

Tanzania builds new people-centered city

by Roger Mann

(PNS) Dodoma, Tanzania — Here in the central highlands of Tanzania, a country where self-reliance is the national theme and democratic socialism the goal, plans are being laid to build what could be Africa's — if not the world's — most innovative city.

If all goes according to plan, Tanzania by 1990 will sport a true "people's capital" — a city of 350,000 where small communities of 7,000 lie tucked amidst neighborhood parks, farmlands and wild-life reserves; where each family, living among a small cluster of ten homes, has its own garden plot; and where an extensive public bus system shuttles people wherever they cannot go by foot or bicycle.

The city, called Dodoma, lies in a temperate climate almost a mile above sea level. Unlike the hot and muggy current capital of Dar es Salaam — a teeming old Arab port far removed from Tanzania's largely rural population — Dodoma will be built with both rural African lifestyles and Tanzania's "people's democracy" in mind.

No longer will villagers and local political leaders face a foreign maze of streets, confusing bus routes and fast-paced urban sprawl when they visit their capital.

In this sense Dodoma will fit right into the Tanzanian development model, which stresses self-reliance on the village level.

Throughout the country, families are expected to cultivate their own kitchen gardens, locally made ox-drawn plows are preferred to costly imported tractors and village industries using labor-intensive technology are emphasized.

Even President Julius Nyerere and other government officials spend a month or more each year in their home districts cultivating their plots with hoes and draught animals. And in the most interesting experiment of all, Tanzanians are moving into cooperative self-help villages known as "ujamaa," intended to be the backbone of this poor agricultural nation's socialist program.

JOINING PEOPLE AND NATURE

Clement George Kahama, the director of the Capital Development Authority, the agency building Dodoma, says the basic principle of his master plan is complete integration of man-made structures with the land on which they stand. "Agriculture will always be an integral part of the capital's life," he promises.

Though some government offices have already moved to Dodoma, the real building has yet to begin. The main government buildings — to be visible from almost every part of the city — will be situated on a sloping ridge that gives a commanding view of the city and the surrounding countryside.

Besides the President's office and the headquarters of TANU (Tanganyika African National Union), Tanzania's rul-

ing and democratically run party, the National Assembly will rise above the residential and commercial areas below. Other government offices, a university campus, a convention hall and parks will round out the city center.

To keep to the theme of a human-centered capital, the city center won't have towering buildings or mammoth expressways. Most Tanzanians can never hope to own a car or sleep in a Hilton hotel.

Public housing will be no more than three stories high. "High rise residential development," Mr. Kahama explains, "apart from being totally unnecessary in this case and sociologically unsound for families with children, is inconsistent with the aim of enabling everyone to be near the land to work it."

The plan to build houses in clusters of ten each will keep the city life close to the country's village traditions, narrowing the gap between urban and rural lifestyles. Mr. Kahama hopes the clusters will encourage good neighborliness, providing intimate support and assistance to those who are new to urban life.

COMMUNAL DEVELOPMENT

"The peoples of Africa have traditionally done many domestic village tasks together in a communal fashion and the master plan intends to promote this in the new city through the self-help approach," Mr. Kahama says. He envisions communal activities like building class-

rooms, forming adult literacy classes or simply pounding corn, a prerequisite for preparing the staple food, "ugali."

The housing clusters will be grouped into neighborhoods of about 7000 people, each with its own elementary school, park and community center.

Four neighborhoods will be grouped in a residential community of 25,000 to 30,000 people. Twelve such communities, all with small scale industries, are on the drawing boards.

Heavy industry will be concentrated in the northwest corner of the city, so the prevailing southern winds will blow any pollutants away.

Transportation, including bicycling and walking, is a major consideration in Dodoma's master plan. Children will be no more than a few minutes from their school — and they will never have to cross a road to get there.

Those workers unable to walk to work will go by bus along a route closed to other vehicles and pedestrians, linking the center of each community with government buildings and commercial areas. No one will live more than ten minutes from a bus stop.

Only time will tell whether Tanzania's dream will come true. But if it does, Dodoma will likely become — on a continent of ex-colonial capitals, each with its contrasting skyscrapers and squatter compounds — the model city.

Copyright PNS, 1976

The atmosphere brings you in. The food brings you back.

Of all the restaurants in the Portland area, there's one unlike any other you've ever been to. Victoria Station. It has a relaxing lounge that's really an old caboose, and a series of comfortable dining areas inside real boxcars.



