

Program eyes care for aged

A free program on services for seniors will be held May 19 at the community room of Portland General Electric, 209 Warner-Milne Rd. in Oregon City. The program will run from

10 a.m. to 12:30 p.m.

Included in the program will be the services available in Clackamas County to families caring for aged parents. It will assist the family in knowing about informational resources which can help when a retirement home, care facilities or a nursing home is being considered.

The program will also have information on the basics of health insurance

coverage for seniors, the selection, types and reimbursement forms.

The program is sponsored by the Oregon State University Extension Service for Clackamas County.

An overview of available services will be given by Mildred Ross, gerontology specialist with St. Vincent's Hospital.

Other speakers as well as several free publications will be offered.

Stress may increase chance of injury

It is common knowledge that diseases are caused by germs and that accidents are caused by carelessness.

However, a growing body of knowledge, and numerous medical studies, have shown that stress and how we cope with it may have a definite affect on how our bodies are able to ward off disease.

Stress may also be a determining factor in the rate of injuries or accidents that occur, according to Dr. Homer Winslow of the Clackamas County Medical Society.

The higher the stress level, the higher

the rate of illness. The less we are able to cope with stress, the greater the number of injuries and accidents that are likely to occur.

"Feelings of anxiety, despair, fatigue and nervousness are signs of increasing stress level," Winslow said. "Headaches, gastro-intestinal disturbances, a change in our sleeping patterns and certain behavior changes, particularly in our eating habits, can be signs that we are under an increasing amount of stress."

How to cope with stress and how to get in

touch with your stress level are things that can be discussed with your personal physician.

A number of seminars sponsored by the hospitals and local educational institutions are also currently being offered to the public that will be informative.

For more information on stress levels, or to obtain a speaker for your organizations, contact the Clackamas County Medical Society at 659-4744.

TAG fair set May 16

Students from the Talented and Gifted (TAG) programs in Clackamas County will have a chance to show off their skills at the TAG Project Fair.

The fair, which will become an annual event, is being sponsored by the Clackamas County Education Service District. It will be held at Clackamas Community College Saturday, May 16, from 11 a.m. to 4 p.m.

Any student grades kindergarten through 12 may show a project if the student is in one of the various talented and gifted programs offered by school districts across the county. The project must have been completed this year and may take any form, such as a display, a film, a presentation, an experiment or a play.

"There has been a growing interest in the special needs as well as the special abilities of talented students throughout our county for several years," noted ESD superintendent Bob Burns. "The fair is an excellent way for the students and schools to show what they can do."

For more information, call Mitzi Kennedy at 635-4341 or 221-0116.

Elliott named Smith intern for summer

A Portland State University student from Redland will serve as an intern this summer in the Washington D.C. office of Congressman Denny Smith.

Thomas J. Elliott, 22, will participate in the two-month Lyndon Baines Johnson Internship. He will receive a salary of \$740 a month for his work on Capitol Hill this summer.

"Tom has demonstrated his ability and desire to get involved in business and government at a very young age," Smith said. "He is typical of so many young Oregonians I meet throughout the 2nd District. I'm proud that he has agreed to participate in the L.B.J. program and I know he will do a fine job as our 2nd District intern."

Elliott, a graduate of North Clackamas Christian, is majoring in Business Administration at PSU. He will graduate this spring, then enroll at Willamette Law School for fall term.

Elliott is the son of Mr. and Mrs. Jim Elliott of Gerber Road in Redland.

County ESD to hold annual spelling bee

Students from school districts throughout Clackamas County will have a chance to demonstrate how well they spell at the annual spelling contest.

