



HEALTH / EDUCATION

Area Residents Urged to Get Ready for Disasters



Bobbi Gary and her daughter look through their emergency disaster kit. It is important to remember comfort items, such as music or books, in the event that your family has to shelter or evacuate for a long period of time.

Recent research conducted on behalf of the local Oregon Trail Red Cross Chapter of the Red Cross shows that Portland area residents could do a better job at being prepared for a disaster or emergency.

In a survey conducted in a six county area, results indicated that only one in seven citizens feel fully prepared for a disaster or emergency. Those results, as well as the

likelihood of an emergency situation in the Multnomah County area, are the reasons for a new campaign spearheaded by the Red Cross chapter called "Pre-

pare Oregon."

According to local Red Cross officials, whether it's floods, earthquakes, fires, storms or preparing for the unexpected, local communities face a number of potential emergencies and the time is

being of local communities, Prepare Oregon will be the top priority for the Red Cross this year.

"The more prepared citizens are, the better job they can do in safeguarding their family, coping with and responding to a disaster," said Sue Hildick, executive director of the Oregon Trail Chapter. "The likelihood of an emergency

happening is not a question of if, it's a matter of when.

The lives and well-being of our families, friends and neighbors depend on how pre-

pared we are." To be better prepared, the Oregon Trail Red Cross is asking all Multnomah County families and citizens to take three immediate steps, including: Building a disaster

supplies kit, making a family emergency plan and getting trained in CPR and First Aid.

Specific how-to information about how to build a kit, make a plan and get trained can be found on the Prepare

Oregon Web site at www.PrepareForLife.org or via local Red Cross chapters. The chapter offers free information, guidelines and advice for disaster preparedness.

How to Prepare for an Emergency

- Build a disaster supplies kit
- Make a family emergency plan
- Get trained in first-aid and CPR
- Go to www.prepareforlife.org

Schools Saluted for Achievement

The Portland Schools Foundation has announced that four schools with a high percentage of low-income students have been awarded grants for demonstrating significant improvement in reading and math.

Thanks to the Portland Trail Blazers, \$2,000 each is going to Boise-Eliot Elementary, George Middle School, Marysville Elementary and Vestal Elementary for instructional materials.

In addition, Astor, James John

and Marysville elementary schools were among the recipients of New Vision grants, which help principals and teachers use new strategies to boost achievement and provide effective teaching and learning experiences.

Classes Promote Careers in Security

From airports to corporate lobbies, the demand for properly trained security personnel is soaring.

Now, those interested in a career in the security field will have the opportunity to become state-certified through a two-day Portland Community College class this summer.

Security Training State Certification covers information on patrols, communications, human relations, legal issues, emergency

situations and more. Students will earn certification at the end of the class, and for an additional fee and background check, have the option of applying for state security jobs.

The \$60 class will meet from 8 a.m. to 5 p.m. for two Saturdays, July 13 and July 20, in Room 305 at PCC's Central Portland Workforce Training Center, 1626 S.E. Water Ave.

For more information, call 503-533-2707.

Progress Cited in Help for Abused Kids

The Oregon Department of Human Services has released its annual Status of Children in Oregon's Child Protection System report, which includes encouraging news about reported child abuse and neglect.

"I am heartened that we have seen a decrease in child abuse and neglect victims, stabilization in the number of children requiring out-of-home care, and an increase in finalized adoptions over the past two years," said Gov. John Kitzhaber.

The 2001 report found that child abuse and neglect victims decreased in the state while reports of child abuse and neglect increased, slightly.

Oregon's child welfare head

said the decrease in victims can be attributed to a number of things, including a change in how the state treats a child maltreatment category called "threat of harm."

Threat of harm includes activities, conditions or persons that place the child at some risk of physical abuse or sexual abuse, neglect, or mental injury, even though actual harm may not have occurred.

In 2001, Oregon finalized 1,071 adoptions in collaboration with private adoption agencies by focusing on children who had been in foster care the longest. As a result, the state finalized a number of adoptions for children who were age 10 or older.



PLEASE JOIN THE AFRICAN AMERICAN HEALTH COALITION FOR TWO FAMILY AFFAIR EVENTS: COMEDY & THEATER WITH COMEDIAN

NORMAN MITCHELL

What Norman's been up to... **TELEVISION:** "Live in LA" "On the Action Tip" "Jerry Lewis M.D.A. Telethon" "Keenan & Kel" "Def Comedy Jam" "Uptown Comedy Club" "Showtime at the Apollo" "Apollo Comedy Hour" "MTV's 1/2 Hour Comedy Hour" **FILMS:** "Fourth Down & Goal to Goal" "Heaven & the Suicide King" "All Jokes Aside" **COMEDY CLUBS:** Improvisation "Laugh Factory" "Comedy Story" "Caroline's Rascals" "Hip-Hop Comedy Stop" "Comedy Showcase" **CONCERTS:** Chris Rock "Chris Tucker" Mafé Frankie Beverly "Dennis Miller" Tom Braxton "Howard Hewitt" **AWARDS:** Best Stand-Up 1990 "Nominated Best Actor" Variety



Free to Attend!!
Free Comedy!!
Free HIV Testing!!

