

Character Matters

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confident that he will improve their kids' moves on the mat, but he will prep them with skills for life in a family-like atmosphere free of judgments and comparisons.

"One thing I learned was that it's ok to fail," said Sean Newbury who first came to Pittman's club in 1986. "Coming here and understanding what a positive attitude can do -it changed my perspective."

Newbury began living with his grandmother after his parents left him for drugs and alcohol. She thought her grandson could use some character, so she drove him over to Peninsula Park and from then on, Newbury's glass went from half-empty to half full.

Like many of his previous wrestlers, Newbury returned to Pittman, (once a Pitt wrestler always a Pitt wrestler), only this time with his 9 year-old son, Alex.

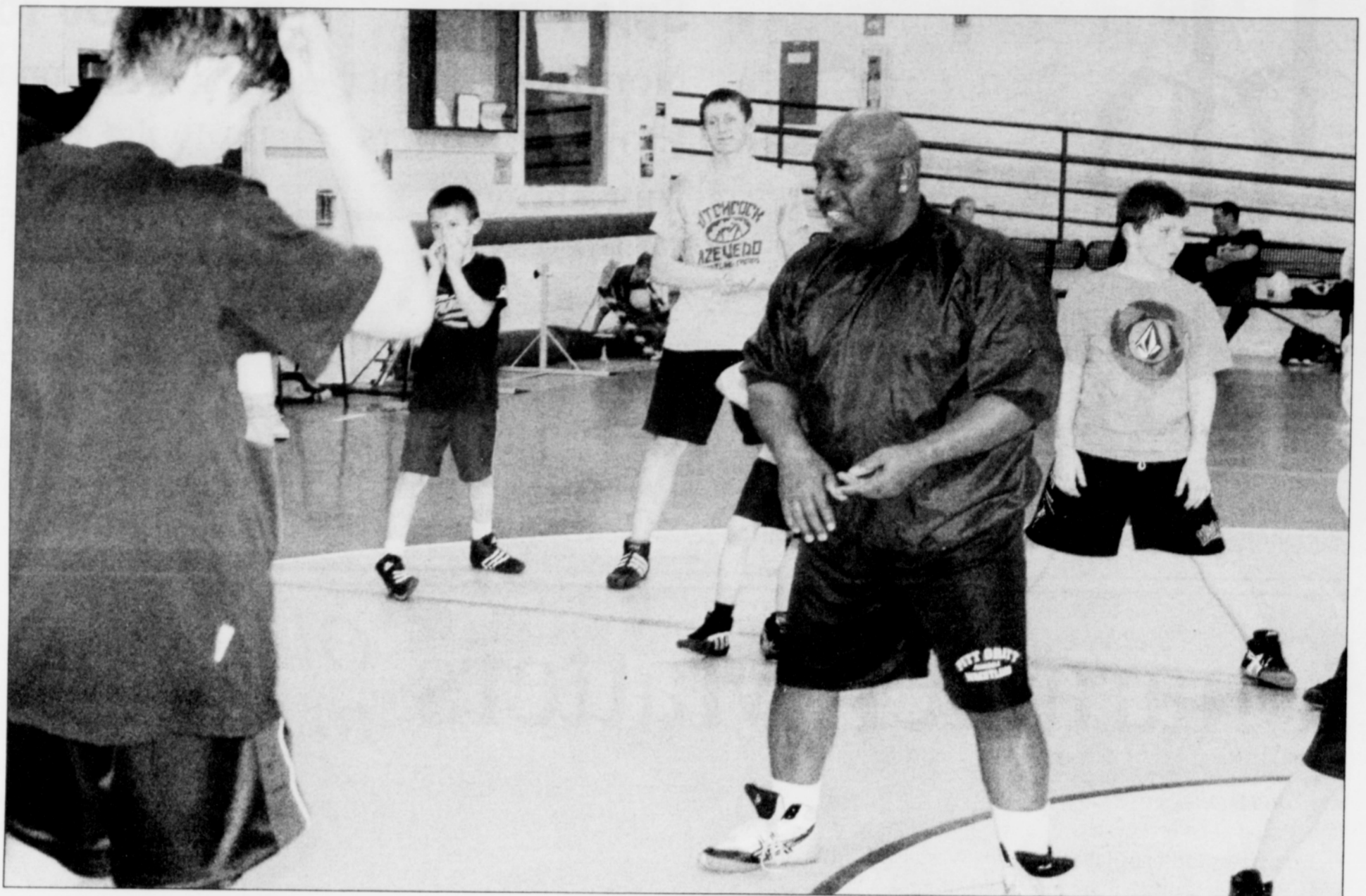
"He's a really nice coach," said Alex Newbury who started wrestling in the club at age 6.

