

Alcohol-Free New Years' Eve Dance Scheduled Group Want To Start First Night In Portland

Tired of dates getting sick New Year's Eve? Disgusted at the idea of another New Year's hangover?

You're in luck. The First Night committee, named after groups in Boston and Minneapolis among others, are committed to turning Portland's New Year Eve wants to offer alcohol-free events to start the year.

They are starting with a dance where no drugs or alcohol will be allowed. It is at the Scottish Rite Hall, 1515 SW Morrison and starts at 8 pm. and goes until 2 a.m.

Curtis Salgado and the Street Corner Singers will provide the entertainment. Comics will appear. Balloons will appear. Everything traditional will appear but the champagne. Lacey Turner, KINK DJ will mace the event.

The event will benefit The Alano Club, a clubhouse for AA and other 12 step meetings, and Central City Con-

cern. Tickets are \$19 and are available through FASTIXE.

Organizer Elizabeth Waters explains, "We think there are a lot of fun-loving people who want an alcohol-free environment to welcome the New Year"

First Night festivals are spreading throughout the country, and there is some evidence that there are more people who are giving up alcohol yearly. Several cities throughout the US adopt the program and hold dozens of alcohol-free events throughout the night. Portland is starting with one-but Waters hopes to demonstrate that the idea is popular--and that more sober events are wanted.

Last year, 265 Oregonians died in alcohol related deaths on the holiday.

One in five American Families are affected by the Disease.

Sponsors to date include Nike and Coast Distributors and First Interstate Bank.

Homeless Veterans Get Boost For Permanent Housing Needs

"We don't leave our casualties behind, even in America," veteran Ken Rose said at a press conference today announcing the Veterans Independence Plan (VIP), a pilot program for veterans in the Portland area. Homeless veterans in recovery programs and currently living in transitional housing in Portland can now look forward to expanded services as they become self-sufficient members of the community.

Rose is Executive Director of Veterans for Veterans, an agency that provides services to homeless veterans and is an integral part of the pilot project.

"It's time for us to give something back to those who gave so much for us", said Rey Ramsey, Oregon Housing and Community Services Director. "Many agencies have been providing some help. This is an opportunity to put all the services under one roof, eliminate duplication and identify gaps so the veterans can receive all the services they need at one time. Our department is concerned about housing and service integration and this is a perfect way to watch it work.

The cooperative program between Oregon Housing and Community Services Department, Multnomah County Housing and Community Services and

the Veterans for Veterans program was announced today. Participating veterans will receive housing assistance while they look for jobs that will help them become self-reliant.

"This is a superb example of a strong partnership between the state and local governments to expand services to a seriously underserved population," said Multnomah County Chair Gladys McCoy.

Veterans for Veterans will accept referrals from service agencies such as Salvation Army Alcohol and Drug Program, Veterans Administration Medical Center, Transition Projects and other who are currently providing services.

Funding for the project will come from the Emergency Housing Account established by the Legislature in 1991.

Other organizations involved in the program are the Oregon Department of Veterans Affairs, American Red Cross, American Legion, Disabled American Veterans, Oregon State Employment and Vocational Rehabilitation Divisions, Veterans of Foreign Wars, Paralyzed Veterans of America and the U.S. Department of Labor.

For additional information, contact Ken rose at Veterans for Veterans office, 771-9781.

Christmas Commitment Prolongs Life

In the holiday season when commercialism is king, it is nice to know that Christmas and Hanukkah have a benefit which outlasts the children's new toys. That benefit is a longer life for those who attend church or synagogue regularly.

Biologists are currently engaged in various attempts to lengthen life through exercise, nutrition, drugs, and genetic manipulation. The search for longer life becomes more urgent as the "Baby Boomer" generation enters middle age and the number of elderly in the U.S. increases yearly.

But a number of scientific studies show that people can easily extend life today by being more religiously involved. For example, an elderly population was followed for two years in New Haven, Connecticut with two sets of subjects who were similar with regard to all health factors. One set was involved in religious activities and the other was not. At the two year follow-up, the less religious had mortality levels twice as high as the more religious. In a similar scientific study, women were more likely to live longer if they increased their church attendance.

