



Family Living

Remember April 17th is deadline for tax returns - 2 extra days from Uncle Sam

Prescription drugs available at low cost

CONTRIBUTED STORY FOR THE PORTLAND OBSERVER

Is your medication too expensive for your budget? If so, information in a new booklet might help.

Financial Assistance Network in Washington, DC has just published a 32-page booklet, "2000 Annual Directory of Free & Low Cost Prescription Drug Programs". The

recently updated booklet gives information on how and where to get free & low cost prescription drugs.

"Many major companies provide free or low cost medication, but rarely, if ever publicize the programs," says Paul Nevestad, founder of Financial Assistance Network. "We've published an A to Z listing of all the drugs that are available to certain qualified groups for free or at very

low cost directly from the manufacturer."

Consumers can receive a copy by sending \$5 to cover the printing, postage and handling to: Financial Assistance Network, Prescription Drug Booklet Offer, Dept. PDB-402-1, P.O. Box 60848, Washington, DC 20039-0848 or at the Financial Assistance Network web site: www.financialassistancenetwork.org

200 to attend Civil Rights luncheon

CONTRIBUTED STORY FOR THE PORTLAND OBSERVER

Local elected officials, civic leaders, housing advocates and housing professionals will convene at a Fair Housing Luncheon on Monday, April 17, 2000 at the Smith Center Ballroom on Portland State University campus.

The luncheon, scheduled in April to celebrate National Fair Housing Month, will feature fair housing expert Professor Robert Schwemm who will discuss the civil rights of people with disabilities in housing.

Professor Schwemm, the Ashland

Professor at University of Kentucky College of Law and the author of Housing Discrimination: Law and Litigation, is widely regarded as the leading legal thinker on the subject of fair housing.

A dynamic speaker, Professor Schwemm has written and lectured extensively on fair housing litigation. Professor Schwemm has been plaintiffs' counsel in several landmark housing discrimination cases, including two in the U.S. Supreme Court: Village of Arlington Heights v. Metropolitan Housing Development Corp (1977) and Gladstone, Realtors v Village of Bellwood (1979).

During the past five years in Oregon, fair housing complaints based on disability have gone from the fourth to the first most common type of complaint. Although it is difficult to know all of the factors contributing to the rise in complaints based on disability, one factor that contributes to the rise in complaints is the increased number of people with disabilities who live independently in our communities.

The luncheon begins at 11:00 a.m. a The registration fee for the luncheon is \$25. To obtain registration information, please call (503) 412-6000.

Chief from page 1

incentives for officers to report misconduct and where they are required to report incidents accurately and truthfully. Doing this would go a long way in instilling ethical conduct in the police bureau. Another improvement to the system would be to establish a review committee made up of officers that conduct ongoing evaluations, and updates of departmental regulations, submit studies regularly, and stay informed of new methods and technologies used by the police force.

The question of how to hold police officers accountable when they abuse civilians has been a thorn in the side of the Portland police bureau and community at large. Many have been dissatisfied with how cases of police brutality and misconduct are handled within the police administration's Internal Affairs Division. The Police Accountability Campaign 2000 (PAC2000) has petitioned an initiative to have an independent 13-member civilian review committee appointed by City Council to investigate complaints of alleged police misconduct and recommend disciplines to the Chief. Furthermore, the committee may require the Police Bureau to make changes in policies, practices, training and procedures. A bolder move would be to have a civilian review board completely replace the bureau's investigative body. Instead of the board being completely independent, the committee could consist of the mayor, police commissioner, representatives of city council and civilians who represent the demographic makeup of the community. Hearings on complaints could be handled within 90 days of the complaint given and its results made available to the public. Dealing with the substantial under-representation of African Americans and Hispanics within the police force, Chief Kroeker proposes to put people in positions that merit the job and who are best qualified. "We want to go all out. We need the help of various minority communities to help us find qualified people to join the Portland police. The environment in the Portland Police Bureau is a good environment for them," he announced. His goal is to aggressively seek out police officer candidates to fill the 57 vacancies within 9 months.