Peninsula wrestlers range from ages 4 to 18, some are there to release energy, others are aspiring champions of the sport, but all have come to respect Pittman and trust him as a coach, mentor, motivator, and role model.

The coach encourages parents to work with him directly in order to better understand their child's natural need for rough and tumble play and foster their goals of becoming successful wrestlers and students.

"To me, this is one solution to the gang problem," said Pittman, "Reaching them at a young age and also, working with the family."

One parent says her child has learned to control his emotions and become more in



Peninsula wrestling coach Roy Pittman works with local kids helping them transform their natural need for rough and tumble play with becoming successful wrestlers and students.

PHOTO BY CARI HACHMANN/THE PORTLAND OBSERVER

touch with himself. He is able to better verbalize his opinions to his parents, control his diet, and not quit when things get tough, she said.

Under the Peninsula Wrestling Club's Proper Etiquette: Good Manners rules, the young wrestlers are encouraged to conduct proper manners including daily hygiene; how to greet and open doors for people; shut off cell phones and electronic devices; and follow "tournament behavior" which applies anywhere in public.

Table manners, swearing, staring, bully-

ing, interrupting, ignoring others, and wearing respectable clothing are other topics addressed in the good manner guide.

As part of the Oregon Wrestling Association, Pittman's club meets all over the state. Such extensive traveling gives his young people the opportunity to compete with clubs of all levels, but it also helps them learn how to be responsible individuals who can present themselves maturely and represent the club in a positive manner.

The local community is encouraged to support the Peninsula Wrestling Club with

two future fundraisers.

A rummage sale with treasures from more than 30 families will be held on Saturday, June 4, from 8 a.m. to 5 p.m. at 18201 S.E. Stark St.; and a car wash will be held at the Burgerville restaurant at 10903 N.E. Fourth Plain Blvd. in Vancouver on Sunday, June 12 from 10 a.m. to 4 p.m.

All the proceeds will help the team with travel expenses for the Western Regionals in Pocatello, Idaho. For more information or if you have any questions, contact Bridget at 360-433-8174

Making Kids Healthy and Ready to Learn

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origin, immigration status, sexual orientation and gender, a healthy kid learns better.

"We serve all school aged youth within Multnomah County," Daniels said. "And we really take a look at how health is affecting a child's ability to do well in school."

She said the school centers are set apart from primary care medicine because of the "educational lens to the care we provide."

Open Monday through Friday, the centers contribute to learning readiness, which optimizes the learning environment.

"What we know about health disparities is that high school graduation is one of the great equalizers," Daniels said, explaining how school-based healthcare can have a positive role in young people doing better in schools, which in turn allows them to have more choices and a better chance at getting a living wage job as an

adult.

According to the Oregon Health Authority, the centers provide healthcare access to more than 45,000 students, and in some instances also provide services to the student's siblings and family members.

Multnomah County opened their first school-based health center at Roosevelt High School in 1986.

The Oregon Department of Human Services provides support for the centers which can each cost the

state from \$150,000 to \$250,000 a year to maintain. Although for every one of those dollars, three to four additional dollars are attained in other funding and donations, the future financial resources to keep the health centers operating remain a significant concern.

"It's really critical to look at how we can work together," said Daniels. "We believe in the connection between health and education in success and in life."

Staffed like a local pediatrician or

family practice, the offices employ a receptionist, nurse, clinical provider, and at some sites, qualified mental health professionals.

Although sometimes misunderstood, Daniels explained the resources and care available is much broader than contraceptive health. According to the School Based Health Care network, SBHCs also provide quality primary and mental health services in schools.

"We try to work with youth to make sure they understand clearly the resources available to them," Daniels explained.

Untreated chronic health issues affect student's ability to learn and participate in sports and activities, which consequently impacts their peer relationships, mental health and stress-levels.

"The things we do are for the future of the student," Daniels said. "And while we provide a full range of primary care, we couldn't do the work that we do without being in the schools."

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