

EDITORIAL

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'Back To School': How To Gain More Control

BY DARYL & ESTRALETTA GREEN

Summer is over. These days the alarm rings at 5:30 am. You get out of bed. You wake the kids. No one wants to get up. You lay back down. After you hit the snooze button for the fourth time, you notice that everyone is up. The kids are arguing about who gets in the bathroom. You need to get to work by 8:30. One child can't find her shoes. The other doesn't want to eat cold cereal. You push them out of the house into the car. It's the first day of school. You carefully maneuver through the heavy traffic of stressed parents. Some try to cut in line. There doesn't seem to be much control. You edge your way to the

front of the school. Your son doesn't want to get out of the car. Finally, you arrive at work...late. You try to unwind and make the best of the day. Your boss comes by your office and asks what's wrong. You tell him it's the first day of school. He says he understands, smiles at you, and shuts the door. Does this sound familiar? As much as we hate to admit it, going "Back-To-School" can be very stressful for most families. Children are expected to be nervous. They are moving into new areas of learning and being exposed to different things. Some will need to nurture new friendships. And many parents must also cope with changes. The question that many families face is how to balance work

and family life. Can we really have it all? Americans have become very busy people. Because society teaches us we can have it all, we become frenzied trying to fulfill the American Dream. However, life is really about trade-offs. After many schedule conflicts and misunderstandings, our family came to the conclusion that we could not continue to segment our life as if the other parts did not exist. Managing a family is difficult. It is an ever-compromising, collaborating, confronting, avoiding, and negotiating process. Below are some helpful tips to increase your success in managing your family:

1. Family focus. Create a written family plan to balance your work and family life. 2.

Prioritize. Determine what's really important to your family. This will allow you to better schedule your time. 3. Commitment. Don't overcommit yourself to too many organizations or people. 4. Listen. Set aside time for your children. According to one study, the average parents spends only 15 minutes a day per child. 5. Planning. Allow your children to pick one major activity for the semester. Many parents try to do too much (ballet, soccer, Girl Scouts, etc.) and get stressed. 6. Family calendar.

Establish a family calendar to better schedule events around your family. 7. Refocus. Limit the amount of TV/computer game time that you and your children have. 8. Fam-

ily time. Set aside at least one day a week with your family (quiet time) where you focus on its needs. 9. School time. Schedule planned/unplanned trips to your children's schools. It shows them you care. 10. Physical time. Set aside personal time for exercise. 11. Mental time. Know when you are stressed and take action.

Remember, the home is the basic foundation for our society and strong communities are built by strong families who can properly balance work and family. Daryl and Estraletta Green, Thirtysomethings with children, are national speakers and family advisors. They apply a logical family process sprinkled with common sense and spirituality.

You Can't Escape From Yourself

BY JUNIO RICARDO STANTON

You can't hide from yourself. Everywhere you go, there you are." Lyrics from a Teddy Pendergrass song. Many people mistakenly believe that changing where they live will magically transform their lives. Not so. Yes, a different environment may inspire you to have a different perspective on life, for a while.

However, as the song "You Can't Hide From Yourself" so aptly says, "everywhere you go, there you are." Meaning, you can run, but you can't escape from yourself. Life is designed to be lived from the inside out. We are souls with great creative potential. We have powers of imagination, visualization, will, discernment, the ability to generate emotional force fields within ourselves and create objects, circumstances that we envision in our mind's eye.

We are powerful beings endowed with skills and talents to dominate our personal space and to a large degree our lives. This is how the Creator envisioned and planned it for us. However, we live in a society that promotes blind conformity and un-

critical acceptance of duplicity and deceit it beams at us 24/7/365. We are discouraged from thinking for ourselves, making decisions, or shaping our lives in integrity with our best interests and our highest good. Becoming self-actualized whole people is not promoted.

