

# Health & Science

## Stoudamire Seeks "Summertime Super Heroes"

Portland Trailblazer star Damon Stoudamire will host a "Summertime Super Hero" picnic on Sat., August 29, from 7:30 am to 1:00 pm, at the Red Cross' Portland Donor Center, 3131 N. Vancouver Ave.

Stoudamire, who works with American Red Cross Blood Services to help increase public awareness about the critical need for blood, will greet donors at the indoor picnic, and autograph and distribute "Damon's Drive," a comic book in which "Super Hero Damon" demonstrates how important and easy it is to donate blood.

"There's a real need for increased blood donations, especially from minorities and people between the ages of 18 and 22," said Stoudamire.

"I'd like to challenge all the Blazer fans in the area to stop in, make a donation, and enjoy a hero sandwich.

Bring the kids, too!"

The Portland native says he hopes his involvement will increase blood donations during late summer, a traditionally difficult collection period.

"It's not always easy to find time to come in and donate, especially when people get busy with summer activities," says Stoudamire. "But hospitals in our area are filled with people who can't live without blood, and just one donation can help as many as four people."

Stoudamire knows summer is the season when Red Cross typically struggles to balance blood supply and demand. Many regularly scheduled blood donors take out-of-town vacations, and increased travel and summer activities can cause trauma-related blood transfusions to rise.

"Basketball players get an off-season, but blood donors are needed every day," said Stoudamire. "The need for blood is constant. Cancer patients, people with leukemia and sickle cell disease, and premature infants need transfusions daily, no matter what the season."

Donors who join Damon for his Summertime Super Hero indoor picnic will enjoy hero sandwiches, supplied by Sub Spot. Everyone who comes in to donate will receive autographed copies of Damon's comic book.

Blood donors must be 17 or older, weigh at least 110 pounds, and be in good health. To schedule a blood donation appointment, or for more information about Damon's Summertime Super Hero picnic, call 503-284-4040, or 1-800-GIVE-LIFE (1-800-448-3543).

## What Do You Think? American Diabetes Association Seeks Community Input

The American Diabetes Association invites all who have an interest in increasing diabetes awareness and education in the African American Community to an interested parties meeting to be held September 1st at 6 pm at Neighborhood Health Clinic, 4945 NE 7th. The meeting offers an opportunity to discuss ideas and innovative ways to provide diabetes educa-

tion in the community. Potential ideas could focus on nutrition, exercise, Diabetes Sunday or other presentation about diabetes management.

Diabetes affects one in ten African Americans and one out of every four African American women over the age of 55. Working together with volunteers, the Association can provide education programs that positively im-

act the lives of those who have diabetes, their families and all community members. Education is the key to preventing or delaying life-altering complications such as blindness, heart disease, kidney failure and amputations. For more information about this meeting, please call Bev Bromfield at the American Diabetes Association, 736-2770 ext 22.

## Family To Family Education Course

The National Alliance for the Mentally Ill of Multnomah County and Washington County will sponsor the Family To Family Education Course. This course is specifically designed for families of persons with severe mental illness. The twelve week series of classes will start the first week of September. Classes will be held in NE Portland, Beaverton and in Troutdale. For more information or to register call Jason Renaud at NAMI, 228-5692.

The course will cover information about schizophrenia, bi-polar

disorder, major depression and anxiety disorders - including panic disorder. Also included will be information about coping skills, basic information about meditations, listening and other communication techniques, problem-solving skills, recovery and rehabilitation, and self-care around worry and stress. The curriculum was written by an experienced family member and mental health professional and the course will be taught by NAMI family member volunteers who have taken an intensive training

course. "This course is a wonderful experience!" says instructor Doris Gleason. "It balances basic psychoeducation and skills-training with emotional support, self-care and empowerment. We hope families with relatives who are seriously mentally ill will take advantage of this unique opportunity."

