

NEWS AROUND TOWN

Artists & Crafts People Over 55 Years Over 55 Years Of Age

OASIS (Older Adult Service and Information System) at Meier & Frank invites you to submit your work for inclusion in the second Annual "Eye of Time"

Art Exhibition
Kristy Edmunds, Curator Oregon Art Institute

The Eye of Time exhibit committee includes volunteers and friends of OASIS, committed to providing opportunity for older adults to show their art to the community. Committee chairperson is Amy Osaki, Education curator, Oregon Art Institute. OASIS is sponsored locally by Legacy Health System and Meier & Frank.

For more information about this show or to receive an entry form call, 241-3059 or write to:

OASIS
c/o Meier & Frank
621 S.W. 5th
Portland, OR 97204

Deadline for receipt of entries and documentation is 3:00 p.m., April 15, 1992

The Art of Collections

Such disparate objects as bowling balls, plastic box purses, four leaf clovers and false teeth come together in the Hoffman Gallery's April Show, **Collections**. The show, which is curated by Christine Clark, Metal Department Head and Hoffman Gallery exhibitions committee member, highlights some unusual collections by Portland area residents.

"Thematically," said Clark, "the show is about collections of things where each object is beautiful in itself. It's not the numbers that make these collections special; it's that the collector has chosen each individual piece as something special."

Date: April 2-28, 1992

As an accredited, independent craft school offering full-time studio classes in Book Arts, Ceramics, Drawing, Fibers, Metal, Photography and Wood, the Oregon School of Arts and Crafts is the only school of its kind in the nation. Along with year-round studio instruction, the School offers public workshops, a lively exhibitions program and support for regional artists whose work is carried in the sales gallery. As the only full-time, college-level institution in the country with this singular emphasis on crafts, Oregon School of Arts and Crafts serves a diverse community.

Applications

Continued from front page

After interviews with the ten finalists, the panel of judges will choose recipients on the basis of academic performance and participation in extracurricular activities.

Founded in 1869, Oregon Episcopal School is located on a 59-acre campus in Portland's southwest hills. OES is the only coed member of the National Association of Independent Schools (NAIS) in the Pacific Northwest with a boarding program. According to its Statement of Purpose, OES seeks students with intellectual promise from diverse backgrounds for its demanding, college preparatory, liberal arts program. OES enrolls approximately 190 day and boarding students from throughout the Pacific Northwest and around the world in its Upper School (grades 9-12).

Gift From Employees To Benefit Cares Program

McCall Heating company employees will wrap up a month-long fund-raising effort with a yard sale on March 28, 1992 from 10am - 4pm, at 1650 NE Lombard. All proceeds will be donated to Emanuel Hospital's Child Abuse Response & Evaluation Service (CARES) program.

The fund-raising campaign was initiated by McCall employees as a Christmas gift to Jim Coon, Chief Operating Officer of McCall Heating Company. Mr. Coon and his wife Gloria, are active contributors and volunteers at the CARES program. Other fund-raising activities during the month included bake sales, a raffle, and cash donations.

"We wanted to give Jim something meaningful for Christmas," said Sharon Gottwald, an employee who is spearheading the fund-raiser. "CARES is a program that is close to his heart, so our gift to him was to give to the children who are served by this program. It's much more memorable experience for the employees to do something like this rather than purchasing a traditional gift. We get something out of it too."

The CARES program at Emanuel Hospital provides a centralized assessment center for children who may have been abused or neglected. It helps minimize further trauma by responding quickly and coordinating expert evaluation and referral services in one location.

McCall Heating company is one of the Northwest's largest heating oil companies, serving approximately 14,000 customers in the Portland area. The company and its employees are active supporters of community programs. McCall is a recent sponsor of Volunteers of America's Adopt-A-Family program and employees have adopted families each Christmas for four years with the help of a corporate donation matching program.

Art Classes Foster Skills of Aspiring Young Artists

Classes are under way for aspiring young artists at Whitaker Middle School and Arleta Elementary School to explore their creative talents as a part of Pacific Northwest College of Art Extension Program's Young Artist Project. The classes, which started this month and will continue for 12 weeks, are taught by local artists and held Wednesdays at 2:30 p.m. at Whitaker at 5700 N.E. 39th and at 2:45 p.m. at Arleta at 5109 S.E. 66th Avenue.

Whitaker students will delight in the fundamentals of drawing and portraiture, while Arleta students will experiment in block print, charcoal and pastels. A public exhibit of the students' art will take place following the end of the 12 weeks at both schools.

