

## Metropolitan Human Rights Commission Appointments

Four new members have been appointed to serve on the Metropolitan Human Rights Commission. The Commission, a fifteen member volunteer group, is dedicated to fostering mutual understanding and respect and protecting the human rights of all persons in the City of Portland and Multnomah County.

Rev. Cecil Charles Prescod, appointed by County Chair Bev Stein, is the pastor of the Highland United Church of Christ. He is a graduate of Haverford College and received a Masters of Divinity from Union Theological Seminary. Rev. Prescod has a long history of community involvement serving with Coalition of Black Men, People of Faith Against Bigotry, Oregon Fellowship of Reconciliation, Brother to Brother and other groups dedicated to peace and human rights.

Leon Fox, appointed by County

Chair Bev Stein, is the founder and Director of the Lazarus Art Society, Inc. Fox has been active in the Civil Rights movement of since his days at Fisk University, where he received a BA in Psychology. He brings years of business experience, particularly in the field of affirmative action and recruitment of qualified minority candidates. Fox has a particular interest in preparing young people to function effectively in this society, accepting nothing short of full inclusion socially and economically.

Kevin Scott Welch, a recent graduate of Portland State University was appointed by Mayor Katz. Welch works in Public Information and Media Relations for the Columbia River Inter-Tribal Fish Commission. As a freelance writer, he has been published extensively and received the Best News Story Award in the

1991 Oregon Collegiate Press Newspaper contest.

Nyla McCarthy, appointed by Mayor Katz, has experience in developing and managing complex projects focusing on the promotion of positive change in individuals, communities and organizations. She has used her skills to assist state and local governments, educational institutions, businesses and non-profits in organizational development, diversity training, health education and social marketing. McCarthy, a member of the Actor's Equity Association, uses her theater background to teach conflict resolution to youth.

The Metropolitan Human Rights Commission welcomes applications at any time in order to maintain a pool of interested person available to fill vacancies. Call 823-5136 for information.

## AFRICAN-AMERICAN NEWS BRIEFS

### Black men don't have to be statistics

One in nine U.S. black men will develop prostate cancer, and one in three will be hit by hypertension. Forty-five thousand blacks die annually from smoking-related diseases.

The tragedy is that all three are largely preventable or, if caught early, easily treated, said Dr. James L. Phillips of Baylor College of Medicine in Houston.

Black men older than 40 should get prostate examinations and learn to recognize symptoms of being prostatic hyperplasia, or prostate enlargement: urinary hesitancy, severe urinary urgency, weak urinary flow, frequent nocturnal urination.

Hypertension, or high blood pressure, can be fatal if left untreated. Key steps to take: lowering salt intake, losing weight (if overweight), exercising regularly.

Smokers can seek help from smoking-cessation groups, support

groups, hypnosis, acupuncture, nicotine gum, nicotine patches -- whatever works for an individual, Phillips said.

These steps can help keep black men from becoming statistics.

### There's a need for black organ donors

The black community is suffering from a lack of compatible organs for donation.

"The best 'match' for blacks is organs from blacks," said Dr. James L. Phillips of Baylor College of Medicine in Houston, "but in 1993 in Houston, for example, only 10 percent of organ donations came from blacks even though 26 percent of people on organ waiting lists were blacks."

Blacks make up 12 percent of the U.S. population but account for 34 percent of all kidney-failure patients.

Organ donations can vastly improve the quality of life and save lives of recipients.

Organs are removed only with fam-

ily consent or with pre-arranged donor consent. Removal of organs does not disfigure, and open-casket funerals can still be held.

### Free brochure on women's health

Among people older than 50, black women are more likely to suffer from high blood pressure than are other racial and ethnic groups.

High blood pressure (hypertension) is one of the topics covered in a free brochure, "Women's Health: Ideas for a Lifetime of Wellness," offered by Houston's Baylor College of Medicine.

The brochure also covers heart health, reproductive health, osteoporosis and emotional wellness.

A free copy of the brochure is available to anyone who sends a stamped, self-addressed, business-size (#10) envelope to: "Women's Health," Office of Public Affairs, Room 176B, Baylor College of Medicine, Houston, Texas 77030.

## It's Time To Start Summer Flowers From Seed

Do you suffer from post-spring bulb bloom letdown? Planting summer blooming flower seed into spring bulb beds can keep beds colorful throughout the entire growing season.

Seeds for hardy summer flowers can be sown directly out in the garden after the danger of frost is past and the soil is workable, usually about mid-April in most regions of the state, said Gail Gredler, home horticulturist with the Oregon State University Extension Service.

Or seeds can be started indoors, following seed packet directions. Columbine, dianthus, larkspur, lu-

pinas and poppies - all hardy summer bloomers - are good candidates for direct seeding in spring.

Perennial varieties of larkspur and columbine may not bloom until the second year if seeded outdoors.

Alyssum, baby's breath, butterfly flowers (Schizanthus), cosmos, forget-me-nots, morning glories, nicotiana, salvia, snapdragons and verbena and wall flowers are a little less hearty and benefit from protection from a cold frame or cloche or covering on cold nights if planted early.

It is best to direct seed these outdoors mid-May to mid-June or start indoors early, said Gredler.

Tender summer annuals such as asters, bachelor's buttons, Clarkias, marigolds, nasturtium, stock, sunflowers and zinnias are best started indoors then planted outside in mid- to late spring. Or seed outdoors after May 15. Others, like sunflowers, nasturtiums and poppies, don't transplant well and should be directly seeded outdoors.

Use a soil mix that is well-drained, moisture retaining and has small quantities of nutrients. Prepared germination mixtures are offered at garden centers or make your own by mixing equal parts of garden soil, peat moss and coarse sand or perlite.

## Pain may be eliminated for millions

(SPECIAL)-- A new drug has been approved that is exciting researchers in the treatment of pain. This material has been formulated into a new product known as "Arthur Itis™" and is being called a "Medical Miracle" by some, in the treatment of debilitating conditions such as arthritis, bursitis, rheumatism, painful muscle aches, joint aches, simple backache, bruises, and more. Although the mechanism of action is unclear, experiments indicate that Arthur Itis™ relieves pain by first selectively attracting, and then destroying the messenger chemical which carries pain sensations to the brain, thus eliminating pain in the affected area. Arthur Itis™ is an odorless, greaseless, non-staining cream and is available immediately without a prescription and is guaranteed to work.

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