

1988 Breast Cancer Detection Awareness Project Underway

For the second year in a row, women in Oregon have the opportunity to receive a low-cost breast cancer screening test. During the month of April, the American Cancer Society, Oregon Division, is sponsoring the Breast Cancer Detection Awareness Project at some 90 hospitals and X-ray diagnostic clinics throughout the state.

Low-dose breast X-rays, called mammograms, are the most effective method of locating early cancer. Mammograms can detect malignancies long before they can be felt. Women over the age of 35 who have never had a mammogram are eligible for the screening program. A special emphasis this year will be to offer the testing to low-income and minority women, who studies have shown do not choose or cannot afford X-ray screening tests.

Typically, a mammogram ranges in price from \$65 to over \$100 and may not be covered by health insurance. During the detection program, participating centers will offer the mammogram and information about breast self-examination for \$45. If the woman qualifies as being low-income, she will not be charged for the testing.

Income Tax Help NABA Offer

The Portland Chapter of the National Association of Black Accountants (NABA) will offer Volunteer Income Tax Assistance, sponsored by NABA and the Internal Revenue Service, at the King Facility in NE Portland, located at 4815 NE 7th Avenue.

OHSU Offers Apprenticeship Grants

Twelve grants of \$1500 each are available this summer for minority high school students who want to participate in the Minority High School Student Research Apprenticeship Program at the Oregon Health Sciences University.

Funding for the summer program in the OHSU's schools of Dentistry, Medicine and Nursing is provided by the National Institute of Health, Bethesda, Md., and the School of Medicine.

"The aim of the students research positions is to provide opportunities for minority students to participate in various aspects of biomedical research and thus widen their career choices," says Dr. J. Peter Bentley, professor of biochemistry.

The program, in its seventh year, is designed so that students develop an understanding of both the research in which they participate and the technical skills required to conduct scientific studies. Students will be assigned to the research laboratories of various OHSU faculty sponsors.

Former OHSU grant winners have participated in such research as in vitro fertilization, psychology, the mechanisms of cataract formation, genetics and computer programming in dental health.

According to federal guidelines for these grants, minority students are those who identify themselves as Black American, Hispanic, American Indian, Alaskan Native, Asian or Pacific Islander.

To apply, students need to submit a letter describing their career goals and their reasons for wanting to participate in the program, an up-to-date high school transcript and at least one letter of recommendation from a science teacher.

All applications should be received at the OHSU by April 27. Applications should be mailed to Dr. J. Peter Bentley, Professor of Biochemistry, Oregon Health Sciences University, 3181 S.W. Sam Jackson Park Road, Portland, OR 97201.

For more information about the OHSU's summer minority high school student research apprenticeship program, contact Bentley's office at 279-8414.

"We're estimating somewhere between 10,000 and 12,500 women will take advantage of the screening," said Dr. Eklund, American Cancer Society volunteer and chairman of the project. "Based on last year's results, that will mean about 15 lives will be saved."

Mammograms are not offered to women who have had breast surgery or an open biopsy in the last year. Pregnant or nursing women are also exempt. Women who have a lump in their breast should not wait for the screening. They should see their physician right away.

One in ten women will develop breast cancer sometime during her life. But, detected early enough, breast cancer can be successfully treated in nine out of ten cases. If the cancer is allowed to spread, the survival rate drops significantly, and the treatments are more complex and expensive.

"Virtually all the women screened for breast cancer will be found completely healthy," Dr. Eklund said. "What they are really coming for is peace of mind. They are learning they don't have to worry about breast cancer for at least another year."

Assistance will be available by appointment each Wednesday evening from 6:30-9:00, beginning February 3rd until April 13th, 1988. For appointments please call 280-6155. Individuals may drop in also during the above time period without an appointment.

Emanuel Celebrates Children and Hospitals Week

Activities celebrating the ninth annual Children and Hospitals Week began March 20 at Emanuel Hospital & Health Center.

National attention is focused on hospitalized children during the event, which is sponsored by the Association for the Care of Children's Health. The week, which holds the theme "Commitment to Caring," is planned as a public education campaign to help make health professionals, parents, and the community more aware of the psychological and social needs of hospitalized children.

Activities for Emanuel's hospitalized children and their families will continue throughout the week and will include visits from Disney characters, a clown doing balloon sculpture, and a "one-man-circus."

