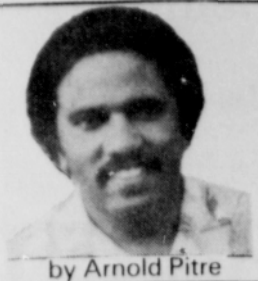
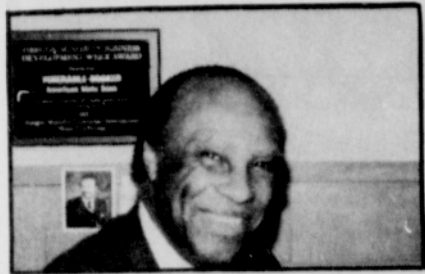


# Speak Out

What effect, if any, will the planned Convention Center have on your business?



by Arnold Pitre



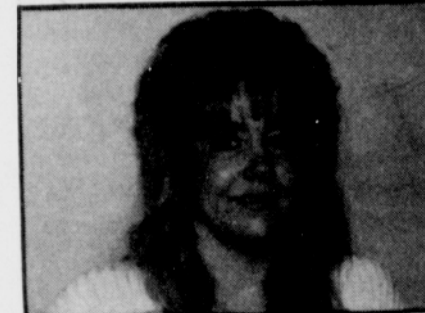
**V.F. Booker**  
President  
American State Bank

I don't think that it will have much of an effect on our business due to the nature of the banking business. Traditionally, a convention situation will affect retail exchanges, stores, hotels, parking lots and the like; but not so much banks. A convention center is a definite plus in terms of overall economics for the community, but in terms of direct deposits, not so much.



**Sandra Johnson**  
Proprietor  
Ja'Bells Beauty & Barber Supplies

I feel that it will generate more business for the city as a whole, and for my business. I am very optimistic about the Convention Center. It will have a real positive impact on our community. People tend to spend more money when they are traveling. They set aside a certain amount of money with the sole intention of spending it. And, I am more than willing to accommodate them.



**Carmetta Mohr**  
Assistant Proprietor  
Mary's Place

A positive effect. It will provide jobs for the people that need work. It will bring the business up in the community and will increase business in Mary's Place. People who have not been here before will experience "new horizons" here at Mary's Place, home of the stuffed baked potato. See you here!



**Nathan Redditt**  
Proprietor  
Union Avenue Liquor Store

A very positive effect. It will generate more traffic through this area and, thus, create more business. Hopefully, it will encourage a reconstruction of Union Avenue — more specifically, the removal of the median, and allowing for more parking and access to the businesses along Union Avenue.

## Stop Smoking Program Offered

Smoke Stoppers, a nationally recognized program to help smokers stop permanently, is being offered at Good Samaritan Hospital in the Overton Classroom at 2145 N.W. Overton, Portland, OR.

Smoke Stoppers is a comprehensive program that helps neutralize the desire for tobacco. It does not use scare tactics or special devices. Rather, it concentrates on behavior change through positive reinforcement and information. According to Diane Bennett, Director of Health

and Fitness Services, Good Samaritan Health Services, the one-year quitting rate exceeds 70 percent which is far above the national average.

A free introductory session will be held at 7 p.m. on Tuesday, January 19th in the Overton Classroom. Classes will meet four consecutive evenings starting Monday, January 25 from 7 p.m. until 8:30 p.m.

For more information, please call Good Samaritan Health and Fitness Services at 229-7006.

# Sickle Cell Trait and Rigorous Exercise in the Military

Recently, newspaper articles and radio and TV broadcasts reported on a study showing that healthy young men in the military service who have sickle cell trait have a higher risk of death following extreme physical exercise than those who don't have sickle cell trait.

The study was conducted by Drs. John A. Kark, David M. Posey, Harold R. Schumacher, and Charles J. Ruele. They are from the Walter Reed Army Institute of Research in Washington, D.C.