Arteriosclerotic heart disease was much less common for men who attended church every week. Although some of this lowering of mortality was related to the healthier life-style of church attenders, even after controlling for smoking and economic status, religious men had less heart disease. Women also had less heart disease if they attended church regularly, although the effect was not as pronounced. Other illnesses such as emphysema and cirrhosis of the liver were also lower.

The mechanisms for this improved life expectancy are at least partially known. Some religious people live longer due to reduced consumption of alcohol, cigarettes, and illicit drugs. Scientists believe that the social support of those active in church help reduce stress. Regular church attendance also tends to build self-esteem, thus lowering suicide, risk taking, and substance abuse. Enough evidence exists for the beneficial effects of church attendance on mortality that physicians could recommend this "therapy" for those who are so inclined.

By Glenn G. Wood, M.D., M.A. Connie Berry, M.S.P.H.

New ODOT Region Manager Selected

Bruce Warner has been named ODOT's Region I Manager, succeeding Don Adams, who retires May 31 after 34 years with the department of which five were as Region I Manager. Warner begins his new assignment in January.

Warner has been Land-Use and Transportation Director for Washington County since 1987, where he was responsible for the overall administration and management of the county's 300 employee land use/transportation department with over a \$74 million annual budget. His career with that agency began in 1984 as the land use and transportation deputy director.

As Region I Manager, he oversees the construction, improvements, maintenance and operation of state highways and related transportation facilities in the greater Portland area and surrounding communities. The region has approximately 624 employees and a biennial operating budget of about \$91 million.

In this new position, Warner is a member of the ODOT Management Team, the department's top policy-setting group.

Warner is a civil engineering graduate of the University of Washington and a registered professional civil engineer.

Christmas Tree Recycling, A Regional Tradition Continues

Since 1984, metropolitan area residents have recycled their Christmas trees through services provided by non-profit organizations and businesses, with participation growing steadily each year. Last year, more than 87,000 trees were recycled by residents who chose to have their trees become mulch, walking paths, decorative landscaping materials and wildlife habitats instead of landfill material.

"Approximately 56 percent of the region's trees were recovered last year," says Rena Cusma, Metro's executive officer. "Christmas tree recycling is an easy way to continue the holiday spirit of giving. Residents give their tree back to nature and support many worthwhile community projects at the same time."

Nonprofit groups and businesses will operate more than 150 drop-off sites and pickup services from Forest Grove to Troutdale and from Oregon City to North Portland. The small fee or donation requested supports community service activities of groups such as the Boy Scouts, Girl Scouts and Kiwanis.

In addition to the nonprofit organizations, residents with curbside yard debris collection programs will be able to recycle trees at the curb. The amount of preparation required and fees vary throughout the region.

Call Metro's Recycling Information, 224-5555, for information about specific curbside requirements or to find the nonprofit organization operating in your area.

The center, regularly opened Monday through Saturday, will also be open Sundays for three weeks beginning Dec. 26. Hours will be 8:30 a.m. to 5 p.m. seven days a week, including New Year's Day.

New Effort To Combat Unemployment In N/NE Portland To Be Announced By Business And Community Leaders

A path-breaking new effort initiated by a consortium of local community and business organizations to combat severe unemployment in North/Northeast Portland was announced at a press conference on Tuesday, December 22, 1992 at the Martin Luther King Jr. Center, 4815 N. E. 7th.

Ron Herndon, Chairman of the North/Northeast Economic Development Alliance speaking on behalf of the consortium, know as the Community Business Partnership, provided details on a collaborative new effort to address unemployment in inner N/NE which is three times that of the metropolitan area.

Kaiser Permanente Offers Health Education Classes In North Portland

Several classes open to the public are being offered in North Portland this winter through Kaiser Permanente. For registration or further information, call Kaiser Permanente's Health Education department at (503) 286-6816.

