

Family Living



Proper nutrition should be part of training young athletes

Teaching young athletes about good nutrition should be as important as teaching them the skills of the game. "Sometimes coaches and parents overlook this important part of the training process," said Becky Gorham, a registered dietitian and research nutritionist at the USDA/ARS Children's Nutrition Research Center at Baylor College of Medicine in Houston. "It's up to parents and coaches to learn and teach kids what is good for the body." Knowing how much to feed young athletes, what to

feed, them and when to feed them is important. "Foods high in carbohydrates like fruits, breads, rice, and starchy vegetables like corn will provide athletes with the energy their muscles need," said Gorham. "Young athletes should also be encouraged to eat at least four servings a day of calcium-rich foods like milk, cheese, and yogurts. These foods will then build strong bones." One of the most essential of all nutrients for athletes is water. "Children should drink three to six ounces of water every 15 minutes of practice to avoid dehydration," said Gorham. "Children need to

be taught and reminded during workouts to drink water even when they are not thirsty because thirst is not an accurate measure of hydration." Contrary to popular belief, vitamin supplements will not provide a direct source of energy for young athletes. If the child is following the guidelines from the USDA Food Guide Pyramid, vitamins are not necessary. "Providing young athletes with healthy food choices is one of the keys to helping them reach their full athletic potential," said Gorham. "And in most cases, these healthy food choices will stay with them for the rest of their lives."

The Cost of Alcohol and Drug Abuse in America

The Cost To Society
Each year, untreated drug and alcohol problems cost \$166 billion, or \$700 for each American, in health care, criminal justice, social and lost productivity in the workplace. (Institute for Health Policy, Brandeis University, 1993)

Health Consequences
*There are more deaths, illnesses and disabilities from substance abuse than from any other preventable health condition. (Institute for Health Policy, Brandeis University, 1993)
*25-40% of people in general hospital beds are being treated for complication of alcoholism. (Ibid.)
*Alcoholics are nearly five times more likely than non-alcoholics to die in traffic accidents, 16 times more likely to die in falls, and 10 times more likely to become fire or burn victims. In addition, alcohol is associated with between 47-65% of adult drowning, and up to 40% of industrial fatalities. (National Council on Alcoholism and Drug Dependence, 1995)

The Cost To Business
*Each year, substance abuse costs businesses an estimated \$100 billion in increased absenteeism, accidents, medical liability and health care costs. (Drug Strategies, 1996)
*Three out of four adults who use illicit drugs are employed. (National Household Survey on Drug Abuse, 1994)
*Six out of 10 workers know someone who has gone to work under the influence of alcohol or drugs. (Hazelden Foundation, 1996)

The Impact On Crime
*38-50% of all workers' compensation claims are related to substance abuse in the workplace. (National Council on Compensation Insurance, 1993)
*Since 1989, more people have been incarcerated for drug offenses than for all violent crimes. (Drug Strategies, 1996)
*For the first time, arrests for drug possession reached one million 1994—a 30% increase over the past three years. (Drug Strategies, 1996)
*At least 45% of those who are arrested are charged with violent crimes or robberies, burglaries and theft tested positive for the use of one or more drugs. (Drug Strategies, 1996)

These statistics were compiled from a variety of sources by William Cope Moyers, director of public policy for the Hazelden Foundation in Center City, Minnesota. For more information, contact him at 612-213-4401, or via email at wmoyses@hazelden.org.