While the atmosphere may bring you in, it's the food that brings you back. Try our Prime Rib roasted and cut precisely to your taste. Savor thick, juicy Top Sirloin Steaks, Bar-b-que Beef Ribs or Giant Shrimp sautéed to perfection in a special wine sauce.

Join us for lunch or dinner and enjoy great food, generous cocktails, fine wines and warm, friendly service. It's an adventure in dining that will bring you back again and again.



PORTLAND • 6500 S.W. Macadam Ave. • Just south of John's Landing • (503) 245-2241

The poison hours

by Rolinda B. Baker

(PNS) Sunday mornings, while adults sleep late or lie in bed with the news paper, small children roam their homes looking for something to do or eat. Every week, many of them eat poison.

When Dr. Howard C. Mofenson, director of the Poison Control Center of Nassau County Medical Center in New York, recently surveyed 119 hospitals throughout the country he found Sunday morning to be one of the busiest times in the emergency room. Children who ingested poison, he discovered, often did so while their parents slept.

Dr. Mofenson also found other poison hours. Between 4:00 p.m. and 6:00 p.m. the poison control centers could predict visits from distraught parents and their too curious children. The fatigue of the day, the rush to prepare dinner and finish household chores, left children unsupervised. The same hunger that enables a child to eat a good dinner also contributes to his search for "food."

Usually, children who had taken poison in the evening had eaten a very light lunch or no lunch at all, Dr. Mofenson discovered.

Vacation time was another danger time. So was moving. Dr. Mofenson noted that families that move often or take several vacations every year seem to have more poison accidents than those who do not.

Common items found in most homes are among the 10 top sources of poisoning, according to Dr. Allen B. Coleman of the subcommittee on accidental poisonings of the American Academy of Pediatrics.

Aspirin, furniture polish, bleach, thyroid tablets and birth control pills lead the list of hazards. The old standby from medical and prenatal clinics, the iron pill, may be a killer.

Plants can be another source of danger. Though a child may not eat the daisies, other plants may look good enough to eat and be dangerous enough to kill. Elephant ear, poinsettia, mistletoe, caladium (a type of potted plant) and castor bean can be lethal decorations.

Dr. Mofenson and the American Red Cross recommend:

*Keep crackers and cookies readily available to discourage foraging. For those Sunday mornings, put dry cereal in a bowl on the kitchen table the night

before and explain to the child that he or she will find a snack on the table in the morning.

*Be especially alert when moving or going on vacation.

*Make purses off limits at all times. A nurse explains, "We get a lot of emergencies in the middle of the morning, too. Mothers may be visiting friends. The child plays with the contents of mommy's purse. He finds medication to play with, and eat."

*Put dangerous products and cleaning materials on high shelves or in locked cupboards — not food shelves.

*Flush unused medicines and poisons down the toilet.

*Never call medicine "candy." Keep it in a locked cabinet. Stress that only mommy or daddy can give it.

*Purchase cleaning materials in "child proof" containers. Though they are not really child-proof, since children can chew off lids, most children don't have the dexterity to open them in the usual manner.

*Caution the child not to eat any part of any plant unless you give it.

*Keep jewelry made from imported seeds or plants locked up.

*Make a special effort to supervise your child when either of you is tired, rushed or hungry.

*Keep an emetic (something to induce vomiting) in the house. Only induce vomiting if the child is conscious and has not swallowed a petroleum product, acid or alkali like bleach or liquid plumber. After you've given the emetic, hold the child on your lap on his or her stomach with the head down.

There are several emetics you can keep in your home. For children over one year old, Dr. Mofenson recommends syrup of ipecac, four teaspoons with enough water to fill the child's stomach. The universal antidote, one part strong tea, one part milk of magnesia and two parts burned toast, makes a visit to the drug store unnecessary. Another good remedy is one to three teaspoons of powdered mustard in a glass of lukewarm water.

*If your child does swallow a dangerous substance, call the local poison control center, usually located at the county hospital. If they recommend bringing the child to the emergency room, bring the poison container with you.

Copyright PNS, 1976.

Albina Center plans election

The Albina Action Center, Inc., a non-profit community action agency located at 707 N.E. Knott Street, Portland, Oregon 97212, will be holding its Board of Directors election on Saturday, October 16th, 1976.

