

Family Living

The Portland Observer

Birth Announcements

La'Quon Lawrence Damond Collins

Male; Feb. 14, 1997
7lbs 6 oz., 20 inches

Mother: Katachia Thomas
Father: Lawrence D. Collins.

Cassandra Elyse Hill

Female; Feb. 15, 1997
6lbs 15 oz., 20 inches

Mother: Carolyn A Almgren
Father: Leonard E. Hill

Dakota Nisel Daniel

Male; February 06, 1997
6lbs 8 oz., 19.5 inches
Mother: Rhondalyn Jeweline Daniel

Jailin Jamere Gage

Male; February 12, 1997
7lbs 14 oz., 20 1/2 inches
Mother: Deborah L. Riley
Father: Johnnie W. Gage

Laurence Esme Rasaphangthong

Male; February 12, 1997
Mother: May Saetern
Father: Bounmy Rasaphangthong

Program to help family caregivers

Are you caring for a relative or friend? Come and share the gracious gift of gentle touch. Join Legacy pastoral Care staff Evelyn M. Gerardo, L.M.T., and Fr. Nicholas M. Christiana, H.H.P., as they share a hands-on approach to health and wellness using gentle touch and sit-

ting massage techniques.

"Touching The Healer Within," is an education designed for family caregivers and will provide you with an opportunity to: Affirm the healer that you are.

Explore simple movements that will provide relief and support for

you and the person from whom you provide care.

Learn about resources to help you relax and renew.

"Touching the Healer Within" will be held on Thursday, March 13, 6:30-8:30 p.m., at Legacy Meridian Park Hospital, although there is no

charge to attend the program, pre-registration is required.

Please contact Legacy Referral Service at (503) 335-3500 for more information or to register. This program is sponsored by Legacy Community Health Education & Support Services.

Childwatch: the secret is never giving up



BY MARIAN WRIGHT EDELMAN

In a city where not much is working for children, the City Lights School in Washington, D.C., is a beacon of hope and an example that local initiatives do work to give children with troubled pasts a better chance for a brighter future.

The school, founded in 1982 by the Children's Defense Fund, was established to educate and treat youths who have emotional and behavioral disabilities. The young people who attend City Lights have journeyed through foster homes, the public school system, the courts, and a multitude of juvenile facilities, and are considered "high-risk," "emotionally disturbed," and "delinquent." They are the ones everybody else gave up on, and, for the most of the, City Lights is their last chance.

"City Lights is an oasis," says Ron Pettiway, who has been the school's executive director for the past two years. "This is where they stop to prepare for their next step. If many of these youths didn't stop here to prepare, they would be either incarcerated or dead, these are the children who are trying every day to resolve difficult issues and conflicts in their lives. Most of them come from broken homes and are economically disadvantaged."

City Lights is now an independent, nonprofit school with four major components: Education, psychological counseling, substance abuse prevention and treatment, and job training and skills development. Each student has his or her own "team," with a social worker who designs an individual treatment plan, a teacher, assistant teacher, and a foster grandparent. The social worker works with the student's family and community-based organizations to mobilize whatever resources he or she needs. In addition to classrooms, City Lights has a resource room for students with academic problems, an independent living center with kitchen and laundry facilities, and a library.

Over the past 15 years, the school has served about 2,000 students, most of whom are Black. Students attend the school for an average of two years, having been referred by courts or the public school system. More

than three-quarters of the students have histories of delinquent behavior, more than half have already spent time in a juvenile facility, and a third have been patients in a psychiatric hospital. One in six have children of their own.

But the good thing about City Lights is that, through persistence and a lot of love from an extraordinarily caring staff, it enables these young people to move on to productive lives, despite their rocky backgrounds. A recent survey found that nearly half of the students who had attended City Lights were continuing their education, working, or participating in vocational training one year after leaving. And although 82 percent of the students had been arrested before enrolling, only 20 percent were incarcerated one year after leaving. Attendance is 75 percent.

"I can't explain the joy I get when I bump into my former students at a supermarket or on the street and they say 'Hey Mr. Pettiway, I'm working now,' or 'I'm married,' or 'I'm not doing drugs or selling dope anymore,'" Ron says proudly.

I understand Ron's excitement. A year ago, I had the pleasure of handing an Outstanding Recognition Award to Gwen, a student who only two years earlier had entered City Lights as a drug user who was constantly in trouble with the law, and Jayree, a Nigerian immigrant,

who fled a bloody war in his country and became a ward of the District of Columbia. Through the efforts of city Lights, and their own self-determination, Gwen and Jayree were able to put their difficulties behind them. Gwen earned her GED and landed a job as a receptionist at the school.

