

Healthwatch

by Steven Bailey, N.D.

The recent coop in the U.S. Senate in which Senator Jesse Helmes of N. Carolina used his seniority to replace Senator Richard Lugar of Indiana as minority chair of the Senate Foreign Relations Committee, may be one of the single most important health issues of this century. While there is nothing healthy about a pro-apartheid minority chair in the Foreign Relations Committee, the replacement of "tobacco subsidy" Helmes as head of Agriculture is a major improvement in the American health scene.

The very same day that Senator Lugar became head of Agriculture, he pledged to end the tobacco subsidy program. This had been a "sacred cow" of the Helmes controlled Agriculture Committee for his lengthy stay as chair. With this subsidy program, the cost of cigarettes in the U.S. has remained far below that of other countries, and this has resulted in a higher per capita intake of cigaretts than nearly all other countries in the world. A recent Canadian study on the relationship between cost of cigaretts and intake shows that the cheaper the cigarette (based on equivalent dollar buying capacity), the higher the daily intake. Daily intake of cigarettes has been snown to be closely related to the incidence of lung cancer and other

While Senator Helmes may have some influence in the area of Senate Foreign Relations, there is little chance that he can match his lethal impact on millions of Americans over the past twenty years. He has singularly blocked one of the most obvious preventative fields in American health care with his self-serving sacred cow. Historians may well look at his subsidy program as one of the darkest chapters in American history.

While even Carter's Secretary of Agriculture opposed cutting the subsidy program because it would affect 1,000 farmers, we have seen tens of thousands of mid-west farmers go belly-up while producing unsubsidized crops like corn, wheat and soy. While I feel deeply for any family who loses their farm, it seems totally illogical to guarantee success for the tobacco farmers while letting our food producers suffer the consequences of Reaganomics. As a Senator form the mid-west, I feel that Senator Lugar will have a much more healthy evaluation of the needs for subsidy programs.

What has made the tobacco subsidy program even more tragic is the fact that we have not found a cure for lung cancer. Statistics have shown that our lung cancer treatments have not increased life expectancy over the past 70 years. In fact, the only thing that has kept our cancer treatment programs from fitting the classical definition of "quackery" has been the fact that the doctors have not promised a cure. Certainly the other two components of the current definition of quackery are met with lung cancer treatment, these being: unproven therapies and high costs. Truly until our medical approach to lung cancer takes a giant step forward, the only proven approach is prevention. When subsidy ends, the costs will rise dramatically and personal intake will go down.

With the skyrocketing costs of healthcare, especially in the areas of latestage crisis management and experimental, unproven therapeutics (such as in lung cancer treatment), the aspect of sane preventative programs is encouraging. Please, Senator Lugar, hold to your promise. America deserves an end to tobacco subsidy!

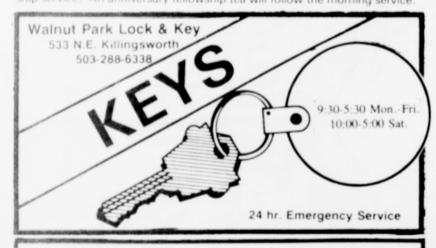
Anniversary/Homecoming

Allen Temple C.M.E. Church will celebrate its 38th Anniversary/Home-coming, February 5th - 8th at Allen Temple Church, 4236 N.E. 8th Ave. The theme for this year's celebration is "God's Family of Faith Moving Forward". Thursday and Friday evening at 7:00 p.m. will be a "Praise Time".

Thursday evening at 7:30 p.m. will be the opening program. Rev. Joyce Smith, Associate Minister at Community A.M.E. Zion Church in Vancouver, WA, will be the guest speaker.

Friday evening at 7:30 p.m. will be a music fest featuring Allen Temple's Ensemble Choir, the Maranatha Church choir, the Sermonettes, the Bethel A.M.E. Inspirational Choir, Anise Hall, Goldby Irby and Calvin Allmon.

The culminating program will be Sunday during the 11:00 morning worship service. An anniversary fellowship tea will follow the morning service.



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Daughters of Isis Elect New Leader

Mina Court No. 142, Daughters of Isis, auxiliary to Mina Temple No. 68, Prince Hall Shriners, elected Margaret J. Isaacs to the top position of Illustrious Commandress. Other elected officers are Layola I. Brown, Orene Rosemon, JoAnn Childs, Dorothy E. Vickers, Viola Bonner, Vethel M. Hall, Frances Odom, Charles M. Person, Virgie L. Tinsley, Daisy Calvin and Gloria Brown.

The Daughters of Isis is a charitable, benevolent and sociable organization. It is involved in community projects and encourages the advancement of youth by offering scholarships and sponsoring the Isiserettes, a service-oriented group of young ladies.

Most notable on the yearly agenda of Mina Court is their annual Christmas Party for children of the community which receives enthusiastic support from the Daughters.

NOTICE-A.O.I.P. Meeting

A meeting of the "Assault on Illiteracy Program" will be held Sunday, February 8th, 5:00 p.m. at Prince Hall Masonic Temple, 116 N.E. Russell St. You and your friends are urged to attend. Invitation is extended to all by Robert E. Phillips, President; Thomas R. Vickers, Western Sectional Director; and Marta Arambula, Secretary.

