

# Health & Science



## Curbing Tobacco To Minors Sales

Stronger measures will be considered to combat what appears to be rising tide of sales of tobacco products to Oregon minors, the director of the state Office of Alcohol and Drug Abuse Programs said last month.

Jeffery N. Kushner said the most recent series of 67 attempts by teens ages 16 or younger to buy cigarettes from retailers in five counties were successful 57 percent of the time.

"Sales are up to where they were when we started more than a year ago," Kushner said. "This is totally unacceptable." The state's campaign against under-age tobacco sales, prompted by a federal threat to start reducing dollars for alcohol and other drug-abuse prevention and treatment, has included meetings with and material for retailers, signage for retail stores and

extensive news coverage.

Kushner said his office in the Oregon Department of Human Resources will review which, if any, of these measures might help the state meet a federal goal of no more than 20 percent sales to minors by 2000:

- \* Increasing enforcement efforts and purchase attempts by minors.

- \* Fining owners of retail stores where tobacco products are sold as well as clerks who sell. Currently, state law limits citations and fines of \$100 to \$500 only to clerks who sell.

- \* Licensing tobacco-sales outlets through the Oregon Liquor Control Commission. Kushner said such licensing is the practice in Washington state, where he said the rate of tobacco sales to minors is only about half of Oregon's.

- \* Tightening controls on cigarette

vending machines or eliminating such vending machines altogether.

In the period ended March 13, Kushner said, under-18 teens accompanied by a plain-clothes state police officer attempted to buy cigarettes from retail stores in Benton, Klamath, Linn, Marion and Yamhill counties. Clerks refused to sell only 43 percent of the time, he said.

"Here's an incredible statistic for you," Kushner said. "Fully 19 percent of clerks asked the teen for identification—they apparently knew the law and were following it—and then sold anyway." He said one clerk asked the teen whether he was 18, the teen said "no," and the cigarettes were nevertheless sold to him. At another store, he said, a 14-year-old clerk sold to a minor.

"The reason this effort is impor-

tant is that tobacco is not only the nation's leading cause of preventable disease, disability and death," Kushner said. "Tobacco is also a gateway to abuse of and dependency on alcohol and other drugs. Tobacco is where most people get their start. And most people who smoke started before they turned 18."

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## Free And Low-Cost Mammograms Coming To Town

WOODBURN - Have you had a mammogram lately? If you are a woman over 50, you need one every year.

The Marion County Partners for Breast Health Awareness and Tuality Health Care of Hillsboro are making affordable, low-cost and no-cost mammograms available to women Monday, May 6, and Tuesday, May 7, at the Salud Medical Center in Woodburn from 9:00 a.m. to 3:00 p.m.

Mammograms are considered life-saving for older women. According to the American Cancer Society, all women over 50 should have a screening mammogram yearly. Eighty to ninety percent of breast cancer can be found by mammograms. Although

there is no proven way to prevent breast cancer, finding the disease early through mammography offers the best chance for survival.

"We are especially concerned about women 65 and older getting screened," says Florence Pennebaker, AARP volunteer and Chair of the newly formed Marion County Partners for Breast Health Awareness. "There is no doubt that your risk of getting breast cancer increases with age. And with Medicare now partially covering the cost of screening mammograms, services are more easily affordable to older women."

Appointments are limited. Contact Carmen Ramirez at (800)244-2717 for appointment and cost information. You do not need a referral from a health care

provider to get a screening mammogram. You do, however, need a health care provider who can be sent the results of your mammogram.

The Marion County Partners for Breast Health Awareness formed in response to being selected as one of two AARP pilot projects in the nation to increase the screening rates of women 50 and older in Marion County. The "Partners" include the following organizations: American Association of Retired Persons (AARP), American Cancer Society of Salem, Marion County Health Department, Northeast Portland Area Indian Health Board, Oregon Retired Educators Association, Inc., Susan B. Koman Foundation of Portland and the YMCA of Salem.

## Lupus Families Sought

Scientists at the Oklahoma Medical Research Foundation are seeking African-American families to participate in studies of systemic lupus erythematosus, more commonly known as lupus.

Lupus affects one in every 250 African-American adult females and occurs four times more often in African-Americans than in whites.

It is a chronic inflammatory disease in which a person's immune system attacks its own cells and tissues. It can attack any organ in the body and most commonly affects the joints, skin, kidneys, central nervous system, heart, and lungs. There is no cure for lupus, though there are a

number of helpful therapies.

Researchers in the Arthritis/Immunology Research Program at the research foundation have found a genetic association which seems to operate primarily in African-American families that may lead to finding the genes important in causing the disease.

Families selected for participation must have at least two members who have been diagnosed with some form of lupus. All participants will be asked to sign a consent form, complete a questionnaire, and donate a blood sample. Arrangements can also be made for participation of family members who live in other

parts of the country.

For more information about the study call 1-800-522-0211, ext. 7479 or 1-800-522-0211, ext. 7972, or write to Lupus Genetics Study, Oklahoma Medical Research Foundation, 825 N.E. 13th St., Oklahoma City, OK 73104.

