



Health/Education

Donnie Griffin Elected Chair of State Board of Education

CONTRIBUTED STORY
FOR THE PORTLAND OBSERVER

Donnie Griffin, director of human resources and organization development director for the Oregon Department of Human Resources, has been elected chairman of the State Board of Education. Griffin, who lives in Portland, will serve a one-year term beginning July 1.

He will succeed Susan Massey of North Bend. Jill Kirk of Portland was elected vice chair. The Board, appointed by the Governor, is responsible for a statewide policy for public schools and community colleges.

"We will continue our work on the evolution of school reform, particularly as it relates to helping students become more successful in meeting our higher academic standards," said Griffin. "We will work on a strategy to help community colleges develop capacity for enrollment growth and facilities.

"I believe that every child should have the opportunity to grow and reach his or her highest potential," he added. "These were the gifts given to me by a previous generation. I feel passionately obligated to pass the torch of hope and generosity to a stronger generation than my own."

Griffin is responsible for organizational development and other personnel-related policies for the 9,500-employee agency.

Before joining the Department of Human Resources, Griffin spent more than two decades in organization development, business management and community relations. He was principal consultant for The Griffin Group and business instructor at Marylhurst University. Griffin has consulted in areas of executive coaching, team building, training and organizational change for clients in business, government and non-profit organizations.

From 1976 to 1996, he held various positions with US West Communications in Seattle, Denver and Portland. He has been general manager of US West's 911 Public Safety Group and managing director of the company's Community Affairs and Corporate Communications team in Oregon.



Donnie Griffith

He holds a bachelor's degree in communications from Washington State University and a master's degree in management from Antioch University. He is a senior fellow of the American Leadership Forum of Oregon. He serves on the Board of Advisors for WSU's Vancouver Campus. He was formerly on the Board of Directors for the Urban League of Portland and was the Advisory Board Chair for the Oregon Association of Minority Entrepreneurs.

Nutrition doesn't have to suffer when families eat out

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Eating out strains the monthly budget, but it doesn't have to take a toll on your family's nutritional health.

"An occasional meal out isn't a problem," said Dr. Karen Cullen, a research nutritionist with the USDA/ARS Children's Nutrition Research Center and an assistant professor of pediatrics at Baylor College of Medicine in Houston. "But when families eat out frequently, parents need to develop a few strategies to keep everyone's diet in Track."

Restaurant, take-out and fast foods tend to be higher in fat and calories, lower in fiber and leaner on the serving of fruits and vegetables. Temptations like super-sized portions, luscious

desserts and value-meal combos can quickly drive up fat and load on unneeded calories.

According to Cullen, it is the parents' job to decide when, where and how often family dines out. They can also balance the shortcoming of restaurant meals by including more fruits, vegetables and whole grains in home-prepared meals and snacks.

However, she also believes that children should be given choices allowed to make decisions about what and how much they eat, both at home and when dining out.

"Too much control can backfire by making tasty high-calorie and high-fat foods even more desirable," she said.

Cullen suggests parents make a dining-out plan, then forget the guilt.

"It's what your children eat over the course of several days that affects their nutritional well-being, not the content of a single meal" she said.

To help parent's development nutritionally sound dining-out strategies, Cullen offers these tips: Choose restaurants that offer healthy choices, such as grilled chicken breasts, regular-size burgers with lettuce and tomato, lean submarine-type sandwiches, small bags of fries, low-fat milk, real orange juice and vegetarian pizza.

Set a good example. Decline offers to super-size. Stop eating when satisfied, and stay physically active.

"Parents can show children that eating out is compatible with a healthy lifestyle-but moderation is important," Cullen said.

OLCC requests dates of proms, graduations

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The Oregon Liquor Control Commission is asking for dates - dates of upcoming high school celebrations such as proms and graduations.

"These important dates are milestones in the lives of Oregon's high school seniors," said Gary McGrew, deputy director of OLCC's regulatory field operations division.

"However memorable, happy times can be marred easily by alcohol. Alcohol use can lead to car crashes, injuries, and death," McGrew said.

"We collect the dates of proms and graduations to share with local law enforcement agencies and major hotel," McGrew explained. "The dates

signal us when there may be parties involving young people and alcohol.

"When the OLCC learns about a party involving minors and alcohol, our staff will try to stop the party before it starts," he continued. "We inform the sponsors or property owner that Oregon law does not allow anyone

but a parent or guardian to make alcohol available to a minor." McGrew said.

Oregon law also states that owners of property where such parties occur are legally responsible and subject to having their property confiscated as well as face a fine. Another Oregon law, adopted in 1996, makes it illegal for the person in control of a house, apartment or other property to knowingly allow a minor to drink alcohol on the property.

McGrew warned that parents who hold alcohol parties for minors are subject to criminal charges and civil liability. "Keep all parties involving minors alcohol free," he urged.

The OLCC has enlisted the cooperation of Oregon beer wholesalers to help prevent keg sales of beer to minors. The agency requests wholesalers to tell customers about the penalties for furnishing alcohol to minors. The minimum fine for furnishing is \$350. Wholesalers are also asked to report to the OLCC when there is a sale large number of kegs to one buyer.

Anyone with information about party plans involving minors and alcohol is encouraged to call the OLCC toll free at 1-800-452-6522, or contact the local OLCC office.



*Shoelaces need
careful hands
to guide them.*

The same is true of children.

You have more to teach kids than you might imagine. *Take the Time* is a campaign to help young people succeed. And that takes some help from adults. We've outlined 40 assets that help young people become successful, and we can suggest ways for you to get involved. Be the difference. Please call us at 503-988-3897 or visit our website at takethetime.org to learn more.



TAKE THE TIME
BE THE DIFFERENCE