



Family

The War on Drugs Begins at Home

By BARBARA CIMAGLIO
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What will it take to win the war on drugs? That question is on the minds of many Oregonians.

As long as a lucrative market exists for illegal drugs, farmers and traffickers in Latin America, Asia and the United States will work hard to supply it, no matter what the risks. Colombia, which produces more than half of the world's cocaine, understands this lesson all too well.

"Colombia can put a stop to drugs here at some point," President Andres Pastrana predicted just before President Clinton visited the country in August. "But if the demand continues, somebody else somewhere else in the world is going to produce them."

Truer words were never spoken. We won't get anywhere in the war on drugs - in Colombia or in Oregon - until we prevent people, especially our youth, from using illegal substances in the first place.

Prevention is our most effective weapon against drugs. Data from the past 20 years show that it has substantially reduced illicit drug use.

In 1979, for example, a federal survey found that 25 million Americans used an illegal drug during the month prior to the survey. In 1995, however, after more than a decade of wide-

spread and aggressive education about drugs, the same figure fell to 12.8 million Americans, a decrease of nearly 50 percent.

While advertising, classroom programs and community campaigns all influence a child's choices about drugs, parents make the most important difference of all. Children do listen to their parents and closely follow their example. That's why more than 42 percent of teens who have never used marijuana say their parents played an important part in this decision.

Unfortunately, many young Oregonians have had another experience. They began drug use at home with parents who either participated in the use or turned a blind eye to what's happening with their children.

Even more disturbing, recent surveys show that many adult Oregonians have a favorable attitude toward marijuana use, and even allow their children to use it with them. We can't blame that on Colombian drug cartels.

What can parents do to prevent drug use or prevent drug abuse by their children?

Set an example for your children and establish clear ground rules. Kids will do what they see their parents do, or will do what their

parents let them get away with.

Know your family's history of alcohol and drug abuse and discuss it with your children.

Talk to your children about the dangers of substance abuse. Be a good listener and be honest if your teen-ager asks whether you have used drugs.

Learn more about specific drugs - especially marijuana, steroids, club drugs and inhalants. The more you know, the better equipped you are to determine whether your teen-ager is abusing drugs.

Recognize the warning signs of substance abuse, such as changes in habits, a drop in grades, or a loss of interest in hobbies or other activities. If you see these behaviors, get help from a health care professional.

Get involved in community activities to improve local substance abuse prevention efforts and support treatment that builds on the strengths of family and community.

Preventing young Oregonians from using drugs is not an easy job. But together with treatment for addicts who want to quit altogether, it is the surest way to reduce demand for these dangerous substances.

Families Wanted for International Adoptions

Holt International Children's Services, the country's oldest and largest inter-country adoption agency, is looking for families interested in adopting a child from overseas.

The agency will host a free adoption information meeting in Portland, on Nov. 4. The meeting will be at Holt International Children's Services, 9320 S.W. Barbur Blvd., Capitol Plaza Building #100, at 10 a.m.

The need to recruit adoptive families reflects changes in adoption trends in this country, as well as the openness of countries, like China, to the concept of international adoption. Susan Soon-Keum Cox, Holt's spokesperson, says,

"The adoption picture has changed dramatically in this country. It used to be that families wanting to adopt could wait a long time. Now, it is children who are waiting for families. The need to get them out of orphanages and into adoptive families is quite urgent. For some children, inter-country adoption is the only hope they have."

Holt social workers will provide information about Holt's adoption programs, and the basic procedure for international adoption. A family who has adopted through Holt will share their personal experience and answer questions. The meeting is open to anyone interested in adoption and is

free of charge. For more information, call Kathie Stocker at (503) 244-2440 ext. 109.

Holt International Children's Services, a non-profit organization, has been serving homeless children overseas since 1956. Holt's programs emphasize caring for children with warm, affectionate care while trying to place the children in permanent families as quickly as possible.

Holt's first priority is to return children to birth parents; however, Holt places children with adoptive families in the child's birth country or with families in the United States. Holt has placed 50,000 children with adoptive families.

