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Sat. 9:30 a.m.

Temple Baptist Church
1319 N.E. 7th
Fireside Room
Tues. 12:15 p.m.

Tillamook Park Bldg.
2108 N.E. 41st Ave.
Mon. 7:00 p.m.
Tues. 7:00 p.m.
Wed. 9:30 a.m. & 5:00 p.m.
Thurs. 7:00 p.m.
Fri. 9:30 a.m.

Nationwide Insurance
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Wed. 11:30 a.m.

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4737 N. Lombart St.
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University of Portland
5000 N. Willamette Blvd.
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Wed. 5:00 p.m.

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Weight Watchers

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Jim Werner

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Office Of Neighborhood Associations Meeting Schedule

- January 15 Woodlawn Neighborhood Association
7:00 pm Odd Fellows Lodge 700 NE Dekum
- January 21 Northeast Coalition Monthly Board Meeting
7:00 pm King Neighborhood Facility 4815 NE 7th
- January 21 Peninsula Neighbors Board Meeting
7:00 pm Kenton Firehouse 8105 N Brandon
- January 23 Vernon Neighborhood Association Meeting
7:00 pm Vernon School NE 20th and Killingsworth
- January 27 Sabin Neighborhood Association Meeting
7:30 Sabin School 4013 NE 18th
- January 30 Piedmont Neighborhood Association Meeting
7:00 pm Holy Redeemer School 127 N Portland Blvd.

Infant Health Statistics Show Improvement During 1990 Infant Mortality Rate Reaches All-Time Low

Infants born during 1990 showed improvement in several key categories when compared to babies born in 1989, according to the "Vital Statistics County Data" report released recently by the Oregon Health Division. In particular, Oregon's infant mortality rate in 1990 is lower than during any other year in the state's history.

"The health indices for Oregon's babies continued to improve during 1990," said Dr. Kathleen Gaffney, state health officer. "Pregnant women obtained greater access to prenatal care during 1990 than they did during 1989. More pregnant women sought prenatal care during the first trimester of pregnancy. And, the infant death rate in Oregon reached an all-time low."

The infant death rate in Oregon during 1990 fell from a rate of 8.8 deaths per 1,000 births in 1989 to 8.3 deaths per 1,000 births.

The report also showed continued improvement in obtaining access to adequate prenatal care. In 1990, 70 percent of women out of every 1,000 were reported to have had inadequate prenatal care during their pregnancies, down from 75 percent in 1989. The percentage of Oregon mothers with inadequate prenatal care during pregnancy has decreased 19 percent from the high in 1987, when 86 out of every 1,000 pregnant

women had inadequate prenatal care during their pregnancies.

Inadequate prenatal care was defined as care started during the third trimester of pregnancy or care consisting of fewer than five visits during the pregnancy.

"These statistics are encouraging, because they show that our investment in preventive care is beginning to pay off," Gaffney commented. "However, we still have a long way to go before achieving the health goals established in the Oregon Benchmarks report."

The Oregon Benchmarks, a series of measurable goals adopted by the 1991 Oregon Legislature, call for reducing the infant mortality rate to 7.5 deaths per 1,000 births in 1995, and 5 deaths per 1,000 births by 2010. The Oregon Benchmarks also established the goal of reducing the rate of inadequate prenatal care to 2 percent by 1995, and to 0 percent by 2010.

The "Vital Statistics County Data" report is prepared annually by the Health Division's Center for Health Statistics in conjunction with county health departments throughout the state. The report is a compilation of information obtained from vital statistics records, including birth and death certificates, originating in all 36 Oregon counties.

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Philip Morris Doesn't Want Kids To Smoke

One of the most trying aspects of being a parent is encouraging your child to make the right choices — not just to follow along. In today's complex society, growing up involves more pressures and choices than ever before. Studies show that young people do things because their friends do. Smoking is one of those things.

We don't want children and teenagers to smoke.

That's why the tobacco industry is offering a booklet aimed at helping parents meet the challenge of providing their children with the tools to resist peer influence. The booklet, "Tobacco: Helping Youth Say No," is designed to keep parents and children

communicating about important issues like smoking.

To continue its longstanding commitment that smoking is not for young people, the tobacco industry also has strengthened its marketing code and is supporting state legislation to make it tougher for young people to buy cigarettes. We are also working with retailers for strict compliance with state laws prohibiting sales of cigarettes to minors.

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Please bring all your donations to *The Portland Observer* at 4747 NE Martin Luther King, Jr. Blvd and receive your ticket. Just think -- a car for \$3.00!