

HEALTH

The Portland Observer

Candidates Needed For Contact Lens Studies

The Pacific University College of Optometry is in need of candidates for a variety of contact lens research studies offered at the Pacific University Family Vision Centers in downtown Portland and Forest Grove.

Candidates will help researchers evaluate a number of criteria including the fit and comfort of new types of contact lenses, new contact lens solutions, and various contact lens fitting techniques. Those who are currently wearing soft or hard contact lenses are needed as well as person who have never worn contact lenses. Candidates of all ages are needed, depending on the specific subject of each study.

Those accepted for study may receive free contact lens materials such as a pair of contact lenses and/or supplies of contact lens solutions. Subjects will be required to pay a fee covering contact lens care rendered during studies.

For more information, please call the Pacific University Portland Family Vision Center at 224-2323, Ext. 402.



Steve Fletcher of Pacific University's Family Vision Center in downtown Portland works with a contact lens. The center provides eye examinations and affordable vision care to area residents. Charges for the entire family are priced on the ability to pay. The center is located at 511 S.W. 10th.

Advocates Hail New Oregon Child Care Law

Oregon child care advocates praised the implementation today of a new law to build safe, quality care for young children.

The law requires most family child care providers to register with the Child Care Division of the Oregon Department of Employment and to receive training in child abuse prevention and detection. The standards include limitations in safety and group size and require criminal background checks for adults in the provider's household.

"If this protects just one child, it will be worth the effort," proclaimed Rep. Lisa Naito of Portland, speaking about the bill she introduced that became law in the 1993 legislative session. "We know the early childhood years before kindergarten are critical to the developmental success of young children. All of our children need safe, high quality child care."

According to Bonnie Heitsch, a parent serving on the Commission for Child Care, "Parents rely on basic protections and guidelines for the care of their children. Requiring providers to register won't guarantee quality, but it serves as a platform on which parents and providers can work to-

gether to improve child care."

Proponents of mandatory registration cite several developmental studies, including the 1994 Report of the Carnegie Task Force on Meeting the Needs of the Young Child and the Families and Work Institute's 1994 findings on family child care, that group size, adult to child ratios, and the health and safety of the care environment each have an important effect on the quality of care.

"There is a lot of quality care out there already, but it's too important to leave it to potluck. Children deserve quality, and they deserve standards," said Pat Conover Mickiewicz, a Portland Lawyer on the Commission for Child Care, who also advocates for improving compensation for child care providers.

Mickiewicz saw a link between the quality of child care and the quality of the adult caregiver's environment. She cited registration as a means to bring all providers into the professional child care community so that efforts to improve provider compensation can move forward. Registered providers gain access to opportunities in training, networks, and support groups.

Judy Cooper runs a successful family child care business in her home and serves on the Commission for Child Care. She said, "In order to receive recognition for what we do for working families and employers, we need standards of professionalism in our work."

Created in 1985, the Commission for Child Care advocates for affordable, quality child care for all Oregon children. Its membership includes three representatives of the Oregon Legislative Assembly and 12

volunteers serving three year terms representing providers, parents, medical and legal professions, labor, business, state and local government, resource and referral services, and the public at large. Mandatory registration of family child care providers was the Commission's 1993 legislative priority with support from organizations of child care providers, center directors, parents, educators, resource and referral services, medical professionals and other children's advocates.

2,000 Children Expected For Clothing Drive Giveaway August 27

The Low Income Families Emergency (L.I.F.E.) Center expects to supply clothing and immunizations to more than 2,000 children on Saturday, Aug. 27 at Peninsula Park Community Center in North Portland at 10 a.m. at the ninth annual event.

Parents or guardians will need to bring proof of each child's enrollment in school for the clothing giveaway.

This year the Multnomah County Health Department will have a clinic on site for immunizations from 9 a.m. to 4 p.m., which provides a great opportunity for children and adults to get required shots.