Anybody can experience mild depression and lowered self-esteem. Kaiser Permanente's "Overcoming Mild Depression and Low Self-Esteem" program, consisting of eight two-hour sessions, teaches skills to reduce mild depression and improve self-image. Meetings are 6:30 to 8:30 p.m. on Tuesdays, Jan. 5 through Feb. 23, at Bess Kaiser Medical Center, 5055 N. Greeley Ave., Portland. Cost is \$80 for Kaiser Permanente members, \$140 for the general public (fee includes textbook). Please register at least 10 days before the class starts.

Living with an overactive child can put stress on the entire family. Learn more about coping with this condition in "Parenting a child with Attention Deficit Hyperactivity Disorder." Classes will be held from 6:30 to 8:30 p.m. on Wednesdays, Jan. 13 through March 3, at Kaiser Permanente's Education and Conference Center (Town Hall), 3704 N. Interstate Ave., Portland. Cost is \$75 for Kaiser Permanente members/couples, \$140 for the general public. Please register at least 10 days before the class starts.

PORTLAND OBSERVER
"The Eyes and Ears of the Community"
Office: (503) 288-0033
Fax #: (503) 288-0015

Parents Respond To Campaign To Boost Bike Helmet Use

The gambit worked. Next year, a lot more Portland-area children will be riding with bicycle helmets -- and reducing their risk of death and disability -- thanks to the efforts of two Kaiser Permanente pediatricians.

Mark Tochen, MD and Ellen Hall, MD, have long been concerned about how few children have helmets. "Nationally, there are 600 deaths a year in bicycle accidents, most from head injuries," says Dr. Tochen. "But even though bicycle helmets could prevent most of the deaths and disabling injuries from these accidents, more than 90 percent of Oregon children were riding without helmets."

So the pair, with the help of pediatric pharmacist Don Tsukamaki, RPh, developed a pilot program to write their young patients prescriptions for bicycle helmets. The prescriptions could be filled at the pharmacy in Kaiser Permanente's Beaverton Medical Office, where the two physicians work.

Oregon Aids Hotline Holiday Hours

The Oregon Aids Hotline will remain open for the holidays this year. This is an effort to better serve people needing support and information surrounding Aids issues.

The Hotline itself will be open from 10:00 AM till 9:00 on Christmas Eve, Christmas Day and New Years Eve. We will be open from 10:00 till 6:00 on New Years Day.

The Positive Link system will be available 6:00 pm till 9:00 pm both Christmas Eve and New Years Eve as well as 10:00 am till 2:00 pm on Christmas Day.

Metro Portland --- 223-2437 --- Voice and TDD/TTY
Statewide toll free --- 1-800-777-2437 --- Voice and TDD/TTY

The Community Business Partnership was formed last spring following the Los Angeles riots by the North-east Portland community through the N/NE Economic Development alliance, the Portland Metropolitan Chamber of Commerce and the Association for Portland Progress.

PCC Board Approves Parking Fees

The Board of Directors of Portland Community College last week approved plans to begin charging students, staff and the public for parking at all PCC-owned facilities. The fees would go into effect spring term, March 22, 1992.

The fees are part of PCC's Traffic Mitigation plan, an attempt to provide incentives to lower the number of single-occupancy vehicle trips to the campuses each day. Proceeds from the fees would be used to fund alternative modes of transportation, such as bus subsidies or car pools; to provide enhanced parking services and facilities for students, staff and visitors; and to provide for regulation and maintenance of the lots.

The fees would be: \$25/term for staff and students on campuses for the majority of each day; \$18/term for part-time staff and students; \$13/term for carpool of two people with 3-person or more carpools paying no fee; \$13/term for motorcycles (full-time); \$9/term for motorcycles (part-time); \$1 for a day permit and metered parking at \$.25/hour. There will be exemptions for low income, senior citizens, volunteers and others on an individual basis.

In recommending the fees, PCC President Dan Moriarty said, "PCC attracts 85,000 people each year to our campuses and centers. As a major source of traffic, we must do our part to actively encourage people to consider alternative ways to get to our campuses. We know that many of our students have to drive their cars because of work, family and other responsibilities, but we hope that many will look at other ways of getting here."

For more information about the plan, contact Jan Coulton in Public Affairs, 244-6111 ext. 4374.

