

I Believe I Can Fly Youth Essay Contest

The Oregon Pilots Association Air Safety and Education Foundation has announced its Spring Youth Essay Contest is officially open. Youths between ages eight through sixteen are encouraged to create a short essay (250 words or less) using the theme "I Believe I Can Fly." The entries must be received with the entrant's complete name, address, county and age as of close date of April 16, which is the 132nd anniversary of the birth of aviator Wilbur Wright.

The two top entries from each of OPA's five regions will be chosen. Regional winners receive awards certificates and an invitation to fly with an OPA pilot. From the ten regional winners, one male and one female winner will be chosen as state winners. State winners are awarded a \$100

U.S. Savings Bond, a plaque, and an invitation to fly with one parent to attend the OPA annual Awards Meeting in August.

Danny Stark of Hillsboro and Heather Schulyer-Moon of Independence were most recent state essay winners. Each received a letter of congratulations from Governor Kitzhaber who was himself a student pilot at the time.

The OPA/SEF Fall Youth Art Contest will be announced in September with similar guidelines and awards. Teachers are encouraged to use the annual Spring Youth Essay and Fall Art Contests as a part of their classroom activities. All entries should be mailed to OPA/SEF Youth Essay Contest, P.O. Box 2126, Beaverton, OR 97075 and must be received by April 16, 1999.

Chicken Soup for the Friends Soul Do You Have a Story?

Do you have a heart-warming, insightful and powerfully moving story about friendship? The authors of the New York Times and USA Today Bestselling book series, *Chicken Soup for the Soul* (are currently seeking stories to include in *Chicken Soup for the Friend's Soul*).

So far, *Chicken Soup for the Soul* titles have sold more than 40 million copies, literally transforming the lives of readers from all walks of life. What makes a good *Chicken Soup for the Soul* story?

A *Chicken Soup* story is an inspirational, sometimes emotional, often humorous, true story that opens the heart and rekindles the spirit. It is the personal account of an event, a relationship, a lesson learned or a dream fulfilled that helps the reader discover basic principles they can use in their own lives.

Maybe it recounts the deep bond between you and your best friend... a timeless memory of your friend that follows you across the years and is always there to put a smile on your face... that time when you and your friends laughed until your sides hurt... a heartfelt moment when friendship lifted you up out of despair... a long distance or internet friendship that somehow transcends time and space... an unexpected twist when

friendship turned into love... or any story of friendship that makes the reader feel more positive, more connected - and better about life in general.

Some of the chapters we're planning are: On Friendship, Childhood Friends, Special Moments, Overcoming Obstacles, Lost & Rekindled Friendships, Being There, Friends to Lovers and Friends Forever.

If you have a great friendship-related story and would like to be included in *Chicken Soup for the Friends Soul*, please send your stories to: *Chicken Soup for the Friends Soul* at 3104 E. Camelback Rd. #531, Phoenix, AZ 85016 (please keep copies as we are unable to return materials). Fax to (602) 508-8912, or email to soup4soul@home.com.

The average/maximum word count is 750/1200 words. For each story selected in the book, a 50-word biography will be included about the author and a permission fee of \$300 will be paid for one-time rights. For an example story, please view our web site at www.chickensoup.com. There are no limits to the number of submissions... Stories must be received no later than April 9, 1999.

Thank You for your interest!

Oregon 8th Grade Outscore Students Nationally On Reading Test

Oregon 8th graders scored significantly higher than students nationally on 1998 reading tests conducted by the National Assessment of Educational Progress (NAEP). However, Oregon 4th graders scored slightly below the national average.

"I am pleased with our 8th grade results," said State Schools Supt. Stan Bunn. "But our 4th grade scores reinforce my belief that reading must become a greater priority in the early grades. Reading is the gateway to learning."

Oregon 8th graders scored 266, five points above the national average. The edge is significant, according to NAEP. Oregon is

grouped with 13 other states above the national average.

Oregon 4th graders scored 214, one point below the national average. The one-point difference is not statistically significant, NAEP said. "However," Bunn said, "this score is sobering for a state that prides itself as a leader on national tests." Bunn said he will launch an initiative to strengthen reading, especially in kindergarten through grade 3.

One element of the initiative is to reduce class size. Of the states which participated in the NAEP tests, only three had higher pupil-to-teacher ratios. Bunn wants to use state funds to leverage \$11.5 million in federal funds Oregon

schools will receive, to hire extra teachers. "We need to maximize our ability to reduce class size."

The initiative will include more support for teachers. "they received little assistance in reading instruction in their teacher education programs and in staff development," said Bunn. "That's why my office is working with higher education and the Teacher Standards and Practices Commission. We need to strengthen the support system for teachers."

Stan Bunn, State Superintendent of Public Instruction Larry Austin, Information Specialist, Telephone (503) 378-3573, ext. 530 <http://www.ode.state.or.us>

Joint Town Hall scheduled on education reform and funding

Senator Avel Gordly (D-Dist. 10), Senator Frank Shields (D-Dist. 9), and Representative Randall Edwards (D-Dist. 15) will hold a joint town hall meeting on Saturday, March 13 from 10:00 a.m. to 12:00 noon. The meeting will be held at Madison High School's cafeteria multi-purpose room, 2735 NE 82nd.

The guest speaker will be Superintendent of Public Instruction Stan Bunn. Bunn will discuss our progress toward education reform for the 21st century. He will also discuss other education-related

issues, including adequate funding for schools.