In Honor of Valentine's Day

In honor of Valentine's Day, a free program designed to assist single people with their social and dating skills will be offered especially for those aged 25-35. The program will take place in the Conference Room of the Sylvan-Westgate Building, 5319 S.W. Westgate Drive (at the Sylvan Exit off the Sunset Highway).

"Social Survival Skills for Singles" will be offered Saturday, February 14th, 1:00-2:30 p.m. Larry S. Hart, Ph.D., C.R.C., of Affiliated Psychological Associates will discuss social assertiveness, dating skills and self esteem.

Pre-registration for this free seminar is required. For more information or to pre-register, call 297-2019.

Volunteers Wanted

New Years resolutions. They are hard to make and even more difficult to keep. The North Portland Youth Service Center's Big Brother/Big Sister program offers an excellent opportunity for a vital actualization of resolutions for the new year. Men and women are being sought out to volunteer as big brothers or big sisters for children who are in need of positive role models and adult friendship.

According to Beth Kallmyer, coordinator of the North Portland Youth Service Center's Big Brother/Big Sister program, becoming a big brother or big sister is full of rewards for both the volunteer and the child. "Many people come into the program thinking they will do all the giving," said Kallmyer. "Only to discover they end up gaining as much as they give."

The time commitment is 2 to 5 hours a week for a minimum period of 9 months. Volunteers are matched with a mutually agreed upon youth between the ages of 7 and 14. The volunteers take part in choosing the child, explained Kallmyer, which helps to make a more compatible match. "It is important that the volunteer and the youth share common interests and hobbies so that both are able to enjoy the time spent together."

If anyone has an interest in becoming a big brother or big sister, contact the North Portland Youth Service Center at 285-0627.

February 4, 1987, Portland Observer, Page 5 **Down on Crack**

Crack cocaine is a growing threat to young people throughout the nation. Here in Portland, crack abuse has expanded dramatically within the last year, with about 35 crack houses now in this area where crack is sold and consumed.

The Oregon State Bar, consisting of about 9000 attorneys throughout Oregon, is embarking on a public awareness program concerning the dangers of crack cocaine. The campaign is the first program of its kind which specifically warns 12 to 18-year-old kids about the dangers of crack. Network-quality television and radio public service spots dramatically focusing on the physical effects of crack abuse form the centerpiece of the program. The bar will also be reaching out to junior and high schools across Oregon to share information about this deadly drug.

The president of the bar, Bernie Jolles, will announce the program at a news conference on Wednesday, February 4 at 10 a.m. at the Oregon State Bar Center, 5200 S.W. Meadows Road in Lake Oswego. At that time, the spots will be previewed and additional educational materials will be displayed. Jolles will be available to answer any questions following the announcement.

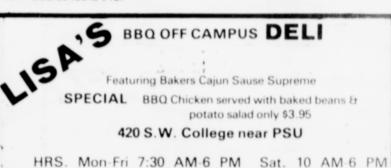
Infant and Toddler Lifesaving Course

"Infant and Toddler Lifesaving"—a class to teach parents, teachers and others who deal with children how to handle emergencies—will be offered in February and March at Emanuel Hospital & Health Center.

"Infant and Toddler Lifesaving" will be offered from 6 to 10 p.m. February 10 and March 10 at the King City Far West Federal Bank's Community Room in Tigard.

The class covers infant and toddler cardio-pulmonary resuscitation (CPR), accident prevention, and how to handle an emergency. In addition, general first aid, anatomy and physiology are discussed to provide a thorough understanding of CPR and why it works. Certification is awarded upon completion.

The class size is limited to six participants. Regiarly by calling 280-4284. Course fee is \$18.



Phone 228-6482

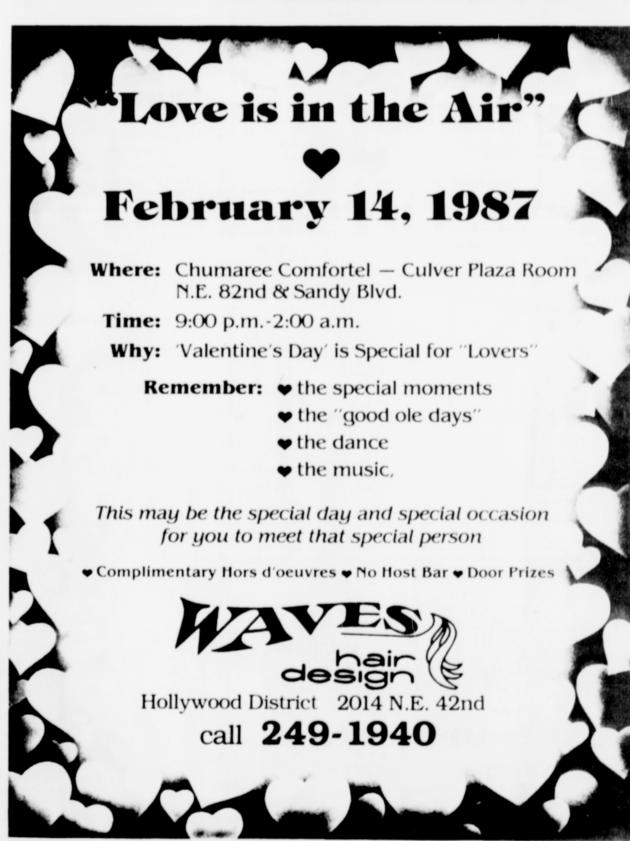
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