

# METROPOLITAN

## Affordable housing available

City of Portland residents now have a unique opportunity to homestead houses at a very low cost through the Portland Development Commission's (PDC) Urban Homestead Program. Six houses are now available. They can be visited during open houses on August 24th and 31st between 6:00 and 9:00 p.m.

Under the Homestead Program, properties are given to the PDC by the Department of Housing and Urban Development (HUD) as part of their program to dispose of foreclosed properties. The houses are then transferred "as is" by the PDC to qualified "homesteaders" for only the costs of transfer, estimated between \$200 and \$500.

Under the Program, selected purchasers agree to repair major code items within six months. These repairs usually include, but are not limited to, new electrical wiring, plumbing, a roof or furnace. Any other rehabilitation must be completed in an additional six months.

The homesteader also agrees to live in the rehabilitated home for a minimum of three years. In addition, a 3 per cent interest loan is available from PDC to homesteaders who need financial assistance to make the needed repairs.

Interested persons must reside in the City of Portland, be at least 18 years old, have assets less than \$12,500 and be first-time homeowners. Homesteaders must also meet the PDC income guidelines which apply for both the Program and the low interest loan. For example, an individual who makes up to \$1,258 a month would qualify, as would a



Open House will take place at 5027 N.E. 10th Ave., Portland, Ore.

family of four earning up to \$1,800.

Open houses will take place at 9144 N. Chase, 4026 N.E. 12th, 4926 N.E. 22nd, 5035 N.E. 13th, 1407 N.E. Webster and 5027 N.E. 10th. The open houses will allow interested persons an opportunity to view the properties and decide if they want to make an application to homestead.

Program guidelines, application forms and fact sheets on the individual houses will be available at that time. Potential homesteaders may complete an application only after they have viewed the properties

through scheduled open houses. Final selection of a homesteader for each house will be made based on a drawing of qualified names.

After the initial transfer of the house, homesteaders are responsible for making monthly payments that include the loan, taxes, and insurance and are asked to perform general maintenance on the home.

Persons interested in the Program should attend the open houses or call 796-5300 to receive more information on the available houses or to be notified when houses become available in the future.

## \$9,927 check returned

by C. Eddie Edmondson

Most managers of Goodwill Industries' store outlets are used to reaching out to area businesses for donations of goods and products the businesses no longer want or need.

But Ismail Shaheed, manager of Goodwill's Walnut Park store, did as much for one local business as it receives—he gave back a check for \$9,927.

"I was walking a new employee to the bank," he said, noting that his car had broken down and that is why he did not drive to the bank. "At Emerson and Union, I saw these papers in the street." It was a computer card and a check for \$9,927.

The check turned out to be from a subsidiary of a major Oregon corporation. What would you do with a check like that?

Shaheed, who has managed the Walnut Park store since last September, attempted to return the lost check.

"The general attitude was so negative," Shaheed said. "After they acted like they did I turned the check over to our public affairs department." Eventually the comptroller of Goodwill contacted the comptroller at the corporation which issued the check and the lost check found its way back home.

"It inadvertently dropped out of the courier vehicle that was taking the check from our office to the bank," said a spokesperson who confirmed that they had indeed received the check from Goodwill.

## MAKE A NEW HOME AT THE OLD ADDRESS

WITH A NEIGHBORHOOD PROFESSIONAL

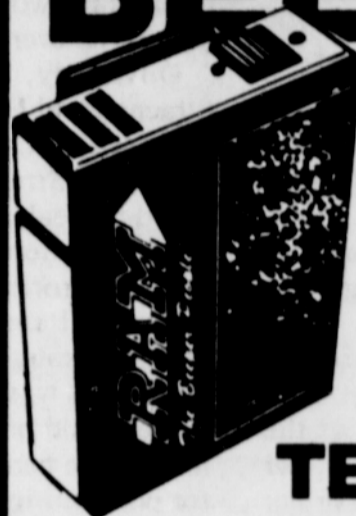
Wm. D. Herboth Remodeling



CALL: 289-1600

Interior • Exterior Additions • Weatherizations

## BEEPERS



& CAR TELEPHONES

RAM

THE BEEPER PEOPLE.

713 S.W. 12th Street

Call 224-BEEP for a free demonstration.

## Blood pressure clinic expands

One year ago, the Red Cross in conjunction with Multnomah County Community Health Services, opened its first blood pressure screening clinic at the office of Dr. Anthony Chichoke, 15925 S.E. Stark. In June of this year, a second was opened in the Sabin Clinic at 3601 N.E. 15th.

High blood pressure, or hypertension, is a leading cause of stroke, heart disease and kidney disease. It produces few or very non-specific symptoms in its early stages, which is a major problem. Twenty per cent of the adult population in the United States, or about 23 million people, have high blood pressure.

The program was originally initiated because budget reductions for Multnomah County Health Services forced them to drop blood pressure screening services. The Red Cross was approached to run the service on a volunteer basis, using space provided by the County. Reports from the Red Cross volunteer coordinators at both locations indicate that the service is taking a definite hold in the community.

The clinic in S.E. Portland, which is open on the 1st and 3rd Thursday of every month from 3:30-5:30 pm, has built a roster of 20-30 patients per month.

According to D.J. Sundahl, a Red Cross volunteer nurse, the patients seem to appreciate the extra time and attention they receive, which is a luxury most doctor's offices can't



Red Cross volunteer coordinator Karen Wood, R.N. (left) checks blood pressure of Terry Londos at Sabin Health Clinic in N.E. Portland. Clinic is open each Friday from 9 am to 12 pm and from 1 to 4 pm

afford. Ms. Sundahl quoted one patient as saying, "They tell me at the doctor's office to avoid salt, but not how to do so." The key to successful treatment seems to be the extra time for counseling.

