

IDA Grants Offer an Incentive for the Savings Habit in Indian Country

Five 'first-of-their-kind' savings programs receive First Nations support

Frederickburg, Va. - First Nations Development Institute's Eagle Staff Fund has awarded five grants totaling \$372,969 to Native American tribes and non-profit organizations to develop an incentive for the savings habit in Indian Country.

The incentive is the Individual Development Account, an innovative savings program where

the money saved by individuals is 'matched' by outside funding sources. As long as the total amount saved is dedicated to housing, small business, or education and job-training costs, every dollar saved is matched by a second dollar, a third dollar, a fourth or more, depending on the program. As a part of their projects, the five IDA grantees of

the Eagle Staff Fund will provide participating account holders with training and counseling in money management, homeowner obligations, and small business development. In addition, they will monitor the savings programs and authorize withdrawals for eligible purposes.

"First Nations Development Institute is proud to make these

first IDA grants in Indian Country," said President Rebecca Adamson. "The grantees are going to make a difference in the attitude of Indian people toward money. Increasingly from now on, savings will be seen as an asset that accumulates toward the greater asset of a house, a business, an education. Over time, that attitude is going to change the

way people think about what the future holds for them."

The five IDA grantees are the Pascua Yaqui Tribe, Tucson, Ariz.; the Hoopa Valley Tribe, Hoopa, Calif.; the Cherokee Nation of Oklahoma, Tahlequah, Okla.; Oklahomans for Indian Opportunity, Norman, Okla.; and Tohlokai Christian Business Opportunities, Gallup, N.M. Each will pursue a

multi-faceted, community-specific strategy for achieving the IDA goals of enhanced personal financial skills and asset accumulation within their tribal communities. In the spring of 1999, First Nations Development Institute will hold a convening of the grantees to discuss progress and share lessons on the development of their IDA programs.

Lowering cholesterol can be 'soy' easy

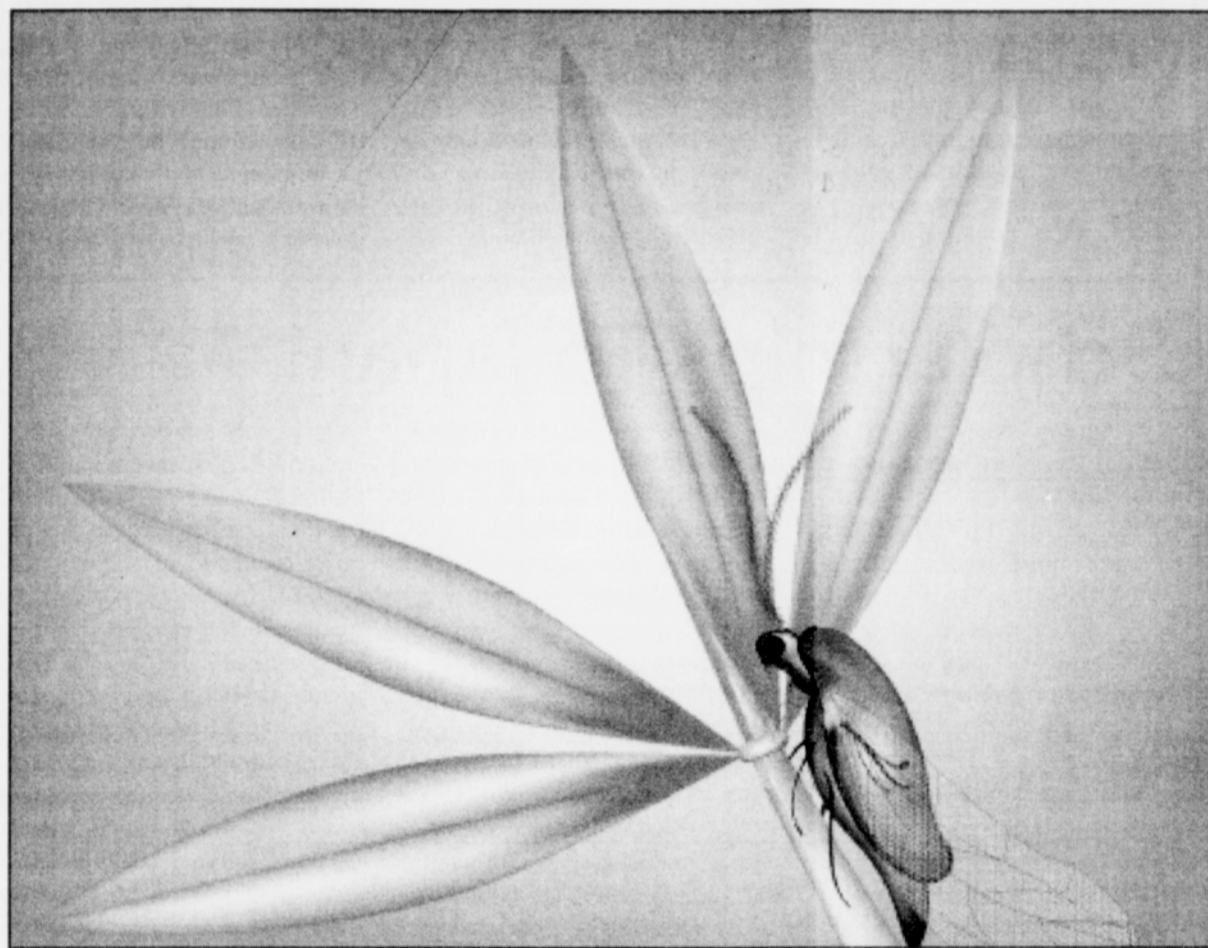
HOUSTON- Cholesterol-conscious Americans might be wise to eat more soy-rich foods, according to a new study published in the December issue of the American Journal of Clinical Nutrition.

