrition as essential to a good memory. A sluggish, over-fed body does not function well, and neither does an under-fed body. Adequate proteins in food promote alertness.

10. A good night's sleep or a catnap in the late afternoon will give the brain the rest and restoration it needs to perform for you.

11. Read and reread an item you want to remember. Reading gives you the connective tissue necessary for recall and link.

12. Eliminate medical reasons as a cause for weak memory. Often, poor memory in children or adults arise from medical conditions, which can sometimes be corrected.

13. Develop systems for memorizing names, faces, numbers, poems, long lists, short lists, facts, procedures, or other items by using association techniques.

14. Develop a method which links one item to something very vivid in your imagination, allowing you a quick and easy retrieval.

15. Distinguish between those items that require memorization and those that require familiarity.

16. Know what type of memory you need for an item. Do you need a detailed, replica of an item, or do you need a flashback recall? Do you need a short term or long term memory for a particular item?

17. Learn to observe. People observe with the mind and see with the eye. Teach children to observe as they see. Ask them questions as they look at things, requiring them to look for detail in observation. Point out details which they might overlook.

18. Reduce absentmindedness by becoming aware of what you're doing during a given moment. Require yourself to consciously observe where you put something.

19. From routines or habits for certain actions in order to eliminate some forgetfulness.

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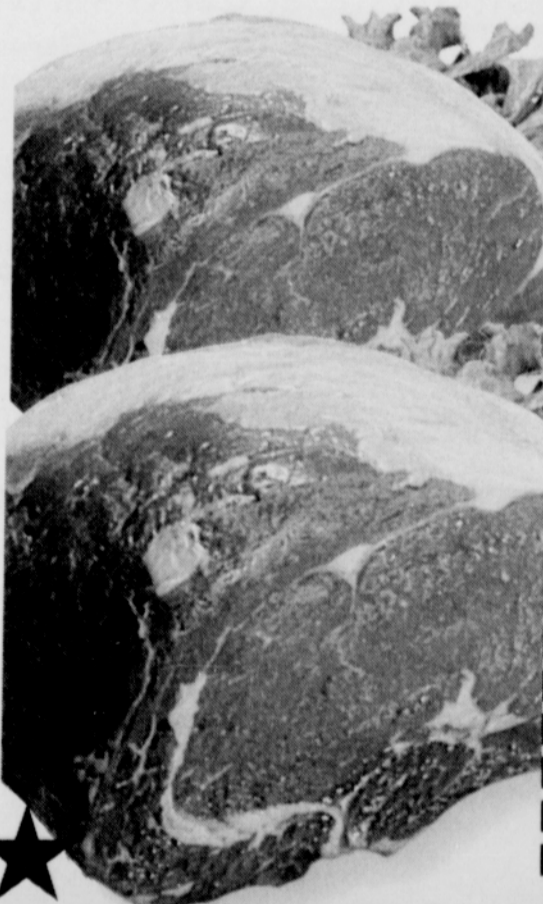
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