

Mental Illness Support Groups List

NAMI Family Support Groups Are Open To All NAMI Family Support Group - at the Providence Medical Center, 4805 NE Glisan St. Room HCC7. First and third Mondays of each month at 7 PM. Facilitated by Jan Elliot, 775-5400.

NAMI Family Support Group - St. Andrews Lutheran Church, 12405 Butner Rd - Beaverton. Fourth Tuesdays at 7 PM. Call Anita Cheadie at 644-3309 or Art Malley at 297-3248.

NAMI Family Support Group - Tigard United Methodist Church, 9845 SW Walnut Pl. Third Mondays at 7 PM. Call Bonnie Kirby at 579-9363 or Maureen Pitsinger at 579-2658.

NAMI Family Support Group - Hillsboro Methodist Church, 168 NE 8th Avenue. Second Tuesdays at 7 PM. Call Rosemary Kirwin-Alvord at 645-8227.

NAMI Family Support Group - Hilltop Center, 998 Library Court, Oregon City. Breakfast and sharing on Saturday mornings at 9:00. Call Judi Redler for more information at 632-4453.

NAMI Family Support Group - Temple Beth Israel - 1931 NW Flanders, Third Tuesdays at 6:30 PM. Call Carolyn Boling at 630-5970 for more information.

NAMI Family Support Group - Portland East at Western States Chi-

ropractic College, 2900 NE 132nd Avenue Bldg 2 Room W3. First Tuesdays at 6:30 PM. Each meeting has an outside speaker and sharing time. Call Sharon Collision for more information at 235-4965.

NAMI Clark County Support Groups - all at 2102 E McLoughlin Blvd. Vancouver, WA. Call 360-695-2788 or 360-695-2823. Bipolar Support Group for high school and college age people - Thursdays 3:00 PM. NAMI Support - First Mondays at 7:00 PM. Support for Families with Children and Family Teams - Third Thursdays at 1:00 PM.

Dual Diagnosis Groups for Consumers: on Wednesdays - 8:00-9:00 PM 1320 SW Washington, Room 211 at the DePaul Treatment Center. Fridays - 2:30-4:00 PM 7508 N Hereford, held in the Peninsula Senior Center. Faulkner Place Meeting - Mondays at 7 PM, 13317 SE Powell, Call 760-9606 and ask for Barbara Penn or Stephen James. Fourth Dimension - Mondays at 6:30 PM, Fellowship Church, 6955 SW 201st Avenue, Aloha. AA - Meds - Wednesdays at 7:30 PM at Providence Hospital, Bldg. C. Room 105. Call 215-6470. Double Trouble - Tuesdays and Fridays, 10:30 AM, at First United Methodist Church, 600 State Street, Room 225 - Salem

Does the Needle Exchange Policy Promote Drug Use or Disease Prevention?

"There's a place for a needle exchange program in controlling the (AIDS) epidemic," argues U.S. Surgeon General, Dr. David Satcher.

Since his appointment in February, Satcher has been at odds with President Clinton and the Republican-controlled Congress because of politically perilous health policy suggestions like the needle exchange program.

When commentator Armstrong Williams charged that the Surgeon General's support of needle exchange programs encourage drug use, Satcher responded, "We should not do anything to encour-

age drug use.

I am totally against drugs. All the science says that needle exchange programs have gotten more people in treatment programs..."

Satcher adds, "The AIDS epidemic is a very serious crisis in our community... The AIDS epidemic started out as an epidemic of gay, white men.

Over the years, it has increasingly become an epidemic of color." His ambitious plan to alleviate the racial health divide includes universal access to quality health care, promoting healthy lifestyles, responsible decision-

making and disease prevention.

When asked if refusal to implement some of his health policies represents a conspiracy to reduce the Black population, Satcher dismissed the idea saying, "Taking that point of view just delays the time we start to get on top of these problems."

Dr. Satcher joins host Juan Williams, commentators Deborah Mathis and Armstrong Williams for a look at Black America's health. America's Black Forum, an Emmy Award-winning, half-hour weekly syndicated show, may be seen on various stations nationwide. Please check your local listings.