The Family to Family Course is free. Donations for the class materials are appreciated and are tax-deductible. For more information or to register call Jason Renaud at NAMI, 228-5692.



### A Win-Win Combination

Popeye wasn't an Olympic athlete, but he had the right idea about spinach. It is a good source of iron, which supplies working muscles with oxygen. If your iron level is too low, you may tire more easily, which will slow down any athlete.

A balanced diet including the

right amount of iron is necessary for everyone. Learn more about the benefits of eating healthy with **Physical Activity and Nutrition: A Win-Win Combination**, a free set of three publications from The Sugar Association, Inc. and the President's Council on Physical Fitness and Sports. The set answers common questions about sports nutrition, and offers useful tips and recipes to help anyone

interested in staying fit maintain a healthy diet. You can also learn about the Presidential Sports Award, a program designed to motivate more Americans to become physically active.

For a free set, call 719-948-4000 and ask for **Item 612E**, or send your name and address to: **Consumer Information Center, Department 612E, Pueblo, Colorado 81009.**

## Doctor Warns Senior Athletes, 'Don't Over-Do'

"The main thing I tell senior athletes is to resist the temptation to over-train," says Gregory Strum M.D., an adjunct instructor in the University of Oregon Department of Exercise and Movement Science. After the age of 40 the human body is much less

resilient and more prone to injuries such as strained muscles, shin splints and sore knees, says Strum, an orthopedic surgeon with a subspecialty in sport medicine. He is participating in the Nike World Masters Games both as a competitor (400 meters) and as a member

of the medical team looking after injured athletes. Strum offers the following tips to senior athletes: Do lots of stretching and warm-up before exercising. Limit yourself to sensible work-outs and allow ample cool-downs following exertion.

## Volunteers of America, Family Center



Family Center, a program for women and children surviving domestic violence and homelessness has opportunities for compassionate social changers to assist in various program areas. Some of the exciting opportunities include: working in our Children's Program; doing advocacy with Women; answering the 24 hour crisis line; speaking out against domestic violence and other forms of oppression; co-facilitating groups and administrative assistance. 40 hours of training will be provided beginning the last week of September.

Please call Tiffany at 771-5503 to reserve your space! Hurry!

## FREE SCREENINGS FOR VISION AND SCHOOL

Children depend on a healthy visual system and good eye health. As a community service, the Pacific University College of Optometry Northeast Eye Center is again offering free vision screenings for infants, pre-schoolers, school-age children, and adults — just in time for the school year.

Screenings provide information that is important in evaluating visual clarity, eye health, and eye coordination. Eye doctors stress the importance of regular vision care for children prior to or early in the school year.

Screenings take about 30 minutes and are offered during weekends, evenings and regular business hours.

As a special service, from now through October community members may receive a \$25 fee reduction on vision examinations and 25 percent off most eyewear in our Optical Shop.

TO SCHEDULE FREE SCREENINGS AND FOR INFORMATION, PLEASE CALL

**248-3821**

**PACIFIC UNIVERSITY  
NORTHEAST EYE CENTER**

5329 N.E. MLK Jr. Blvd., Portland

(Corner of MLK Jr. Blvd. and NE Killingsworth)



# ASTHMA

Volunteers



Needed

To Participate in a clinical research study evaluating an investigational treatment for asthma.

Qualified Participants will receive:

- ✓Free Study Related Supervision
- ✓Free Study Medication
- ✓Financial Payment

Allergy Associates Research Center  
Portland-545 NE 47th Ave #310  
E-mail: allergy1@teleport.com

294-1822  
Call for more information

Clinical Investigators: Michael J. Noonan, MD/ James W. Baker, MD

## The Little Chapel of the Chimes

430 N. Killingsworth Street

Portland, Oregon 97217

503/283/1976

**Complete Funeral Package**

**Starting at \$2895**

**(includes casket)**

Complimentary videotapes and books are available on coping with grief.

Proud to be a member of the world's most experienced family of funeral homes.