

## May Is National Arthritis Month

Exercise means more than just keeping fit for the estimated 40 million Americans affected by arthritis—it means taking charge of their condition, according to the Arthritis Foundation.

During National Arthritis Months this May, the Arthritis Foundation is encouraging people to Stay Active with Arthritis.

"Regular exercise can help you lessen fatigue, build stronger muscles and bones, increase energy, flexibility and stamina, and improve your general health and sense of well-being," said Erin Knight Haag, President. "After two to three months of

exercising, most people also report less pain, anxiety and depression," Haag continued.

The Arthritis Foundation encourages people with arthritis to work with their doctor and other members of their health-care team to develop an exercise program. "It's also important to keep your health-care team informed of your progress," said Haag.

In addition to exercising to stay active with arthritis, the Arthritis Foundation recommends the following step:

- Control your weight- Staying close to your recommended

weight can help reduce stress on weight-bearing joints such as knees and hips. Studies show that overweight people who lose weight can reduce their risk of knee osteoarthritis by up to 50 percent.

- Protect your joints- Use joints in ways that avoid excessive stress and make it easier to do daily tasks, either through appropriate body mechanics or use of inexpensive devices-that make tasks easier.

- Save your energy- Balance periods of activity with periods of rest to help reduce fatigue and to protect joints from the stress of repeated tasks.

## Teens Say Different Backgrounds Can Coexist

Despite an increase in racial and ethnic tensions in the world today, 54 percent of the 6,231 teens who participated in an informal survey believe that people from different backgrounds can get along.

In a report on the survey, one 13-year-old boy explained, "There may be big differences in backgrounds and cultures, but we can still get along by not letting things that happened in the past get in the way of who we are now."

Thirty-eight percent of the respondents said they believe that people from different backgrounds can get along one-to-one, but not as a society. Eight percent said that disparate people can't get along at all.

Black and white teens from Plea-

sure Ridge Park High School in Louisville generally agreed with the survey's majority. "We look at ourselves as a family," asserted their principal, Charlie Miller. "We don't really look at black and white."

Nineteen-year-old Emily Grammer, who is white, agreed. "I have good relationships with a lot of black friends," she said. "We're not great friends, but we probably could be."

"I like all people," added Reggie Payne, 15, who is black. "A person's a person, no matter white, black, yellow or orange, garbageman, businessman, whatever."

Despite the fact that they generally get along well, the students at PRP, which is about one-quarter black, tend to sometimes segregate them-

selves. This is particularly evident at lunchtime, where only two tables out of 25 in the cafeteria had both blacks and whites seated together.

Seventeen-year-old Herb Garner, who was eating at an all-black table, explained, "We sit with the people we're around most of the time." Farah Roberts, 18, added, "When you live in a mostly black neighborhood, you're going to have mostly black friends."

Advertise In  
The Portland  
Observer  
Call 503-288-0033

## VOTE Write-in Margaret Carter for State Senator

We need a proven candidate...  
We need leadership...  
We need *Margaret Carter*.



- 12 years as our State Representative
- Fighting for economic and social justice
- Margaret Carter has been there for us.

Now we need Margaret in the State Senate. That's why we're running this write-in campaign. We believe our next State Senator can make a difference. And we're not willing to give Senator McCoy's seat to just anyone.

### Three easy steps...

**1 FIND** the State Senate District 8 race on your ballot. (In most cases, it will appear underneath the race for Attorney General.)

**2 WRITE-IN** Margaret Carter on the blank line provided for WRITE-IN candidates.

**3 FILL IN** the dot next to Margaret's name.

You **must** write-in the name **AND** fill in the dot to have your write-in vote count.

Authorized and paid for by the Legacy Committee • 5705 NE 31st Ave., Portland, OR 97211

## Yaun Center Gets Grant

Pacific Power is providing a grant to the Alfred Yaun Youth Care Center in northeast Portland, to help fund improvements to the residential care facility.

The Yaun Center provides, drug and alcohol abatement programs, pre-employment training, individual counseling and other services to boys ages 12-18.

Each of the 15 residents is referred by the judicial system and stay an average of six months at the facility.

"One of the primary purposes of our special grants is to provide support for worthy projects in communities we serve," said Carl Talton, Pacific Power's Portland general business manager. "The Yaun Center has provided quality residential care and treatment to troubled youth in inner northeast Portland for 28

years."

In addition to residential care, the Yaun Center provides a youth outreach and gang alternative program, youth employment and empowerment program, and youth gang task force.

"Our success as a company is directly tied to the success of the people and communities we serve," Talton said. "What better way to invest in inner northeast Portland than to invest in our youth."

## 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 orderless, greaseless, non-staining cream and is available immediately without a prescription and is guaranteed to work. Use only as directed.

© 1995 Stellar Advertising Group, Inc.  
**AVAILABLE AT:**  
**HEALTHTEK PHARMACY**  
1423 Lloyd Center  
284-6978

## Anti-Drugs March

Continued from Metro

outstanding student athletes Lindsey Yamasaki from Oregon City High School and Tavis Claridge from Fort Vancouver High School. These students are being honored for their athletic, scholastic and community achievements. In addition "Mr. Holland's Opus" band from Fort Vancouver High School in Vancouver, Wash., will participate.

The march is sponsored by the Oregon Partnership, a statewide non-profit organization providing services for drug abuse prevention and treatment referral. Corporate sponsors include the Oregonian, Meier and Frank, Key Bank and Coca Cola.

To you, your business is your life. But to your bank, is it something that pays the electric bill as

Your bank charges interest. Wouldn't it be nice if it showed some?

they go about landing another FORTUNE 500® company? You deserve better than that. At Key, small business is a big part of our business. So we have a vested interest in your success. That's why you'll get our complete attention. Key Business Resources, for instance, offers services, free advice and free resource guides created with Inc. magazine, all structured specifically for small businesses. And, if you need a question answered, even in the middle of the night, our small business professionals will be there 24 hours a day! Sound interesting? Give us a call.

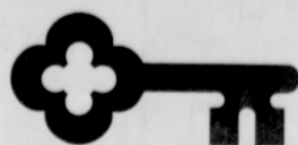
KEY BUSINESS RESOURCES

We promise to return the interest.

For your free Key/Inc. resource guide and more call:

**1-800-891-8918**  
KEY BUSINESS RESOURCE CENTER

©1996 KeyCorp Member FDIC



Key. For a new America.™

## BP FOOD MART

Visit us for your best convenient shopping.  
Our doors are open all day.  
We sell oriental food.

We also offer automotive services on foreign & domestic cars.

- Tune Up, Brakes
- Engine & Transmission
- Repair & Rebuild
- Towing

WE HAVE 18 YEARS OF  
COMMITMENT TO OUR COMMUNITY.  
5520 NE MLK JR. BLVD., Portland, OR 97211  
**281-6483**