Before hiring these new candidates, a more stringent recruitment standard should be in place where a prospective police officer be considered in three areas:

1. Education level, physical-fitness level, and the psychological ability to handle the stresses of police work.
2. Experience in urban areas where there is sensitivity to race and their issues.
3. Psychological testing that determines such things as temperament and prejudices. Improving relations between police and community to build strong

partnerships is a need that Chief Kroeker endeavors to achieve. He further adds, "Community policing depends on relationships that go deep with commitment to one another and trust and understanding and respect for one another." Broadening his vision some would mean rotating the police officers through the various community policing centers as part of their probationary experience.

Chief Kroeker regards community involvement with the police as an "untapped energy." More could be done in his assessment if 10% of the city's population of 513,000 would volunteer as neighborhood block captains or serve in different volunteer

efforts working with their police department solving problems together.

Despite all of Chief Kroeker's best intentions outlined for the city, will he deliver on them? The jury is out on that. Attorney John L. Burris has said "Change must come from the heart before it can be manifested on the street." This applies to Chief Kroeker if he is going to demonstrate effective leadership to make positive changes needed within the Police Bureau and out in the community. His challenge is set.

The city now awaits the demonstration of the chief's ability to deliver his heartfelt message.

Domestic violence on the rise

CONTRIBUTED STORY FOR THE PORTLAND OBSERVER

Domestic violence is so common in Multnomah County that their partner in the past year abused one in seven women between the ages of 18 and 64. Women in all age, racial and income groups are affected. That and other findings are included in "Domestic Violence in Multnomah County," the first study of the occurrence, nature and effects of domestic violence in the county, which was recently released.

The report is based on a recent telephone survey of 739 women ages 18 to 64 in Multnomah County. The survey focused only on episodes of physical and sexual violence between intimate partners, including married couples, partners living together, and couples dating.

The findings, which are consistent with a 1998 statewide study, include:

Domestic violence affects all women. Most abused women (8450 are white, 70% are employed, and half earn more than \$25,000 a year. Some groups of women experience more violence than others do. These include women who are young, unmarried, poor, have children, and have drug and

alcohol problems.

While male abusers come from all parts of our community, some populations of men are more likely to abuse. These include men who have less education, are unemployed, and have drug and alcohol problems.

Women experience a range of violent acts. The violence is often serious. Abuse patterns vary. Some women are abused very often; others infrequently.

The high level of domestic violence in the county mirrors rates for the state and nation.

21,000 children in the county were exposed to domestic violence last year, which harms their health and development.

Abused women seek help and support in a variety of ways. Most (80%) turned to friends and family, followed by co-workers (40%), law enforcement (33%), health professionals (20%) and crisis lines (14%). However, few women who sought help from friends and family received information about services or immediate help.

Recommendations for reducing domestic violence and its impacts include:

Prevention and intervention strategies should target the community as a whole and high-risk populations, including young people and people who abuse drugs and alcohol.

Services for abused women should be more available and more comprehensive.

People who work with children need to know how to identify those exposed to domestic violence an increase services to address children's safety and emotional and developmental needs.

School policies and activities are needed to promote healthy relationships between young men and women.

More services are needed for men who abuse.

Health and social service providers need to recognize the connection between domestic violence and abuses of drugs and alcohol.

Prevention and intervention strategies should build on natural networks, such as friends, family, churches, employers and health care providers.

Multnomah County's Health Department and Domestic Violence Coordinator's Office, Portland Police Bureau, and Portland Multnomah Progress Board produced the report.

Copies of the report are available from the Multnomah County Health Department and Domestic Violence Program at (503) 988-3663, Ext. 22815. The report is on the website: <http://www.co.multnomah.or.us/dv/dv/index.html>.

Dumping from page 1

is a nutrient. It's not included in our permit. And it has not been an issue raised to us by any agency."

Nationally, toxic point-source discharges into U.S. waters declined 1.5 percent between 1995 and 1997.

But in Oregon, they rose 8 percent over the same time period, according to EPA's inventory report.

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