The scientists were investigating "sudden" deaths which occurred during military basic training, in individuals who had no previous signs of disease. "Sudden" death means the individual suddenly collapsed and later died.

The Scientists examined the case reports of all "sudden" deaths which occurred among approximately 2 million enlisted recruits during military basic training between 1977-1981. They eliminated deaths caused by accident, homicide, suicide, drug abuse, and pre-existing health problems which were not detected during the entry physical examinations. Then they studied the remaining group of 28 which they classified as unexplained "sudden" deaths.

The scientists reported that there were 26 unexplained "sudden" deaths that occurred after rigorous exercise. Of these there were 12 deaths in 37,300 Black recruits with sickle cell trait, 5 deaths in 429,000 Black recruits who did not have sickle cell trait, and 11 deaths in 1,617,000 recruits who were not Black. Therefore the risk of unexplained "sudden" death after vigorous exercise was 28 times higher for Black recruits with sickle cell trait than for other Black recruits and 40 times higher than for all other recruits. The investigators concluded that this higher risk was due to an association between sickle cell trait and the deaths which occurred during vigorous exercise but that the exact cause for the relationship has not been determined.

In some individuals, the red blood cells can be changed from a round to a sickle shape. People who inherit this tendency from one parent have sickle cell trait. Persons with sickle cell trait do not have sickle cells in the blood stream, and do not have a disease. However, their blood cells can sickle if enough oxygen is removed. In some individuals with sickle cell trait, sickling may occasionally occur under conditions which severely decrease the amount of oxygen in red blood cells, such as high altitudes (10,000 feet) and extreme exertion.

The scientists stated the commonly asked questions regarding military personnel were: Is the risk of "sudden" death in an individual with sickle cell trait the same in civilian life as it is in military life? No! For two reasons: firstly, there are aspects of military basic training that recruits undergo, that are different from circumstances that individuals encounter in civilian life. These include: rapid conditioning of poorly developed muscles, severe exposure to conditions that cause heat stress and loss of water from the body during exertion, and frequent and prolonged exertion. Secondly, in the military there is no evidence that after basic training the risk of "sudden" death is greater for individuals with sickle cell trait.

Should civilians with sickle cell trait take precautions during exercise? No more than anyone else should. Everyone — whether they have sickle cell trait or not — should take adequate fluids when exercising, and should rest at reasonable intervals. Also everyone should be sure that the extent to which they exercise is in keeping with their physical fitness.

Should individuals with sickle cell trait be afraid to join the military? No! Since 1982, the Army Medical Corps has stressed to those responsible for military basic training, the importance of regulations to alter the conditions that were associated with the "sudden" deaths. Presumably, these regulations were introduced because the Defense Department feels that any "sudden" death during military basic training is unacceptable. The investigators are now conducting a 5 year study (1982-1987) to see whether the regulations have taken care of the problem. We have every reason to believe that the answer will be yes.

Since persons with sickle cell trait are not at greater risk for "sudden" death in civilian life there would be absolutely no justification for individuals with sickle cell trait to be disqualified for jobs or to be required to pay special insurance premiums. If you are aware that either is occurring, please report this to our national office (213) 936-7205 or (800) 421-8453.

## CALENDAR

**Police Internal Investigations Auditing Committee**  
**Citizen's Committee Meeting**  
January 7, 1988, City Hall, 1220 S.W. Fifth Avenue, Room 154, 5:00 p.m.

### Dance Auditions

PSU to audition men and women dancers Saturday, Jan. 9, from 1-5 p.m. in 212 Shattuck Hall, 1914 SW Park, for a full-length contemporary work choreographed by Judy Patton in collaboration with writer Ursula LeGuin. The work will be performed as part of the University's Contemporary Dance Season, April 15-16, in Lincoln Hall Auditorium. Choreographer Judy Patton will conduct the January 9 auditions. Warm-ups will be from 1-2 p.m. with the audition from 2-5 p.m. Included will be set movements and improvisation, according to Patton. For further information, contact the PSU Department of Dance at 464-3131.

