

Cycling Club Transforms Lives

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Necy has Attention Deficit Disorder. Her mother says cycling with B.I.K.E. has helped her tremendously. Since joining the club, she has become more focused, and her grades have improved significantly.

When Necy came home with the silver medal from her first race I couldn't believe it," her mother says, "I saw something in her I didn't realize was there before."

Not only are Benanate's kids successful, they are also good racers. They are the third ranked team in the state. They have 16 state championships under their collective belt.

Madre Staker, one of the first kids to get involved in the program, was in remedial classes at elementary school, but is now on the honor roll. He has won four

Sometimes it seems like I am more powerful in a wheel chair than I ever was able bodied.

— John Benanate

state championships. Another racer, Nick Love, has won 11 events.

Benanate has also recently become a cycling coach at Self Enhancement Inc.

He has exposed the kids to black cycling greats like Ronnie Vails, an Olympic Silver Medallist in 1984, and Rahsaan Bahati who could be the first black man to ever race in the Tour de France.

Presently, Benanate thinks the club and his racers are poised to

make an international splash. He says the beginnings of that dream are happening at SEI.

"Folks should realize they have a diamond in the rough with SEI. Portland has one of the best opportunities of supplying the Olympics with racers," he says. "SEI and B.I.K.E. is an ethnicity friendly pipeline to the top."

Last year, Benanate was featured on the Oprah Winfrey Show, and presented with a "Use Your Life Award" which included a \$100,000 gift to the club. The honor so overwhelmed Benanate, it brought him to tears.

"You have seen a champion in every child," Oprah told him.

"Sometimes it seems like I am more powerful in a wheel chair than I ever was able bodied," Benanate said. "The children have helped me to become a better man."

'Under God' Nixes Pledge of Allegiance

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the Elk Grove school district. "I'm an American citizen. I don't like my rights infringed upon by my government," he said in an interview. Newdow called the pledge a "religious idea that certain people don't agree with."

The appeals court said that when President Eisenhower signed the legislation inserting "under God" after the words "one nation," he wrote that "millions of our schoolchildren will daily proclaim in every city and town, every village and rural schoolhouse, the dedication of our nation and our people to the Almighty."

The court noted that the U.S. Supreme Court has said students

cannot hold religious invocations at graduations and cannot be compelled to recite the pledge. But when the pledge is recited in a classroom, a student who objects is confronted with an "unacceptable choice between participating and protesting," the appeals court said.

"Although students cannot be forced to participate in recitation of the pledge, the school district is nonetheless conveying a message of state endorsement of a religious belief when it requires public school teachers to recite, and lead the recitation of, the current form of the pledge," the court said.

The government had argued that the religious content of "one nation under God" is minimal.

New Alberta Streetscape

continued ▲ from Front

with Disabilities Act compliant corner curb ramps.

"During construction, the Portland Development Commission will provide a variety of programs to support businesses on Alberta Street," said Mayor Vera Katz. We have a small business advocate on staff to connect small businesses to resources and programs tailored to them and we are working with North Northeast stakeholders to create a loan program that would be available to businesses that are impacted by the construction."

The project will improve safety along Alberta as well as enhance the public realm. Traffic will be slowed through the area as the curb extensions, street trees and streetlights make the street appear narrower. Curb extensions also reduce the crossing distance for pedestrians and make them more visible to motorists. Pedestrian scaled street lighting, trees, additional trash receptacles and other street furniture will make the street a more pleasant place to walk.

Birth Control Pill Not Linked to Cancer

Birth control pills do not appear to increase breast cancer risk, says a study that provides the most comforting news so far

on the pill's safety. The pill is second only to sterilization as the leading birth control method in the USA.

WorldCom in 'Death Spiral' Toward Bankruptcy

After disclosing what could be one of the biggest accounting frauds in corporate history, WorldCom, the nation's No. 2 long-distance

provider has set off a chain of events that could see it filing for Chapter 11 bankruptcy protection within months, if not weeks.

Seeking African American Families with ADHD Children for a Research Study

ADHD, ETHNICITY, AND FAMILY ENVIRONMENT

Who is the Principal Investigator?

Judy Kendall, RN, Ph.D.
School of Nursing, Oregon Health Sciences University
3181 SW Sam Jackson Park Road
Portland, OR 97201
503-494-3890

What is the study about?

This study is about gaining an understanding of what it is like for a family to live with attention deficit hyperactivity disorder (ADHD). Virtually no research exists on how African American and Hispanic families experience and manage ADHD, what health needs they may have, and what opportunities they have for receiving these services. The study will involve two meetings, about 2 hours each, at your home or place convenient for you.

Which families are eligible?

- Families with at least one child (age 6-19) with a diagnosis of ADHD.
- Families with at least two people (the ADHD child and one parent). Hopefully both parents and siblings will participate as well.
- Families that are willing to participate in one interview and complete a series of questionnaires.
- Families that speak English or are willing to work through an interpreter.
- Parents that are able to read and write at the 5th grade level or are willing to have the questions read to them.

All information will be held strictly confidential.

There will be no cost to you for participating in the research.

In appreciation of your time and contribution, Each family will receive \$50 after each meeting for a possible total of \$100.

If interested please call 503-494-4122.

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The screenshot shows the website interface with a navigation menu on the left, a main article titled "Adams High Awaits Wrecking Ball", and a sidebar with a "Call us at" box and a "THE WEEK REVIEW" section.