The program brings art classes to artistically gifted kids at risk who may not have the means or transportation to attend classes on the campus.

U.S. West Communications provided PNCA with a \$10,000 grant to this year's Young Artist Project.

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P.A.T.A. Announces Equity/Non-Equity Auditions

Equity and non-Equity actors interested in being considered for the upcoming theatre season take note: The PATA-sponsored joint auditions are scheduled for Saturday and Sunday, April 25 and 26. On April 25 the auditions will be held at Firehouse Theatre, 1436 SW Montgomery from 10:30am to 4:30pm. On April 26 the auditions will be held at Echo Theatre, 1515 SE 37th (off Hawthorne Blvd.) in Portland from noon to 4:30pm.

Approximately 20 companies will be represented at these auditions, including new Rose, Stark Raving, Oregon Shakespeare Festival/Portland, Portland Repertory Theatre, Lakewood Theatre company, Sylvia's class Act Dinner Theatre, Portland Black Repertory Theatre, Oregon Stage company, Triangle Productions, Musical company, Oregon One Act Festival, IFCC and Artists' Repertory Theatre.

These Auditions Are By Appointment Only!

PATA will be taking appointments at the following times only: Pre-registration for PATA members will be Tuesday, April 7 from noon to 3pm. The number to call is 241-4902. All others can register on Wednesday and Thursday, April 8 and 9 from noon to 3pm at 241-4902. Auditions will be scheduled in 5 minute intervals and this time limit will be carefully monitored. Actors may present two contrasting one minute monologues or a one-minute monologue and a one minute song. Actors who wish to sing will have access to an accompanist on Sunday between noon and 2pm. Those scheduled at other times should be prepared to provide their own accompaniment, live or taped (tape players are not provided). No acapella, please. Artists of color are encouraged to audition. Actors must also submit 24 copies of their resume and head shot (xeroxed or stapled back to back) to PATA no later than April 20 at 4:30pm.

For more info, call PATA at 241-4902.

Educational Seminar: Understanding Male/Female Communication Differences

A one-day seminar, "Understanding Male/Female Communication Differences," will be presented by Alberto Cereghino and Claudia Derbyshire in Portland, at the Holiday Inn-Airport, on April 9, 1992, from 8:30am to 4:00pm.

Men and women "speak" different languages. Although long-ignored, the gender-based differences in language may be responsible for more of the difficulties in male/female professional and personal relationships than all of the other gender differences combined. This seminar will explore the languages of the genders and teach a common language for male/female interaction, so that better professional and personal relationships can be achieved.

Alberto Cereghino is an international business consultant and trainer for corporations and organizations on the West Coast. He also has extensive practical experience in communications, management, and personnel work. Claudia Derbyshire is a career and personal development consultant, as well as an experienced educator. She has conducted numerous seminars for public and private agencies in the Portland area.

Enrollments are accepted in the order received until the limit is reached. Registration is completed by sending \$99 to University Seminars/Secretarial Programs, Portland State University, PO Box 1393, Portland, OR 97207. For further details, call University Seminars/Secretarial Programs in Portland, at (503) 725-4812.

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NIA To Test Non-Drug Therapies for Hypertension

Medication may be the standard treatment for high blood pressure, but is it the only safe regimen? Scientists supported by the National Institute on Aging (NIA) and the National Heart, Lung, and Blood Institute (NHLBI) will study two non-drug therapies—weight loss and salt restriction—to see if they are safe and effective long-term substitutes for high blood pressure medication in older people.

The Institutes have pumped \$2.8 million into the first year of a clinical trial, known as the DIET (Dietary Intervention in the Elderly Trial) study, to determine how many older people with hypertension, or high blood pressure, can be treated safely without drugs. The study will last for 4 years and follow 900 overweight and normal weight older men and women with hypertension.

Dr. Gene Cohen, acting director of the NIA, says that drug treatment is effective in controlling blood pressure, but that it has certain drawbacks. "Medication is expensive," he says, "and can sometimes cause complications, such as side effects or adverse reactions. What's more, many older people take a variety of drugs. That can lead to problems taking the right number of pills, the right combination, or following the directions for each different medication."

According to Dr. James Cooper, chief of the NIA's cardiovascular program, previous studies have shown that weight loss and sodium restriction are effective in controlling high blood pressure in many middle-aged volunteers for at least 1 year (*European Heart Journal*, 1987). "We hope this study will demonstrate that these dietary interventions are effective in older individuals, and that the effect is long lasting," he says.

