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13 million Americans will seek relief from arthritis

People have always been plagued with sore, aching joints which may become stiff and sore enough to interfere with normal movements.

Some 13 million Americans seek relief from arthritis. Three million say arthritis restricts their everyday activities. The most common are

rheumatoid arthritis and osteoarthritis. Although quite different, both result in painful, deformed joints. Less common are arthritis caused by gout and by in-

fections. Rheumatoid arthritis affects three times as many women as men. Usually it appears between the ages of 20 and 35. Weakness, fever, loss of appetite and weight often are symptoms. One or more of the smaller joints becomes inflamed and swollen. The acute, painful inflammation migrates from one joint to another.

An attack of arthritis may develop gradually or suddenly with dramatic effect. Pain and inflammation may come and go for no apparent reason. Treatment with drugs and physical therapy reduces the inflammation and pain, preserves movement and minimizes deformity.

Osteoarthritis is a less dramatic illness affecting fewer joints, and is less likely to come and go. At first, rest relieves the soreness. Eventually the joint becomes permanently damaged and mobility is restricted.

Everyone will develop some osteoarthritis if they live long enough. It begins in the middle years, usually in the hands, hips, knees, shoulders or in the back. Many overweight people who stand or walk a great deal, will overburden their knees and hips and these areas are especially susceptible.

For speakers on this or other related topics, contact the Clackamas County Medical Society at 659-4744.

Family survival workshop planned

All families experience some level of stress during the holiday season, and many times this stress can lessen the holiday fun or even make the whole season very negative.

However, if a parent is willing to plan and be creative with family holiday activities, most of the stress factors can be eliminated. The Willamette Valley Family Center is offering a free public workshop to address these issues.

Entitled "A Parent Survival Course for the Holidays," the workshop will be held on Dec. 9, from 7 to 9 p.m. at 610 Jefferson Street in Oregon City.

Dr. Robert Loveland, clinical psychologist, will lead the discussion. For more information call 657-7235.

Public notices

NOTICE OF HEARING
Notice is hereby given that at 7:00 p.m. on Thursday, December 17, 1981, in Room 602, Multnomah Co. Courthouse, 1021 SW 4th Ave., Portland, Ore., there shall be a public hearing by and before the Portland Metropolitan Area Boundary Commission on the proposal below. Interested persons may appear and shall be given reasonable opportunity to be heard.

PROPOSAL NO. W 277
ALLOCATION OF SERVICE TERRITORY TO THE GOVERNMENT CAMP WATER CO. (Community Water System) as follows:
(Continued from the Nov. 19, 1981 Public Hearing) In the Mt. Hood Corridor, in the community of Government Camp, located on both sides of U.S. Hwy. 26, The S 1/2 of Lts 1 & 2, Sec. 24, T35 R8E, W.M. Clack Co., Ore. (Assessor's Map 3 BE & Index); and T1S 100, 200, 300, 400, 500 & 600 of NE 1/4 Sec. 24, T35 R8E, W.M. Clack Co., Ore. (Assessor's Map 3 BE 24A); All but the SE 1/4 of Sec. 23, T35 R8 1/2 E (Assessor's Map 3 BE 1/2 E 23AA, & 3 1/2 E 23AB, & 8 1/2 E 23AC); and the SE 1/4 SE 1/4 Sec. 14, T35 R8 1/2 E, W.M. Clack Co., Ore. (Assessor's Map 3 BE 1/2 E 14DC); and the NW 1/4 NW 1/4 NW 1/4 Sec. 24, T35 R8 1/2 E, W.M. Clack Co., Ore. (Assessor's Map 3 BE 1/2 E & Index).

James L. (Jamie) Muter
Chairman
P1181-11
12-3

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\$6⁹⁷
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**STANDS
NOT
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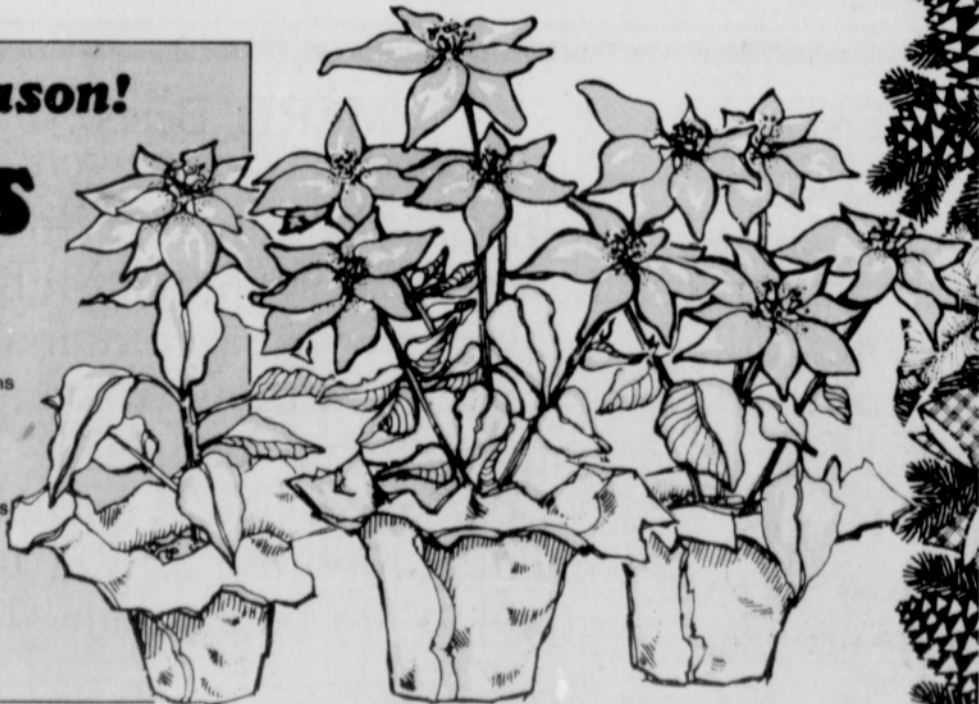
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6" Pot
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