

**Town Meetings with Congressman Wyden**

Have questions? Come to a meeting and ask Ron.

**Saturday November 16, 1991, 8:30 - 10:00 a.m.**

Sellwood Center

1724 SE Tenino, Portland  
(One block south of Tacoma on 17th)

**Saturday November 16, 1991, 1:30 to 3:00 p.m.**

St. Mary's Student Center  
University of Portland  
5000 N Willamette Blvd., Portland  
(Behind the University Chapel)

**November Neighborhood Meetings**

Please note that these meetings are subject to change.

- November 13 - King Neighborhood Association Meeting  
7:00 p.m. King Facility 4815 NE 7th
- November 19 - Northeast Coalition Monthly Board Meeting  
7:00 p.m. King Facility 4815 NE 7th
- November 20 - Woodlawn Neighborhood Association Meeting  
7:00 p.m. OddFellows Lodge 700 NE Dekum
- November 20 - Sullivan's Gulch Neighborhood Assoc. General Meeting  
7:00 p.m. Holladay park Plaza NE 16th and Clackamas
- November 21 - Piedmont Neighborhood Association Meeting  
7:30 p.m. Holy Redeemer School 127 N Portland Blvd
- November 21 - Vernon Neighborhood Association Meeting  
7:30 p.m. Vernon School NE 20th and Killingsworth
- November 25 - Sabin Neighborhood Association  
7:30 p.m. Sabin School 4013 NE 18th
- November 27 - King Neighborhood Association Meeting  
7:00 p.m. King Facility 4815 NE 7th

**Katz Campaign Opens New Office**

Portland mayoral candidate Vera Katz has opened a campaign office on NW Second and Couch in the city's Historic Old Town district.

The move was made after weeks of working out of limited space in Katz's home. "When Vera came home one evening and saw her lawn furniture in the middle of the living room with new computer equipment all over it, she decided it was time we moved out," said Sam Adams, Katz's Campaign Manager.

Adams said the new location near downtown, the transit mall, and light rail is ideal because it's centrally located for campaign staff and volunteers who live all over the city. It is the first of several offices across the city that Katz plans to open during the course of the campaign.

The new street address for Friends of Vera Katz is 66 NW Second Ave. The campaign phone number is 228-1056, and the FAX number is 241-9325. The campaign mailing address is PO Box 3771, Portland, OR, 97208-3771.

Anyone who is interested in volunteering or wants more information is encouraged to call or stop by the headquarters.

**Free Health Screenings For Seniors (AGE 55 +)**  
Offered at Neighborhood Sites

December 6, 1991 Portland Impact Senior Service Center, 4707 SE Hawthorne, 9 a.m. to noon. Please call 233-5000 to schedule appointment.

December 13, 1991 Calaroga Terrace, 1400 NE 2nd, 9 a.m. to noon. Please call 234-8271 to schedule appointment.

Appointments are necessary and may be made by calling the screening site. There is no charge for the screenings which are funded by Legacy Health System hospitals and healthcare organizations.

**Lewis & Clark Professor Receives Drug-Free Schools Grant**

Douglas M. Egan, professor of business and administrative studies at Lewis & Clark College, has been awarded a \$115,508 grant for Community Involvement and Core Team Training under the Drug-Free Schools and Communities Program of the U.S. Department of Education.

The one-year grant, funded entirely by the U.S. Department of Education, may be renewed for a second year.

The project, to be conducted in cooperation with Integrated Research Services of Eugene, Ore., encompasses an innovative prevention model for Oregon youth and is aimed at training teachers, counselors and school personnel in Linn and Benton counties.

Egan has a strong interest in drug and alcohol abuse issues and has served on statewide committees addressing this topic. He has compiled and analyzed a biannual statewide survey for the Oregon Department of Mental Health on drug and alcohol abuse by eighth and 11th graders for the past six years, is president of the board of directors of the Oregon Council on Alcoholism and Drug Addiction and has prepared reports for the Ways and Means Committee of the Oregon Legislature.

**Lecture Series to Begin**



The Walker Institute of Portland Oregon announces its third annual lecture series, The Emerging Majority. The Speaker for this year's event is Carolyn McZinc, Vice President of Personnel for Xerox Corporation's U.S. Marketing Group (USMG). Ms. McZinc will speak on the topic of corporate America's social responsibility to Workforce 2,000.

Ms. McZinc has responsibility for Personnel planning and programs, management and quality training and employee communications.

USMG employs more than 35,000 sales, service and administrative personnel nationwide. Ms. McZinc was appointed to her current position in January, 1991, and reports to Addison Barry Rand Corporate Vice President and President of USMG. She received her Baccalaureate and Master's degrees in Education from Hunter College in New York City.

Ms. McZinc will appear on Thursday, November 21, at 7:00 P.M. at Execulodge--Grand Ballroom--Downtown Convention Center, 1021 NE Grand Avenue. Tickets are \$15.00. For information or tickets, please call 284-0921.

