

METRO *Life*

The Portland Observer

SECTION B

Community Calendar

Summer Family

The 1998 Summer Rally and Family Picnic has been rescheduled due to weather, to Saturday, July 11th. It will be at Dawson Park, starting at 1 PM and ending at 8 PM. Better Entertainment Attractions Network's (B.E.A.N.) goal is to provide a community activity that fosters unity and awareness throughout the City of Portland. The theme continues to be "What's Independence Without Justice."

Nature's Northwest

A Community Meeting with Nature's Northwest will be held on Monday, July 13th from 7-9 PM at Albina Branch Library on 3605 NE 15th. Please attend and have your questions answered about the future of this important community development. Call 281-1768.

Dr. Nuriddin

A workshop on Naturopathic Health Care will be presented by Dr. Abdel J. Nuriddin on July 18th, from 8:30 AM till 4:30 PM at the Multi-Cultural Senior Center. A Reception/Program, hosted by the Muslim Community Center of Portland will be held in the evening of July 18th from 7:30 to 10 PM. Call 281-7691.

Imago Theatre

Imago Theatre is holding auditions for its international tour of Frogs, Lizards, Orbs and Slinkys on July 15th at 7 PM at the company's space at 17 SE 8th Avenue. The company seeks physical performers that exhibit the 'depth of an actor, the grace of a dancer, and the timing of a comedian'. Rehearsals begin August 10th. This preliminary session will be a group audition. Call 231-3959.

Chinese Medicine For Men

A free screening offers men an opportunity to learn how Classical Chinese medicine can help them manage prostate and other health concerns. The free clinic is 9 AM to 1 PM on Saturday, July 18th at the Chinese Medicine Clinic of the National College of Naturopathic Medicine. Call 255 7355.

Parking Lot Sale

A Parking Lot Sale will be held on Saturday, July 11th and Sunday, July 12th from 10 AM to 3:30 PM at 3117 NE. Martin Luther King Jr. Blvd. Spring cleaning has arrived. If you have clean usable items that you would like to donate, please call the Project Quest office, we will be glad to pick them up for you.

Northwest Family Services

Northwest Family Services is seeking male actors ages 13-24 for the Promises Drama Troupe, which promotes premarital abstinence to school audiences. Call Rachel Witte at 215-6377. The Northwest Family Services is a non-profit organization which provides educational programs and services to youth and families.

Jazz Guitar

The Friends of Fryon Creek State Park will feature Dan Balmer who is especially loved for his wide variety of jazz guitar sounds. The Forest Music Series will feature the old and the new. This year's music ranges from a Barbershop Quartet to Marimba. All concerts are on Sundays at 2 PM in the Glenn Jackson Shelter during the month of July and August and are free to the public.

Free Health Care

The Naturopathic Clinic says thanks with a free medical visit as a show of appreciation to the community's support for the new westside clinic of the National College of Naturopathic Medicine. Free visits on the teaching shift at the NCNM Natural Health Centers Westside is at 4444 SW Corbett, may be made by calling 916-1040.

YMCA's Leadership and Commitment To Youths

BY JOY RAMOS

Curtis Scott has served as Executive Director of Northside Family YMCA since 1994. He works with youths and the community, two areas where his love lies. Curtis offers them guidance and counsel in three successful programs: Black Achievers, Midnight Basketball League and Y-Wolf.

As an administrator, Curtis involves himself with these kids and brings in outside help from professionals. Together, they serve with heart. It is their intent to model and foster for the youth ways for them to achieve their own future successes.

According to Curtis, "the Black Achievers Program helps students master education. It is designed to push kids forward beyond high school." The purpose of the

"Our goal is to help kids read and challenge them as students,"

program is to set and attain educational and career goals. This is done through mentorships where successful African American professionals job shadow the youth. They can model the attitude and work ethic needed in the business environment. An Annual Recognition Banquet sponsored by YMCA celebrates the employers who generously gave their time and attention to mentor the youths.

Midnight Basketball League is another youth-support program. Games are held on Friday nights at Portsmouth and Whitaker Middle Schools from 7:30 PM until midnight. "We let them have fun and use sports to teach respect and responsibility as a team. These kids get so tired that they don't have anything else to do. It helps them stay off the streets." Sponsors also come out to play. They interact with the youths to inspire leadership and self-motivation in a sports environment.

These basketball games are open to middle



Curtis Scott, Executive Director of Northside Family YMCA

and high schoolers who are between the ages of 12 to 18 years old. For their safety, the Portland Public School Police patrols the area and transportation is provided.