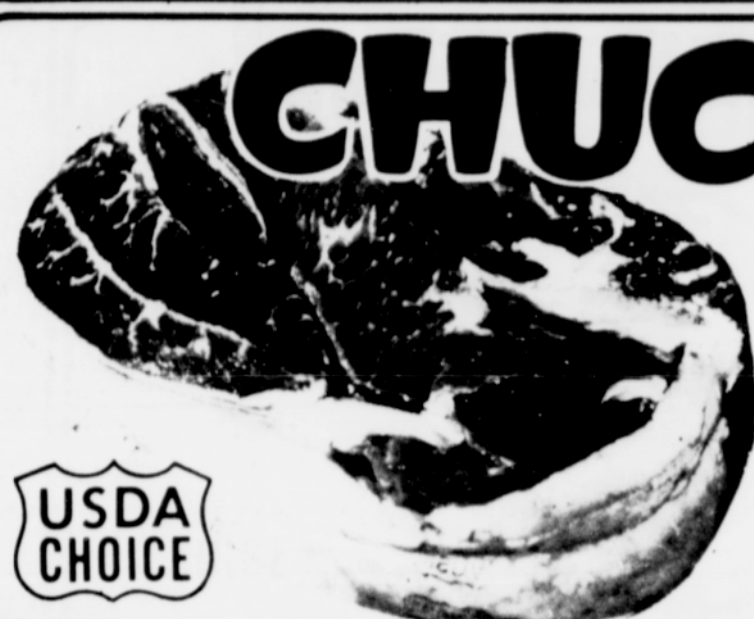
It will be held at Clackamas County Education Service District (ESD) Friday, May 15 at 9:30 a.m.

Contestants will participate on the county level after elimination contests in their individual districts. Winners here will go on to the state contest in Salem Sept. 5 during the State Fair. Students will compete in three divisions: Division I is for students in grades one through six; Division II is grades seven through nine; and Division III is for sophomores and juniors in high school.

The contest is open to students from public and private schools. About three dozens students will participate.

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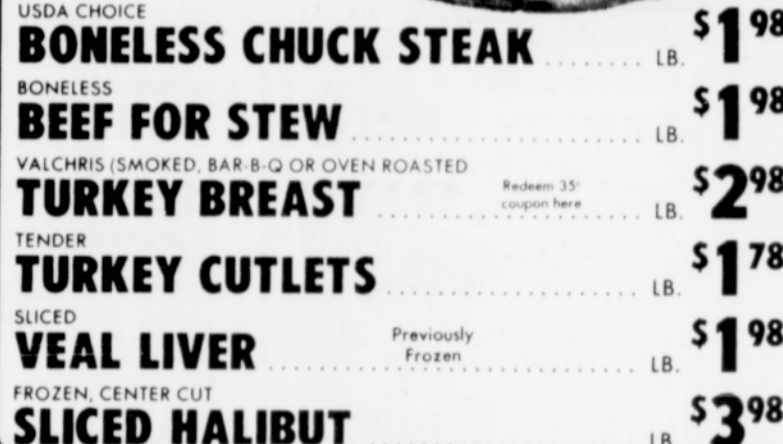


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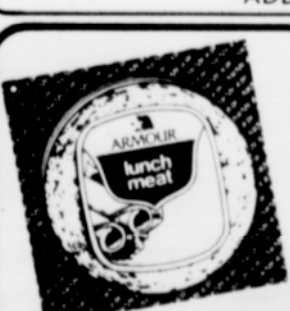
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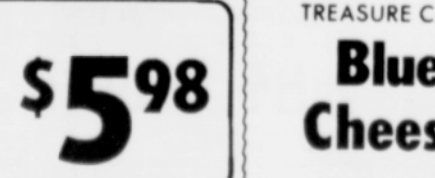


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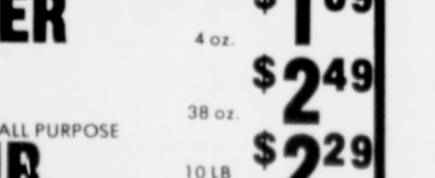


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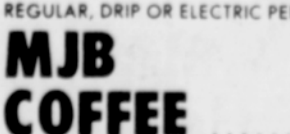


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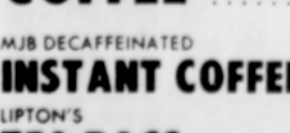


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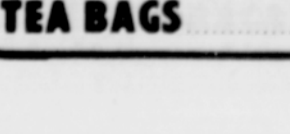


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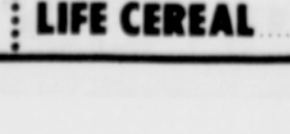


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