

## Is Your College Student Prepared To Leave Home?

Is your son or daughter preparing to leave the "nest" and head for college for the first time? With all the excitement surrounding the new student's first-time trek away from home, insurance issues are often overlooked.

"College students often bring with them valuable items such as stereos, expensive cameras, TVs and personal computers. If you own your home or even if you rent, you may be pleasantly surprised to learn that both homeowner's and renter's insurance policies provide coverage for most - if not all - items students take to college, whether they are staying in a dorm or renting an apartment," says Krista K. Fischer, AAI, CPIW regional manager for the Western Insurance Information Service (WIIS).

According to Fischer, "homeowner's and renter's policies typically cover property stolen away from home, usually up to 10 percent of the contents coverage."

For instance, you may have insured your home for \$100,000

and your contents for \$60,000. That will most likely mean that your student's belongings away from home will be covered up to \$6,000 (10 percent of the content's coverage selected) - minus the policy's deductible (usually between \$250 - \$550).

According to WIIS, a nonprofit, consumer insurance information organization, some companies now provide up to \$5,000 coverage for a personal computer, but it may not be covered if it's not at the residence. There are also certain dollar limits on some kinds of personal property such as jewelry, watches, cash or furs. So be sure to check with your insurance agent to determine the specifics for any items not covered under your homeowner's policy.

Parents might also be able to take advantage of substantial automobile insurance discounts, according to WIIS. (Some companies offer parents discounts of up to 20-25 percent for students more than 100 miles away from home without a car in their possession.

Again, WIIS advises consumers to check with their insurance agent or company representative.)

For free brochures on homeowner's insurance, renter's insurance, auto insurance and more, contact: WIIS, 11855 SW Ridgecrest Drive, Suite 107, Beaverton, Oregon 97008, (800) 457-8713 or (503) 643-6355 in Portland, OR. E-mail address: [wissor@teleport.com](mailto:wissor@teleport.com). In addition, members of the WIIS Regional Speakers' offer free presentations on a variety of insurance and loss prevention issues. Speakers show films, distribute educational materials and present information in a non-commercial atmosphere. For more information on the speakers availability, contact the WIIS office.

WIIS is a non-profit, non-lobbying, insurance consumer education and communication organization supported by property/casualty insurance companies. WIIS has been serving customers in ten western states since 1952.

## Team To Oversee Strategic Planning Process For Portland Schools

Members of a team that will oversee a comprehensive strategic planning process in Portland Public Schools were announced today by Superintendent Ben Canada. Business, civic and community members, religious leaders, teachers, parents, students, school staff and board members make up the new strategic planning core team. They will take part in a year-long process, facilitated by a national education consulting firm, which will help plan the school district's direction and priorities for the next several years. Phase One of the process, held last spring, include information and "speakout" sessions with staff and the community to gather ideas and suggestions for the strategic plan. Phase two begins September when core team members receive a summary report on that speakout process, as well as more detailed information about the school district. The team will develop a mission statement, identify core values, and recommend measurable objectives and key strategies for the district. Beginning in October, action teams will be named to develop specific strategies and plans designed to achieve the district mission. The core team will review the action teams' work and recommend a plan to superintendent. The district's planning process will conclude when the school board approves the strategic plans of

action, and allocates resources needed to begin implementation of the plan. The district's strategic planning process is co-sponsored by Portland School District and Portland Public School Foundation. Members of the planning core team are: Business and community members: T. Allen Bethel, Okianer Christian Dark, Phyllis Edmundson, James Francesconi, Maria Elena Hawkins, Tony Hopson, Al Jubitz, Diane Linn, Rev. Jim Moiso, Rabbi Manny Rose, and Larry Sears. (One business representative is yet to be named.) Parent representatives: Mary Ann Fitzgerald, Donna Gallagher, Sharianne Hager-Warren, David Stern and Duncan Wyse. Teachers: Mark Elliott, Irvington Elementary; Lori Flowers, Whitaker Middle; Kathryn Fitch, Lincoln High; Mark Downing, Special Education. Principals: John Withers, Atkinson Elementary; Janet Kaishita, Binsmead Middle; Bonnie Hobson, Roosevelt High. Other district staff: Ben Canada, superintendent; Pat Burk, assistant to the superintendent; Bob Anderson, MLC custodian; Shauna Adams, Title I family involvement coordinator; Val Jack, PFTCE president; Richard Garrett, PAT president. Students: Tyler Joki, Wilson High; Araceli Reyes, Roosevelt High. School board: Ron Saxton, Sue Hagmeier.

