

Drug and Alcohol Abuse Treated by Acupuncture at PCR

by Ian MacCrae

A new and effective aid in recovering from drug and alcohol dependency is now being offered at a clinic in inner North Portland at The Project for Community Recovery, located at 3924 N. Williams. The clinic uses the ancient Chinese healing art of acupuncture to help recovering substance abusers deal with the stress of withdrawal. The treatments are free, and available to anyone who walks in the door every weekday at 1:30 p.m.

Acupuncture has been used in China for over 3,000 years as therapy for a variety of illnesses and conditions. Extremely thin needles are inserted at a point which corresponds to the function of the ailing organ or bodily process. The stimulation of the needle acts to correct the imbalance caused by the malfunctioning organ.

When this reporter visited the clinic on Williams, twenty or so men and women, both caucasian and African-American, were receiving the treatment as they sat on folding chairs in a large circle. As the needles were inserted, patients would sometimes wince momentarily, but none appeared to be in discomfort afterward through the needles remained in place for approximately 45 minutes.

"Sometimes it hurts just a pinch," said Siesta, a young African-American woman in her third week of treatment. "But after they're in they don't hurt at all." She said she had heard about acupuncture and imagined that it was painful. "I couldn't imagine letting anyone stick needles in me, but it's OK. I come here every day," she said.

Fred Carty, a counselor at the clinic, explained that the needles are



Acupuncturist Shelia Moran treats Siesta Edwards at the Community Recovery Center. Edwards has been in treatment for three weeks. Photo by Richard J. Brown

very slender, not nearly as big as a hypodermic needle. Once inserted, the patient usually feels no sensation at all and may even forget that they are in place. The most common effect, according to Carty, is a relaxed, "airy feeling" for 45 minutes to an hour after the treatment is completed.

David Eisen, director of the acupuncture treatment program, said helping patients endure the symptoms of withdrawal can be a decisive factor in their ultimate recovery. Those symptoms can include craving, body aches, sweating, headaches, cramps, nasal congestion, insomnia and many other physical problems. "If a person doesn't have to go through the pain of physical withdrawal, he or she will have a jump on getting it together psychologically," Eisen explained.

Over 70 percent of persons treated with acupuncture successfully complete detoxification. Eisen

claimed, compared with only 50 percent of those who do not receive the treatment. For those detoxifying from alcohol, the success rate is 90 percent, he said. Even people who are not receiving any other kind of treatment benefit from acupuncture, he asserted, with 60 percent still sober four to five months after receiving outpatient treatment.

Eisen stressed that substance abusers have a much better chance of staying clean and sober if they are also involved in Alcoholics Anonymous or Narcotics Anonymous. These self-help groups are made up of "people trying to keep it together with other people going through the same thing," he said. While both Hooper and P.C.R. offer such programs, they are completely who wish to receive only the acupuncture treatment.

According to Eisen, the use of acupuncture in the U.S. as a therapy for drug and alcohol abuse began in Lincoln Hospital in New

York's notorious South Bronx. After the technique proved successful there, clinics in Chicago, Illinois; Pine Ridge, South Dakota; Crow Agency, Montana; and Boston, Massachusetts began using it also. Acupuncture has been in use at the Hooper Center for the last 10 months in two outpatient and two inpatient programs. The acupuncture program at P.C.R. is now in its third week.

One of the advantages of acupuncture treatment, according to Eisen, is its low cost. The total cost of operating the five clinics is only \$60,000 per year, he said, and most of that money is spent on staff salaries. The only cost of treatment itself is the needles and sterilization equipment. With growing recognition of the links between drug abuse and other problems, namely crime and AIDS, Eisen said he was optimistic that funding could be procured for other clinics throughout the Portland area. "Right now, this is the only thing that will stop the spread of AIDS," he claimed. "People need to stop doing drugs, period . . . In this town, resources devoted to people of color are extremely limited . . . The only thing with both cost efficacy and treatment efficacy is acupuncture."

But perhaps the best argument for such programs come from those who have already been helped by them. "I'm really glad I found this program," said Siesta, "because it's helped me learn how to live without any kind of chemical. It makes me feel good to come here." Her advice to others who may have a problem with substance abuse is simple. "If you think it's impossible to go even one day without drugs, you're wrong. It is possible, if you get treatment."