Y-Wolf is the third program. It stands for Youth Working On Leadership and Fitness. This is offered after school and in the summer. It targets at-risk children ages 7 to 11 living in North Portland. "Our goal is to help kids read and challenge them as students," explains

Curtis. The five Christian principles taught are love, respect, honesty, responsibility and service. As a special offering, a residential camp in Oxbow Park is available to them for outside learning and enjoyment.

YMCA is in the works of expanding their programs and building a new facility. To further the YMCA's vision to help disadvantaged youths, the organization accepts monetary donations. For as little as \$25, the pro-

ceeds go towards helping one Y-WOLF participant attend five field trips during the summer. \$1,000 helps 40 Black Achiever youths attend national college tours to prestigious colleges and universities.

As the organization's leader, Curtis Scott is dedicated in providing a good spiritual and practical foundation to build strong kids, families and communities as maintained by YMCA for over 125 years.

How To Reduce Alcohol Use By Oregon Youth

BY BARBARA CIMAGLIO,

DIRECTOR OF THE OFFICE OF ALCOHOL AND DRUG ABUSE PROGRAMS IN THE DEPARTMENT OF HUMAN RESOURCES

We've all seen a newspaper headline similar to this: "Teens killed in a car crash, alcohol a factor." The story below the headline describes a grisly accident scene and quotes friends of the dead youths about what good kids they were. The story ends with law enforcement officials' appeals to other teens not to drink.

Thankfully we don't have to read those stories every day, but even once is too much. The loss of even one young person because of alcohol or any other drug abuse is needless and preventable.

It's precisely for that reason that we in the business of alcohol and other drug abuse prevention work so hard and concentrate so much of our money and energy on stopping young people from drinking.

Drug-related injuries and deaths are among many consequences of under-age alcohol use. Under-age drinking also is closely linked to crime, vandalism, suicide and school-drop-out problems. For example:

- 70% of attempted suicides involve frequent alcohol and/or drug use.

- Researchers estimate that alcohol use is implicated in one-third to two-thirds of sexual assault or date rape cases among teens.

- 40-50% of young males who drowned had consumed alcohol.

It's all too easy for young people under the influence to use poor judgment and put themselves in problem situations. Teen-agers by nature are prone to take more risks and get in harm's way; alcohol just speeds up the process and increases the risks.

Some problems are short-term, one-time occurrences. A group of teens might drink as an experiment just once and knock out a streetlight or drive too fast. However, if they become accustomed to drinking regularly,

they are much more likely to develop behaviors that can lead to life-long problems or to be in situations that produce negative consequences for themselves, their families and their communities.

A study by the University of Washington concludes, in part: "For the developing young adult, drug and alcohol abuse undermine motivation, interfere with cognitive processes, contribute to debilitating mood disorders, and increase risk of accidental injury or death. For the society at large, adolescent drug abuse extracts a high cost in health care, educational failure, mental health services, drug and alcohol treatment, and juvenile crime."

It's been proved that if youngsters start using alcohol before age 14 or if their families have histories of alcoholism, they are four times more likely to have problems when they reach adulthood.

What can we do? A number of things.

One very important prevention tool is family involvement. If parents convey consistent messages that alcohol and drug abuse are unacceptable, use discipline appropriately and support positive behavior, their children are less likely to use alcohol and other drugs.

It's also important that students in school are taught to identify and resist influences to use alcohol and drugs, particularly influences from peers, and to sharpen their decision-making skills.

We can all contribute to solving the problem of under-age drinking. Whether or not we're parents, we can influence young people by being good role models and insisting that under-age drinking be unacceptable in our communities.

If you want information about alcohol and drugs, call the Oregon Prevention Resource Center, 1-800-822-6772. And if you know someone who needs help with an alcohol or drug problem, information is available from my office in Salem at (503) 945-6811 or by calling Oregon Partnership, 1-800-621-1646.

The Salem Art Fair



More than 100,000 visitors can't be wrong-The Salem Art Fair & Festival is one of the Top Ten arts and crafts shows on the West Coast, according to the Harris List. More than 200 top artist from across the country set up their booths in magnificent Bush's Pasture Park in Salem the weekend of July 17, 18, and 19th. Admission is free.

Besides the premier art viewing and shopping, other activities attract the whole family: free entertainment on two stages, Kids' Court, Living History performances on the porch at Bush House Museum, Open Studio for adults and teens to try their hands at various art techniques, two food courts, wine and beer garden, 5K Run/2-Mile Walk for the Arts, and Art Fair After Hours concert by Los Lobos, and more surprises.