YOUTH EVENT

SATURDAY, JUNE 29TH
(@ 3PM AT THE MATT DISHMAN CENTER
77 NE Knott
Take the 6 to Knott
or 4 to Russell/Graham
HIV Testing will be available
at 2pm

ADULT EVENT

SUNDAY, JUNE 30TH
(@ 5:30PM AT THE MIRACLES CLUB
4069 NE MLK
Take 6 to Mason
HIV/Hepatitis C Testing
Will be available at 4pm

For more information call Duane or Dora at 503-413-1850. This event is brought to you by the African American Health Coalition, Inc. Both locations are wheelchair accessible.

Advertise with diversity in the Portland Observer call 503-466-0033 or email: ads@portlandobserver.com

"Smoking doesn't work in Oregon."

I remember walking out of our conference room and my eyes were literally stinging. My boss smoked, so everybody felt they had a right to light up whenever they felt like it. That was before the Oregon Smokefree Workplace Law.

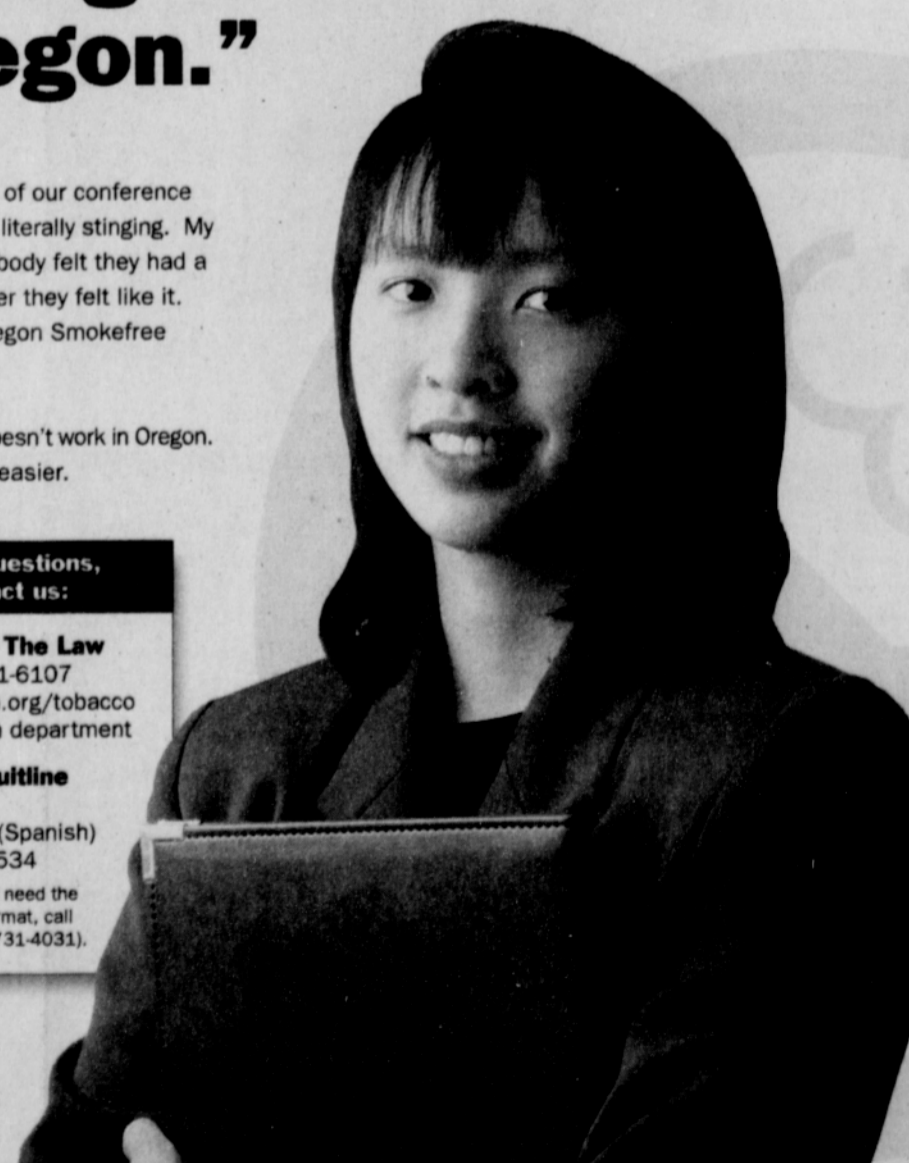
Because now smoking doesn't work in Oregon. And I'm breathing a lot easier.

If you've got questions, please contact us:

Information About The Law
• Toll-free 1-866-621-6107
• www.healthoregon.org/tobacco
• Your county health department

Oregon Tobacco Quitline
• 1-877-270-STOP
• 1-877-2NO-FUME (Spanish)
• TTY: 1-877-777-6534

If you have a disability and need the material in an alternate format, call 503-731-4273 (TTY: 503-731-4031).



SMOKEFREE WORKPLACES. IT'S OREGON LAW.

OREGON DEPARTMENT OF HUMAN SERVICES