

Oregon Health Division Receives Federal Funds To Combat Smoking

New federal funds will help Oregon communities reduce tobacco use and fight the state's biggest preventable cause of disease and death for the next five years, Oregon Health Division Officials announced.

This year's \$80,457 award is part of a new nationwide tobacco control program developed by the Centers for Disease Control and Prevention (CDC), according to Michael R. Skeels, Health Division administrator.

"More than a hundred deaths a week in Oregon can be attributed to smoking," Skeels said. "We need to organize the forces in Oregon that will reverse this trend."

He said acceptance of the award is pending approval by the Legislative Emergency Board. The funding will be used to develop information and education, training, assistance

and resources to state and local tobacco control activities throughout Oregon, according to Skeels.

Gov. Barbara Roberts who lent her support to the grant application, praised CDC for assisting states in tobacco control. "This grant will bring together Oregonians from diverse backgrounds to develop a statewide tobacco control plan that will help us meet our goal of reducing tobacco use in youth and adults," she said.

The Oregon Benchmarks, a set of measurable goals approved by the Legislature, call for reducing tobacco use in both adults and youth as well as prenatal exposure to tobacco.

Oregon is among 20 other states that received the CDC awards, which run for five years and aim to strengthen resources and knowledge in communities attempting to improve their tobacco control efforts.

The City OF Portland's Neighborhood Medication Center To Offer Training

Are you a good listener? Do you believe in the peaceful resolution of problems between neighbors? The Neighborhood Medication Center is looking for you to serve as a volunteer mediator. We are seeking individuals with an interest in resolving and preventing community conflicts. A basic skill training totaling 32 hours will be offered in late Fall.

Volunteer mediators will be trained to work as impartial third parties to help neighbors resolve the differences that divide them. Mediation services are free to Portland City residents, and are provided both over the telephone and in person. They address such issues as barking dogs, loud stereos, parking, boundaries, interpersonal disputes, vandalism, property maintenance and harassment. Volunteers are needed to work days and/or evenings. Men and women who are fluent in more than

one language or would like to assist the program in serving Portland's diverse population are especially encouraged to apply.

The training schedule as follows:

- Tuesday, October 19, 6 to 9pm
- Saturday, October 23, 9am to 5pm
- Sunday, October 24, 9am to 5pm
- Saturday, October 30, 9am to 5pm
- Tuesday, November 9, 6 to 9pm
- Saturday, November 20, 9am to 5pm

The training will be provided at no cost, although there is a fee for resource materials. The cost for these books will not exceed \$30.00, and two scholarships are available. To receive an application form, or to ask any questions, please call Julien Minard at 823-3152. Applications must be received no later than Friday, October 1, 1993.



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Thurs 7pm
Fri 9:30am

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Tues 12pm

North Portland

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Tues 7pm

University of Portland
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(Enter from Portsmouth)
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Call Collect Weekdays, 8:30 am to 5:00 pm, (503) 297-1021



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Targeted Jobs Tax Credit Program Extended

A program which offers federal tax credits to employers has been extended by Congress. The Targeted Jobs Tax Credit (TJTC) program, which ended in June of 1992, has been extended until December 31, 1994. In addition, The law makes the TJTC program retroactive to July 1, 1992. Employers who filed a timely application on employees hired during the past year may be eligible for a tax credit.

Under TJTC, an employer may earn a federal tax credit equal to 40% of the first \$6,000 of wages they pay to qualified workers during the first year of employment. Qualified workers are employees who come from any one of nine targeted groups:

- Youth, ages 18-22, from low income families.
- Vietnam-era veterans from income families.
- Ex-felons, from low income

families, who are hired within five years of release from prison, or date of conviction.

- Individuals who are enrolled in or have completed a state or federal vocational rehabilitation plan.
- Recipient of Supplemental Security Income (SSI).
- Recipients of general assistance benefits.
- Recipients of Aid to Families with Dependent Children.
- Youth, ages 16 and 17, hired for the summer between May 1 and September 15, who are from low income families.
- Youth, ages 16-19, who are participating in a cooperative education program.

Employers or individuals wanting further information about the program should contact the Oregon Employment Department at 1-800-237-3750, Ext. 8-8244.