One of the regular patients on Thursdays is a gentleman who came into the clinic one afternoon shortly before he was due to retire. The nurse on duty found that he was in a condition that could have meant an imminent stroke. He was immediately referred to his private physician for treatment, and now comes back to the clinic regularly for lifestyle and stress counseling. Changes in lifestyle, food, and exercise have brought his blood pressure within the normal limits.

Karen Wood, R.N., Red Cross volunteer coordinator at the Sabin Clinic in N.E. Portland, says, "An added service given by Red Cross volunteers is a check-back system for those patients who seem to just drop out of sight. Just a concerned call is sometimes enough to bring these patients back. The danger is that they do not feel particularly bad, and think they don't have to be concerned about their high blood pressure."

The Sabin Clinic blood pressure screening operates on Fridays each week, and since its opening in June has been seeing about 30 patients per month. All counseling and referral is provided free and no appointment is necessary at either location.

## Great northwest chili cook-off

Warm up your frying pans and pull out your chili peppers. It's time for the second annual Great Northwest Chili Cook-off! You and your friends could be one of 20 teams chosen to cook at the cook-off, at the Pacific International Livestock Exposition, on Oct. 9.

The grand prize winner will receive \$750 and the chance to represent the Great Northwest in the national Chili Appreciation Society's Annual Cook-off in Terlingua, Texas, in November.

The event is co-sponsored by FOODday, the Oregon Beef Council, the Washington Park Zoo and KYTE radio, proceeds to benefit the zoo. To enter all you need to do is fill out an entry form by Aug. 30. Forms will run in August issues of FOODday and periodically each week in the *Oregon Journal* and *The Oregonian*. The 20 teams will be named in the Sept. 8 issue of FOODday.

The rules are as follows: No beans or spaghetti. No meat other than beef. Chili cooking teams will consist of one cook and one to three assistants. Support teams of no more than 15. Selection of teams will be based on the chili recipe, name, and stated ability of cooking skills, originality of teams' proposed uniforms and chili cooking booth decorations, and creativity of the team song or cheer.

## HUD to fund program for minority students

The U.S. Department of Housing and Urban Development has awarded the University of Oregon \$69,320 to fund a program to help 12 minority students obtain higher academic degrees in community and economic development fields, HUD Secretary Samuel R. Pierce Jr. announced today.

The University of Oregon is the only educational institution in the Pacific Northwest to receive such funding this year. Nationally, the HUD Community Development Work Study Program will enable 276 economically-disadvantaged men and women to spend a full academic year at one of 54 participating colleges and universities. The students will also gain professional experience by working to plan, develop or administer activities funded by HUD's Community Development Block Grant (CDBG) or Ur-

ban Development Action Grant (UDAG) programs.

Dr. Dean Runyan, head of the University of Oregon's Department of Planning, Public Policy and Management, called the HUD funding "crucial to meet the needs of minority students." Runyan said the program "will really help students who wouldn't otherwise be able to take advantage of this kind of educational opportunity." He noted that the funds will be used in conjunction with the University's work-study program, with the school providing other resources such as counseling and administrative support services.

Men and women will be recruited for the program throughout Oregon by the University, which successfully applied to HUD for the educational funds. In addition to their graduate work, students will

complete internships with state, areawide, local government agencies, Indian tribes, or nonprofit/private organizations using CDBG or UDAG funds.

Students will be selected based on financial need; interest in and commitment to a career in community development; insight into low-income and minority concerns in urban areas; academic ability and professional potential. Most will enroll in graduate programs leading to a master's degree, although a few schools will focus on senior-year students in bachelor degree programs.

The University of Oregon's Department of Planning, Public Policy and Management offers two degree programs within the School of Architecture and Allied Arts. They are both graduate programs offering master's degrees in Urban

and Regional Planning, and in Public Affairs.

Qualified students interested in obtaining more information about these educational opportunities funded by HUD may contact the University of Oregon's Department of Planning, Public Policy and Public Affairs by calling (503) 686-3635, 3635.

Students who complete the program will be committed to work, for a minimum of two consecutive years, for a state, local government or non-profit agency funded by CDBG or UDAG funds. Those who do not complete either the academic or work component will be required to repay the educational costs. Students in two-year graduate degree programs will be sponsored again next year if funds are available to HUD.

CATERING COSTS ABOUT THE SAME EVERYWHERE.

EVEN AT THE WESTIN BENSON.

Catering prices are pretty standard all over town. But so are the services. Except at The Westin Benson. With crystal chandeliers, delicate china, gleaming silver and remarkably good food served by top notch professionals, we set a higher standard. Catering costs about the same everywhere. But only The Westin Benson offers you so many priceless extras for parties of 20 to 500.

THE WESTIN BENSON  
Portland

ONE OF THE FEW REMAINING CLASSIC HOTELS.  
Call 295-4140 today. Free evening & weekend parking. © 1982.

LOVE THAT CHICKEN!

POPEYES  
FAMOUS FRIED CHICKEN

with that Original New Orleans Flavor

I'VE GOT GREAT LEGS!

3 Locations To Serve You:  
5949 N.E. Union Ave. 3120 N.E. Union Ave.  
283-9542 281-2628  
2320 S.E. 82nd Ave.  
774-9651

© 1982 KING FEATURES SYNDICATE, INC.  
© 1982 POPEYES FAMOUS FRIED CHICKEN, INC.