## BACK TO SCHOOL Safety Tips

- 1 Prepare young people for emergencies by enrolling them in a Red Cross *When I'm In Charge* or *Babysitting* course.
- 2 Walk school bus routes with children to identify safe walking and crossing places, traffic signals and crossing guards.
- 3 Remind children to never play in the street while waiting for the school bus.
- 4 When exiting a school bus, children should wait until the driver signals them, then walk 10 steps in front of the bus so the driver can clearly see them.
- 5 Prepare for fall sports by getting a pre-season physical, always warming up and cooling down and taking Red Cross *Sport Safety Training*.
- 6 Keep a list of emergency contacts handy for children if they will be home alone after school.
- 7 Teach children to keep doors and windows locked and to never open the door for strangers.

## Drivers' Education - Earning The Keys To The Car!

Make a good investment in your teenager. Give him or her the opportunity to become a safe and conscientious driver...and then give them the keys to the car! Learn defensive driving techniques and emergency maneuvers in 30-hour Driver Education, a multi-week non-credit class at Portland Community College's Sylvania Campus during your choice of four class times, most starting Saturday, Sept. 25.

Auto accidents are the leading cause of death for young Americans, and driver error is the cause of most traffic accidents. This course, offered by PCC in partnership with Oregon

Driver Training Institute, reduces risk by including six hours each of observation and behind-the-wheel training.

Best of all, you may qualify for an insurance discount upon completion of the course.

Contact your insurance company to find out if you qualify.

**Sign up for your choice of three class times:**

- Saturdays, Sept. 26 - Nov. 20, 9 a.m. to 1 p.m., Room HT 324 at Sylvania Campus.

- Saturdays, Sept 25 - Nov. 20, 1 to 5 p.m., Room HT 324 at Sylvania Campus.

- Monday and Wednesday evenings, Oct. 4 - Dec. 1 (nine weeks), 9:30 a.m. to 1 p.m., Room 103 in the SCB building at Sylvania Campus.

You can also take the course in Northeast Portland on Saturday, Sept. 25 - Nov. 20, 9 a.m. to 1 p.m., at the Portland Metro Workforce Training Center, located at 5600 N.E. 42nd Ave.

Cost is \$285, payable to ODTI at the first class. All classes require an Oregon Learner's Permit. Sylvania Campus is located at 12000 S.W. 49th Ave., Portland. For a flyer with detailed information, call PCC Community Education at 731-6618.

## Oregon Arts Commission Awards 1999-2000 Grants

The Oregon Arts Commission has awarded \$984,218 in grants to 99 arts organizations across the state. Local communities match all funds. "The Oregon Arts Commission is pleased to provide grant funds to such a wide range of arts groups in Oregon," said Commission chair Mike Lindberg of Portland. "Our state is home to many of the West's most accomplished cultural organizations. From Enterprise to Coos Bay, they are contributing to our quality of life and enlivening local communities. Arts

Industry Development Grants totaling \$608,000 and supporting the operations of the state's largest nonprofit arts groups were awarded to more than 80 organizations. These grants allow more Oregonians to access arts programming in dance, visual arts, theatre, music and literature. Citizen review panels chaired by a member of the commission evaluate applications for each of the Arts Commission's grant programs. Review criteria are published for each program and include an assessment of artistic

merit, management practices, public access to arts program and the need within a community, according to D'Arcy. The Oregon Arts Commission is a program of the Oregon Department of Economic and ensures their excellence. A nine-member commission appointed by the Governor oversees policies and program. Funding comes from Oregon General Fund dollars, appropriated by the Legislature, the National Endowment for the Arts and income from publication sales and services.

## Alternative School Contracts Approved

The Portland Public Schools approved 18 contracts with Alternative School Providers. These Alternative Schools serve approximately 1580 students who would otherwise drop out of the educational system. The programs are designed to recapture those students and help them continue their learning in a classroom.

26 proposals received from 19 vendors were independently evaluated on both technical and financial criteria. The 18 contracts are expected to cost approximately \$6.7 million in the coming school year.

The programs that were approved are: Open Meadow Learning Center

Mt. Scott Park Center for Learning  
Salvation Army Green House  
Urban League Street Academy  
Janus Youth Programs - Youth Employment Institute  
Portland Opportunities Industrialization Center  
Pathfinder of Oregon  
Quest Schools  
OCHA Oregon Council for Hispanic Advancement  
AYOS Albina Youth Opportunity School  
Ecumenical Ministries of Oregon  
Janus Youth Programs-Pregnant and Parenting

## Mayor Proposes New Truancy Ordinance

The City of Portland will be doing its part to ensure children stay in school under an ordinance being proposed by Mayor Vera Katz. Under the new truancy ordinance minors between the ages of 7 and 18 who haven't completed 12th grade cannot be on any street, highway, park, alley, or other public property during regular school hours.