There are eight vacant positions. Six positions are for low-income representatives and two are for community-at-large representatives.

Directors who are elected as Low-Income Representatives shall be residents of the Albina/Northeast geographical area. Community-at-Large Representatives shall be residents of the Albina/Northeast geographical area, or be actively involved in some community project in the Albina/Northeast area.

Applicants and voters must be eighteen years of age or older.

The filing deadline is Friday, October 8th, 1976.

Voters' Information Sheets listing candidates who have filed for election will be available October 12th, 1976 at 12:00 noon at the following locations:

More-4-Less Store
106 N. Beech Street

Safeway Store
5920 N.E. Union Avenue

Tradewell Store
3535 N.E. 15th Avenue

Albertson's Store
909 N. Killingsworth

Multi-Service Center
5022 N. Vancouver Avenue

Each person who files is responsible for returning the application to: The Albina Action Center, 707 N.E. Knott Street, Portland, OR 97212. Phone: 288-8345, for additional information.

Those eligible to vote in this election must be residents of the Albina/Northeast Target area.

Voting time: 9:00 a.m. to 7:30 p.m., Saturday, October 16th, 1976.

All citizens eligible to vote and/or file for election are encouraged to participate in this most important election.

We support



United Way

HOW TO WRAP YOUR ELECTRIC WATER HEATER TO SAVE MONEY AND ENERGY.

If you live in a home in the Northwest that has an electric water heater located in an unheated space... like the garage, basement or back porch... money and energy can be saved with a simple do-it-yourself project.

How to begin. To get the job done on all average size water heaters you'll need the following items. 1) One roll of R-11 (3 1/2") Kraft backed insulation, 15" wide. 2) A 15-yard roll of duct tape. 3) Scissors. 4) Marking pen. 5) A measuring tape. 6) Gloves.

The first thing you do is just eyeball your water heater (electric only... not gas).

Make sure there aren't any leaky water pipes. If there are, fix them before proceeding. Also, if you haven't done so already, the thermostat(s) on the heater should be set at 140 degrees. (And, by the way, don't do this yourself unless you know exactly what you are doing, and, most important, you turn off the heater at the switch box before making the adjustment.)

The basic idea of this project is simple: You've got to wrap the heater in a jacket of insulation to keep the heat in and the cold out.



The first thing to do is put on the gloves. Fiberglass insulation can be irritating to the skin. Then start cutting the insulation. Cut four pieces 8' long, and one piece 5' long. (Fig. 1.)

Take one of the 8' lengths and wrap it around the bottom of the heater with the edge resting on the floor. Draw this wrap snug (don't pull too tight... it'll compress the insulation). It'll overlap a bit. Take your pencil and mark how far it overlaps. Remove, and where you've marked... extend that line right across the insulation.



Now, using that line as a guide... take the scissors... and not cutting through the fiberglass—cut straight across. (Fig. 2.) Remove the fiberglass.



Trim the overlap to about 3" width. Wrap the trimmed insulation around the tank again... adjust it so the seam is

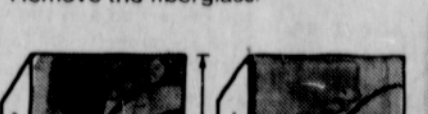


Fig. 1. Trim the overlap to about 3" width. Wrap the trimmed insulation around the tank again... adjust it so the seam is

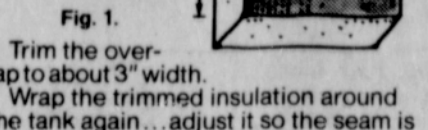


Fig. 2. Trim the overlap to about 3" width. Wrap the trimmed insulation around the tank again... adjust it so the seam is