**New Tri-Met Appointments**

The Tri-Met Board of Directors has appointed three new members to the Citizens Advisory Committee on the Budget. The new members, appointed to three-year terms, are: Ron Bergman, Director of Bureau of Administrative Services at the City of Portland; Anthony Ruffolo, Urban Studies & Planning Professor at Portland State University; and Kay Toran, Assistant Regional Administrator at the Children's Services Division.

The Citizens Advisory Committee reviews Tri-Met's proposed annual budget and makes recommendations to the Board of Directors regarding budget policy.

Other committee members are Peggy Miller, Eric Johansen, Jo Mordell and Mark Smith.

**Burnside Records Inc.**

Portland based Burnside Records, have just released two new titles. The first is "Steel and Fire" by British Blues/Rock guitarist, Mick Clarke. This is Mick's fifth solo release, his second in the United States. The line-up includes former Portland keyboardist Kerry Canfield (Wheatfield), Mike Hirsh on drums, Mick Phillips on bass and Chris Lloyd-Baron on harp, who has since relocated to Portland as a photographer.

The second release is "The John Fahey Christmas Album," a newly recorded collection of holiday songs by one of the masters of the acoustic guitar. This was recorded at Portland's Spectrum Studio with Portland guitarist Terry Robb as producer. The recording includes a mixture of both holiday favorites (Jingle Bells, Silent Night, etc.) and lesser known European carols (Lo How A Rose E'er Blooming, Spanish Carol). Sixteen tracks are included in this over-an-hour-release of holiday music.

For additional information, call Terry Currier or Don MacLeod at 231-8943.

**Chairman Visits Military Bases In Germany**

Arthur A. Fletcher, Chairman of the U.S. Commission on Civil Rights, has called for an investigation into what he described as pervasive race discrimination against black service personnel and civilian employees in the armed forces. Chairman Fletcher returned in August 1991 from an NAACP-sponsored tour of six U.S. Army and Air Force bases in Germany "with a thick stack of documents" alleging discrimination in areas ranging from job evaluations to the selection of cheerleaders at high schools for U.S. military offspring.

At the September 13 Commission meeting, Fletcher briefed the other Commissioners on his trip. The Commissioners agreed that Chairman Fletcher should write to Defense Secretary Dick Cheney and request a meeting to discuss the situation.

Fletcher's charges run counter to widespread press reports that the U.S. military is relatively free from the racial tensions that divide the rest of American society. Air Force Lt. Col. Doug Hart, a Pentagon spokesman, said that "discrimination just isn't allowed" in the U.S. military, but that the allegations would be thoroughly investigated. Before his tour, Fletcher said, "The dramatic growth in NAACP's European chapters and membership is linked to what people tell me is an alarming rise in discrimination complaints by U.S. military personnel. I'm taking this opportunity to find out for myself what is going on."



An elephant's trunk has about 40,000 muscles.

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**Unforgettables Home Alone**

The National Safety Council reminds you to be sure to give easy-to-overlook areas, such as your neck, nose and toes, extra protection from the cold this winter.

The head and neck areas lose heat more rapidly than any other part of the body. A turtleneck sweater or a scarf will keep your neck warm. Wear a wool hat and cover your face with a scarf or knit ski mask to protect your cheeks, ears and nose from frostbite.

Mittens provide the best protection for your hands because gloves expose more surface area to the cold. For activities requiring the use of your fingers, wear gloves under a pair of mittens.

Wool socks and waterproof boots will keep feet warm and dry. If you wear an extra pair of socks, be sure they fit loosely, so layers of warm air can circulate.

**Slick Surfaces**

Did you know that ice at 32 degrees Fahrenheit is more slippery than ice at 10 degrees Fahrenheit? It's true. Ice at 32 degrees has a thin layer of ice covering it, making it prime for slipping.

The National Safety Council recommends battling slick surfaces with shoes that have good treads or ribbed soles for better traction. Keep feet shoulder length apart, take short steps or shuffle. Lean forward and always put each foot down flat.

The growing number of single parents and two-income families has resulted in more children spending time home alone. The National Safety Council suggests establishing safety guidelines to help make all members of your family feel more secure.

Children should be instructed never to open the door to strangers or to tell an unidentified caller that they are at home alone.

Take time to post important telephone numbers next to each phone, including your workplace number. Make sure the child knows how to dial "911" or the operator in case of emergency. They should be able to give their name, address and telephone number.

Have family fire drills to ensure that everyone knows the proper escape route. Teach older children how to use appliances properly and encourage younger children not to use them at all.

Keep a first aid kit handy and teach children how to treat minor cuts, scrapes and burns.

**The Gilbert House Children's Museum, Inc.**

On Monday, November 18, the museum will be open special hours from noon to 4:00 p.m. All ages with an adult are invited to visit the museum to experience hands-on exhibits and activities.

Admission is \$2 per person for all ages one and over. Information is 371-3631.

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