



TOM FARNSWORTH (Photo: Kris Altucher)

Skater brands himself "hotdogger"

by Nathaniel Scott

"If you ever in Portland see a person skating a blue streak, it will be me," Tom Farnsworth said, as he whirled around on his outdoor skates. Farnsworth is a 23-year-old native of the Portland area. He has been skating since he was six years old. He calls himself a "hotdog skater" because of the antics he does on skates.

Farnsworth said he has reached speeds of 30 and 40 miles an hour going downhill on his skates. He skates under barriers, on grass, gravel, trails, on objects and up and down stairs.

"I do a lot of dangerous things but I make sure no one is at risk," said Farnsworth, who wears a helmet, gloves, knee pads and even skates with a safety belt tied around his waist.

He said, "I am extremely safety conscious. I am always telling kids on skateboards to get safety equipment. I promote safety when I can," he added.

Farnsworth said, "The versatility of skating fascinates me. It's like having a 'joy stick' that can propel me in any direction I want to go in." Farnsworth owns two pairs of skates: one for indoor rinks and the other pair for outdoor skating.

He enjoys the challenge of skating

and is always thinking up new things to do on skates. For instance, he said, he climbs in and out of moving automobiles while skating. He also takes shortcuts by skating on grass and whenever he's skating on the streets, he uses reflectors, a whistle and gives hand signals to indicate turns and stops.

Farnsworth describes the thrill of skating as that of a "runner's high."

Farnsworth is a practical person and he envisions skating as a business. One of his dreams is to do video commercials. He has even considered skating as a delivery person, sign carrier or things of that nature. Whatever, he said, to earn a living at what he does best.

He said "in the city a bicycle doesn't stand a chance with me. In the long run a bike will beat the tail off me but around town they can't keep up. Why? Because I get around corners and on and off curbs a lot faster than they do."

Farnsworth does all of his repair work and packs his "trunk." The trunk is a small pouch filled with the tools necessary to repair heel and toe stops and ball bearings.

Farnsworth said even though he does a lot of "hotdogging" on skates, he wants to stay alive. "I also want to encourage kids to skate the right way, too," he said, as he skated off into his world of "hotdogging."

Financial aid still available from PCC

Financial aid is still available for students wanting to register for fall term classes at Portland Community College, according to Corbett Gottfried, director of financial aids.

"We are still making awards for fall term for those students who have qualified for loans and grants," Gottfried said.

Applications are also being taken for those who have not yet applied, but Gottfried urged those interested in receiving financial assistance to file their applications soon.

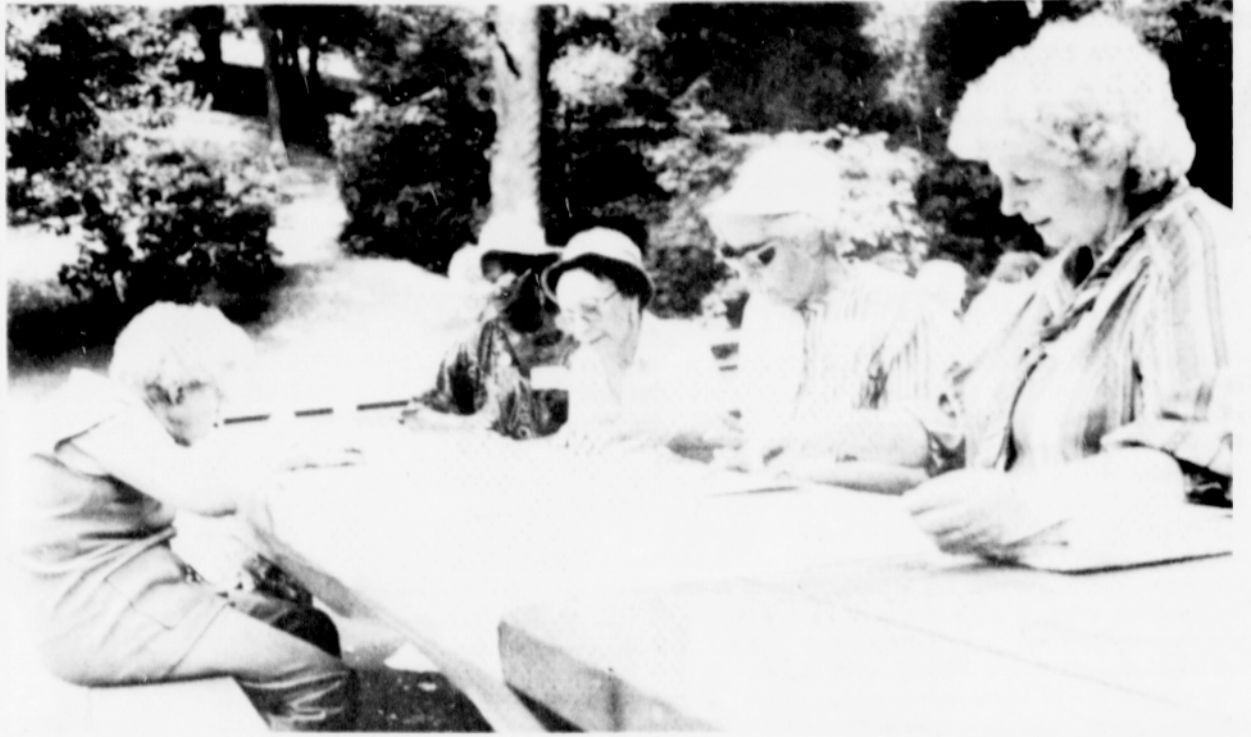
"There has been a lot of discussion about cuts in financial aid at the federal level," Gottfried explained. "But those cuts haven't happened yet. In fact, PCC has more federal dollars to award in grants this year than last year."

