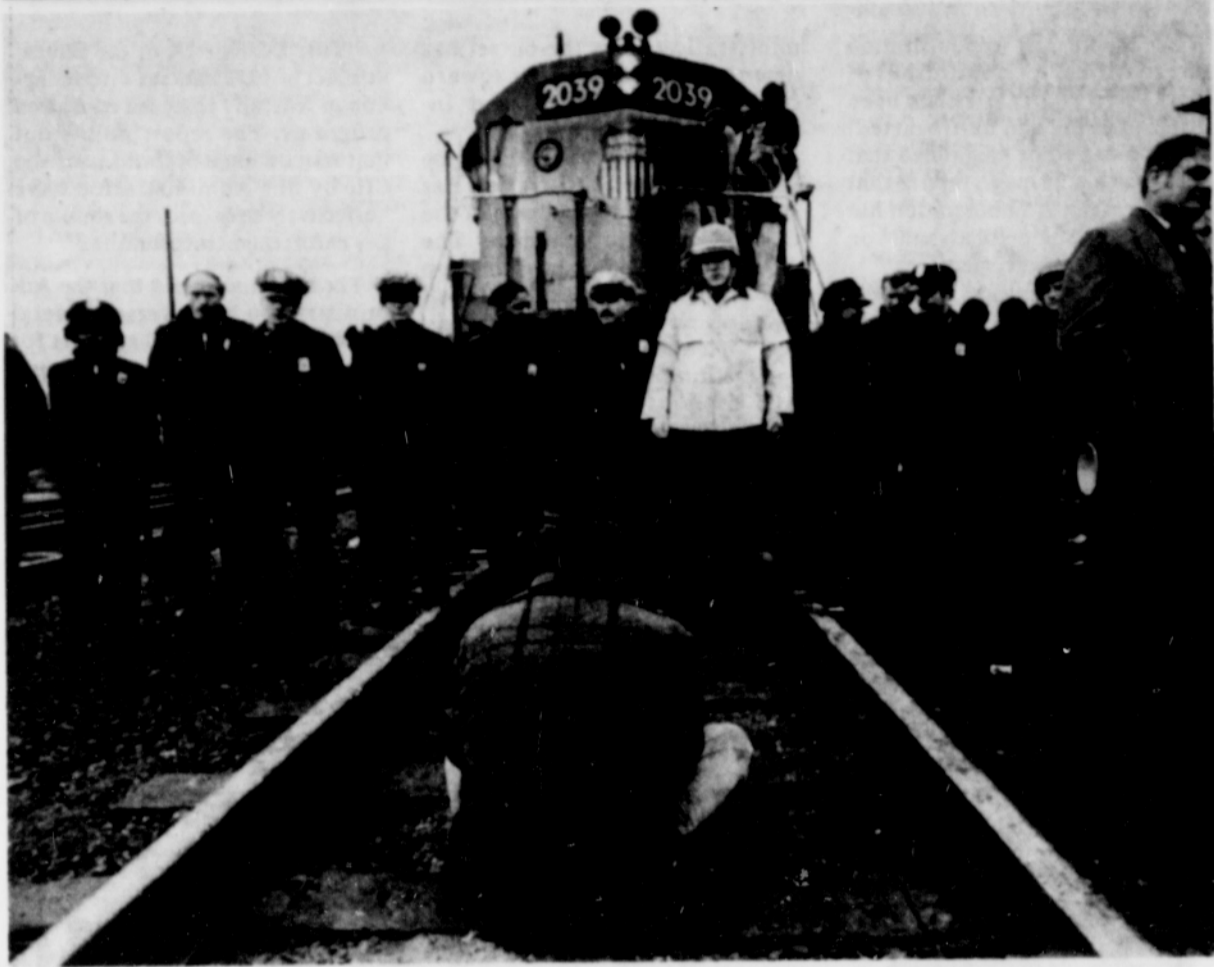


# METROPOLITAN



G. Robert Collins of Ashland, Oregon 'sits in' while police block the passage of train carrying nuclear weapons. (Photo: Richard J. Brown)

## Local leaders serve PCC

Ten local leaders have been appointed to newly formed advisory committee for Community Services at Portland Community College's Cascade Campus. The action was taken at the recent meeting of the PCC Board of Directors.

The new advisory committee will focus on enhancing PCC's Community Service program in north/northeast Portland. Community Services encompasses non-credit programs through the college and includes self-help, special interest and personal enrichment, and small business and related areas of study.

Members of the committee include Herb Cawthorne and Linda Harris, Portland Public Schools; Albert Collier, business management; L. Will Fischer, Aviation Ground School; Charles Jordan, Portland City Council; Cheryl Martin, community school coordinator; Jerry Mounce, North Portland Neighborhood Association; Edna Robertson, Northeast Portland Neighborhood Association; Ocie Trotter, Standard Insurance Company; and Janice Wilson, First Interstate Bank.



## Jesse Jackson

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## Warheads intercepted here

The "Death Train"—17 white specially armored cars guarded by Department of Energy couriers—was stopped in its tracks for two and one-half hours in North Portland Friday. The train reportedly carried 200 nuclear warheads to the Trident base.

Although the demonstrators greeted the train on its circuitous path from Amarillo, Texas, to Bangor, Washington, only in Portland was the train stopped.

Approximately 150 protesters held the train hostage, their bodies on the tracks; 35 were arrested.

