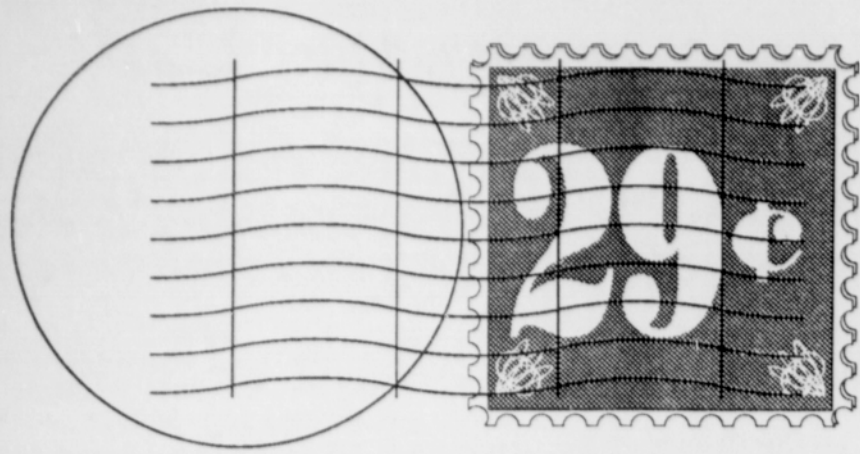


New Postage Rates Effective February 3, 1991



The Governors of the U.S. Postal Service today allowed under protest a general rate increase as recommended by the independent Postal Rate Commission (PRC) including a rise in the cost of a First-Class stamp from 25 cents to 29 cents. Most of the new rates will be effective on February 3, 1991.

In lodging the protest and returning the recommendations to the PRC, Board of Governors Chairman Norma Pace said that in the judgement of the governors the rates recommended by the PRC may not provide sufficient revenue. The Governors decided to implement the recommended rates while asking the Commission to reconsider its recommendations in light of the Governors' concerns regarding insufficient revenue and that in some cases, the PRC may have overstepped its authority.

"With all of the financial pressures we are facing, we cannot afford to gamble on whether the Rate Commis-

sion has correctly estimated volume and revenue." Postmaster General Anthony M. Frank said, "If they erred and we believe they have—the recommended rates may well prove to be 'penny wise and pound foolish.'"

Due to increased efficiencies from automation and resultant work force reductions through attrition, the Postal Service slashed its Fiscal Year 1990 net loss from an anticipated \$1.6 billion to \$874 million, Pace said. Nevertheless, coupled with the rising costs of the two preceding years in operations, transportation, supplies, labor, health and retirement benefits, the Postal Service financial condition is such that the rare increase could not be delayed. For the average consumer the new First-Class letter rates of 29 cents for the first ounce and 23 cents for each additional ounce will mean \$8 to \$10 more per year in postage costs.

Influenza A Arrives In Oregon

The health Division's Public Health Laboratory identified an influenza A virus from a 38-year-old Klamath County resident who developed onset of illness on January 2nd. States surrounding Oregon report little or no influenza-like illness at this time. Isolates in surrounding states are few in number: California, 1 type A (H1N1) and 3 type B's; Idaho, 0; Nevada, 0; Washington 1 A and 2 B's.

Influenza activity, as reported to CDC, continues to be mild in the majority of states with most reported activity concentrated in the Northeast region of the U.S. Influenza B appears to be the predominant circulating strain and has been confirmed in school outbreaks reported in Connecticut, Massachusetts and New York. Influenza B isolates characterized to date this season have been identified as B/Yam-

agata-like. Of the influenza A isolates characterized to date, 2 early season specimens, (1 from New Jersey and 1 from Puerto Rico) have been identified as A/Shanghai (H3N2) like. The remaining few A isolates characterized have been identified as A/Taiwan (H1N1) like. All of the isolates characterized have been similar to this year's vaccine. Symptoms of influenza usually are associated with fever, chills, muscle aches, sore throat and dry cough. However, studies suggest that symptoms such as nasal discharge, abdominal pain, vomiting and diarrhea may be seen in young children with influenza B.

