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Business**

Martin Cleaning Service

**Carpet & Upholstery
Cleaning
Residential &
Commercial Services**
Minimum Service CHG.
\$50.00

A small distance/travel
charge may be applied

CARPET CLEANING

2 Cleaning Areas or more
\$30.00 each Area

Pre-Spray Traffic Areas
(Includes: 1 small Hallway)

1 Cleaning Area (only)
\$50.00

Includes Pre-Spray Traffic Area
and Hallway

**Stairs (12-16 stairs - With
Other Services):** \$30.00

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\$10.00 each area
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Regular Area Rugs
\$25.00 Minimum

Wool Oriental Rugs
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\$25.00 - \$50.00

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Awaiting Word on Damage

CONTINUED FROM PAGE 3

the gym.

Ryan cited the case of a teen named Mark, who was sleeping on friends couches and was about to fall through the cracks at school when he discovered the gym. After getting involved, Mark gained self-esteem and started turning in his homework and then improved his grades dramatically.

"He turned his life around, and many teachers come to see what we are doing here," Ryan said.

The gym charges a \$40 per month membership, he said, but no one is turned away, and work scholarships are available.

James Wade has been coaching at Grand Avenue for about three years, he said, and agrees with Ryan that the gym is important to many people, and both boys and girls are welcome. He said being at the gym is like being in a family and has saved the lives of some kids.

One young man, for example, came to the gym after being tempted by his friends who want-

ed to steal cars, Wade said. As a result, the young male who chose to steal a car was killed in a car crash at the same time the other youth was working out.

"It sends a message to keep going," he said. "Their friends might go to jail, but they're here."

Keeping the club going is important to the community as well as individuals, Ryan said. The club was first formed in 1949 and is one of the oldest running gyms in the country. Ryan has been with the club since 1989, and in 2000 he moved it from its original Grand Street location to the Russell Street site.

Wade, a member of the black community, said his young athletes learn much more than boxing — they learn good manners and how to relate to people of all races. He said he was raised in Chicago and thought all white people were bad, until he went to his first tournament.

"A little white kid came up and asked for my autograph," he said. "And I learned something that day."

Transitioning Self, Family and Community

CONTINUED FROM FRONT

for black women involved in the justice system. It's facilitated by corrections counselors and parole and probation officers from the Multnomah County Department of Community Justice.

Murphy started the eight-month course while serving her sentence at Coffee Creek Correctional Facility. She completed it in the community after she was released from prison. The program is intentionally structured so that if a participant does not finish it inside the correctional facility, she can complete it in the community and have the support of her peers during community group sessions.

"People in the group can help each other get jobs and prevent isolation," said Travis Gamble, community justice manager for the Department of Community Justice and manager for the Department's African American Programs.

Each lesson touches on topics like myths and misconceptions of black women, messed up thinking, to examining emotional family wounds.

"The first person who did something wrong to me was my mother," Murphy said. "And I needed to communicate with her, and I also needed to forgive her and move on."

She also was helped coming to terms with a father who wasn't there for her all the time while growing up. Like a lot of African American families, "We hide the

deepest darkest things going on with us," she said.

The HEAT program originated as a curriculum for men to address the over-representation of African American men in the criminal justice system.

The course is divided into three sections on self, family and community. Time is built in for discussion and work sessions. The experience culminates in a graduation and remarks in front of family and friends.

The curriculum — which developers believe is the first culturally-specific and gender-specific of its kind — is a departure from the traditional role parole and probation officers have historically played.

"Now, we actually talk about trauma," said Gamble. "When I started if you talked about trauma you were making excuses for people's behavior. The problem with that is that you don't give people a platform to identify that behavior, own it and change it."

Murphy was released from prison in January. Each day presents its own challenges but she has two jobs, a support network and path forward.

"The HEAT curriculum brought up a lot of old wounds. You know how you fall down and hurt yourself and it's raw and there's a scab," she said. "The curriculum allowed me to let those wounds re-heal in a different way."

Thanks to Multnomah County Communications for contributing this story.