A pet therapy session will be held when small animals from the Oregon Humane Society are brought in, and Domino's Pizza will sponsor a pizza party for patients and their families.

On Wednesday, Dr. David Willis presented a seminar to hospital staff on "Fostering Children's Adaptation to Hospitalization." Dr. Willis is a pediatric specialist on the Emanuel medical staff.

The Children's Museum will also participate with a special 'doctor' play area, where children who are afraid of hospitals will have an opportunity to play out their fears in the safe and non-threatening environment of the museum. The Children's Museum is located at 3037 SW Second.

Jeff 30-Year Reunion

The Jefferson class of 1958 will hold its 30-year reunion at the Red Lion Inn at Jantzen Beach on August 5 and 6, 1988. A gathering for class members will be held on Friday evening, and a buffet dinner and dance for class members and their guests will be held on Saturday evening. A golf tournament will be held starting at noon on August 5, 1988, at the Colwood National Golf Course. For additional information contact Linda (Berscheid) Chesney, 636-6047 or Sheila Smith, 285-5054.

How Colleges Select Students

by George H. Mills, Jr.
Dean of Admission
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During the month of April, students will be receiving admissions decisions from colleges nationwide. Some will be overjoyed; others, disappointed, will have to accept the offer of admission from their second choice college. Not many will be terribly disappointed. Ninety-three percent of the freshman who entered college in 1985 enrolled at their first or second choice school; and seventy-two percent received an admission offer from their first choice college.

How do admission officers go about making these decisions? Admission officers work at colleges that can be divided into three groups based on the percentage of applicants who are admitted. **Highly selective colleges** admit between 15 and 50 percent of those who apply. **Selective colleges** admit between 50 and 90 percent, and **open admission colleges** admit all who apply. Typically, a high school diploma is all that is required for enrollment at an open admission college.

For the remainder of colleges, both the selective and highly selective, multiple criteria are used to determine who will and who will not be admitted. While personal contacts such as the child of an alumnus or the daughter of an influential board member may have a small impact on the admission decision, the primary criteria employed by admission officers are: 1) academic performance, 2) test scores, 3) pattern of high school courses and, 4) personal qualities.

Academic performance simply is another way to say grade point average. In the case-by-case process of deciding who will and who will not be admitted, academic performance is qualified by a student's rank in his or her class. With this information, a 3.0 or 83% average at one high school can be evaluated against the same average at another. Some schools are tough, others are less so. Rank-in-class allows the admissions officer to determine how tough a school is.

Test scores, those on national standardized tests like the Scholastic Aptitude Test (SAT) and the American College Test (ACT), are given much more emphasis by students than they should. A lot has been said about how tests are used. Simply, they are an indication of academic horsepower (aptitude). Grade average is a measure of performance. When test scores and grades don't match, admission officers want to know why.

The pattern of a student's course load throughout high school is also an important factor in the decision making process. Four years of English courses that stress analysis and writing, three years of math courses that emphasize theory as well as practice, two years of social science that typically includes a U.S. and a world history course, two years of a laboratory science course and two years of a single foreign language are the standard college preparatory fare. Few students hit this program on the mark. Many exceed it, others may be enrolled at schools which do not offer areas such as foreign languages and are, therefore, unable to meet this recommendation. In a case such as this, colleges would be looking for the student who has taken the most rigorous course load possible.

Personal qualities such as motivation and unusual skills are considered. Here, athletic and artistic abilities as well as leadership skills are evaluated. Motivation is measured in several ways. For instance, a student who opts for a rigorous course schedule is considered more highly motivated than the student who takes a light schedule. The balance between extracurricular activities and course work is a tough one to establish. Students who accept this challenge and excel in both areas are considered outstanding candidates.

Finally, admission officers attempt to be fair and logical in their decisions. Foremost in their mind is the "fit" between a student and their institution.

While no one has claimed to have the "cure" for AIDS, we are not without direction. We know the benefits of safer-sex practices and avoiding the sharing of needles in drug use. The previous article in this series dealt with social hygiene in greater detail. To conclude this series, I hope to provide a base of information on how to optimize your immune health.

Nutrition:

Diet and nutrition have unquestioned influence on the immune system. There is both the general dietary influence on our health as well as specific associations between nutrients and the immune system. When discussing nutrition it is necessary to consider the fact that we are all individuals. Our rates of absorption and individual needs for specific nutrients may vary widely from one person to the next. The following information is meant to represent the average needs, your individual levels may vary.