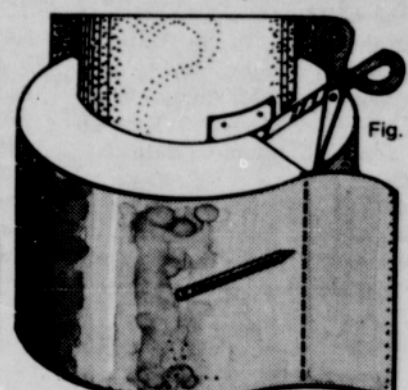
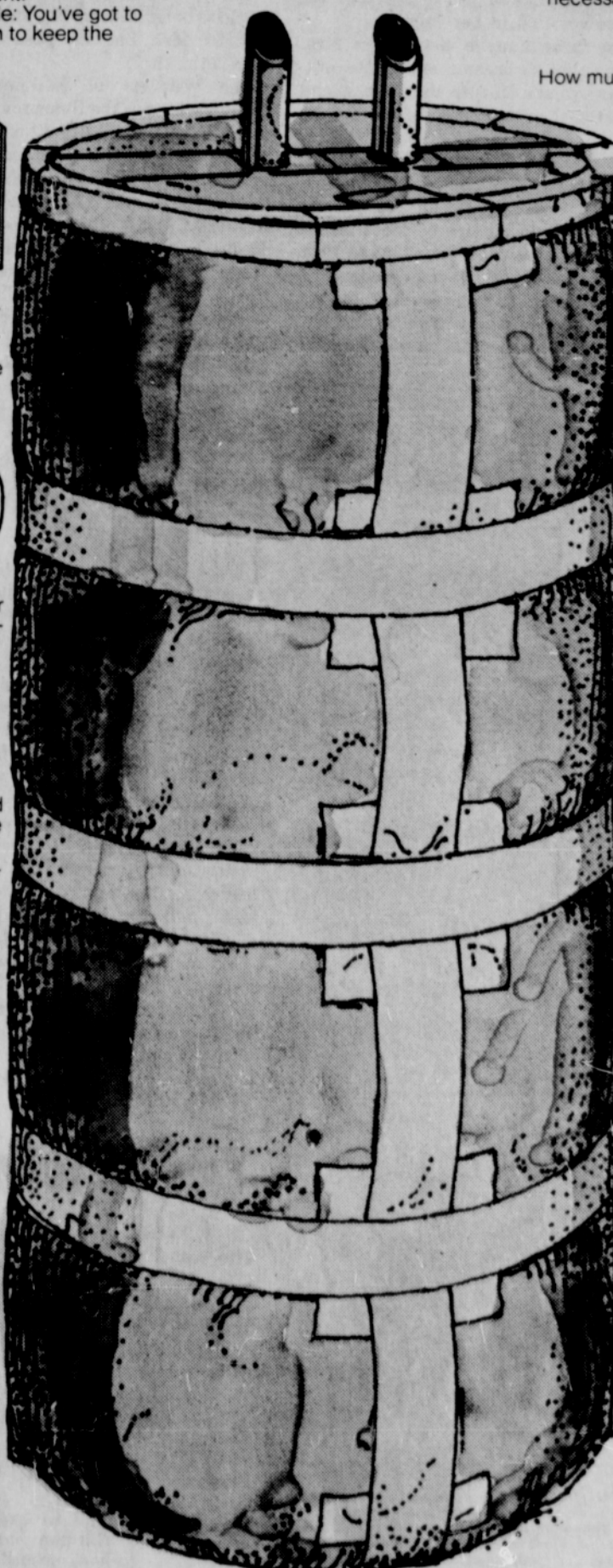


Fig. 2. When you get to the top, the insulation should extend above the top of the tank at least 3". If the top of the insulation extends more than 3" above the tank... trim it back to 3". The insulation should be taped together so that when you look at it there's one seam running vertically from the floor to the top. If desired, you can also tape the circumference where the insulation pieces fit together.

The only thing that remains to do is the top. It's easy. From the remaining pieces of insulation cut two half-circles equal to one-half the size of the water heater's top. Put the top pieces in place... note with the marking pen where the water pipes are... then make slits and necessary cuts to insure a snug fit of the insulation around the pipes. (Fig. 4.)



Go ahead and tape the top pieces in place. You're finished. How much can you save if you do this? The savings vary with the climate.

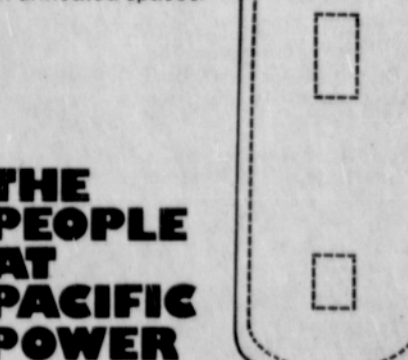


Fig. 4. If you have questions about this do-it-yourself project... please contact any local P&L office. Keep in mind... this project is for electric water heaters only... located in unheated spaces.

THE PEOPLE
AT
PACIFIC
POWER

Remember! Electric water heaters only!