Grants consist of Pell grants, supplemental educational opportunity grants, veteran benefits, state need grants and tuition waivers. The college also awards low-interest loans, scholarships and finds part-time employment for those who qualify.

"The basic responsibility for a student's educational expenses rests with the parents and the student," Gottfried said. "But no one should say they can't afford college. We're here to help solve that problem."

Students interested should pick up the financial aid form from any PCC campus. The College Scholarship Service determines the student need based on a review of family income, assets and other resources.

Fall term classes start September 23 and schedules are now available.



Foster grandparents (L-R) Louise Hunt, Ida Kent, Julia Rodriguz, Elsie Hilken and Virginia Hammond, enjoy playing bingo at Laurelhurst Park. They were among the 150 foster grandparents celebrating the 20th anniversary of the Foster Grandparent Program. (Photo: Richard J. Brown)

Foster grandparents celebrate

by Robert Lothian

Northeast Portland resident Stella Brown has 25 of her own grandchildren, but that's not enough, she said.

Brown is a foster grandparent. Four hours a day, five days a week, she offers her love and attention to young children at the Volunteers of America Childcare Center in Southeast Portland.

"When you walk into that building and they all come running and stretching out their arms yelling 'Grandma Stella,' that makes it all worthwhile," she said.

Over 100 local foster grandparents helped 1,500 disadvantaged children last year in Portland schools, day care centers and other institutions, said program director Frank Hales. The grandparents receive \$2.20 an hour for

what they call their "work," said Hales. The money doesn't affect Social Security or any other benefits, he said.

According to Hales, Portland pioneered the Foster Grandparent Program 20 years ago, and there are now 220 successful programs across the country. In Portland, the program operates under the umbrella of Metropolitan Family Services, a non-profit organization that provides counseling and other services to families.

Over 150 of the limited-income grandparents gathered for a 20th anniversary celebration August 23rd in Laurelhurst Park. They enjoyed hamburgers and ice cream provided by Girl Scout Troop 422, and music, including old tunes like "Dixie," by the Barber Sax Quartet.

The oldest foster grandparent,

Eibel Birney, 91, traveled from Washington County for the picnic. "I just love it," she said about being a foster grandparent.

Brown's friend, Ida Kent, is just starting as a foster grandparent. She completed training "that helps us get next to them," she said.

June Ladue suffered four heart attacks but continues as a foster grandparent at the St. Vincent de Paul Child Development Center on S.E. Powell Blvd. She said the contact with kids is good for her health. "Without my little kids I don't think I would have made it. I like to hold and rock the little things," she said.

