

OREGON



COMMISSION ON BLACK AFFAIRS

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What is a Hate Crime?

Hate crime is the violence of intolerance and bigotry, intended to hurt and intimidate someone because of their race, ethnicity, national origin, religious, sexual orientation, or disability. The purveyors of hate use explosives, arson, weapons, vandalism, physical violence, and verbal threats of violence to instill fear in their victims, leaving them vulnerable to more attacks and feeling alienated, helpless, suspicious and fearful. Others may become frustrated and angry if they believe the local government and other groups in the community will not protect them. When perpetrators of hate are not prosecuted as criminals and their acts not publicly condemned, their crimes can weaken even those communities with the healthiest race relations.

Of all crimes, hate crimes are most likely to create or exacerbate tensions, which can trigger larger community-wide racial conflict, civil disturbances, and even riots. Hate crimes put cities and towns at-risk of serious social and economic consequences. The immediate costs of racial conflicts and civil disturbances are police, fire, and medical personnel overtime, injury or death,

What is a Hate Crime? continues on page 2

Benefits of Fish Oil

There are many health benefits of fish oil and these benefits are proved by a series of research studies, which were carried out during the seventies. With more and more research, it has been proved that the use of fish oil is very good for the over all health of the body because of the healing characteristics of the oil.

It is a common belief that we must eat fat to survive, but there are two types of fats, one is good for the body and other is bad for the health. Fatty acid is the good fat, which is present in the fish in the form of Omega 3 and required by the human body to remain healthy. Most of the Western food contains more of Omega 6 and less of Omega 3.

The balanced ratio must be three to one, but people in the West are eating it in the ratio of twenty to one, which leads to creating huge imbalance between the consumption of Omega 6 and 3. The major reason for hypertension, obesity, high cholesterol levels, arthritis and many other health issues is the too much intake of Omega 6 type of fatty acid, combined with less intake of Omega 3 type of fatty acid.

Benefits of Fish Oil continues on page 3

Mission

To strengthen and unify the Black and African American Community by providing a medium for addressing important issues as well as disseminating useful information.

What is Early Head Start?

Early Head Start (EHS) is a federally funded community-based program for low-income families with infants and toddlers and pregnant women. Its mission is simple:

- to promote healthy prenatal outcomes for pregnant women,
- to enhance the development of very young children, and
- to promote healthy family functioning.

EHS evolved out of Head Start's long history of providing services to infants and toddlers through Parent Child Centers, Comprehensive Child Development Centers (CCDPs) and Migrant Head Start programs. Recent advances in the field of infant development make this an especially exciting time to have Head Start formally expand its family to include the provision of Early Head Start services.

In 1994, the Secretary of Health and Human Services formed an Advisory Committee on Services for Families with Infants and Toddlers to design EHS. EHS evolved out of Head Start's long history of providing services to infants and toddlers through Parent and Child Centers, Comprehensive Child Development Centers (CCDPs), Migrant and Seasonal Head Start programs, and other early child development and family support efforts serving families with very young children. Recent advances in the field of infant development make EHS services so important. If you would like to find an EHS program in your area, please visit the OCBA website at www.oregon.gov/ocba for a directory of Early Head Start and Head Start programs.

Source: Office of Head Start / Administration for Children and Families / U. S. Department of Health and Human Services/Oregon Commission on Black Affairs, Head Start Directory.

What is a Hate Crime continued from page 1

business and residential property loss, and damage to vehicles and equipment. Long-term recovery may be hindered by a decline in property values, which results in lower tax revenues, scarcity of funds for rebuilding, and increased insurance rates.

Victims of Hate Crime

According to the Bureau of Justice Statistics, in "Hate Crimes Reported in NIBRS, 1997-1999,":

- Racially motivated hate crimes most frequently target blacks.
- Six in 10 racially biased incidents targeted blacks, and 3 in 10 people targeted whites.
- Hispanics of all races were targeted in 6.7 percent of incidents and Asians in 3 percent.
- Most hate crime victims were between 11 and 31.
- The age of victims of violent hate crimes drops dramatically after age 45.

Reporting a Hate Crime

To report an emergency, please dial 911 immediately. If you are a victim or a witness to a crime in Oregon, you can now go online and file a Hate Crime Report Form with the Oregon Department of Justice. These forms are not a substitute for reporting a crime to a local law enforcement agency, but may be very helpful in coordinating an investigation. Go to https://www.doj.state.or.us/hate_crime_report.shtml to file a report.

Source: U.S. Department of Justice Community Relations Service and Civil Rights Division and Oregon Dept. of Justice..

Sound

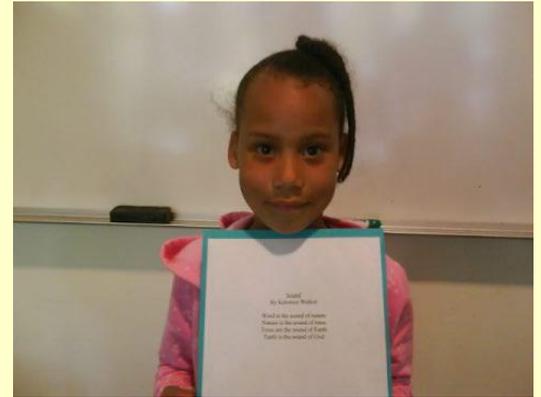
By Kalonice Walker

Wind is the sound of nature

Nature is the sound of trees

Trees are the sound of Earth

Earth is the sound of God



Kalonice Walker won 1st place in Division 1 of Oregon State Poetry Association; an annual state-wide student contest.