"We found that 50 percent of the parents bought a helmet after we wrote their child a prescription," says Dr. Hall. "Having a doctor say their child needed this protection really motivated a lot of parents to finally get a helmet. Many even bought helmets for themselves and other kids in the family."

With the success of the pilot program, the Beaverton team worked closely with Stephen Miller, RPh director of Pharmacy Material Services, to make approved helmets available through all 16 Kaiser Permanente medical office and hospital pharmacies.

According to Miller, "Anyone who walks in to one of our pharmacies during business hours can purchase a helmet in adult or child sizes. No prescription is needed. Helmets are delivered within one to three days to the purchaser's home."

To encourage people to consider

giving a bicycle helmet instead of a toy this year, Kaiser Permanente has lowered the helmets' \$19.50 price for Kaiser Permanente members to \$16.50 and for non-members for \$29.95 to \$26.95 through Dec. 31.

"Every year in this country there are 400,000 bicycle accidents serious enough to require medical attention," says Dr. Tochen. "So anything we can do to increase helmet ownership will decrease the injuries and deaths suffered in these accidents."

Adds Tsukamaki, "We want all kids riding bikes to have the protection of a helmet. Stocking the helmets through our pharmacies makes it easier for parents -- or grandparents and other relatives -- to give that gift of safety."

Kaiser Permanente is a group practice health maintenance organization. The nonprofit HMO serves the health care needs of about 375,000 people in Northwest Oregon and Southwest Washington.

Andrews And McMeel Publishes Malcolm X Book And CD Package

Andrews and McMeel (A&M), in cooperation with Callaway Editions, Inc., has just released Malcolm X speaks Out, a distinctive book and CD package featuring the words and voice of Malcolm X, which sells for \$17.95. The BoundSound edition draws on the substantial body of written and recorded material that is the legacy of the man, to provide a powerful compilation in words, images, and the sound of his voice in one package. The jacketed, softcover edition of the book is also available without the compact disc for \$9.95.

The 5 x 5 3/4-inch 96-page book includes a chronology of the life of Malcolm X, excerpts from his speeches and writings, and more than 55 illustrations in a unique, high-style design. The illustrations are comprised of well-known photographs and film stills as well as many that have rarely been seen or have not been previously published. The CD component includes excerpts from speeches by Malcolm X, and is

approximately 45 minutes long. Both the text and audio elements are organized thematically and edited to convey important ideas, presenting his voice and his philosophy in a multimedia format accessible and enlightening to Americans of all races. For, more than 25 years after his assassination, Malcolm X continues to be one of the most controversial and seminal figures of the 20th century.

Scheduled for publication in late November 1992 to coincide with the release of Spike Lee's film, Malcolm X, this unique, groundbreaking multimedia format allows us to read, see, and hear the message of Malcolm X--delivered more than a generation ago, but still prophetic and relevant today.

Malcolm X Speaks Out, Book-CD package: ISBN: 0-8362-8011-3; Price: \$17.95

Malcolm X Speaks Out, Book Only: ISBN: 0-8362-8010-5; ppb; Price: \$9.95

Publication Date: November 21, 1992

	COMICE PEARS OREGON GROWN large size sweet and juicy	49¢ POUND
	RED DELICIOUS APPLES extra fancy large size	39¢ POUND
	GRAPES RED EMPEROR VARIETY The Natural Snack	89¢ POUND
	WHITE MUSHROOMS fancy large size	\$1.69 POUND
	BROCCOLI all green tender stalks great cooked or raw	69¢ POUND
	Coca-Cola PRODUCTS All Flavors	89¢ PLUS DEPOSIT 2 LITER BOTTLE
	COCA COLA All Flavors	\$1.59 PLUS DEPOSIT PACK OF 6 12 oz. CANS
KIENOW'S WE RESERVE THE RIGHT TO LIMIT QUANTITIES THE FRIENDLIEST STORES IN TOWN SINCE 1908 SPECIALS EFFECTIVE TUESDAY through SUNDAY DECEMBER 22 through 27, 1992 MEMBER OF UNITED GROCERS		

For best results
ADVERTISE IN THE OBSERVER