

## Minorities May Be key To Reducing Number Of Blood Shortages

African Americans and Hispanic Americans are donating blood more often than they did in the beginning of the decade, according to two blood donation surveys.

Accelerating this interesting trend can help prevent seasonal blood shortages, said Byron Buhner, president of American's Blood Centers (ABC), the nation's largest network of independent, non-profit community blood centers.

"While this news is encouraging, our members are always looking for ways to increase minority participation in their community blood donor programs, especially during the holidays when many blood centers across the country experience shortages," Buhner said.

A November 1996 Louis Harris & Associates survey commissioned by American's Blood Centers showed that 37% of both African Americans and Hispanic Americans had donated blood in their lifetime. Separately, a survey conducted by the National Heart, Lung and Blood Institute in 1993 showed that 33% of African Americans had donated blood at least once, while 28% of Hispanic Ameri-

cans have donated blood.

To summarize, the findings show that 4% more African Americans are donating blood (from 33% to 37%), which represents a 12% increase in the rate of blood donation. Likewise, 9% more Hispanic American are donating blood (from 28% to 37%), which represents a 32% increase in the rate of blood donation. Overall, there has been a 21% rate of increase in blood donation among America's leading minorities, the reports show.

African Americans and Hispanic Americans are the United States' two largest and fastest-growing minorities, according to the 1990 U.S. Census. With populations of 30 million and 22.4 million respectively, African Americans (12%) and Hispanic Americans (9%) constitute approximately 21% of the population. In contrast, according to the Louis Harris & Associates finding, Caucasians make up about 79% of the U.S. population and 53% have donated blood in their lifetime.

Rare Blood Types

While blood compatibility is not

based on race, rare blood types often are. Numerous blood subtypes exist within the traditional and most well known A, B and O blood types. For example, U-negative, Duffy(a, b)-negative and Js(b)-negative are blood antigens found almost exclusively among African Americans.

One in 1,000 African-Americans has these rare blood antigens, except for Duffy-negative, which is more common.

"The job of saving African American lives is a special--though not exclusive--responsibility of African Americans," said Washington, D.C. councilmember Charlene Drew Jarvis. Councilmember Jarvis is the daughter of Dr. Charles R. Drew, a well-known African American pioneer in blood banking. "Each one of us can save the lives of three or four people by simply taking one hour out of our busy holiday schedules to donate one unit of blood. It's safe; it's easy; and it is one of the most personal gifts one person can give to another."

More participation in Blood Drives is key to Ending Blood Shortages.

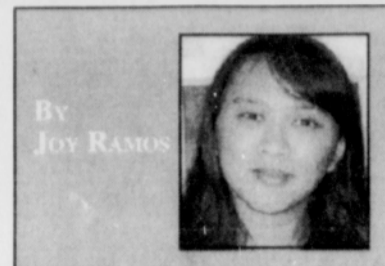
## Innovative Teaching at Madison High School

Appollonia Ponce is the head instructor of an innovative bilingual program at Madison High School. She is excitedly involved in the school's pioneer project.

The Spanish speaking students are taught from texts written in their native language. This is based on a common sense approach of teaching basic English effectively and efficiently. Appollonia explains, "If you teach them in their language, it enhances their English." The two courses, Health and Global Studies are taught by her in Spanish.

There are many practical values to this new program. According to Appollonia, "When you teach the youngsters in the maintenance of their language, they have developed another job skill that they can use when they enter the world of work. If you only teach them English, then you have not developed their language and they then lose their language and their learning time."

A basic premise of the pro-



By JOY RAMOS

and other interesting topics.

The students are lead through the user-friendly Internet. They are taught how to access information to help themselves.

The two resources needed to further this model program is money and time. Its successes are worth repeating throughout Oregon's school system. More money is needed for books and more time is needed by Appollonia to provide data proving the effectiveness of the program.

If the School Board and State can give assistance, a win-win situation would result.

"Students who have a sense of themselves as life-long learners and the validation of who they are and what they can contribute to our society is definitely a win-win situation," says Appollonia.

If you would like inservice or staff development, you may consult with Appollonia Ponce at 281-0601 or Madison High School at 916-5220.

## Body, Mind, and Spirit

By JOY RAMOS

There is a "dance" between man and Nature as seasons change. We move with Nature's forces in a dynamic way. On many levels, we seek balance in adjusting to each seasonal change.

Winter is here. According to Chinese medical thinking, the Yin force of the Universe is dominant at this time. Elson Haas, M.D. describes the Yin principle at work in winter as "Nature in her resting season, quiet, withdrawn, deep in the earth and roots, preparing for Spring."

As Nature characteristically becomes more Yin, so do our bodies reflect the change. We start to go more within ourselves, conserving our energies and resources.

There are some basic principles of eating in harmony with Nature. Macrobiotic dietitians, Kristina Turner explains that "locally grown, seasonal fruits and vegetables help you adapt to your surroundings by subtly connecting you to the rhythm of the seasons." She adds that we should eat whole, unrefined foods that

are cooked appropriately for each season.

Eating according to the seasons is optimal as well as economical. Fruits are not as plentiful in the winter months. The winter fruits are apples, oranges, pears and kiwi.

Many winter vegetables have their "energies" deep within the earth. This is especially true with edible roots and tubers. The winter vegetables are carrots, turnips, artichokes, onions and potatoes.

The Earth's energies as well as our own are also moving inwardly in the winter. We require more rest, feeling withdrawn and sensitive. We draw upon inner realities through dreaming and

quiet reflection during winter. They help us to regenerate spiritually.

The interplay between ourselves and the seasonal forces of Nature are unique. When the seasons change, we change.

As we work in harmony with Nature's laws during winter, this prepares us for Spring. Spring is a time of rebirth and an inner cleansing of our bodies. We also move energetically outward with renewed creativity and inspiration.

Disclaimer: I am not a medical doctor and cannot prescribe or make any medical claims. I am a student of the Health Sciences. If you have a health concern, please consult with a licensed medical practitioner.

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