"While we are discussing the amount of money needed to keep schools whole, we also need to be talking about the gaps that remain in building the capacity to achieve the education reform standards. No child should be left behind. We need to fund schools with increased revenues and not at the expense of the most vulnerable of Oregonians and not without including the capacity to raise the achievement levels of ALL students," stated Sen. Gordly about

the demands for education dollars. Senator Gordly and Shields and Rep. Edwards will also address the key issues of the 1999 Legislative Session. The public is invited and encouraged to attend. If you have specific questions or concerns that you would like addressed, call Senator Gordly's office (503) 986-1710, Senator Shields' office (503) 986-1709, or Rep. Edwards' office (503) 986-1415.

Senators Gordly and Shields and Rep. Edwards will also hold joint town halls March 13 and April 17.

W A N T E D : SUCCESS STORIES FROM PEOPLE OF COLOR FOR INSPIRATIONAL NEW BOOK

Les Brown and Rafael Colon, two dynamic and successful men who happen to be also people of color, are joining forces to produce what promises to be a landmark book. And they need your help.

Brown and Colon have come up with a unique and powerful premise that improves upon the concept of the popular *Chicken Soup* series. In their book, *The Making of Mama's Sweet Potato Pie*, they plan to share the stories of ordinary men and women from the African-, Latin-, Asian-, and Native-American communities who have overcome

adversity to live their dreams.

Sweet Potato Pie is no cookie-cutter book, for it will offer more than fleeting warm and fuzzy feelings. The stories the authors will include must not just tell a good tale, but share the specific actions the person took to get where they are. Readers will move beyond just knowing that success is possible to seeing what they can do to achieve it.

Both Brown and Colon are more than qualified to author this book. Brown, an African-American who was labeled uneducable as a child, is now a motivational speaker, author, and

radio and television personality; Colon, from Puerto Rico, is an author and president of his own company, *Voices Internationally*, as well as an international known speaker and facilitator. Both have overcome prejudice and hardship to build their own road to personal and professional success.

In addition to telling their personal story, contributors will be asked to share a favorite dessert recipe. Though it may be a cute idea, this request reflects the significance of the origin of this book. The sweet potato pie of the significance of the

origin of this book. The sweet potato pie of the title came from the kitchen of Brown's adoptive mother who sustained her son not just through her cooking but also with unconditional support and encouragement. The metaphor is carried throughout the book with each person's recipes for success and its sweet rewards.

The authors ask that stories be submitted immediately or no later than March 31 by mail to Communications by Design, 3827 Blome St. SE, Tumwater, WA 98501; bye-mailtoimbrc2@aol.com or by fax to 360-459-8419.

New Laser Helping Heart Patients



Photo Dave Lawton

Keeping hearts healthy. Dan Dalton, RN, holding two pacemakers, shows off the new excimer laser in Providence St. Vincent Medical Center's electrophysiology lab. Physicians in the Providence Heart Institute are using the new laser to remove pacemaker leads and clean stents.

A new laser at Providence St. Vincent Medical Center is helping heart patients stay healthy. The excimer laser—the only one of its kind at a hospital in Oregon—extracts pacemaker leads and cleans up stents.

Pacemakers implanted in heart patients are connected by wires to the heart. The wires are inserted into blood vessels to keep the heart beating regularly—a godsend for many people. But, the wires can break or require changing particularly if they become infected. In the past, physicians elected to either leave the wires in, or pull them out as best they could, without damaging the heart muscle. In some cases, open heart surgery was required to remove the wires.

With the excimer laser, physicians simply slip a catheter over the wires, forming a sheath. When the laser is activated, the wires loosen due to the laser action and are easily pulled out of the heart.

"This is a very exciting development," says Daniel Oseran, M.D., an electrophysiologist at Providence St. Vincent Medical Center. "We can now readily remove pacemaker wires. Before, if we were successful in removing the wires, it always took longer and was a

potentially riskier procedure."

The laser also is useful for cleaning clogged stents. Stents—metal supporting coils that keep arteries open—can become filled with ingrowth of scar-like tissue in about one-fifth of patients. This causes a narrowing of the artery, making it more difficult for blood to flow through.

The excimer laser can be passed through the stents, vaporizing the cells, and clearing the tissue.

"Because the laser vaporizes the cells that have grown into the stent, it quickly and easily clears up any narrowing without leaving any tissue behind," says Peter Block, M.D., a Providence St. Vincent cardiologist and associate director of the Providence Heart Institute.

The Providence Heart Institute is one of the most active heart centers in the western United States. Heart Institute physicians are performing groundbreaking research into new surgical procedures, laser-activated drugs, and other advanced medical technologies.

Providence St. Vincent Medical Center was selected one of the nation's Top 100 hospital for 1998. Providence St. Vincent is part of Providence Health System.

1999

TRI-MET NEWS

TRI-MET buses fly directly to PDX

Traveling to Portland International Airport (PDX) becomes more convenient today as of (Monday, March 1) when Tri-Met buses begin providing direct service to the terminal.

Passengers on Tri-Met bus route 12-Sandy Boulevard can use a new bus stop located on the outside lane of the upper roadway. Passengers previously transferred to an airport shuttle bus to reach the terminal.

"With the use of Portland International Airport growing dramatically, we're pleased to provide travelers and area employees with a viable option for getting to the airport," Fred Hansen, Tri-Met General Manager said. "We applaud the Port of Portland for helping make our service more convenient for our customers."

Tri-Met's route 12-Sandy Boulevard travels between the airport and downtown Portland daily from about 5:30 a.m. until 11:30 p.m. MAX light rail trains connect with route 12 buses at Hollywood Transit Center. For more exact schedules or Tri-Met trip-planning information, contact 238-RIDE or www.tri-met.org.



How we get there matters.

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