

Andrew Young's Book, "A Way Out Of No Way", A Spiritual Journey

With the release of his book, "A Way Out of No Way", former Atlanta Mayor and U.N. Ambassador has confirmed his stature as one of the leading thinkers and civil libertarians of our time. But more importantly, as Young says in the introduction to the book, "A Way Out of No Way" is the story of how one man's faith saw him through a period of incredible change here and throughout the world. Indeed, it is a story about how faith in God has changed the world.

Now available in bookstores across the country, "A Way Out of No Way" is a remarkable chronicle of the life and thinking of a man who fought side-by-side with Martin Luther King, Jr. in the crucial civil rights battles of the '60s. Subtitled, "The Spiritual Memoirs of Andrew Young", "A Way Out of No Way" also provides heretofore unknown details of Young's life. It is a life that has been filled with unprecedented achievement for an African-American: taking him from the ramparts of the civil rights movement, to a term as U.N. Ambassador during the Carter presidency, to two terms as Mayor of Atlanta, to co-chair-

man of the Atlanta Committee for the 1996 Olympic Games, to vice chairman of the Law Companies Group, one of the largest and most respected engineering and environmental consulting companies in the world. Along the way, Ambassador Young has earned numerous honors, including the Presidential Medal of Freedom, the United States of America's highest civilian award.

But as Ambassador Young himself points out, none of these achievements would have been possible without his faith in God. Speaking of the changes he's seen in the forty years since he graduated from Howard University, Ambassador Young says, "These changes all evolved through the actions of people -- people of faith two courageously responded to the conflict, chaos, violence and hatred around them with a mysterious but magnificent faith. These people believed that there is a purpose in human existence and that the Creator of life and time, spirit and matter, somehow is present with his creatures and continues to be involved with ordinary men and women.

"These very people," he continues, "in critical moments in

their lives and history, received special insight and the courage and the will to act. Because of them, the world has changed. When seen in this context, life suddenly makes sense; good things happen in the least likely situations, and a certain divine destiny seems fulfilled."

"A Way Out of No Way" is an inspirational and uplifting book, the story of a man and his times that is as relevant and timely as today's news. As Ambassador Young prepares for the inevitable round of national and international talk shows and bookstore signings, it is abundantly clear that his message is timeless: faith and love really can overcome the most harrowing and seemingly insurmountable obstacles.

"A Way Out of No Way: The Spiritual Memoirs of Andrew Young" is available in bookstores across the country. The book is published by Thomas Nelson Publishers, Nashville, Tennessee. If you are interested in setting-up media interviews or book signings contact Michele Divins Jackson at Eventions, Inc., in Atlanta, Georgia. The telephone number is (404) 521-1846.

African American Heritage Series On Commemorative Postage Stamps

In honor of Black History Month, the U.S. Postal Service is making available to any interested group, classroom, or school, either a ten minute video presentation, or twenty minute slide presentation of stamps that have honored African-Americans.

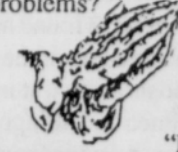
The U.S. Postal Service has commemorated individual achievements of African-Americans and their contributions to U.S. history on more than 50 postage stamps. In 1994, 13 individuals will be honored with The Black Heritage series of commemorative postage stamps.



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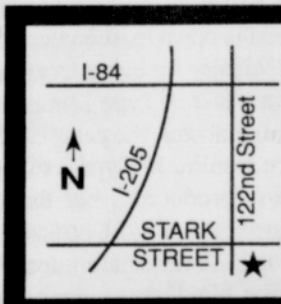
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March Of Dimes Birth Defects Foundation Launches Public Health Education Campaign

"Every sexually active woman from puberty to menopause should take vitamin supplements with folic acid, daily. Taking increased folic acid after discovering you are pregnant is too late." So states Dr. Mark Merckens, recently appointed member of the Health Professional Advisory Committee of the local March of Dimes.

The Center of Disease Control and Prevention recommends that all women of childbearing age in the United States who are capable of becoming pregnant should consume 0.4 milligrams of folic acid per day. The results could mean a 50 percent reduction in neural tube defects (NTDs) in the United States, which presents an important opportunity in public health.

During Birth Defects Prevention Month in January, the March of Dimes is focusing a health education awareness campaign on the B-vitamin, folic acid, as a preventative measure to reduce the number of babies born with NTDs. Each year at least 150,000 babies are born with birth defects in the United States. About 2,500 of those infants are born with NTDs involving the brain skull and spinal cord. They are the result of the failure of the developing brain and spine to close during the first 28

days of pregnancy. They are among the most serious birth defects in the United States. Research has shown inadequacies in the diet to be the cause of most cases of NTD.

Locally, the Lewis and Clark Chapter of the March of Dimes, and the Spina Bifida Clinic at the Child Development and Rehabilitation Center (CDRC) can provide you with important information such as what foods to eat that contain folic acid and suggestions before you conceive to help ensure a health pregnancy and a healthy, happy baby.

"Half of all babies are conceived without planning, so women need to be on folic acid at all times," says Dr. Merckens, who likes to tell his patients, "Mother was right...take your vitamins. It's that simple."

Dr. Merckens is a newly appointed member of the local March of Dimes' Health Professional Advisory Committee. He directs the Spina Bifida program at the CDRC.

The March of Dimes is a national voluntary health agency whose mission is to improve the health of babies by preventing birth defects and infant mortality. Through its Campaign for Healthier Babies, the March of Dimes funds programs of research, community services, education and advocacy.

Pacific Power

Pacific Power has proposed to lower its overall prices in Oregon by \$7.2 million annually. This price decrease is based on the amount the company receives in property tax benefits resulting from the ballot measure 5 property tax initiative.

Pacific filed with the Oregon Public Utility Commission Feb. 15, for permission to pass the decrease through to customers beginning April 15.

"Like many property owners in Oregon, Pacific Power has seen a reduction in the property taxes it pays to support schools and government services," said Pacific Power manager Sheila Holden. "This decrease passes through to our customers the savings resulting from reduced property taxes."

Pacific is proposing to include property tax savings that have been accumulating in a separate account since the enactment of ballot measure 5, as well as projected property tax savings through 1995. Pacific paid approximately \$17 million in Oregon property taxes in 1993.

"This price decrease allows us to remain a low-cost provider of electricity in the region," said Holden. "In fact, our overall prices today are lower than they were in 1987 when we made a promise to our customers to stabilize prices."

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