General Diet:

One of the interesting aspects about nutrition is that what is good for one system is generally good for another. For example an immune strengthening diet should also be beneficial to the heart, the muscular-skeletal system etc.

From a simplified nutritional standpoint, we need five substances (not counting oxygen) to maintain life. These are: fat, protein, carbohydrates (sugars), fiber and water. How we choose to fulfill these basic requirements greatly affects our overall health. Many of the things that worsen our health from a cardio-vascular and degenerative disease standpoint are equally bad for our immune strength. These things include but are not limited to: excess protein, excess fat, too much processed foods, not enough fiber and fluid intake.

That we consume too much protein and fat is nothing new, but it is worth noting its negative impact on the immune system as

well. Obtaining adequate protein is virtually guaranteed in a whole foods diet. Fish, beans (soy, tofu), lower fat cottage cheese and yogurt are generally preferable to red meat, high fat dairy and poultry. Nuts and seeds (ie. raw sunflower) can be a good source providing our diet isn't already too high in fat.

There exists a great confusion as to which fats are best. Cutting down in total fat is a very important change. Which fats we consume, how much fiber we eat and how much exercise we get all effects our fat utilization. We need two specific fats known as linoleic acid and linolenic acid. I agree with many sources who feel that natural fats in the form of raw sunflower seeds, fish oils, olive oil, nut oils and dairy are preferable to margarine and polyunsaturated fats (See *Fats and Oils* by Udo Erasmus, or catch upcoming article on fats).

Carbohydrates are divided into two groups: simple and complex. Simple carbohydrates include sugars such as cane, fruit, honey etc. Complex carbohydrates represent most whole foods such as breads, vegetables, grains and beans. There is nothing bad about moderate intake of simple sugars, the key is to increase your overall intake of complex carbohydrates. Dark green and orange vegetables are particularly important. Trying to get one mixed green salad (no ice-berg) or a mixed steamed or sauteed vegetable dish every two days is a good starting change for many.

If we eat primarily whole foods we are probably getting all the fiber we need. Brain, psyllium seeds, oat bran are all excellent fiber supplements.

Adequate intake of fluids is essential to good health. We get a lot of fluid in our foods, but an additional 4-6 glasses per day is considered important. Coffee, alcohol, soda pop, black tea, and dairy products are not considered part of this total.

Continued next week

Morehouse & Spelman to Sponsor Early College Summer Program

1988 high school graduates and rising seniors will have the opportunity to get a headstart on their college English and Mathematics studies in a five-week Early College Summer Program, June 17 to July 22, 1988, at Spelman and Morehouse Colleges in

Atlanta, Georgia. The application deadline is April 15, 1988.

The Early College Summer Program, now in its third year, offers courses in Basic English, English Composition, Basic Mathematics, General Mathematics, Precalculus and Study Skills. Non-credit enrichment courses are offered in Afro-American History and Culture and College Orientation, which includes time management, career planning, and making the transition from high school to college.

The Program features coeducational academic, social and athletic programs on the neighboring Spelman and Morehouse campuses. The Program also provides weekly tours to points of interest in the Atlanta area, such as the Martin Luther King, Jr. Center, Stone Mountain, Six Flags Over Georgia, and the Cyclorama.

The Early College Summer Program is open to 1988 high school graduates or rising seniors (students who will be seniors in the Fall of 1988) who have completed at least three years of English and Mathematics through Algebra, earned at least a 2.0 grade point average, and have taken the appropriate college entrance exams (SAT, PSAT, ACT). Students wanting to enter Spelman or Morehouse during the regular school year must satisfy admission requirements for regular full-time students.

The cost of the five-week program is \$425 for students living off campus, and \$950 for students living on the Spelman or Morehouse campuses. The fee includes registration, tuition, fees and room and board, but does not include textbooks and activity fees.

Interested students must apply by April 15, 1988. Female students should request application forms by writing to: Dr. Pauline Drake, Spelman College, Box 622, 350 Spelman Lane SW, Atlanta, GA 30314.

Male students should request application forms by writing to: Mr. Patrick Royster, Morehouse College, Box 7, 830 Westview Drive SW, Atlanta, GA 30314.

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