

## Sun World's Star Sweet Grapefruit Found To Lower The Risk Of Cancer

Researchers at the Citrus Research and Education Center in Lake Alfred, Fla. have found that super-red grapefruit varieties contain more than twice the beta-carotene of the traditional Ruby Grapefruit variety, the previous best citrus source for this nutrient.

Beta-carotene is a nutrient touted in numerous medical reports which suggest that populations which consume foods rich in beta-carotene have a lower risk of developing certain types of cancer. Citrus, until recently, has not been considered to be a good source of beta-carotene. Studies have also shown that beta-carotene can reduce the risk of strokes and heart attacks.

Three years ago, California-based Sun World International introduced its Star Sweet grapefruit to distinguish its premium California Star Bury and Rio Red super-red grapefruit varieties. These super red varieties are the latest varieties in the continuing parade of redder-fleshed grapefruit. The Indio-based firm is now California's largest grower and marketer of both super-red varieties, which were developed by Texas A & I

citriculturalist Dr. Richard Henz.

Sun World International is currently harvesting these special grapefruit from orchards in southern California; they are packed at the company's Irvine, Riverside and Coachella facilities. Star Sweet are considered to be sweeter, juicier and more flavorful than Golden (white) or Ruby (pink) varieties, and have a deeper red coloring than the Ruby Red variety.

In addition to being a rich source of beta-carotene, grapefruit are an excellent source of vitamin C, providing at least 50 percent of the recommended daily allowance as prescribed by the Food and Nutrition Board of the National Academy of Sciences. They contain no cholesterol and are naturally low in calories, fat and sodium.

The Physicians Health Study, a 10-year on-going study and one of the largest studies to test the long term effects of beta-carotene on cancer and heart disease, also recommend carrots, sweet potatoes, yellow squash, spinach and kale as foods rich in beta-carotene.

## Minority Business Boosters

John F. Robinson, President of the National Minority Business Council (NMBC), greets Harriet R. Michel, President of the National minority supplier Development Council, during the NMBC's recent Eleventh Annual Business Awards Luncheon at the Grand Hyatt Hotel in New York City. Philip Morris Companies Inc. was one of seven business firms to receive the NMBC's Outstanding Minority Business Awards. Accepting the award, C. Eric Pogue, Vice President, Employee Relations, Philip Morris Companies Inc., told the luncheon guests: "Philip Morris is committed to the success of minority vendors. We are pleased to accept this award from the NMBC, an organization that helps minority vendors to understand the needs of major business corporations."



## A Lion at Bay, II: School District "Soap" Continued

and implemented by the Task Force. It seemed natural to suppose that these points were drawn from the successful experiences of those 22 nationally-acclaimed urban educators detailed in the book, *Partners for Success: Business and Education* (These were the principals from urban districts around the nation who were welded into an organization by Ron Herndon; The National Association for Schools of Excellence).

Most of these people were angry or confused, and made comments to the effect that they had purchased "the book" and videotape after reading favorable articles. "We spent a lot of time examining this material and we were favorably impressed with real world, proven techniques. Several of us have even written some of these successful educators of poor and minority children for advice that would help us achieve these remarkable results in our own community. Were we naive in sharing these thoughts with our P.T.A., cluster groups and others?"

I could not furnish much of an answer since I have heard nothing from the "Excellence" group in months. Obviously, this is not likely to satisfy people who, for one reason or another, were in my face shouting, "This community expected a process with struc-

ture, coherence and continuity, since the Acknowledgements Page of the book listed the region's top educators, industrialists and foundations." Several frustrated persons have vowed to call people or organizations listed on that illustrious roster.

Now, for what appears to be everyone's fly in the ointment, that ephemeral "Idaho Education Project." This concept being as new to the Observer staff as anyone, we asked an official at the school district for clarification, "It is a proposal for a statewide overhaul of Idaho's education system, one designed to prepare their students to meet international competition BY THE YEAR 2000. The plan has not been finalized, approved, or accepted--it's a recommendation! A projection has no track record, therefore we can't offer an opinion or make a valid assessment." This newspaper has obtained a copy of the Idaho Plan (104 pages), and the preceding comment would seem to be a fair statement. We have arranged for several community-committed parents and teachers to review the document and lend their opinion.

Next week: what concerned citizens are doing on their own (including this writer) while making sense of a runaway process, no longer a quick fix.

## Working Parents Require Our Help And Support

Continued from front page

which the Bureau of Labor and Industries has the responsibility to enforce. I strongly endorse the law as I consider it to be pro-family and pro-business.

As important as the law is, it is not enough. I have submitted a Family Medical Leave Bill, Senate Bill 39, which would grant up to 12 weeks of unpaid leave to deal with seriously ill children or other family members. The importance of addressing this type of leave is essential.

Balancing work and family responsibilities is difficult because everyone thinks it is someone else's problem. Former Secretary of Labor Bill Brock stated, "We still act as though workers have no families. Secure parents who aren't worried about their kids are better workers."

It is clear that working parents feel a strong need for societal supports, a need which thus far has not been met in many areas.

The real conflicts between work responsibilities and family responsibilities must be addressed through realistic personnel policies.

As the labor force changes in nature and shrinks in numbers during the next decade, a business priority will be attracting and retaining skilled employees as well as maximizing labor productivity. To do this, business must plan for, anticipate and accommodate

this changing workforce because it's the reality of our future in America.