Increased Wages Promoted at County Hearing

"A living wage in Multnomah County honors our common humanity," testified Mary Jo Tully, chancellor of the Catholic Archdiocese of Portland. Tully was joined by over a hundred supporters of the Living Wage Campaign at a Multnomah County Commission hearing July 8, 1998. The Campaign is calling for a guaranteed \$8 per hour in wages and \$1.25 for health benefits for County contract workers. Bob Kieta of Facilities Management, presented a proposal on behalf of the County which would raise the wage and benefit floor from the current \$6 per hour to \$7 per hour for custodians, security, food service and temporary clericals. Rev. Terry Moe of the Portland Organizing Project, Joe Devlemnick, president of the County Workers Union AFSCME 88; and Maceo Pettis, of the New Party and Coalition of Black Men, were among those who testified in favor of the Campaign's proposal. "A career ladder beginning at \$6 per hour is a ladder into insecurity and poverty. Starting wages at \$8 would expand other wages upward, establishing a stable career ladder," testified Suzanne Wall of the Service Employees Union. Keeping starting wages at below poverty, the Chair argued, would allow for career advancement and prevent "wage compression." "We see real serious inequity with childcare workers and other social service workers at the non-profit contractors," asserted Commissioner Sharron Kelley. "We were just talking about the tip of the iceberg, which is the non-profits," added Commissioner Gary Hansen. While Chair Bev Stein also stated that non-profits salaries are "not acceptable", she said study had shown that raising wages would "substantially decrease services," and that only the state legislature could provide the raise. Living Wage Campaign supporters, including several workers from non-profit agencies, urged the commissioners to find a way to raise wages using County funds. Annie Choi, owner of Everclean Maintenance, and John Murphy, of Portland Habilitation, two contractors with collective bargaining agreements with Service Employees local 49, lauded the County's Living Wages and Benefits Project. They, as well as many union workers, urged the commissioners to add union-friendly language to the current policy. The Living Wage Campaign is proposing added points given contract proposals with a grievance procedure like that found in a typical union contract, which includes binding arbitration by a neutral third party. Contract language to encourage the use of full-time employees and benefits for part-time employees, guaranteed first opportunity hiring for workers displaced by a contractor change, and posting of wage/benefit descriptions at worksites are all improvements proposed by the County for their Living Wage and Benefit Project. "We are pleased with the improvements proposed", says Campaign Chair Jamie Partridge. "We're hopeful the County will embrace a solid wage floor of \$8 plus union-friendly language and coverage of workers in non-profit agencies as well." The Commission is expected to consider a resolution on the living wage issue within a few weeks. The County's Living Wage and Benefit Project states that the County desires to have contract employees earn a wage above the poverty level; to have contract employees access to basic medical benefits; to encourage the growth of businesses that provide living wage jobs in the service sector; and to have productive citizens who can work, be self-sufficient and provide for their families.

You Are Invited To Lunch

Though summer is a time for fun and picnics, over several hundred children will suffer because school is out. That is because many families rely on school lunches to supplement their children's diet. In an effort to stamp out hunger, Portland Public Schools and Portland Parks and Recreation, will offer free federal funded lunches in over thirteen parks this summer. Any child 1-18 years old is eligible for the free lunch and the cost for adults is only three dollars. Whitaker Middle School will be serving nutritious lunches in the cafeteria from 12:00-12:30 pm, followed by forty five minutes of free activities. Activities will begin at 12:20 to 1:00 pm. These activities will include use of the computer lab, open gym and board games. Whitaker Middle School is on 5700 NE 39th adjacent to the beautiful Fern Hill Park and the outdoor track. If you would like information about other lunch sites call 1-877-222-FOOD.

INTERGALACTIC STARMITES INVADE

Oregon Children's Theatre presents one public performance of the rock musical *Starmites* on Saturday, August 1 at 2:00 pm at the Winningstad Theatre of the Portland Center for the Performing Arts. Directed by Tami Mansfield, with musical direction by Karl Mansfield, *Starmites* is the culmination of a month long performance workshop, featuring the talents of 14 young actors cast by audition. Written by Barry Keating and Stuart Ross, this charmingly crazed outer space adventure was originally produced on Broadway in 1990. The musical production lasts approximately 90 minutes and is recommended for children ages 7 and older. General admission is \$2.00. Oregon Children's Theatre is a non-profit professional theatre company celebrating its eleventh season of presenting quality stage adaptations of the best in children's literature. Approximately 100,000 students, families and children attend OCT productions each season. Oregon Children's Theatre's 1998-99 season includes *Pippi Longstocking* and *James and the Giant Peach*, both presented at Portland Civic Auditorium. More than 350 children participate each year in Oregon Children's Theatre acting workshops. Classes are offered year round to children age 5-16.

Show Off Your Skills, Win Big Prizes In State Fair's Many Contests

If you've ever seen a fair exhibit or competition and thought, "I could do that," now's your chance to prove it. This year's Oregon State Fair offers more contests and exhibits than ever, with big prizes for winners and runners-up. Some contests also offer the entrant free admission to the State Fair for that day. There are many opportunities in all categories for professionals, amateurs, children and teens to participate. The Home Ec and Hobby Dept., under the guidance of new superintendents Jan Wagner and Kathy Allen-Beutler, is branching out in many ways. The two are keeping traditional favorite contests featuring cakes, cookie, pies and preserves. But Wagner and Allen-Beutler have added such contests as the Peppid AC Hot and Spicy Recipe contest (with top prize of \$100); the Bridgetown Coffee Best Biscotti contest (with a \$50 gift pack as top prize); and the Country Crock Family Muffin Marathon contest, where teams of family members and/or friends race to be the first to finish making muffins. Each day's winning team gets a \$50 grocery gift certificate and is entered in to the national drawing for a \$5,000 Groceries-For-A-Year prize.

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