Kalonice is a 2nd grader at Fernwood-Beverly Cleary School and her favorite subject is quiet reading.

Benefits of Fish Oil continued from page 1

The importance of fish oil is highlighted here as it contains rich amount of required fatty acid, which is Omega 3 and it can help to cure many diseases. Many health problems are caused by the inflammation and fish oil has anti-inflammatory properties, which can prevent many diseases.

Doctors recommend eating fish for keeping the heart healthy, but due to increasing pollution in water, too much consumption of fish can be harmful as well. So you should prefer fish oil supplements to get maximum advantage from fish oil. This is easily available and will save a lot of money as well.

The Difference between Fish Oil and Cod Liver Oil

The main difference between fish oil and cod liver oil is that cod liver oil is high in vitamin D. The cod liver oil has the advantage of providing vitamin D, which is necessary for most of us in the United States in the cold months of winter, when we don't get very much sun exposure on our skin in order to make vitamin D.

Many people get confused about the difference between fish oil liquid and cod liver oil. You can consider cod liver oil as fish oil+. The two are the same except that cod liver oil contains natural vitamin D and A.

*An ounce of
Prevention
is worth a
Pound of cure.*

-Benjamin Franklin

Community Resource Links to Summer Fun

Parks

[City of Forest Grove Parks and Recreation](http://www.ci.forest-grove.or.us/parks1.html)

<http://www.ci.forest-grove.or.us/parks1.html>

[City of Tualatin Parks](http://www.ci.tualatin.or.us/parks/CSD%20Home%20Page.htm)

<http://www.ci.tualatin.or.us/parks/CSD%20Home%20Page.htm>

[Clackamas County Parks Department](http://www.clackamas.us/dtd/parks/htmls/park.html)

<http://www.clackamas.us/dtd/parks/htmls/park.html>

[Clark County Parks](http://www.co.clark.wa.us/envirom/parks/parks.htm)

<http://www.co.clark.wa.us/envirom/parks/parks.htm>

[Columbia County Parks](http://www.columbia-center.org/colparks/colparks.htm)

<http://www.columbia-center.org/colparks/colparks.htm>

[Hillsboro Parks and Recreation](http://www.ci.hillsboro.or.us/ParksRec/Default.asp)

<http://www.ci.hillsboro.or.us/ParksRec/Default.asp>

[Metro Parks and Green spaces](http://www.metro-region.org/parks/parks.html)

<http://www.metro-region.org/parks/parks.html>

[Oregon State Parks](http://www.prd.state.or.us/)

<http://www.prd.state.or.us/>

[Oregon Zoo](http://www.oregonzoo.org)

www.oregonzoo.org

[Portland Parks and Recreation](http://www.parks.ci.portland.or.us/)

<http://www.parks.ci.portland.or.us/>

[Tualatin Hills Parks and Recreation District](http://www.thprd.org)

<http://www.thprd.org>

[Vista House, Crown Point State Park](http://www.vistahouse.com)

<http://www.vistahouse.com>

[Washington County Parks](http://www.co.washington.or.us/deptmts/sup_serv/fac_mgt/fac_mgt.htm)

http://www.co.washington.or.us/deptmts/sup_serv/fac_mgt/fac_mgt.htm

[Washington State Parks and Recreation](http://www.parks.wa.gov/)

<http://www.parks.wa.gov/>

Recreation and Sports

Bicycling see: [CascadeLink Transportation: Bicycling](http://www.cascadelink.org/trans/)

<http://www.cascadelink.org/trans/>

[Clark County Indoor Play Park](http://www.ccipp.com/)

<http://www.ccipp.com/>

[Fishing and Hunting Guides](http://www.hunting-fishing-guides.com/)

<http://www.hunting-fishing-guides.com/>

[Hunting the North West](http://www.huntingnw.iwarp.com/)

<http://www.huntingnw.iwarp.com/>

[Multnomah Greyhound Park](http://www.ez2winmgp.com/)

<http://www.ez2winmgp.com/>

[Oregon Department of Fish and Wildlife](http://www.dfw.state.or.us/)

<http://www.dfw.state.or.us/>

[Oregon Hang Gliding](http://www.oregonhanggliding.com/)

<http://www.oregonhanggliding.com/>

[Oregon Hunting Trail](http://www.oregon.thehuntingtrail.net/)

<http://www.oregon.thehuntingtrail.net/>

[Portland Marathon](http://www.portlandmarathon.org/)

<http://www.portlandmarathon.org/>

[Portland Trail Blazers](http://www.ripcity.com)

<http://www.ripcity.com>

[Portland Winter Hawks](http://www.winterhawks.com)

<http://www.winterhawks.com>

[Sail Portland](http://www.leftblank.com/sailpdx/)

<http://www.leftblank.com/sailpdx/>

Walking see: [CascadeLink Transportation: Walking](http://www.cascadelink.org/trans/)

<http://www.cascadelink.org/trans/>

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