The train's guards watched through the bullet-proof windows of the turreted cars, their rifles ready. In the driving rain, Union Pacific officials and City of Portland police drug the protesters from the tracks, only to have them return.

In addition to the evidence of will and commitment of the demonstrators, the protest demonstrated the ineptness of the City police. Huffing and puffing from the strain, they called for reinforcements. Their number grew to about

50, with six horses. Then the Oregon State Police marched up in riot helmets, armed with batons. A Tri-Met bus was called to carry the protesters to jail. It did not arrive but a school bus did. Finally, the jail bus arrived and the arrests could begin. In the meantime, the protesters were singing, "We Shall Overcome".

At 3:38 p.m., about 2½ hours after its unplanned stop, the "Death Train" moved on—its white cars labeled "Peace Now", "Peace is Life".

## School budget hearings set

The Portland School District's budget hearings will be conducted on the following dates: Thursday, March 8, at 7:30 p.m.; Wednesday, March 14, at 4:30 p.m.; Monday, March 26, at 7:30 p.m.; Thursday, April 5, at 4:30 p.m.; Saturday, April 7, at 9:00 a.m.; Tuesday, April 10, at 4:30 p.m.; and, Thursday, April 12, at 7:30 p.m. All meetings will be held at the Education Service Center, 501 N. Dixon St. and are open to the public.

## Kaiser installs signs

A project agreed to by the City and State, paid for by a private, nonprofit organization which will benefit the public was activated Wednesday, February 8.

The project, crosswalk and vehicular signals at North Interstate Avenue and Fremont Street, was initiated by the Kaiser-Permanente Health Care Program out of its concern for the public's safety. Two medical offices, two administrative offices, and an education and conference center comprise the Edgar F. Kaiser Health Center, located on both sides of Interstate Avenue, adjacent to Overlook Park.

Patients and employees wishing to catch a bus or travel between the primary care medical office Health Center East and the specialty care facility Health Center West, must

cross Interstate Avenue, a busy four-lane highway. Such crossings will be easier and safer thanks to pedestrian-activated stoplights and flashing warning lights 300 feet from the crosswalk. Cars leaving Health Center West via Fremont Street will activate detectors in the pavement.

Before work could proceed, a contract had to be negotiated between the City of Portland and State of Oregon (Interstate Avenue is a State highway, located in the City). Engineering for the project was provided by the City of Portland Traffic Engineers. The contractor was Highlite Construction Company. Kaiser-Permanente implemented and funded the project which cost \$40,000. The City will maintain the signals.



Melisa Wambalaba and her 15-month-old child Daima are the first to try out the new pedestrian-activated signals at North Interstate Avenue and Fremont Street at the Edgar F. Kaiser Health Center. Kaiser-Permanente initiated and paid for the project, which required a contract between the City and State.

(Photo: Richard J. Brown)

## Elderly to receive free screenings

Beginning March 8th, at PACT, Metropolitan Hospitals, Inc. will offer free health screening services to Multnomah County elderly. A five-month contract was awarded to Metropolitan by the Portland/Multnomah Area Agency on Aging for the establishment of a model project to handle screening, education and referrals. Metropolitan Hospitals, Inc. will fund two-thirds of the project through the resources of its four hospitals: Emanuel, Physicians and Surgeons, Gresham Community, and Meridian Park.

The Portland/Multnomah Commission on Aging was instrumental in advocating the service. Vivian Grubb, chair of the health Committee of the Commission on Aging explained that screening has been scheduled for the county's Senior Centers "because that is the place seniors feel comfortable. The familiar setting will ease their fears."

"Health Screens are not a replacement for regular physical examinations," Steve Shanklin project director explained. "They are a way of identifying what may be a problem for a senior and get-

ting that person to the appropriate resource."

Benefits expected from the project include the on going monitoring and support of seniors with chronic health problems; the involvement of socially isolated elderly with Senior Centers; and detection and referral of those with medical problems to healthcare professionals.

County Senior Centers will receive screening services rotating to a different center each week. Under the program, seniors participating in the screening will receive a basic health assessment. Components of this assessment will include medical history, height, weight, vision, blood pressure, blood tests, and dental checks. Nutritional counseling and referrals to community resources and health professionals will also be available to seniors.

In addition, foot care evaluation and instruction will be done by a registered nurse. A screening test for identifying mental stress and/or depression will be conducted for those seniors who desire it. Special screens for glaucoma, breast cancer, hearing and breathing will be available periodically at each of the

centers.

Supervised nursing students from Portland Community College will provide assistance with the health screens. Other volunteers and participants include VNA and senior volunteers from each of the centers. Many employees of Metropolitan's member hospitals are also volunteering during their time off.

At the conclusion of the screening, clients will be counseled regarding the findings and referred to their own personal physician if they have one. Those without, will be referred to a physician and/or to community resources as appropriate. All of the findings will be kept confidential.

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## Find peace at home

On Saturday, March 31st, a day-long workshop will be offered entitled: Conflict Resolution and Negotiation, Peace Keeping Strategies for the Home and Workplace. The leader will be Christopher Keevil, a consultant in organizational effectiveness in Portland, and a mediator for the Neighborhood Mediation center of Portland. It will be held at the Quaker Meeting building at 4312 S.E. Stark, from 8:30 a.m. to 4:30 p.m. Cost is \$10.00. For registration and further information call 282-6004.