Halloween Treat Bags Offer Safety

Providence Gets Into Halloween Spirit

To help keep your little ghost and goblins safe this Halloween, four Providence Health System hospitals are handing out free reflective bags for collecting Halloween treats.

Beginning Tuesday, Oct. 24, families with children may pick up the bags at Providence St. Vincent Medical Center, Providence Portland Medical Center, Providence Milwaukie Hospital and Providence Newberg Hospital.

The bags also offer tips for safe treat collection, such as staying with a parent or in a large group at all times, walking in well-lit areas and asking an adult to check your treats after collection. Halloween is Oct. 31.



A young girl is handed a reflective bag for her Halloween treats. (PHOTO BY PAUL GAMBINO FOR THE PORTLAND OBSERVER)

Keeping Halloween Fun and Safe

Neighborhoods across Portland will be soon taken over by witches, goblins and superheroes in search of tasty treats.

Halloween can be filled with surprise and enjoyment if children and parents follow common sense practices. To help ensure a fun and safe holiday, Red Cross offers these safety tips:

- Plan your route and share it with your family. If possible, have an adult accompany you.

- Wear light-colored clothing or reflective-type clothing so you are more visible and remember to put reflective tape on bikes and skateboards, too.

- Use face paint rather than masks or things that will cover your eyes.

- Cross the street only at corners.
- Look both ways before crossing the street to check for cars and trucks.

- Don't hide or cross the street between parked cars.

- Carry a flashlight to light your way.

- Visit homes that have the porch light on.

- Keep away from open fires and candles, keeping in mind that costumes can be extremely flammable.

- Accept your treats at the door and never go into a stranger's house.

- Be cautious of strangers and animals.

- Have a grown-up inspect your treats before eating and don't eat candy if the package is already opened. Small, hard

pieces of candy are a choking hazard for young children.

The American Red Cross is dedicated to helping make families and communities safer at home and around the world.

The Oregon Trail Chapter Red Cross offers courses that are specially designed for youth. Babysitter's Training and Basic Aid Training introduce children to important issues that will help them be prepared in emergency situations.

For more information on these or other Red Cross Courses, call (503) 280-1440 or visit www.redcross-pdx.org.



Homebound seniors are receiving special deliveries of gourmet boxed lunches from Loaves & Fishes, the Meals-On-Wheels People, this week. Local residents who donated \$16 to send a Meal-A-Gram to someone special paid for the meals. The annual promotion by Loaves & Fishes raises money for programs that serve homebound seniors.



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Spirit of Women

Providence Health System invites you to enjoy the fourth annual

A Day for You

A program nurturing the needs of women of all ages and in all stages of life through humor, hope and health.



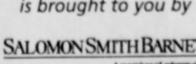
Ann Jillian
Inspiring star of stage, screen and television
Ann will inspire you to face your own life challenges and find "The Winner in You" with her humor and poignant life story. This dynamic performer, mother and cancer survivor is well known for her TV movie, "The Ann Jillian Story," which shares the story of her victory over breast cancer.

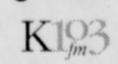


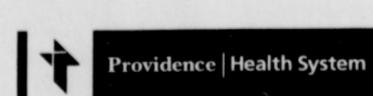
Sharon Kitshaber
Oregon's First Lady
Sharon is a dedicated advocate for Oregon's children, an avid supporter of the arts, a pilot and a mother. At A Day for You, Sharon will talk about how she uses the forum of First Lady to promote children's issues.

Enjoy a hosted lunch and attend sessions presented by Providence physicians and noted experts on topics ranging from alternative medicine to menopause to financial planning.
Fee \$25 (Providence Health Plan members \$20).

Saturday, Nov. 4 • 8:30 a.m. - 4 p.m.
Portland Hilton Hotel







A caring difference you can feel

Register online at www.providence.org/adayforyou
For additional information, call the Providence Resource Line at 503-216-6595.