

The Oregon Chapter of the National Bar Association (OC-NBA)

Please join us for an evening with vocalist **Linda Hornbuckle** at the 16th Annual Ebony and Ivory Scholarship Benefit. The Oregon Chapter of the National Bar Association (OC-NBA) will award scholarship to outstanding law students who excel in their studies and plan to practice law in Oregon. The event's feature special guest speaker will be Chief Justice **Edwin Peterson** former Chief

Justice of the Oregon Supreme court. The Ebony and Ivory Scholarship Benefit will take place on **Saturday, February 27, 1999** at the **Portland Art Museum** in Sunken Exhibition Hall, 1219 S.W. Park Avenue, from 8:00 p.m. to 1:00 a.m. This semi-formal event will feature live music and the vocal talents of **Ms. Linda Hornbuckle**, hors d'oeuvres and no-host bar. Musical entertainment

for this event is co-sponsored by the law firm of Lane Powell Spears Lubersky LLP. The primary objectives of the Oregon Chapter of the National Bar Association (OC-NBA) are to encourage and promote academic excellence among law students of African descent, to increase representation of African-Americans in the legal profession in Oregon, and to

promote professional and social interactions between members of the Oregon State Bar. Tables (seating 10) are available for \$500.00, and individual tickets are available for \$50.00 or two tickets for \$80.00. For more information or to purchase tickets, please call Melvin Oden-Orr at (503) 778-2198 or e-mail the OC-NBA at Oregon.NBA@juno.com.

Red Cross Offers Disaster Response Course Through Portland Community College

The Oregon Trail Chapter of the American Red Cross is offering training sessions through Portland Community College for volunteers interested in becoming Red Cross disaster responders. Courses in Red Cross disaster relief services, basic disaster responses, mass care and shelter operations are available at no charge. Interested participants must register for courses through PCC's registration line by calling 977-4933.

All About Disasters focuses on agencies' responses during disasters, how volunteers qualify for local and/or national disaster relief assignments and the language and structure of disaster response. Mass Care Overview teaches participants how to use their organizational and people skills to provide. Mass Care Overview teaches participants how to use their organizational and people skills to provide food shelter for large groups of people affected by disaster. Shelter Operations prepares participants to efficiently set up, manage and close a disaster for people temporarily displaced as a result of disaster. Shelter Simulation utilizes common disaster

scenarios to practice skills needed to run a successful Red Cross shelter operation. The training sessions will be held weekly January 12 through February 2, 1999 and can be taken as a series or individually. All courses will be held at Westview High School, 4200 NW 185th Ave., Portland. The schedule is as follows:
All About Disasters
Tuesday, January 12, 1999
6 to 9:30 p.m.
Mass Care Overview
Tuesday, January 19, 1999
6 to 9:30 p.m.

Shelter Simulation
Tuesday, February 2, 1999
6 to 9:30 p.m.
there is no charge for the training courses. To register, call Portland Community College's registration line at 977-4933. American Red Cross is a humanitarian organization, led by volunteers, that provides relief to victims of disasters and help people prevent, prepare for and respond to emergencies. For more information about other disaster courses available through Trail Chapter, call 284-1234.

Overweight women tend to retain excess weight after pregnancy

Houston—(Jan. 4, 1999)—Overweight women who become pregnant might be at risk for excess weight gain and weight retention, according to a new study conducted at the USDA's Children's Nutrition Research Center in Houston. "Although adequate maternal weight gain is crucial for the birth of a healthy baby, our study underlines the importance of keeping weight gains within recommended guidelines to protect the long-term health of the mother as well," said Dr. Nancy Butte, an associate professor of pediatrics at Baylor College of Medicine. Current U.S. recommendations for weight gain during pregnancy are based on a woman's pre-pregnancy body-mass index (BMI):
Weight before pregnancy
Recommended weight gain
underweight (BMI less than