### X-Mas Tree Recycle!

Bring your tree to N.E. 42nd and Prescott St. on Saturday, Jan. 9th, from 9 a.m. to 5 p.m. and tell all your friends! Only \$2.00 donation per tree! Cub Scout Pack 477 and Boy Scout Troop 477, chartered to the Faubion School PTA and American Legion F & J Ravin Post 134, will raise funds by turning your Christmas tree into chips.

### Babysitting Class

Red Cross Building, 3131 N. Vancouver, Avenue, Saturday, January 9 and 16, from 8:30 to 12:30. Cost \$15 per student. Call 284-7090 to register.

### 'The Crucible' Auditions

Director: A. Nannette Taylor. Open Call: 12:00 (noon) January 10 at Columbia Theater; 7:45 p.m., January 11 at Firehouse Theater, 1436 S.W. Montgomery. Auditions: prepare a one-minute monologue from an American Drama and readings from the script. Needed: 5 Young Women ages 10-21; 5 Men age 20-50; 2 Men age 40-60; 1 Woman age 30-50; 1 Black Woman age 30-50; 2 Women ages 50-plus; 2 Men ages 55-plus.

### Recipe Modification Class

The emphasis of the class is to reduce fats and cholesterol in the diet to eliminate empty calories and to reduce health risks by learning how to modify recipes. The class will be held Jan. 12. Call Emanuel's Community Health Education department at 280-4284.

**Free Workshop Offered**  
The Center for Community Mental Health and the De Paul Center are co-sponsoring a free five-part workshop titled, "You Can Do More Than Watch It Happen" to help people who are close to a substance abuser understand and recognize substance abuse and co-dependency, and to provide resources for them to get help for the abuser. Starts January 11, meets for five consecutive Monday nights at 7:00 p.m. at St. Andrews Church, 806 N.E. Alberta. Call Fred Williams, 233-4922.

**Support Group Offered**  
"We're Special, Too" is a support group offered at Emanuel Hospital & Health Center for children of siblings affected by disabilities. The first meeting will be Jan. 12. Call Emanuel's Community Health Education Department at 280-4284.

**Black Single Women's Support Group**  
Group will be informal focusing on day-to-day problems and concerns. Group will be limited to 10 single females. Northeast YWCA. Call Barbara, 284-8803.



