

Health & Science

Oregon Students Need To Improve Health Behaviors

Oregon's students demonstrated generally healthy behaviors in 1995, but there is lots of room for improvement, a recent Youth Risk Behavior Survey Report released by Oregon Health Division reveals. The study identifies strengths and pinpoints areas where improvement can be made.

Key findings show that in 1995, most Oregon students did not carry a

weapon in the 30 days prior to being surveyed. They were also highly aware of the risk of HIV, and most students did not use drugs. About half reported healthy eating habits and more than half maintained a healthy level of physical activity.

Areas where work is needed include tobacco use, physical violence, alcohol and drug use, and vehicle safety.

Health Division Consumer Protection Notice

Health officials issued a consumer protection notice to private well owners who are disinfecting and testing their drinking water as they recover from recent flooding.

"Not all Oregon laboratories that test drinking water are certified to do so," says Michael Skeels, public health laboratory director at Oregon Health Division. "Our recommendation is that private well owners concerned with the safety of their water make sure that the laboratory they

use has been certified for drinking water testing by the Health Division, and that it uses an EPA approved drinking water method for testing."

Because there is no state regulation of testing of private drinking water wells, anyone can open a laboratory and use any method for testing, according to Skeels. He also warns that a small number of certified labs may be using non-standard collection and testing methods for private samples. "We have also heard

that some people have been offered home test kits for water testing, and this is not a reliable procedure," Skeels warns.

Homeowners may obtain information about certified drinking water labs in their area by contacting their county health department. Additionally, the state public health laboratory will do private well water testing, but homeowners must have the work approved through their local health departments.

"Any private well that has had flood water flow into it is considered contaminated," Skeels said. "It is extremely important that these wells be properly disinfected and properly tested to assure that the water is safe to drink."

Skeels also said that the IDEXX Corporation, makers of Colilert, an EPA approved method, has donated materials to do several hundred water tests to help people recovering from the flood.

Local Center Raises Funds For Drug Prevention

BY DARCI ROBERTSON

Narconon Portland will present the first annual Drug Education Benefit for the Portland Metropolitan area on April 6th, 1996 at 6:30 pm at the Holiday Inn Windows Restaurant and Terrace, 1021 NE Grand, Portland, Oregon.

Salgado and his band.

Guest speakers will be former LA Raider, Willie Gault and also Bobby Wiggins Narconon's premiere drug presentation specialist who has delivered drug education personally to over 500,000 children.

Awards will be presented to individuals who have played a significant role in helping others successfully avoid or overcome problems with alcohol and drugs.

Limited seating is available. This is a cocktail attire sit down dinner. For more information, contact Lisa Whytock, or Darcy Robertson at Narconon Portland (503) 246-1200.

effective program that results in students with a firm decision not to use drugs.

Narconon provides a high impact program containing the true facts on drugs, presented in a way that young people can relate to and understand. Drugs are used as a solution to problems people have in their lives. Once someone truly understands what drugs are and what happens to a person when they take them, they can see why drugs are not really a solution at all. The next step is to provide education on the alternative solutions and skills needed to resist the pressure to use alcohol and other drugs.

Besides drug education, Narconon (narcotics-none) is also a totally drug-free, highly effective drug rehabilitation program for those addicted to alcohol and other drugs.

Narconon provides a most workable road out for alcohol and drug abusers by putting them back in control of their lives. Our effective program uses sauna, vitamins, minerals, exercise, proper nutrition and life skills courses.

Utilizing methods developed by philosopher L. Ron Hubbard Narconon was founded by William Benitez, an inmate in Arizona State Prison in 1966. The narconon network of non-profit organizations consist of 38 centers in 15 countries around the world.

For more information on Narconon services or help call 1(800)DrugHelp.

Health Improvement From Baylor College

Pinpointing peak periods of calcium absorption during childhood and adolescence may help young girls build stronger bones.

"Most of an adult's skeleton is build and enlarged during childhood and adolescence, so getting enough calcium at the right time is important," said Dr. Steven Abrams at the USDA's Children's Nutrition Research Center At Baylor College of Medicine in Houston.

Abrams has launched a five-year study to identify critical periods of bone development by determining the effect of puberty on calcium absorption and bone formation. He will follow 60 black, white and Hispanic girls as they age from 7 to 12.

• Peer groups begin to exert tremendous pull.

• Independence is shown in clothing and hairstyles.

• Grades may fluctuate due to new class routines.

• Identity questions arise Who am I? What am I going to be?

• Substance abuse becomes more prevalent.

• Sexual identity and activity become issues.

She suggests that parents be willing to discuss the additional stressors their children are facing.

Exercise can be addictive

For some people, exercise can become as big an addiction as alcohol or other drugs.

"Exercise becomes a fix, just like a drug," said Dr. Jorge de la Torre, a psychiatrist at Baylor College of Medicine in Houston. "Although addicts can get some relief from exercise, it does not last, and they need to do it over and over again."