In a nationwide survey of 10,000 business executives, the U.S. Small Business Administration found that the costs of permanently replacing an employee far exceed those of granting a worker's request for a leave-demonstrating that family and medical leave may actually reduce costs to business. It found that termination costs, recruiting and training replacements, lost output and productivity during the transition, and severance packages cost an employer anywhere from \$1,131 to \$3,152 per termination. Average costs for and employer providing leave ranged from \$.97 to \$97.78 per week of leave.

Family Medical Leave recognizes Oregon's and the nation's startling shift in demographics. It recognizes that reconciling family needs with the demands of the workplace means more productive workers. It recognizes that recruiting and retaining valued workers is a priority for business. And it recognizes the important role of family in our society.

It is in everyone's best interest to remove impediments to productivity in the workplace. The end result will be a stable workforce that is productive and a society that puts its money where its heart is, when it comes to the well-being and happiness of the family.

## Senior's Property Tax Deferral Application Period

Property tax deferral applications for lower income senior citizens should be filed with county assessors between now and April 15, reminds the Department of Revenue. Oregon homeowners age 62 or over who meet all the requirements may delay paying property taxes on their residences. The taxes must eventually be paid, with interest, when the owner dies, moves, or sells the property.

Applications are available at your county assessor's office. If your application is approved, the State of Oregon will pay your property taxes for you.

Once you have been accepted into the program, you don't have to apply for the following years. The deferred taxes paid by the state become a first lien on your property, except for the liens of mortgages or trust deeds that were recorded before the deferred taxes.

To qualify for the deferral you must meet the following requirements:

\* You must be 62 years old by April 15 of the year in which you file

your application.

\* You must have a recorded deed to the property or be purchasing the property under a recorded sales contract. Contact your county assessor for more details.

\* You must live on the property (except for an individual required to be absent by reason of health, in which case a doctor's statement is required.) If the property is owned by two or more persons, not husband and wife, each owner must apply, live on the property, and be age 62 years of older.

\* Your total household income must be less than \$19,500 for the preceding year.

New legislation requires that once you are in the program, you must meet an annual income limit not to exceed \$24,000 federal adjusted gross income to continue having your taxes deferred.

Contact your county assessor if you need an application or more information.

## Henry Weinhard Party Cruises

Kirk Green and the Chrystal Rose Band Quartet will replace the Wilder Wards Singers aboard the Sternwheeler on Easter Sunday. Kirk Green has been described as having an outstanding voice, his brother Kieth and Brian Idol will join him on backup vocals. George Low will be featured on drums, Randy Smith on base guitar, Johnny Sanders on Keyboards, and Charles Lewis on the saxophone. Spend an evening cruising aboard the Sternwheeler Columbia Gorge on Easter night. Call 221-0244 for more information.

## Prospective Students Invited To WOSC For Spring Visits

High School and transfer students who are interested in attending Western Oregon State College in the 1991-92 academic year have two opportunities to visit campus this spring.

On-Campus Fridays will be offered Friday, April 5 and May 10 from 12:30 to 4:30 p.m. The events are mini-review days, designed to acquaint prospective students and their families with campus life, said Craig Kolins of the WOSC admissions office. He anticipates 200-250 participants at each program. Students will receive information about academics, as well as admissions, financial aid and student services.

Preregistration is suggested by March 29 for the April program; May 3 for the second program. For information, contact the Admissions Office, Western Oregon State College, Monmouth, Oregon, 97361, telephone (503) 838-8211.

## Northwest Congressional Delegation Seeks Information From Universities On Natural Resource Management

In an effort to find a comprehensive, long-term plan for managing the forests in Oregon and Washington, 15 senators and Representatives from the region today asked four area universities to put together a pool of experts to conduct a review of information addressing old growth and timber supply.

Senators Bob Packwood, Mark O. Hatfield, and Slade Gorton wrote and circulated the letter among the members of the Northwest Congressional delegation. The Senators hope that the information provided by the universities will help the Northwest Congressional delegation put together a comprehensive solution to the ongoing problems in the Northwest because of the uncertainty over the management of the region's forests.

The letter was sent to the presidents of Oregon State University, the University of Oregon, Washington State University, and the University of Wash-

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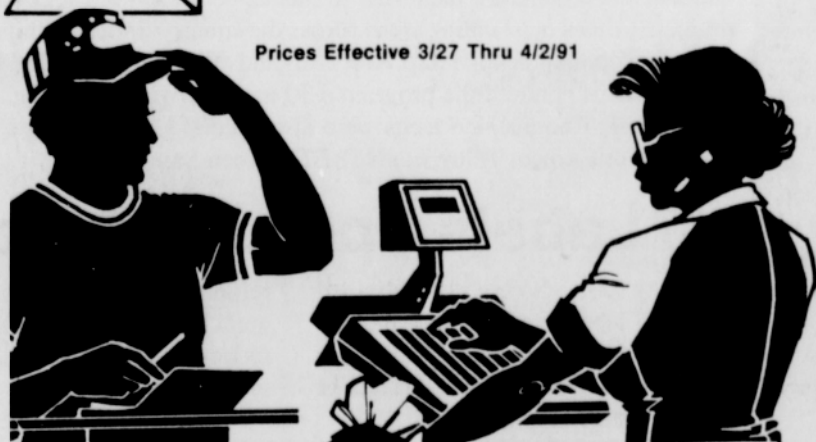


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