



Steve Schaffer and Walt Call complete logo and sign for the new Trail Blazers Boys and Girls Club.

In Loving Memory of Roosevelt Anderson

Sunrise, August 7, 1933, Saline, Louisiana-- Sunset, December 26, 1996, Portland, Oregon

Roosevelt Anderson moved to Portland, Oregon in 1946 and attended Benson High School. Roosevelt became interested in aviation and joined the United States Air Force shortly after graduation.

During his twenty years of active military duty, he served in the Korean and Vietnam wars in defense of our nation. As a Technical Sergeant in the medical unit, Anderson was cited numerous times for flying res-

cue missions during the Vietnam War. Roosevelt Anderson was a member of New Hope Baptist Church, and lifetime member of United States Air Force Reserves. Dedicated member of M.W. Prince Hall, Logan Lodge #5.

He is survived by his loving wife Betty Jo Anderson, and children Leatha Anderson, Roosevelt D. Anderson Jr., Derwain L. Anderson, Curtis L. Hamilton and Petress D. Hamilton and Rita M. Langworthy.

Friends and family are invited to celebrate the life of Roosevelt Anderson Friday January 3rd, 1997 at New



Hope Missionary Baptist Church 3725 N Gantenbein.

Services will begin at 11:30 AM, interment at Willamette National Cemetery.

Bring Forth The New

Here's wishing each and every one of you reading this a very prosperous, healthy and happy New year. I want to remind you that while this is my sincerest wish for all of us, it will not happen by itself. If you want to be prosperous, healthy and happy you will have to take major responsibility for bringing these conditions into your life. Usually around New Year's many of us make resolutions or promises to ourselves. We're going to stop smoking, lose weight, get in shape, go back to school, get our lives together, sober up etcetera, etcetera, etcetera. Tragically most of us will not keep these well-intended promises. If you can't keep a promise you make to yourself what's the probability you'll keep your word to someone else? Does this mean we should give up and not make promises? Not necessarily. It means we have to take a look at ourselves and what prevents us from keeping our word.

We fail to keep our promises not because we are bad people, weak or we lack integrity or will power. We fail to keep them mainly because we are ignorant of what is required to do what we say we want to do; that is alter our behavior or change our conditions. When we talk about changing our behavior we are talking about changing habits. Habits are actually thoughts, feelings, ways of doing things and responding to life that

we've done so often, we no longer have to think about doing them. We just find ourselves doing them over and over again whenever a certain situation arises. The only way to "break" a habit is to be aware of what you are doing, why you are doing it and consciously substituting another idea, feeling, response or action for the one you wish to alter. In metaphysics this referred to as the Law of Substitution. We must substitute another series of ideas, feelings, physiological responses and behavior patterns for the ones we wish to change. We must do this so often that the new patterns become so ingrained, we do them without thinking.

It usually takes about 21 days of constant conscious repetition to change from one pattern to another. The reason we fail or fall short is because we don't follow through long enough or with enough enthusiasm to impact our subconscious minds, which facilitate the desired change on a much deeper level of consciousness. Change requires thought and determination.

As I have said so often, it is our thinking that makes or breaks us in the game of life. If our thinking is right, our feelings will be right, our health will be right and if our preparations match our thinking, the outcome, in due time will be right. It all begins in our minds with a thought,

or an image of what we want to do, be or have.

What is it you desire for yourself in 1997? Is it better health, improved relationships or more financial security? None of this beyond your grasp. None of this is impossible for you. However, you must realize none of it will happen without serious effort on your part. If you want it, work for it. Be willing to pay the price for it. Be willing to make it a part of you, just like the things you want to change are a part of you. Be willing to put the quality time and energy into your relationships so they reflect the mental equivalent of what you want. Be willing to spend just as much time and energy staying sober as you did getting high. Wishing wouldn't get it. Unwavering faith in yourself and what it is you want, coupled with planning, decisive actions and perseverance will forge your dreams into reality.

I say make your promises and resolutions. Think big and boldly and call forth those things that are not as though they were! Do it with faith, put in the required mental energy, emotional commitment and repetitive actions to make them part of you. Make success your habit. Believe in yourself and the power residing within you that can transform your life into something beautiful, wonderful and fulfilling. Unveil a new you 1997.

Coping-Superstitions are dangerous

BY DR. CHARLES FAULKNER

When was the last time that you got nervous when a black cat crossed your path? When did you last go out of your way to avoid walking under a ladder? Or, threw salt over your shoulder for good luck? Or got scared when you broke a mirror (because you expected to have seven years of bad luck)? Or, finally, avoided dating someone because they were born under a different astrological sign?

Is it really true that you will have bad luck if a black cat crosses your path? Many people think it is. Some people become terrified if they spot a black cat a block away. Are you one of those individuals? Why do you believe this, or any other superstition, to be true? If you believe in superstition it is likely that your parents did too and they taught it to you.

But there is no evidence to support any superstition or so-called "bad luck". If something uncomfortable happens, people who believe in superstition think that it was caused by something that they did and this increases their fear. But non-superstitious people simply attribute it to

chance or coincidence, and go fearlessly about their business.

Superstitious people believe that some evil being is able to watch everyone on earth, at the same time. This "being" keeps careful records, they think, of every broken mirror (he [it?] must have the largest computer--or file cabinet in existence) and it punishes every individual who has the misfortune of breaking a mirror. If you break 10 mirrors, over a lifetime, your entire life will be total torment, so the superstitious think.

But people whose parents did not believe in superstitions, don't believe in them either because their parents never taught them to be afraid of their own behavior. They live perfectly normal lives. And they have great advantage of not being nervous when they see a black cat, or walk under a ladder, or have to live through Friday the 13th, or break a mirror, or do any of the other things that are suppose to mysteriously make their lives miserable.