Additional booths will include Habitat for Humanity; Portland

Metro Young Life representative Chrism Rock, who tutors children; Radical Women, a equal-rights group; Cliff Walker from Negus Studio; and the Golden Eagles Gospel Singers will entertain during the event.

L.I.F.E. Center staff and volunteers have spent the past two months collecting, sorting, mending and washing clothing.

L.I.F.E. Center has been serving the emergency food and clothing needs of individuals from Clark County in Washington and Multnomah, Clackamas and Washington Counties since 1966.

For more information about the Back-To-School Giveaway, contact Charles Carter at 284-6878.

A Group For Women With Drinking Problems

A group for women with drinking problems is meeting at Town Hall, 3704 N. Interstate, Conf. Room D on Tuesdays 5:30-6:45pm. This group learns, and practices, the "New Life" program from women for sobriety, a national Self-Help Program for Women.

The "New Life" program teaches women ways in which to cope with life's problems. Women learn ways in which to feel good about self. This program recognizes that women alcoholics' biggest need in recovery is to find Self-Worth and Self-Esteem to overcome the debilitating feelings of guilt.

Women for sobriety has some 300 Self-Help Groups all across the country, helping women to recover from the devastation of alcoholism. To join, contact Karen at 235-0647.

To receive literature and general information, contact National Headquarters at WFS, PO Box 618, Quakertown, PA 18951.

(Please enclose a double stamped self-addressed envelope.)

Alliance For The Mentally Ill

The Alliance for the mentally ill of Multnomah County will present the "Journey of Hope" a family education course, specially designed for parents, siblings, spouses, and adult children of persons specifically diagnosed with serious mental illness.

The twelve week free course will be in two locations. The evening class will begin on Wednesday, September 14, from 7-9:30 at St. John the Baptist Episcopal Church on the campus of Oregon Episcopal School, 6300 S. W. Nicol Road. The daytime class will be held on Thursdays from 10 am to 12:45 pm starting Thursday, September 15, at the Rose City Park United Methodist Church, 5830 N. E.

Alameda. For information or to register call 281-8112 or leave a message at the office of AMI of Multnomah County, 228-5692. Please do not call the churches or the school.

The course will cover information about schizophrenia, bi-polar disorder (manic-depression) and major depression; as well as coping skills such as handling crisis and relapse; basic information about medications; problem solving skills; recovery and rehabilitation; and self-care. The course is offered nationwide through the national, state, and local Alliance for family members. Four local Alliance members with intensive training as instructors will lead the two classes.

Black Men Can Get Relief From Shaving "Bumps"

A morning shave does not have to be a grueling task for black men.

One in three black men suffer from the condition, pseudofolliculitis barbae.

"Pseudofolliculitis develops as a result of the repeated trauma of shaving," said Dr. Ted Rosen, a dermatologist at the college. "If you shave too closely, the hair doubles back into the skin."

Rosen said the problem can be minimized by shaving in only one direction with a single-edged razor, by using a moisturizing shaving cream and by avoiding electric shavers.

For some men, the only way to manage the problem is to grow a beard, Rosen said.

Drug Being Tested For Eye Disorder

A drug used to treat genital herpes is being tested for use in battling a common eye disorder.

Researchers at Baylor College of Medicine and seven other U.S. sites are testing the antiviral drug acyclovir as a treatment for ocular herpes.

Current treatment for ocular herpes does not prevent it from attacking the eye again months and even years later, said Dr. Kirk Wilhelmus, an ophthalmologist and director of the study at Baylor.

"The use of acyclovir to treat genital herpes has proven effective in preventing a recurrence of disease, and we hope this study will prove the same thing for ocular herpes," Wilhelmus said.

FORTY-TWO PERCENT OF ALL MURDER VICTIMS ARE WIVES

Each day women are beaten to death by their husbands or boyfriends. Just each day neighbors just like us make excuses for not getting involved. For information you can help stop domestic violence, call 1-800-777-1960.

THERE'S NO EXCUSE for Domestic Violence.

Ad Council

Family Violence Prevention Fund