"Our mission is not to punish children, but to ensure they get both the education and social services they need," said Katz. "The fact it is important for children to complete at the very least their high school career if they want to be able to make it in the market. There are also a lot of children out there who simply need our help getting off the street. My hope is that this ordinance helps us accomplish both goals."

Last year the Portland Police Bureau, Portland School Police, Multnomah County District Attorney's Office, Multnomah County Corrections, Salvation Army Greenhouse, and New Avenues for Youth conducted a joint mis-

sion to deal with truant youth in the West Side Drug Free Zone. The pilot project found that many of the youth used illegal drugs, some became victims of crime, and nearly half were living without a parent or guardian.

The new ordinance gives police officers authority to pick up any youth in violation and take them either back to their school or to New Avenues for

Youth, a social service agency contracted by the city. Exceptions include if the minor is absent with the schools permission, but not expelled or suspended; authorized by the parent or guardian to take part in a lawful activity elsewhere; or is an emancipated minor.

Currently, the State of Oregon's compulsory school attendance law has no immediate sanction for juvenile violators.

## Learn Your Way - Online At PCC

Looking for a way to gain Internet skills? What better way than to get them online. Portland Community College Community Education Online Learning is sponsoring classes on Web publishing, creating Web graphics, and how to troubleshoot problems with a personal computer.

Self-paced non-credit classes

begin monthly, and are designed to assist anyone who needs to upgrade skills, but finds it inconvenient or impossible to participate in a traditional classroom setting.

Students ask questions over the Internet via e-mail, and then receive their responses, lessons and assignments the same way. Interactive demonstrations and bulletin boards posted on the World Wide Web provide the electronic "classroom" for learning and sharing information.

Cost varies per class. Contact PCC Community Education at 731-6650 for an informative brochure. Or point your browser to <http://www.pcc.edu>, to see the classes, the costs and how to get started.

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## Volunteers Needed!

### End Domestic and Sexual Violence

The Portland Women's Crisis Line is seeking dedicated women to answer our 24 hour a day crisis line and to provide additional support services for victims / survivors of domestic and sexual violence.

PWCL provides an intensive 46 hour training over a three week period beginning September 14, 1999.

For information and an application call Eden at 232-9545.

Senior Women and Women of Color are encouraged to apply!



### HEALTH FOCUS

**James L. Phillips, M.D.**  
Baylor College of Medicine  
Houston, Texas

Summer vacation is over. It is now time for children to put away the swimsuits, and open up the textbooks.

Sometimes those first days of school can be a difficult adjustment for children. The following techniques will help children get back in the school swing of things:

- Make sure they eat a good breakfast every morning.
- Figure out a good morning routine.

### It's time to hit the books

- Make sure children are getting plenty of sleep.


According to child psychiatrists at Baylor College of Medicine in Houston, insufficient sleep causes most of the day's experiences to be stored inefficiently in the brain, making it harder to remember lectures and interactions with teachers. It is wise to stick to an appropriate bedtime and wake-up routine for the first few weeks of school to make sure the child is getting plenty of rest.

Speaking of good routines, it is important for children to develop a good homework routine the first day of school. This will lay the foundation for good study habits the entire school year. It helps if parents will sit nearby the child and do some

work of their own. This way you show them how to do homework.

It's also important to make sure your child is properly immunized against chickenpox, and other contagious diseases before heading back to class. A child who is not properly vaccinated could become severely ill and miss several days of school, causing them to fall behind in their studies.

A parent's attitude plays a big part in how a child will feel about school. It's important for moms and dads to build up their children's excitement by emphasizing that school will open a new world of adventures, and provide better opportunities for a successful career when they become adults.



# SEPTEMBER

**The Henry Cooper Blues Band**  
CD Release Party · Thursday, September 2 at 7pm

**Alisa Wolfe Band**  
Thursday, September 9 at 7pm

**Evening with an Author**  
Featuring Joanna Rose  
with a Deli Buffet and Edgefield Wines  
Wednesday, September 15 at 7pm  
\$35 per person · 21 and over

**Battle of the Bands: Round 3**  
Steve Bradley vs. The X Angels  
Thursday, September 16 at 7pm

**John Coltrane's Birthday Bash**  
Historical Tribute featuring  
Saxophonist Brian Dickerson  
Thursday, September 23 at 7pm  
Birthday Cake and Sweet Potato Pie

**An Evening in Autumn**  
Music by Chatta Addy · Thursday, September 30, 6pm

McMenamins Kennedy School  
5736 NE 53rd - Portland, Oregon · 249-5985  
All ages welcome unless noted · No cover charge unless noted