NATIONAL NEWS UPDATE

Black Executive Wants EEO in Mainstream

WASHINGTON, D.C. — Jerry D. Blakemore wants affirmative action to be seen as not just a requirement for federal contractors, but part of the mainstream in corporate America.

The new director of the U.S. Department of Labor's Office of Federal Contract Compliance Programs (OFCCP) reasons that contractors need and want well-trained, educated and skilled work forces; government wants to maximize employment opportunities, and employees want the best opportunities available.

Using affirmative action to achieve these goals, federal contractors, employees and OFCCP can be partners and do not have to be adversaries, Blakemore asserts.

"I would like to see OFCCP play a pivotal role in institutionalizing affirmative action. I don't want it just to be the law," he says.

Enhancing the "professionalism and credibility" of OFCCP is another of Blakemore's priorities.

OFCCP enforces two laws and an executive order ensuring equal employment opportunity in federal contract work for minority-group members, women, handicapped workers and Vietnam-era and disabled veterans.

Blakemore came to the Labor Department from the senior staff of Illinois Governor Jim Thompson, where he served as deputy governor since 1985.

He originally joined the governor's staff in 1980 and gained considerable experience in dealing with minority employment and business development issues.

Blakemore played a role in the successful completion of the \$171-million State of Illinois Center, which involved more than 17-percent minority business activity and 51-percent minority employment. He served as a liaison with such groups as the Urban League and the Hispanic contractor's association.

Fred Alvarez, assistant secretary for the Employment Standards Administration, says, "We are very lucky to coax someone so talented and with such a promising future out of such a critical state job."

Black Party Leaders Appointed to Committees for 1988 Democratic Convention

WASHINGTON, D.C. — Democratic National Chairman Paul G. Kirk, Jr., at the January 16 meeting of the DNC Executive Committee, announced the appointment of sixteen Black political leaders to the Standing Committees of the 1988 Democratic National Convention. Among the sixteen appointees, Pennsylvania Speaker of the House Leroy Irvis was named to Chair the Credentials Committee, Congressional Black Caucus Chairman Rep. Merv Dymally (CA) was appointed to Co-Chair the Platform Committee, and Little Rock Mayor Lottie Schackelford was chosen to Co-Chair the Platform Committee.

The three Standing Committees (Credentials, Rules, and Platform) each consist of 25 members appointed by the Chairman and Executive Committee and 161 members selected at the state level.

In announcing the appointments, Kirk stated: "I have often said that the Democratic Party's greatest strength lies in its diversity. The individuals I have chosen to serve as members of the three Standing Committees reflect this diversity, as well as the wealth of talent that exists within our Party. I have com-

plete confidence that these men and women will proceed wisely in charting our party's course in the 1988 election."

The Black leaders who will serve on the committees are:

Credentials: Hon. Leroy Irvis (Chair), State Legislator, Pennsylvania; Shirley Robinson Hall, DNC Member, District of Columbia; Velma Hill, Party Leader, District of Columbia; James Lewis, State Treasurer, New Mexico; Marc Stepp, DNC Member, Michigan.

Platform: Hon. Merv Dymally (Co-Chair), Member of Congress, California; hon. Cardiss Collins, Member of Congress, Illinois; Hon. Maxine Horner, State Legislator, Oklahoma; Bill Lucy, Party Leader, District of Columbia; Leon Lynch, DNC Member, Pennsylvania; Hon. Earline Rogers, State Legislator, Indiana.

Rules: Hon. Lottie Schackelford (Co-Chair), Mayor, Little Rock, Arkansas; David Claxton, Party Leader, District of Columbia; Hon. Alzo Reddick, State Legislator, Florida; Hon. Wilhelmina Rolark, City Council Member, District of Columbia; Hon. Margaret Smith, State Legislator, Washington.

Blacks Will Comprise 11% of Voting Age Population in November

The number of voting age Blacks is expected to total 20.4 million in November 1988, or 11 percent of the national total, according to Census Bureau projections.

Blacks will represent 17 percent of the voting age population in the South, 10 percent in the Northeast, 9 percent in the Midwest, and 5 percent in the West. About half of voting age Blacks are expected to be living in the South, compared with 20 percent in both the Northeast and Midwest, and 10 percent in the West.