No one has ever proven that there is any connection between your behavior and any supernatural being. Don't forget that billions of people

who live in other countries have never heard of these superstitions and would laugh at you if you crossed the street to avoid having a black cat cross your path.

Millions of people are manipulated by others who tell them how to remove their "bad luck". They often become wealthy by selling you a trinket, button, a piece of cloth, or anything that they can make you think will solve your problem and "chase away evil spirits". These people are unscrupulous. They know that this "stuff" will have no effect whatsoever.

If you are superstitious, you have given control of your life to someone else simply because you have accepted the myths. These myths may have been accepted hundreds of years ago by people who did not understand science. It is now time for you to take control of your own life; stop being controlled by others and drop these silly superstitions from your life.

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



CRIME STOPPERS Mail Theft

The U.S. Postal Inspection service in cooperation with the Portland Police Bureau and Crime Stoppers, is asking for your help identifying and apprehending the person or persons responsible for the theft of mail. The mail is commonly stolen from residential letter boxes.

Most mail thieves are looking for checks that can be altered and cashed to support drug habits. They may also be looking for cash, and boxes of new checks.

Mail theft is a growing problem. According to police bureau statistics, the number of reported cases in Portland has grown from 92 in the year 1992, to over 650 cases in 1995. For the first six months of

1996, over 380 cases of mail theft were reported.

Many mail thefts can be prevented. The postal service says never send cash through the mail, retrieve your mail from the mailbox as soon as possible after delivery, and never leave outgoing mail in the box with the red flag up.

Notify the post office of address changes, and if you plan on being out of town, ask the post office to hold your mail.

Rewards are available if you have information which leads to the identification and arrest of anyone responsible for stealing mail, and you can remain anonymous. Call Crime Stoppers at (503) 823-HELP.

Friends of Trees training

Friends of Trees is offering an educational training session for those people interested in leading volunteer planting crews at Friends of Trees' tree planting events. The training will be held on Saturday, January 11th from 8:30am to 1:00pm. The free session will take place at the Smile Station, 8210 SE 13th Ave. Refreshments will be provided.

Participants in the training session will learn how plant trees properly, supervise volunteers, and respond to homeowners' questions on tree care.

There will be a tree planting demonstration, as well as opportunity for hands-on instruction. Because some outdoor activity is scheduled, those attending the training are asked to dress for the weather and bring work gloves.

Tree planting is a fun and rewarding activity for anyone, and becoming a Friends of Trees Crew Leader brings even added sense of accomplishment. No prior tree planting experience is needed to become a Friends of Trees Crew Leader and an essential part of one of the nation's Best community tree planting organizations.

Those wishing to participate in the Crew Leader Training, or volunteer in other ways with Friends of Trees, should call 282-8846, ext. 13.

The Roofing Recycling Center open

The Roofing Recycling Center (a division of Wood Waste Reclamation, Inc.) has opened their used asphalt roofing shingles recycling yard. They accept used (tear off) asphalt roofing shingles for the purpose of recycling. The Roofing Recycling Center is the first and only approved recycler of used asphalt roofing shingles/roofing felt in the Portland, Oregon Metro area. This adds the 5th largest percentage of construction waste (Roofing) to the list of items that can now be recycled in the Portland Metro-

politan Region.

Now, everyone can recycle used asphalt roofing shingles and roofing felt, plus do it for less money than normal disposal. Everyone wins by going to The Roofing Recycling Center. The roofing doesn't go to a landfill, it's recycled and businesses and residents save money by recycling. This is one time when recycling does pay, in "real" dollars.

The Roofing Recycling Center is located at, 6637 S.E. 100th Ave., Portland, Oregon 97266. Call (503) 774-6939; fax: (503) 774-7037

International Telephone Scam Targets U.S. Consumers

A new telephone scam deceiving people into calling high-coast numbers in the Caribbean is targeting users of pagers, fax machines, voice mail boxes or the Internet. Since September 1996, thousands of pager users have received urgent messages to dial a number in the 809 area code. "When people call, they hear a long, rambling message that never connects to a real person," explains Kelly Hola, president of World Class Communications.

"The scheme is the latest in a never-ending series of attempts by con artists to line their pockets by tricking unsuspecting people into dialing a recorded message that offers no real value," says Rich Petillo, AT&T corporate security manager. "It's not just pagers and answering systems that are affected," adds Hola. "Fax-on-demand systems and electronic mail servers are also begin infiltrated."

"The real problem with this scam is the cost of the call--about \$25,"

ber is actually a 900 number somewhere in the Caribbean.

In addition to the 809 area code, consumers should be wary of messages that promote a return call to any of the following area codes: 242, 246, 268, 345, 441, 664, 670, 758, 767, 787, 868, 869 or 876. These are listed by AT&T as originating offshore and are targeted as warnings for possible telephone scams.

"Basically, anyone who uses a telephone, pager or electronic mail should watch out for suspicious activity," warns Hola.

World Class Communications has been serving the Seattle area since 1926 and has a proactive system in place to protect their clients from possible fraudulent calls from the Caribbean or other countries.

If consumers suspect they are victims of the "809 scam" or any other form of telephone fraud, Hola urges them to contact their telephone company or long distance carrier.

For more information contact



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In charge.

Cheryl Carter.

Ask Cheryl Carter how she likes to conduct business and she'll say, "My way." So when Cheryl called to tell us she wanted her bill to be the same amount every month, we averaged her payments out over the year. And because Cheryl dislikes the hassle of mailing her monthly bill, she signed up for automatic payment. On the same day, each month, the amount Cheryl owes is automatically deducted from her checking account. It's faster and easier than, say, giving a hound like Chauncey the suds.

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