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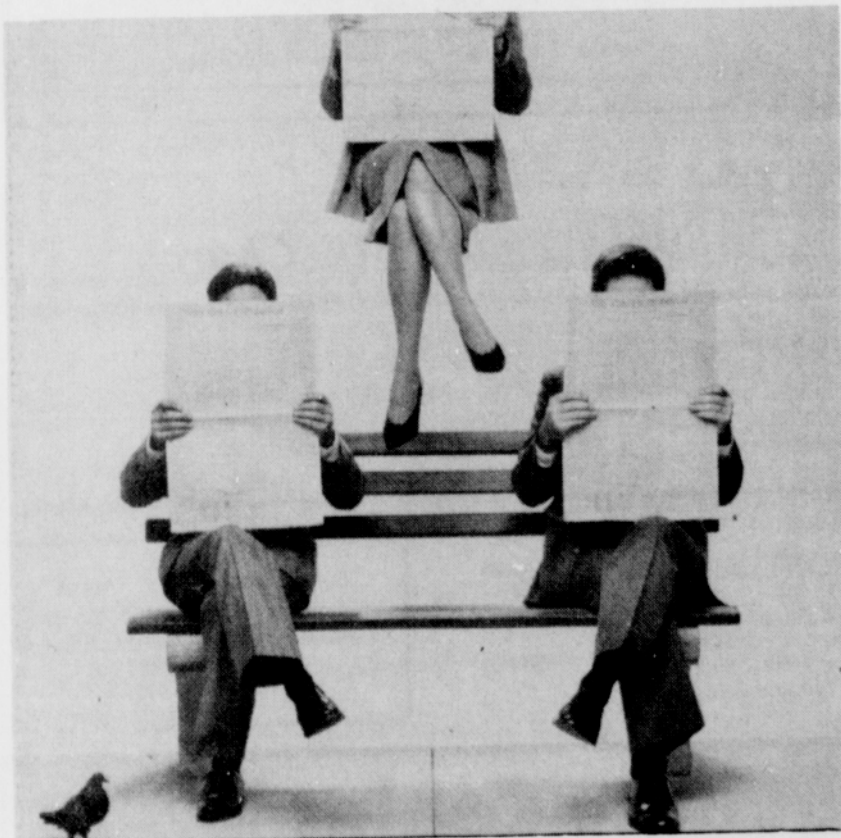
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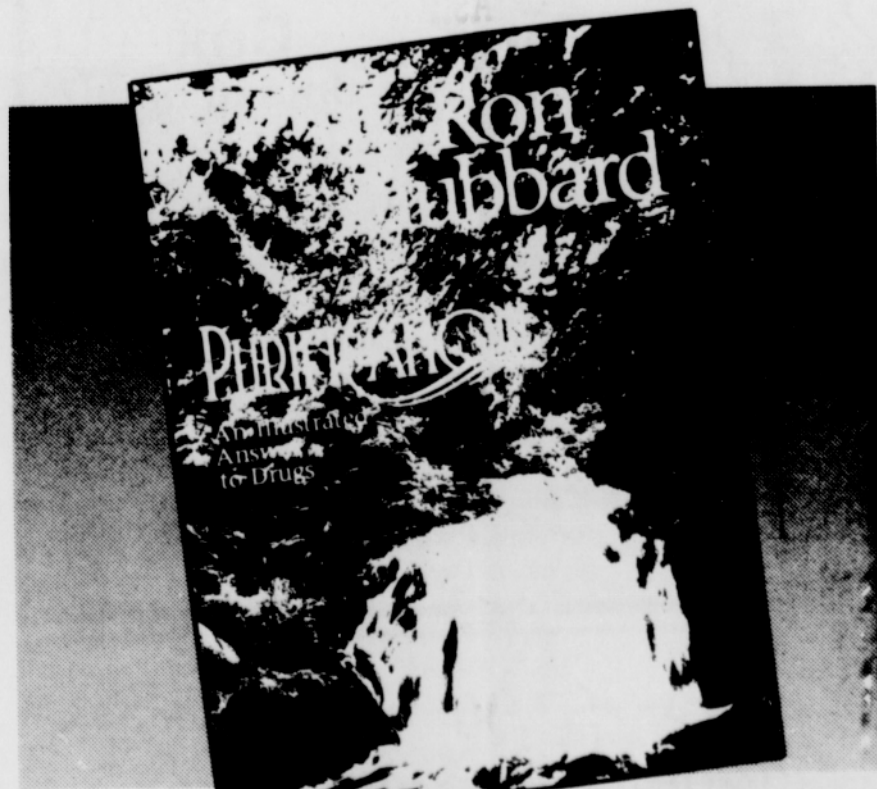
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Maranatha Church 4222 N.E. 12th (Enter on Skidmore) Sat. 9:30 a.m.		1319 N.E. 7th Freddie Room Tuesday (Brown Bag Lunch Class)	12:00 noon
NORTH PORTLAND		Rivergate Community Church	
Tillamook Park Bldg. 2108 N.E. 41st Ave. Mon. 7:00 p.m. Tues. 7:00 p.m. Wed. 9:30 a.m. & 7:00 p.m. Thurs. 9:30 a.m. Fri. 9:30 a.m.		4327 N. Lombard St. Tues. 7:00 p.m.	
		University of Portland 5000 N. Wilamette Blvd. Columbia Hall (Enter from Portsmouth) Wed. 5:00 p.m.	

### JOIN ANY CLASS ANYTIME

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Call collect (503) 297-1021

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