19.8) 28 to 40 pounds
normal (BMI 19.8-26) 25 to 30 pounds
overweight (BMI over 26) 15 to 25 pounds
During the first trimester, women of normal weight are advised to gain about three and one-half pounds, while overweight women are advised to gain just over half that much, or about two pounds. The study followed 71 lean, normal-weight, and overweight women from the third trimester of pregnancy through one year following delivery. Among the women who were overweight prior to pregnancy, 15 out of 18 gained significantly more weight than recommended. A year later, the woman in the group weighed an average of 15 pounds more than they had before becoming pregnant. Although many women who were

at a healthy pre-pregnant weight also gained excess weight, the group averaged just under one pound of retained weight one year after delivery. Butte believes that some women might be unaware of how much extra food is required to support a healthy pregnancy. Current dietary guidelines during pregnancy are the same for all women, regardless of pre-pregnancy weight. During the first trimester new mothers are advised not to increase their caloric intake if their pre-pregnancy diet was healthy and well-balanced. During the second and third trimester, an additional 300 calories per day is recommended. Three hundred calories is equivalent to about one cup of cold cereal, one cup of skim milk, and one orange. "While eating a healthy diet is important for all pregnant women,

this study suggests a need to tailor dietary recommendations. Women at risk for excessive weight gain might also need help monitoring their food intake to keep their weight gain within healthy limits," Butte said. Postpartum weight retention is a major risk factor for maternal obesity, which can lead to serious weight-related health problems, including diabetes, heart disease, some types of cancer, and stroke later in life.

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Interested in meeting new people? How about people from all over the world? Is your enthusiasm for our great city catching? How about sharing that enthusiasm with Portland visitors? Interested in working in facilities where there is always something going on and the excitement never ends? Then we've got the volunteer opportunity for you! The Oregon Convention Center and Portland Center for the Performing Arts are looking for volunteers to provide a variety of services.

An informational meeting describing all of our opportunities will be held Saturday February 6, 1998 at 10:00 AM, in The Winningstad Theatre of the Performing Arts Center at 1111 S.W. Broadway, Portland, 97205. If you are interested in this great opportunity to get involved and become a part of our cast and crew, contact Margie Humphreys at 248-4335. The Performing Arts Center and the Oregon Convention Center volunteer opportunities include staffing

our Information Center/Gift Shops, conducting public tours through our buildings, and acting as a receptionist at the Performing Art Center. Times and days are flexible for all of our volunteer opportunities. In fact, we need volunteers with day time availability as well as those who can work on weekends and evenings. Please note that while we are not currently looking for volunteer ushers, we will be holding volunteer usher orientation this August.

County Program Expands to Support Families

African American male parolees account for approximately 25% of the parole violators in Multnomah County, while African Americans comprise approximately 6% of the population. The African American Program (AAP) was estab-

lished to address culturally specific issues of African American males coming out of prison. This expanded program of Multnomah County Community Justice assists the partners of children of incarcerated and paroled African American

males through support of significant others and involvement in schools. In addition, support groups will be starting in the institutions for incarcerated female offenders who are partners of incarcerated male offenders.

What to do When the Blues Won't Go Away.

"We need as many words for depression as the Eskimo have for snow." Dr. Terrie Lyons will explore different types of depression - from the blues to despair - along with their causes and remedies. Dr. Lyons, a psychologist, will speak at 7 p.m., Tuesday, March 2, 1999 at the

Multnomah County Library, 801 SW 10th, Portland, OR. Lyons' presentation is free to the public and is sponsored by the American Mental Health Alliance of Oregon Psychotherapists Guild. AMHA-Oregon is a non-profit multi disciplinary organization of licensed mental health professionals

working outside managed health care. Information about AMHA-Oregon and the risk of managed health care are on the Internet at www.OregonCounseling.Org. Or: call (503) 222-0332 for a free brochure: **How to know when you Need Help and How to Find Help When You Need It.**

1999

TRI-MET NEWS

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Tri-Met Rides Increase 10 Percent

Tri-Met continued posting more than a 10% increase in rides in December, spurred by the recent opening of the Westside MAX line along with new and improved bus service. Combined bus and MAX ridership has increased for 72 consecutive months, compared to the previous year.

Tri-Met buses and MAX trains totaled 251,500 average weekday rides in November, a 10.5% increase over the previous year. Rides increased 13% on Saturdays and 10% on Sundays. Each time a passenger boards a bus or MAX train counts as a ride.

MAX continued attracting more riders in November, averaging 57,100 weekday rides. Some 21,100 rides were on the Westside MAX line; 36,000 on Eastside MAX. The entire 33-mile MAX line was also used heavily on weekends, carrying an average of 42,600 rides on Saturdays and 27,000 rides on Sundays. Ridership for the entire MAX line has already exceeded the projected 50,000 average weekday rides expected after one year of operations.

Tri-Met trip-planning information is available by contacting 238-RIDE, or www.tri-met.org

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