

Planned Parenthood Schedules Special Programs

by Jerry Garner

The month of October is the twelfth annual commemoration of National Family Sexuality Education Month. This is a period in which parents become the primary sexuality educators of their children.

In an effort to help parents talk with their children about their own values concerning sexuality and to be open to their children's questions and concerns, Planned Parenthood of the Columbia/Willamette (PPCW) has scheduled some special programs relating to mother/daughter communication during National Family Sexuality Education Month.

PPCW will offer a Mother/Daughter Program, a two-session workshop which will be offered twice: one set on Mondays, October 20 and 27, 6:30-9:00 p.m.; the other sessions will be Thursdays, October 30 and November 6, 3:30 to 6:00 p.m. The workshops will be held at PPCW conference room located at 3231 S.E. 50th.

According to Sue Greer, Public Relations Coordinator for PPCW, the programs are designed to help mothers talk with their daughters from the age of 9 to 16 about sexuality, physical development and personal values.

The sessions will discuss such subjects as puberty and development, communication skills, friendship, decision making, self esteem and gender roles. "The format encourages interaction by having activities for mothers and daughters to do together, small group exercises, and question and answer periods. The program enables mothers to identify and express their own values about sexuality to their daughters. The workshops are taught by educators Donna Noonan from Planned Parenthood and Wendy Rankin from Multnomah County Health," said Greer.

The Mother/Daughter Program in the past has been used by the

Special Gift Offered To New Parents

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In celebration of the first anniversary of the opening of its remodeled Family Birth Center, Emanuel Hospital & Health Center will present all new parents during October with free wine glasses at the hospital's traditional Candlelight Dinner. The candlelight dinner is a free service for all new parents the night before they leave the hospital.

"For many parents this is a last chance to enjoy a quiet moment together before they return home to the task of raising their child," said Nancy McKean, Nurse Manager of the Family Birth Center.

The keepsake wine glasses are beautifully sketched with a peach design, the Women's and Children's Division logo.

Exercise During Pregnancy: What To Do and Not To Do

Information about what happens during exercise to a pregnant woman's body and the baby she is carrying, and an opportunity to participate in a sample prenatal exercise program will be offered during a class sponsored by St. Vincent Hospital and Medical Center. It will be held Thursday, Oct. 9, from 7 to 9 p.m. at the hospital's Health and Lifestyle Center, 11640 S.W. Parkway. Cost is \$7.50.

Dr. Marcia Darm, obstetrician/gynecologist on the St. Vincent Medical Staff, and Diane Barton, exercise specialist, will talk about what to do and not to do when exercising during pregnancy.

To register for the class, persons may drop by the Health and Lifestyle Center weekdays, 8:30 a.m. to 5 p.m., or mail in a registration form and the class fee.

For more info call 291-2225.

Columbia River Chapter Girl Scouts. Greer said in the past, mothers and daughters who participated in the programs were very enthusiastic about the results. "They said that after going through the program, they were more at ease when talking about sexuality. In fact, improved communication on all subjects was the result."



Robert Butler, Travel Roberts' Travel Agency

Photo by Richard J. Brown

Travel Roberts' Travel Agency

Ten years ago Robert Butler and his friend Roland Catlett were searching for a business to go into as partners. The two decided to open up a travel agency, thus creating Travel Roberts' Travel Agency.

Butler said their lack of prior business experience was a handicap in the beginning, but after a short period of time, they got the swing of the travel business.

Butler said the travel business is very competitive, especially after the airlines' strikes and the results of the past recession.

Furthermore, Butler said the mega travel agencies have made it tougher for small agencies like his to compete in the travel market. Despite this, he is confident that his business will survive and grow.

He encourages groups and individuals to contact his agency for travel information and travel services.

Minority Business Contractor Directory

More than 200 leading minority contractors from throughout the Midwest are listed in the SBA 1985-1986 directory.

The purpose of this directory is to provide local, county, state, federal and private corporate purchasing or contracting officers with a comprehensive source of information about the capabilities of minority-owned businesses functioning in SBA's 8 (A) program.

Thorough profiles are provided about firms which participate in SBA's Minority Small Business and Capital Ownership Development program in Illinois, Indiana, Michigan, Minnesota, Ohio, and Wisconsin.

Copies of these new publications can be obtained by contacting SBA, Chicago District Office at 219 South Dearborn, Rm. 437, Chicago, Illinois, 60604-1779 or by calling 353-9098.

An Open Letter About Measure 14

Oregonians Against the Shutdown of the Trojan Electric Plant

September 29, 1986

Dear Voter:

One of the more drastic election proposals faced by Oregon voters in many years will appear on the November ballot.

The proposal, Measure 14, would completely shut down Oregon's only nuclear plant — the Trojan electric facility. To shut down an operating nuclear plant — which produces as much electricity as Bonneville Dam — makes no sense.

The facts about Measure 14 are simple:

- Measure 14 would immediately shut down Trojan — which has reliably and economically provided much of Oregon's electricity for more than 10 years.
- Measure 14 would increase consumers' electric bills — because the inexpensive (2.6¢ per kilowatt hour) electricity from Trojan would have to be replaced by electricity from more expensive (up to 7¢ per kilowatt hour) sources.
- Measure 14 would speed up the need for an expensive and environmentally harmful coal plant — even if conservation and renewable energy sources were given priority — due to the large amount of electricity that would be lost by the shutdown.

It is vital that in November Oregonians vote **NO** on 14 to stop the shutdown of the Trojan electric plant.

As citizens concerned about the future of our state, we've joined together to provide Oregon voters with the facts about this drastic proposal — and to defeat it.

If you share our concerns — and if you want to help stop the shutdown of Trojan — please add your name to our committee by filling out and mailing the coupon below.

It will cost you nothing to join — and it could save you a lot!

Sincerely,

Mary A. Fehrs *Roy Hemmingway* *John C. Ringle*
 Dr. Mary Fehrs, Chair, Physics Department, Pacific University
 Roy Hemmingway, Founding Member, Northwest Power Planning Council
 John C. Ringle, Professor, Nuclear Engineering, Oregon State University

*Measure 14's shutdown of Trojan would begin December 4, 1986.

The NO on 14 Committee

Suite 900 • 1220 S.W. Morrison • Portland, OR 97205 • (503) 228-1911
 Paid for by The No on 14 Committee

Yes, I want to help stop the shutdown of the Trojan electric plant. Please add my name to your committee. You may use my name publicly.

Signature _____ Please list other family members who wish to join with us, too. (Please print.)
 Name _____
 Address _____
 Occupation (optional) _____
 Phone (optional) _____

Mail to: Oregonians Against the Shutdown of the Trojan Electric Plant
 Suite 900, 1220 S.W. Morrison Portland, OR 97205

Vote **NO** on 14.