"Soy protein enhances the effect of a low-cholesterol diet, both in men with high cholesterol and in those whose level is in the safe range," said Dr. William Wong, a scientist with the USDA's Children's Nutrition Research Center and a professor of pediatrics at Baylor College of Medicine in Houston.

The study involved 26 men, half with a normal cholesterol count of under 200 mg/dl, and half with cholesterol count of over 240 mg/dl, which is considered high.

The men consumed two low-cholesterol diet regimes — one based on soy protein, the other on meat. At the end of a diet plan, the men underwent a "wash-out" period, or a 10- to 12-week break. Except for the source of protein, the diets were identical. The average amount of soy protein in the soy-based diet was 50 grams. Although all men experienced a drop in their LDL-cholesterol while on the meat-based, low-cholesterol diet, results from the soy-based were significantly better. LDL-cholesterol is considered the unhealthy form of cholesterol.

The best news is that men with cholesterol problems saw their LDL-cholesterol drop 13 percent while on



Creatures great and small take advantage of soy protein

soy, compared to 8 percent on the meat-based diet. According to Wong, this study also helps explain why previous studies might have given conflicting results over the merits of soy protein. He believes poor control of actual intake, inadequate "wash-out" time between diets, and diets that varied in nutritional composition might have affected previous results.

Wong believes that most Americans could benefit from including some soy protein in their diets and from modifying their eating habits to control their cholesterol intake. "This should not be viewed as a difficult thing to do, especially since it might help guard against heart disease," Wong said.

Good sources of soy protein include soy-based beverages such as

soy milk, tofu, soy-based meat substitutes, and soy protein powders that can be added to drinks and oatmeal. Wong suggests checking the label of vegetarian products since many of these specialty foods use soy protein to replace meat. Wong is currently conducting a pilot study to test the effect of soy on bone loss and cholesterol levels in postmenopausal women.

Martin Luther King Jr., Grand Avenue Viaducts Due For Update

The viaducts that carry traffic on N.E. Martin Luther King Jr. and N.E. Grand Avenue (OR 99E) over Interstate 84 are slated to get a new look, in a project getting underway this week.

Crews will replace most of the original sidewalk on both of these 90-year-old structures, along with installing new concrete bridge railings and protective screening on

both sides of the viaducts. Plans also call for re-installing the original decorative lattice bridge rail on top of the concrete railing.

During the project, motorists can expect delays due to alternating lane closures on both viaducts. In addition, one lane on one or other side of the structures will be closed 24 hours a day, seven days a week for ex-

tended periods of time. Plans also call for some lane closures on Interstate 84 underneath the structures, as well as closures of the sidewalks where the work is actually taking place.