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Sickle Cell Hearings

other things, interrupt the flood of blood by damaging and plugging the vessels. "New advances in research are encouraging but they can only go as far as our resources can carry us," he said.

Anderson says the key is-

to be focused on at the hearings will be the restoration of funds cut from the comprehensive Sickle Cell Disease Centers budget and appropriation of funds for the development of a statistical database; ending the practice of denying

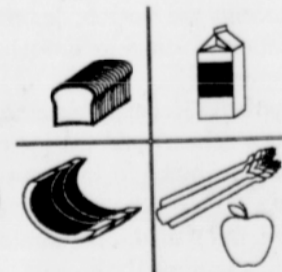
health insurance to those diagnosed with the disease; ending discrimination in the workplace by educating employers about the disease; and calling for proactive government involvement in monitoring states that are not fulfilling guidelines in adminis-

tering "Newborn Screening" programs and sickle cell patients' healthcare management.

For information on NASCD activities during "National Sickle Cell Awareness Month" or other services call 1-800-421-8453.

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New Study Shows That Losing Weight Reduces High Blood Pressure

Losing weight lowers blood pressure to normal levels in people with mild hypertension and eliminates or reduce their need for heart medication. These are the findings of a new study recently published in the *Achieves of Internal Medicine* by a team of researchers led by Dr. Barry R. Davis of The University of Texas School of Public Health.

The researchers conducted a five year study of overweight patients with mild hypertension. Their study showed that even modest weight loss--an average of seven pounds--effectively reduced high blood pressure. Furthermore, for those patients who lost weight and were taking heart medication, the weight loss also reduced the likelihood

that they would need to take additional drugs or higher doses.

The researchers noted that "non-drug dietary therapy offers an alternative with few recognized adverse effects." They conclude by recommending that weight loss be prescribed for overweight individuals with mild hypertension.

These findings confirm what has long been advised by Weight Watchers and scientific authorities. "Virtually any and all weight reduction and maintenance leads to improved health, and that establishment of a healthy body weight is the surest way to ward off poor health and chronic disease," notes Dr. George Chirstakis, Medical Director, Weight Watchers International, Inc.

According to The University of Texas study, "Of all the nutritional factors implicated in the development of hypertension, obesity appears to be the most important...The relationship between weight gain and increase in blood pressure, in adults appears to be well substantiated in epidemiologic studies."

"Weight Watchers members already know that weight loss and management is critical to healthy living," says Jeannine Cowles of Weight Watcher of Oregon, Inc. "Our Program is a way of life, not a diet. It combines good nutrition, group support, increased physical activity and behavior modification. Weight Watchers holistic approach to weight loss and management can help people get healthier and live healthier lifestyles."

Automated Telephone System Expected To Save \$100,000

The implementation of an automated system that phones library patrons to remind them about overdue books is expected to save Multnomah County Library \$100,000 a year in postage, overdue notices and staff time.

The Telephone Notification System (TNS) is a part of DYNA, the Library's automated circulation and catalog system. It uses a pre-recorded voice message to remind library users about overdue library materials, according to Ginnee Cooper, director of libraries. The system replaces a mail notification system.

"Implementing the system will also mean that library users will pay less in overdue fines because they'll

receive earlier notices about books that are overdue," says Cooper. "And the quicker return time will mean that in-demand materials will circulate more quickly to more people."

Library users who have books or other library materials overdue for seven days will receive a telephone call the next day unless that day is a Sunday. (Under the previous mail system, patrons with overdue materials received notification 15 to 17 days after the material was due.) If the materials are still overdue at 15 days, the process will repeat. If the telephone notification system is not able to complete the call, the Library will send a printed notice.

Automated messages will be ge-

neric and will not give the name of the individual at the phone number who has the overdue materials nor the title(s) of the overdue material. The message invites patrons to call the Library's Renewal Line (248-5342) if they need more information.

Once any initial problems are worked out of the electronic notification system, the Library expects to extend automated voice messaging to notify patrons about books they've reserved, Cooper said.

Current library fines are 25 cents per day up to a maximum of \$10 for adult materials, 10 cents a day up to a maximum of \$9 for children's materials and \$2 per day up to a maximum of \$10 for videos.