About 65 percent of the District of Columbia's voting age population will be Black, according to the projections. The largest Black proportions among states are expected to be in Mississippi (31%), Louisiana and South Carolina (27%), Georgia and Maryland (24%), Alabama (23%), and North Carolina (20%).

The projections are based on the resident population, including armed forces stationed in the states, and exclude all persons living overseas.

PORTLAND OBSERVER

"The Eyes and Ears of the Community" 288-0033

"PIIAC" Continued from Page 1

PIIAC says that Blumenauer's recommendation would reduce its authority and responsibility. "We recommend that the City Council implement the language of the Ordinance and not reduce the authority and responsibilities given in a hard-won vote by the citizens of Portland."

At a meeting last Thursday night, PIIAC voted to seek public opinion about the operations and functions of the panel through public/community meetings and a questionnaire. It also voted to send a letter to the Council in response to Blumenauer's recommendations which were submitted late last year.

In the letter, PIIAC says it's "frustrations are caused by a myriad of impacts: continued resistance by the Police Union; the diversity of leadership within the Police Bureau since PIIAC was implemented; non-

or little involvement by Commissioners' staffs at PIIAC meetings; recent turnover and vacancies among PIIAC members; and the lack of comprehensive evaluation of what PIIAC's role is, what it has accomplished, and what its problems continue to be."

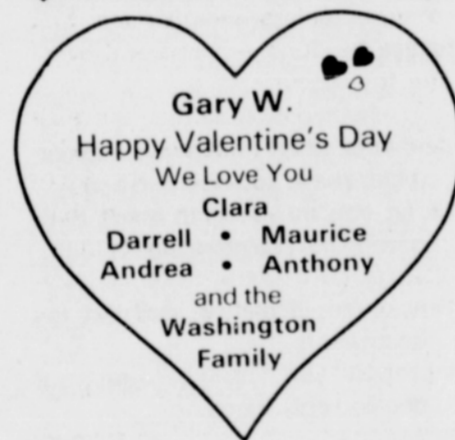
PIIAC recommends a strengthening of its monitoring efforts to determine which of the recommendations are to be implemented and how thoroughly. "There should be a complete follow-up on all recommendations working toward uniformity and diligence throughout the Police Bureau in handling all citizens' complaints. Whenever possible, police cooperation should be reinforced in any appropriate manner."

The Committee says its purpose is "to make PIIAC a respected committee, benefitting not only the citizens of Portland but improving the

image of the police professionals hired to serve and protect Portland's citizens."

In conclusion, PIIAC said it "welcomes the Council's interest and direction; however, we request and expect as dedicated citizen volunteers to utilize our experience in evaluating and building PIIAC's future effectiveness."

♥ A VALENTINE SURPRISE ♥



change. Nelson said African-American parents can find out more about the program by calling Marcia Douglas at 796-5290 or Kathy Treves at 280-5178. He said the Business Youth Exchange desires to join hands with African-American leadership, mentors and businesses that are about the business of designing, participating and implementing programs and initiatives to combat the high school dropout rate among African-American students. Parents who are interested in getting their children involved with the Business Youth Exchange programs can also contact Grant, Jefferson, Marshall and Roosevelt High Schools for more information.

For special arrangements and further information, contact Tracy Farnsworth or Karen Fletcher at 228-9411 of the Business Youth Exchange.

WOZA (wo'zuh)

To rise up.

WOZA RUTH

WOZA STEVE

WOZA LILIAN

WOZA ROBERT

WOZA BRAM

See Entertainment Page

Educational TV Helps Children's Reading

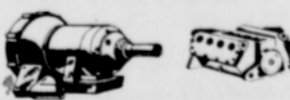
Children who watch "Sesame Street" and other educational programs have the best letter-recognition skills by age five, while children who watch lots of entertainment TV learn to read later and less. A University of Kansas study of 326 families found that TV influences children's reading habits and skills. Other findings: an hour a week of informative TV seemed to encourage more reading; the more reading parents did, and the more they encouraged youngsters to read, the more their kids were reading by age seven; the more families watched TV entertainment, the less likely children were to read; and the more adult non-informative shows (sitcoms, adventure) the three-year-olds watched, the poorer their letter recognition at age five.

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