More than half of Americans over age 65 have hypertension, a persistent elevation of the diastolic blood pressure above 90 millimeters of mercury (mmHg). Blood pressure is indicated as a fraction, such as 120/80. The numerator (120) is the systolic pressure—the pressure of blood within the arteries when the heart is pumping. The de-

nominator (80) is the diastolic pressure—the pressure in the arteries when the heart relaxes between beats.

Hypertension can lead to many serious conditions including stroke, heart disease and kidney failure. Risk factors include family history, obesity, excessive alcohol consumption, and diets high in salt. According to the National Center for Health Statistics, among people between the ages of 18 and 74, hypertension affects proportionately more men than women and a third more African-Americans than whites.

The principal investigators in the DIET study are William Applegate of the University of Tennessee, Memphis; Mark Espeland of Bowman Gray School of Medicine, Winston-Salem, North Carolina; Walter Ettinger of Wake Forest School of Medicine, Wake Forest, North Carolina; John Kostis of the University of Medicine and Dentistry of New Jersey, New Brunswick; and Paul Whelton of the Johns Hopkins University School of Hygiene and Public Health, Baltimore, Maryland. The investigators and their research teams will design and monitor appropriate interventions to produce weight loss and reduce sodium intake.

Each center will enroll 225 volunteers with hypertension. They will be separated into two groups: overweight and normal weight. The overweight group will be subdivided into four groups: those who are sodium restricted and those who are not, and those who are subject to weight loss interventions and those who are not. The normal weight group will be subdivided into two groups: sodium restricted and not. Medication will be withdrawn from all volunteers who participate in the study.

The NIA and the NHLBI are two of the 13 National Institutes of Health. The NIA is responsible for the conduct and support of research on the aging process and the study of diseases and other special problems and needs of older people. The NHLBI is responsible for the conduct and support of research on cardiovascular, pulmonary, and blood diseases in all age groups.

New Shuttle Buses Enter Service At PDX

Just in time for spring break travel, new buses joined the parking lot shuttle fleet today at Portland International Airport (PDX).

In all, 11 wheelchair lift-equipped, 23-passenger buses will debut at PDX during the next two weeks, according to Sam Fowler, PDX parking system manager.

The buses replace the oldest members of the PDX shuttle fleet, 17-passenger FMCs and 13-passenger Champions, some of which have been in service for 16 years or more. Four members of the current fleet will remain in operation and join with the new buses to expand the fleet size from 13 to 15 vehicles.

"These new buses will enable PDX to serve more people in a more comfortable and efficient manner. We will also be able to expand our service to include the disabled population through the use of the wheelchair lifts," Fowler said.

The buses feature decorative exterior graphics that are quite different from usual buses and add to their appeal, Fowler said.

The buses, costing \$131,000 per bus, were manufactured by Blue Bird Bus Company.

Nationwide Search Begins for Ms. National Beauty 1992!

Single, married or divorced women of all ages are being sought to represent the fifty states and the Dist. of Columbia in the 1992 Search for Ms. National Beauty. The national pageant event will be held this August in the popular summer resort of Scottsdale, Arizona.

Candidates will be selected from each state as official representatives in the three age divisions: 20-29 years, 30-39 years, and 40 plus. What makes this pageant unique is that contestants never compete with women from a different age division. State delegates will be judged in the areas of poise, personality and appearance. There is no talent competition.

For an application and further details, please write: Tiara West Associates, 9305 Hoyleton Way, Elk Grove, California 95758 or call (916) 684-8840.

Senior 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. The deferred taxes are paid by the state. The amount taxes paid becomes a lien on your 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 or older.

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

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.

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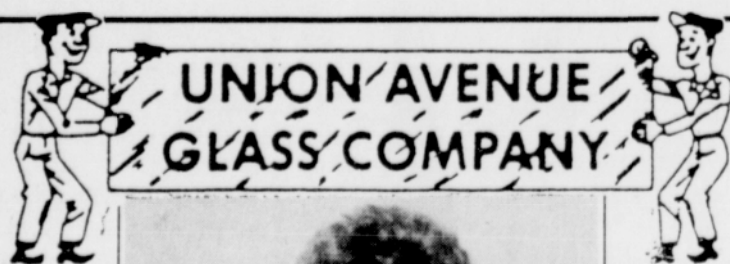
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