## 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. Use only as directed.

AVAILABLE AT:  
HEALTHTEK PHARMACY  
1423 Lloyd Center  
284-6978

## MHCC Blood Drive

Mt. Hood Community College will hold its quarterly American Red Cross Blood Drive Wednesday, April 17, 9 a.m. - 2 p.m., in the Town and Gown Room. All blood typed are needed at this time. Cookies and juice will be provided for all donors. Donors can call 667-

7600 and sign up for a time convenient to them or show up at the time of the drive. The college is located at 26000 S.E. Stark St. in Gresham. For more information call MHCC's Health and Wellness Center at 667-7600.

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### NORTH PORTLAND

University of Portland  
5000 N. Willamette Blvd.  
Columbia Hall  
(Enter from Portsmouth)  
Wednesday, 4:45 p.m.

### NORTHWEST PORTLAND ESCO

2141 N.W. 25th Avenue  
(25th & Vaughn)  
Lab Bldg., 2nd Floor Auditorium  
Thursday, 12:00 Noon

### NORTHEAST PORTLAND

Tillamook Park Bldg.  
2108 N. E. 41st Ave.  
Mon. 7:00 p.m.  
Tues. 7:00 p.m.  
Wed. 9:30 a.m. & 5:00 p.m.  
Thurs. 7:00 p.m.  
Fri. 9:30 a.m.

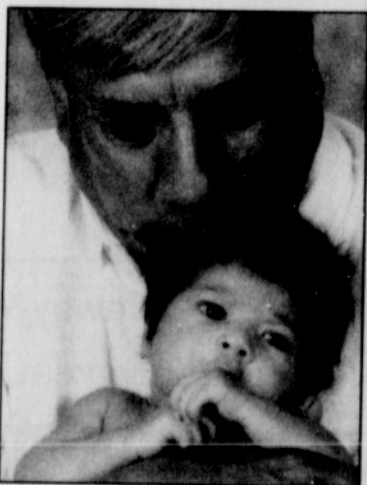
Temple Baptist Church  
1319 N.E. 7th  
Fireside Room  
Tues. 12:00 Noon

Offer valid in participating areas only for a limited time.

Weight Watchers

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## SOME BOO-BOOS, A KISS CAN'T FIX.



**Polio. Measles. Diphtheria. Whooping Cough.** The fact is, once a child contracts a scary disease like this, there's not much a parent can do. It's up to the doctors. And fate. Which makes it inconceivable that 33% of Oregon children still aren't fully immunized by the age of two.

Yes, School Law requires they be immunized by kindergarten. But unfortunately, that law also creates the perception that it's okay to wait until then. People don't realize that waiting puts their infants at risk. Unimmunized infants are not protected. Therefore, they are more likely to get diseases and to have severe side effects from them.

Truth is, 80% of all vaccines can be given by age two. Safely. All it takes is four quick visits to the doctor. Meaning you must follow through with all the shots. They don't have to cost a lot either.

Most important, don't be afraid to ask your doctor, nurse practitioner or health department questions. And keep track of your child's immunization schedule. After all, the one who can best take care of your baby is you.

FREE Immunizations Available - April 21 through 27, 1996



For the times and dates of the clinic nearest you call your local Health Department or 1-800-SAFENET for more information.

OREGON PRESCHOOL IMMUNIZATION CONSORTIUM INCLUDING MEDICAID

## Parents Of Children With Asthma/Allergies

Parents of Children with Asthma & Allergies Support Group will meet Monday, April 29 at 7:00 p.m. at Lake Oswego Baptist Church, 4565 SW Carmen Drive, Room 122 This is a change of location.

The meeting topic is: "Moral Support Night" Bring your ideas, recipes to share..." The speaker will be Sandy Henschel.

Parents of Children With Asthma & Allergies Support Group is free and open to anyone interested in information on children with asthma or allergies.

Parents of Children with Asthma & Allergies Support Group is supported by the American Lung Association of Oregon.

## Science Exposition

Hundreds of future biologists, chemists and physicists will converge on the Mt. Hood Community College campus April 19 for the 13th annual Northwest Science Exposition. High-school and middle-school students from throughout Oregon and Southwest Washington will display their science research projects and compete for fun, recognition, awards and scholarships at the region's most prestigious pre-college science event.

The main event is the student research competition during which about 300 projects in 16 science, mathematics and engineering categories will be presented to a team of more than 100 judges from academia and industry. The two finalists will represent our region at the 47th annual International Science and Engi-

neering Fair in Tucson, AZ.

In addition to the competition, students will participate in other social and science related activities while on campus. The most gifted and motivated high-school and middle-school science and mathematics students in the area are represented at the exposition. Thousands of dollars worth of scholarships will be awarded to winners in several categories.

The Northwest Science Exposition is the only internationally sanctioned fair that serves the Oregon and Southwest Washington region. In addition to being the "regional championships" for students interested in science, the event is considered a great educational experience shared by both students and teachers.