"The reason we have success stories like these is that we never give up on anybody," says Ron. When a student doesn't show up at school, we'll go to his or her home to find out why. If a student has specific needs, we try to find out what those needs are. We want them to succeed, and we expect them to succeed."

Ron says that young people are more violent and more disturbed today than they were 10 years ago. Drugs, guns, joblessness and even more broken homes, make the challenges he faces more difficult than ever, he says. "When we first started, many of the kids who came to us might have been from broken homes, but their grandparents were a strong part of their extended families," Ron says. "Those grandparents had worked all their lives, bought homes, and were successfully retired. Nowadays, many of the grandparents are in their 40s, the parents in their late 20s, and the children 14 or 15. Parents are more likely to lack important parenting skills, because there hasn't been the necessary modeling."

But with schools like City Lights and role models like Ron Pettiway and his staff, more of the young people who need guidance will get it. Just imagine how many of our children would be rescued if there were more people and more schools that refused to give up.



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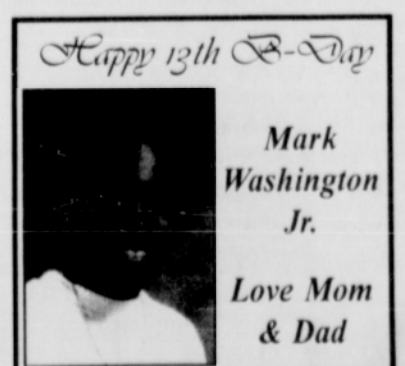
The Portland Observer

Take The Bite Out Of Winter's Chill

The rain, wind and cold weather associated with Oregon winters can be burdensome for everyone, but the also may be life threatening. An estimated 130,000 Oregonians could be living in homes without heat this winter. To help, Portland General Electric (PGE) has teamed up with Oregon HEAT, an independent, nonprofit organization that raises funds to pay for people's energy bills.

This is the fifth year that PGE and Oregon HEAT have worked together to meet the needs of families in crisis due to unemployment, accidents, sickness and other unforeseen circumstances.

"Most Oregon HEAT beneficiaries are single-parent households with children under the age of five or senior citizens on fixed incomes," said PGE's Customer Resources Representative Lynda Tatum. "Since no one should have to choose between heating and eating, Oregon HEAT steps in and helps pay overdue utility bills and makes sure that these families have heat throughout the winter." PGE also offers home weatherization assistance and education on how to reduce energy consumption. For more information or to make a donation, please call Oregon HEAT at 503-612-3790.



Happy 13th Birthday
Mark
Washington
Jr.
Love Mom
& Dad



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FOOD & DRUG

Look For Your
Safeway Weekly
Shopping Guide

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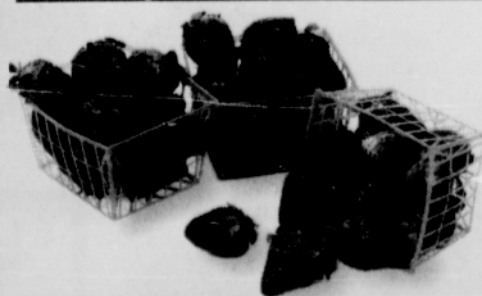
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Roast

• Bottom Round
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of Equal or Lesser Value
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- First 2 with coupon (includes Free One)
- SAVE up to \$2.89

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Dairyland Milk PLU 8003
Skim Supreme Milk PLU 8004
Non-Fat Milk PLU 8000

Limit one item per coupon. One coupon per customer per visit. Not valid with any other coupon or offer. Valid 2/26/97 thru 3/4/97 at your Oregon Safeway. Stores (except Milton-Freewater) and S.W. Washington stores serving Clark, Waukegan, Cowitz, Clark, Skamania, and Klickitat counties. COUPON CANNOT BE DOUBLED.

PRICES EFFECTIVE FEBRUARY AND MARCH 1997

Item	Price	Item	Price	Item	Price
1	2.99	4	2.99	7	1.99
2	3.99	5	2.99	8	1.99
3	3.99	6	2.99	9	1.99

Prices Effective Wednesday February 26, thru Tuesday March 5, 1997

Items & prices in this ad are available at Safeway Stores (except Milton-Freewater) and S.W. Washington stores serving Clark, Waukegan, Cowitz, Clark, Skamania, and Klickitat counties. No cash to orders, restrictions on quantities. Sales in other quantities only. Quantities of some items may be limited and subject to availability. Not responsible for misprints or clerical errors. We reserve the right to correct all printed errors. ©1997 Safeway Stores, Inc.

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