As a reminder, children under 18 years of age should not be given aspirin or products containing salicylate for treatment of symptoms associated with influenza.

Ulysses Tucker, Jr. To Lead Panel Discussion



photo by Veronica Green

Ulysses Tucker, Jr., relationship columnist for the Portland Observer newspaper, will lead a panel discussion on the conflicts affecting the relationships between Black men and women. The program is part of the Black History Month Celebration, sponsored by the Black Cultural Affairs Board at Portland State University (Tuesday, February 5, 1991 at noon-Smith Memorial Center/Room 296/8). Tucker, the originator of the popular His/Her Opinion featured bi-weekly, will lead the discussion without the HER side of the column. C.M. Brooks is his His/Her Opinion partner.

On February 17, at 6pm, Tucker will appear on KATU's award-winning Public Affairs television program Town Hall, produced by Frank Mungam. The program (Tired Of Being Bashed?/Angry Men) will also feature Mel Feit, the Director of the National Center For Men and a host of other specialists in the topic area. Tucker, who teaches Human Communications at Portland Community College, has graduate and undergraduate degrees from the University of Portland. He produces Sunday Northwest, a weekly Public Affairs program for KATU. For more information, contact the Public Affairs Department at KATU.

Depression In The Elderly

"Depression in the Elderly" a free program for caregivers and health professionals, will be offered at Good Samaritan Hospital & Medical Center on Wednesday, Feb. 20, from 7-9 p.m. in the Administration/Education Auditorium, 2255 N.W. Northrup.

The presenter will be Vicki L. Schmall, Ph.D., a gerontology specialist at Oregon State University. Dr. Schmall will speak on the need to recognize the signs of depression in the caregiver and the care receiver. She will also address strategies for dealing with depression. The presentation will include a discussion on suicide in the elderly. For more information, please call Good Samaritan Education & Family Support Services at 229-7348.

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This project is funded in part by grants from The Collins Foundation and The Oregon Arts Commission. Associate sponsors: Albina Ministerial Alliance, The American Jewish Committee, and Ecumenical Ministries of Oregon.

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"Africa: The Source" Exhibit On display At U. Of P.

Silkscreen prints and brush-and-ink drawings by Portland artist Charlotte La Verne Lewis will be on display in Buckley Center Gallery at the University of Portland Feb. 4-22, 1991.

The one-person show, titled "Africa: The Source," features works combining Adrinka symbols and hieroglyphics with figurative subjects, designed to communicate from an African-American perspective.

Lewis is a graduate of Portland Art Museum School. She paints community and self images and distributes her own designs in the form of greeting cards, a First World Women's calendar, Kwanzaa coloring book, poster and curriculum material.

Gallery hours are: Mon.-Fri., 8:30 a.m. to 8 p.m.; and Sat., 8:30 a.m. to 4 p.m. Call 283-7202 for more information.

Social Security Increases Bring Food Stamp Reductions

A January cost-of-living increase in Social Security checks will reduce food stamp benefits for some Oregon households beginning in February.

On January 3, the Social Security, Supplemental Security Income and Railroad Benefits programs increased their payments by 5.4 percent. Because the amount of food stamps provided to a household is figured on the basis of income, the higher payments will slightly reduce the amount of stamp allotments.

It is estimated that 20 percent of the people on food stamps will be affected by the reductions.

Each month the food stamp program helps approximately 98,000 Oregon households made up of nearly 230,000 individuals. The food stamp program is funded by the U.S. Department of Agriculture and is administered by the Adult and Family Services Division of the Oregon Department of Human Resources.

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Tilamook Park Bldg.
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Wed. 9:30 a.m. & 5:00 p.m.
Thurs. 7:00 p.m.
Fri. 9:30 a.m.

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Wed. 5:00 p.m.

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