For more information and to sign up, call Frank Hales at 228-7238. "We're always looking for new foster grandparents," said Hales.

County to hold special immunization clinics

Back-to-school plans should include any shots your child needs to be fully immunized against dangerous childhood diseases, according to Dr. Charles Schade, Multnomah County Health Officer. Oregon law requires that all children from preschool through high school graduation be up-to-date on their shots for Diphtheria, Tetanus (DT or DPT); Measles, Mumps, Rubella (MMR) and Polio.

Children whose immunization records are not complete cannot be admitted to Oregon's public or private schools and day care centers. A child entering kindergarten at age five needs 4 or 5 DPT or DT shots, one MMR shot and four polio vaccines, said Dr. Schade. DPT vaccine is now available again. Oregon law also requires returning students to be completely immunized.

In 1984, approximately 1,450 students were excluded from school and needed proof of immunization to return to classes. If you are not sure what shots your child has had, or if your child needs an immunization, call your regular physician or the Health Division of the Multnomah County Department of Human Services for more information.

In addition to regularly scheduled clinic hours, Multnomah County Health Services will conduct the following special clinics for County residents to meet the increased demand

for immunizations when school opens in September. No appointments are necessary at these special sessions. For more information, call Multnomah County Health Information, 248-3816.

Wednesday, August 28 — North Portland Health Center, 8914 N. Woolsey, Portland, OR, 248-5304, 7:00-5:00 p.m.

Tuesday, September 3 (School Opening) — Northeast Health Center,

5329 NE Union, Portland, OR, 248-5183, 3:00-7:00 p.m.

The cost for different immunizations vary. The minimum fee for any service at a Multnomah County clinic is \$5. Fees can be discounted for County residents based on income and family size, but no one will be turned away because they cannot pay.

However, Multnomah County

Health Services Division is supported by resident taxes, so out-of-county residents will be charged

100% of the fees for immunizations. Residents of Clackamas and Washington Counties can call their local health departments for information about clinics in their area. Members of Kaiser Health Care should call their Kaiser clinic for an appointment.

Free blood sugar screenings offered by Providence

People who are 40 or older, overweight, and have family histories of diabetes, are encouraged to have blood sugar screenings, offered by Providence Medical Center. The hospital is providing the screenings free of charge at several east Portland locations as part of a September program highlighting diabetes education and awareness.

Diabetes is a condition in which the body is unable to turn sugar. It affects 12 million people, half of which are not diagnosed. According to Pat Oriet, R.N., diabetic coordinator for Providence, "Diabetes is not curable, but it can be controlled through good management. Being aware of the condition, and regulating it on a day-to-day basis, will enable a person with diabetes to live a productive life — at home, work and play."

People over 40 are particularly encouraged to be screened. Ms. Oriet states that, "The risk of developing diabetes increases with age." Approximately 80 percent of persons with diabetes are over 40. The symptoms include excessive thirst and urination, weight loss, fatigue, blurred vision, slow-healing sores and itching skin.

The screening is a simple process and takes one minute to perform. A finger stick is used to obtain a drop of blood which is placed on a test strip. The test strip is then read through a meter. According to Oriet, "The test gives approximate blood sugar values that will indicate if a person has diabetes."

The screening will be available from Sept. 6 through Sept. 21. The locations and times are as follows:

Providence Medical Center's Primary Care Clinic, 4805 N.E. Glisan, every Friday in September, 9 a.m. through 12 noon and 1:00 through 3:00 p.m.

Providence Professional Plaza's lobby, 47th and N.E. Glisan, every Friday in September, 10:00 a.m. through 2:00 p.m.

Fred Meyer, NE 67th and Glisan, Saturday, Sept. 7 from 12:00 noon through 4:00 p.m.

Fred Meyer, Hollywood, Saturday, Sept. 21, from 12:00 noon through 4:00 p.m.

For further information about the screening schedule, call 230-6002.

As a provider of this screening service, Providence Medical Center has an ongoing diabetes education program. The educational program is open to all who have diabetes. Lectures, demonstrations, group discussions, support groups for patients and families and personal counseling are all provided by a coordinated effort of health professionals.

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