Characteristics of exercise addiction include:

• Selection of "loner" exercises such as biking, swimming, running or weight lifting.

• Lack of flexibility with exercise schedules.

• Belief that exercise is mandatory and that missing it is unbearable.

• Deterioration of other aspects of personal life.

• Association with people with similar characteristics.

Scientist studying long-term HIV survival

Scientists are increasingly aware of an unexplained phenomenon: why some HIV positive people do not appear to develop AIDS.

With a four-year, \$580,000 grant from the National Institutes of Health, Dr. Dorothy Lewis of Baylor College of Medicine in Houston is studying why CD28 molecules remain intact in HIV-positive people who are free of AIDS symptoms.

She theorizes that the loss of CD28 molecules affects the function of important immune-system cells called CD8s.

Lewis has observed that long-term HIV survivors tend to have higher levels of CD8* cells that do HIV-positive people who become ill.

She is studying three groups: people who have recently become HIV-positive, "non-progressing" HIV-positive people and HIV-positive people who have become ill.

Middle School Menu

Thursday Mar 14, Breakfast

Wheaty Sausage Pocket
Warm Bagel
Bowl of Cereal
Sides: Fruit or juice
Hot-Ham & Cheese Bun

Lunch

Hawaiian Pizza
Ham & Cheese Sandwich
Potato Skins w/Taco Crumble
Sides: Applesauce
Broccoli Florets w/Ranch Dip
Animal Crackers

Friday March 15, Breakfast

Fruit Roll Swirl
Warm Bagel
Bowl of Cereal
Hot-Ham & Cheese Bun
Sides: fruit or juice

Lunch

Chef Salad
Turkey Sandwich
Beef Burrito
Sides: Warm Wheaty Roll,
Banana, Shamrock Cookie

Monday March 25, Breakfast

Pumpkin Bread
Warm Bagel
Bowl of Cereal
Hot-Ham & Cheese Bun
Sides: Fruit or Juice

Lunch

BB Pork Rip Patty on Bun
Tuna Sandwich
Chicken Nuggets
Sides: Garfield Lip Lickin'
Chicken & Pasta Soup
Cauliflower Bites w/Dip
Red Delicious Apple Wedges

Tuesday March 26, Breakfast

French Toast Squares
Warm Bagel
Bowl of Cereal
Hot-Ham & Cheese Bun
Sides: Fruit or Juice

Lunch

Taco Salad En Barco (Boat)
Submarine Sandwich
Hot Dog
Sides: Whole Kernel Corn
Warm Soft Bread Stick
Blueberry Crisp

Wednesday March 27, Breakfast

Cinnamon Roll
Warm Bagel
Bowl of Cereal
Hot-Ham & Cheese Bun
Sides: Fruit or juice

Lunch

Egg Roll w/Assorted Dips
P&J Sandwich
Fun Fish Pieces
Sides: Fried Rice, Carrot
Coins, Orange Wedges,
Fortune Cookie

Middle school can be a trying experience

Elementary school is a dramatic contrast to the new world of class changes, increased discipline, larger student bodies and fewer personal relationships with teachers, said Dr. Lou Ann Todd Mock, a psychologist at Baylor College of Medicine in Houston.

Mock suggests that parents be aware of characteristics common to middle school:

Legacy Health System Senior Health Screening Program

Senior Health screening program provided by Visiting Nurse Association. Screening are provided free of charge to adults 55 and better. Blood tests require a nominal \$5 fee. To schedule an appointment, please call the phone number at the site of the screening. Screening scheduled for April of 1996 include:

Portland ImPact, April 12, 9am to 12 noon, 4610 SE Belmont 248-3660.

Volunteers of America, April 19, 9am to 12 noon, 537 SE Alder, 232-2233.

Neighborhood House, April 26, 9am to 12 noon, 7688 SW Capital HWy, 244-5204.

"People Like Us, Live!"

The Kidney Association of Oregon, an affiliate of the National Kidney Foundation, has a new program, "People Like Us, Live!" for all pre-dialysis kidney patients, their families and friends. The workshops will be held March 9th, 16th, and 23rd at 10:00a.m. to 2:00 p.m. in the Smith Memorial Center at PSU, with lunch included. For more information or to register for "People Like Us, Live!"

TRUCK LOAD SALE

Prices Effective March 13 through March 19, 1996 at your nearby Safeway store.



SAFEGWAY VALU PACK

Boneless Beef Top Sirloin Steak

- Valu Pack 3 or More
- Smaller Packages, 2.08 lb
- SAVE UP TO 1.91 LB

1.88 lb

Sweet, Ripe Strawberries

- 1/2 Flat, 6 Pint Baskets, 4.49 each
- California

79¢ Each Pint Basket

Safeway SELECT Soft Drinks

- 6-Pack, 12 Ounce Cans Plus Deposit in Oregon
- First 8
- SAVE UP TO 31¢

88¢ ea

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Enjoy Extra Savings With The **SAFEGWAY EXTRA In-Store Savings Guide** Available at your Safeway store.