\$32 Million Medical Office In Portland

Visitors to opening ceremonies earlier this month for Kaiser Permanente's new medical office at 3500 N. Interstate Avenue were entertained by teenage violinist Lutomia Kuto.

Kaiser Permanente physicians helped save Kuto when she was born prematurely. The new two-story, 84,000-square-foot medical office houses everything from operating and recovery rooms to a fracture clinic, as well as mammogram, ultrasound, nuclear medicine and other services. It is joined by an enclosed walkway to a Kaiser Permanente medical office next door which received \$12 million in renovations, including a new pharmacy and earthquake-bracing.

Scholarships To Japan!

AYUSA International Is Pleased To Announce:

Apply Now for High School Tutoring Scholarships to Japan

High school students and recent graduates are invited to apply for a special academic scholarship to take classes in Japan and be an English tutor at a prestigious boys boarding school!

Active participation in non-

academic courses and extra-curricular activities is also encouraged. AYUSA International, a leading non-profit high school exchange program, is awarding two scholarships to Japan for the 1999 spring semester!

Scholarships include a monthly stipend of 30,000 yen (approx. \$300), full board, international airfare, pre-departure and arrival orientations, host

family accommodations during school breaks, assistance in obtaining visas, supervision and counseling throughout the program, and more!

AYUSA Study Abroad students gain valuable international experience, build self-confidence, develop their foreign language abilities and make lifelong friendships.

Deadline for applications is

December 20, 1998. Applicants must be between the ages of 18 and 20. Opportunities are also available for U.S. families to host an international student! Program runs from February to June, 1999.

For more information on Study Abroad scholarships as well as host family opportunities, call AYUSA at 1-800-727-4540, ext. 545 or ext. 505.

Christmas Clearing

The Salvation Army Christmas Clearing Bureau has added extra staff members to handle the large volume of calls to the telephone bank. "We are receiving up to 900 calls a day, 400 calls per day over our anticipated 500, from families and individuals in Multnomah and Clackamas counties. They are referred by social service agencies, government entities, schools and service providers," reports Bobi Magill, assistant director of the NE Sandy office of The Salvation Army Family Services.

This holiday season people in need of assistance call one number: 231-HELP. They are asked a few questions and their responses are entered into a central computer system.

The Salvation Army and other participating agencies then determine how best to meet the needs of each family or individual. Staffed by volunteers from 8:30 a.m. to 5 p.m. on Monday, Wednesday and Friday, from 8:30 a.m. to 7 p.m. Thursday, and from 10 a.m. to 4 p.m. on Saturday, the Clearing Bureau is accepting applications for assistance through Monday, Dec. 21.

Distribution of food, clothing, gifts and services will begin on Friday, December 18.

OLCC Web Site On Line

If you want to know how to get a liquor license or OLCC service permit, how to apply to be a liquor agent or learn about Oregon's laws about alcohol and minors, you can find it on the Oregon Liquor Control Commission's web site: <http://www/olcc.state.or.us>.

OLCC's site provides general information such as the location of OLCC offices, facts about the agency and what's new.


Liquor laws and administrative rules may be found on the regulatory page. The merchandising page offers detailed information on liquor stores.

The support services page has links to the Oregon Department of Administrative Services' employee directory, commodities purchasing and state job listing.



We'll help you get the bigger house. Who comes to stay is up to you.

Whether it's your mother or his mother, that's for you to work out. What we'll work out is a mortgage that will get you the home of your dreams. We've got all kinds of mortgages to make it happen. Our ARM's have low down payments, so you'll save cash. And, our ARM's have low initial payments too, which means you get more home for your money. And approvals? We hate to brag, but "flexible" is our middle name. So like we said, a bigger home, no problem. Just one question, how many guest rooms do you need?

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Programs subject to change. Certain restrictions apply. Rate effective as of 11/1/98. After the initial one month period, interest rate and APR may increase. Rate adjustment and payment caps may result in deferred interest for some programs. We have loan offices and accept applications in: Washington Mutual Bank, FA - many states: Washington Mutual Bank - ID, OR, UT, WA and Washington Mutual Bank fsb - ID, MT, UT.