Too many of us are frustrated, fearful and dissatisfied with ourselves and the quality and tenor of our lives. We have listened to and been seduced by the eurocentric siren song that says, conform, buy, seek life in the external, ignore your authentic self and your soul. Escapism is the order of the day.

We seek escape from the frustrations, dissatisfaction and alienation that characterizes our oppression. We defect from sanity and liberation retreating into consumerism, shallow relationships and mood altering substances. However, when we experience a glimpse of sobriety and reality, we realize that our lives haven't changed or improved, so we take more drugs, enter into yet another debilitating relationship, or we purchase additional gizmos and gadgets thinking they will bring us joy and happiness. It becomes an

unending cycle.

The only people who benefit are the dope pushers, retail stores, charlatans and con artists of all stripes and sizes. If life is designed to be lived from the inside out and you desire a better life, where is the obvious place to make changes and improvements? On the inside, of course! Stop and think about your life. What it would take to make you really happy? Is it a new house, a new car, Big Willie lifestyle, "power" and status in the eyes of the community? Guess what, there are countless people who have all that and they are still miserable. Why? Because they haven't realized that the genesis for happiness lies within. If you hate yourself, moving into a stately man-

sion will not keep you happy for long. Nor will having five or six cars, a fat bank account, fine women or handsome men depending upon you.

It all boils down to you. You could travel to paradise, but if you have self-negating belief and value systems, low self-esteem and hate anyone who remotely resembles you, you will not enjoy it. You see everywhere you go there you are. If you desire true happiness and peace of mind it can only be found on the inside. First you need to change your focus. The universe is mental. Energy follows thought. Does that mean what we see doesn't exist or is an illusion? No. It just means that mental/spiritual energy undergirds all matter. If you re-

ally desire change in your life, you must first initiate lasting change in your inner mental world. Life is what you say it is and what you make it. Do you have absolute control over everything in your life?

No. But you do over how you define and respond to everything in your life. You don't have to be a puppet dangling on the stings of outward circumstances or convention. Redefine yourself to/for yourself. You are far greater than you realize, you are immensely more talented and resourceful than you imagine. Get to know the real you. Discover and actualize your hidden potential. Love, honor and respect yourself. This way everywhere you go, you'll find/bring real love, respect and honor.

Get The Lead Out Now Conference September 9th

Because of advances in treatment and media attention focused on the health risks of lead, there is a new, more public awareness of the dangers of lead poisoning in housing. This awareness has resulted in a coalition to provide information and resources to landlords as a crucial player in lead abatement solutions.

The coalition is planning a comprehensive seminar on lead abatement strategies for landlords and property managers to be held September 9th at the Oregon Convention Center. This seminar is further proving that Portland is an innovator and model for the rest of the country. It is rare that regulators and the regulated can come together to work to address a common concern!

This coalition is comprised of the Housing Authority of Portland, landlord associations such as

Metro Multifamily Housing Association and the Oregon Rental Housing Association, the Multnomah County Health Department, the City of Portland through various bureaus, and my involvement representing the Portland Housing Center.

To register landlords or property managers for the Conference, call either Metro Multifamily Housing Association at 503/226-4533 or the Oregon Rental Housing Association at 503/249-1728. Renters or homeowners who have questions about lead abatement can call the Multnomah County Lead Poisoning Reduction Unit at 503/248-3842, ext. 245.

Please help get the word out so that we can get the Lead Out Now! Victoria Anderson Landlord Tenant/Fair Housing Specialist Portland Housing Center 503/282-1964

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Just think: Your son is bright, healthy and headed for college one day. You love the direction your career has taken. You're doing a lot of the things you planned and even a few you didn't. Living life to the fullest is easy when you have family behind you. American Family Mutual Insurance. Call and talk to one of our helpful, friendly agents. You'll find out why we're consistently rated A+ (Superior) by A.M. Best, the insurance rating authority. Then, go on Dream. Plan. What you do next is up to you and we'll be here to help you.

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