Mowat Construction, of Woodinville Wash., is the prime contractor on the \$1.8 million project, which is scheduled for completion by June 30.

Free Immunization Clinic At Fred Meyer

Portland, OR-Free immunizations against diseases which typically target children are being provided at the division Fred Meyer store on Saturday, December 19th from 10:00 a.m. until 2:00 p.m. Vaccines include measles, chicken pox and mumps for young children and Hepatitis B for older children and adolescents.

No appointment is needed, but previous immunization records should be brought to the clinic. Please note that flu shots will not be provided.

Clinics are sponsored by Fred

Meyer stores and provided by the Multnomah County Health Department, NW Medical Teams and Fred Meyer pharmacies as part of an ongoing program designed to target children from uninsured and underinsured families living in Multnomah County. Many of these children are not allowed to attend school until their immunizations are current.

Upcoming immunization clinics include:

January 16, 1999 Peninsula Fred Meyer 10:00 a.m. - 2:00 p.m.

February 20, 1999 Gateway

Fred Meyer 10:00 a.m. - 2:00 p.m.

March 20, 1999 Southeast Fred Meyer 10:00 a.m. - 2:00 p.m.

Fred Meyer began working with Multnomah County on this project in 1997 and has helped immunize more than 800 children. Through this initiative, the immunization rate of children in Multnomah County who have reached their second birthday has increased from 50% to 73% over the past three years.

For more information regarding this program, please contact the Multnomah County Health Department at (503) 248-3816.

Mothers Against Drunk Driving 1998 MADD CAB Program

Beginning Friday, December 18th and running through New Year's Eve, Mother's Against Drunk Driving will once again be hosting the MADD CAB program. MADD CAB is a service intended to provide a safe, sober ride home to anyone who may have had too much to drink and drive. Operating

nightly from 7:30 to 3:00 AM, MADD CAB will be giving free rides from any location, public or private, to the address on the driver's license of the person requesting service up to a 15 mile radius. This program is available anywhere in Multnomah, Clackamas, and Washington Coun-

ties. For additional information, please contact Marie Brown at MADD, 284-MADD (6233) during MADD office hours - Monday, Wednesday, Friday 9:00 AM to 2:00 PM. Sincere thanks to Scott Thomason and Thomason Auto Group for sponsoring the 1998 MADD CAB program.

Abel Ahumada

Dreaming of a Profession

As a child in Mexico, Abel Ahumada had a dream: "To be a dentist. So many kids in my community had tooth decay that could be fixed if someone were trained to do it."

As dreams often do, Abel's went on hold. To help support his family, he came to the United States as a migrant worker. Gradually, the jobs got a little better, and he was working in a clinic when a friend suggested PCC.

"The main reason I could come here was the low cost."

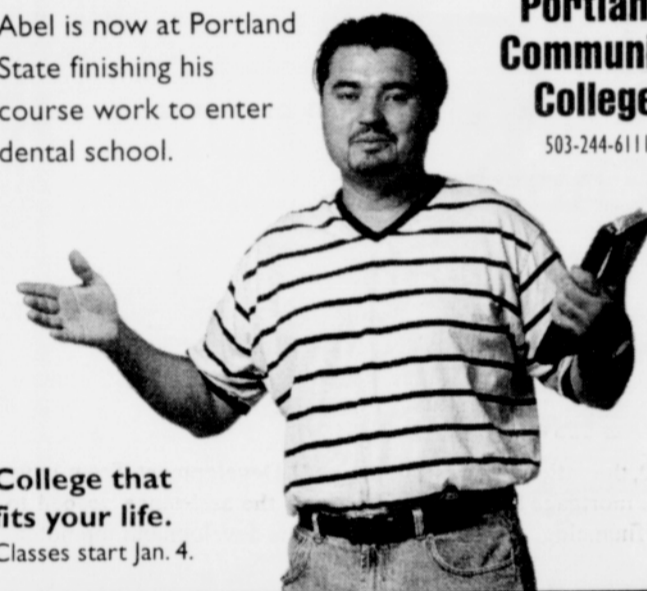
PCC's flexible schedule was another lifesaver:

"If you're a working person with a family, sometimes the only time you can take a class is after the kids are asleep."

Abel is now at Portland State finishing his course work to enter dental school.

College that fits your life. Classes start Jan. 4.

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