

U.S. Census Bureau Operations Underway

Local workers key to Census 2000 Address Verification

The race to the next decennial census is underway, and more than 1,000 Census Bureau workers are hitting the streets this week for the first major field operation in Oregon's urban locations. Census workers will be checking the updating address lists a vital cornerstone of Census 2000.

Jobs for this operation, known as block canvassing, will last from four to six weeks. Pay for these operation ranges from \$8.25 to \$10.50 per hour, depending on the location plus mileage for vehicle use.

Census workers will travel throughout each block in their communities to verify addresses. They will also be looking for housing units that may not be readily identifiable to ensure all residents receive a census questionnaire.

"We are recruiting people to work in their neighborhood because they understand their neighborhoods," said Moises Carrasco, Census Director for the Seattle region, which includes Northern California. "Our goal is to have a pool of local people who are committed to a successful count in their neighborhood, who want to work on this activity."

All Census Bureau employees working on the address verification effort carry official identification, and can be identified by their red, white, and blue badges.

The Census Bureau will be actively recruiting workers for future field operations. For more information about becoming a census worker, contact the Census Bureau's Portland office at: (503) 808-4160

Dieters should check nutrition labels for three types of information

HOUSTON - (March 5, 1999) - Weight-conscious consumers might find nutrition labels easier to understand if they check just three numbers.

"Serving size, calories per serving and total fat per serving are the items most people should look at if they're concerned about gaining weight," said Lynn Scott, a registered dietitian at The DeBakey Heart Center at Baylor College of Medicine and The Methodist Hospital in Houston.

"Nutrition labels can be very helpful, but the variety of information can be overwhelming to dieters," she said.

USDA dietary guidelines recommend limiting fat consumption to 30 percent of calories. Scott, a

Baylor assistant professor of medicine, advises patients to select foods that have no more than three grams of fat per serving.

"But even if a food product meets this standard, you need to check the serving size," she said. "If the amount of food you will eat is twice the size used as a reference on the nutrition label, you'll need to double the amount of fat when calculating total fat grams in your diet."

Foods that are fat-free are not necessarily calorie-free, so dieters need to keep tabs on calories as well.

"Some patients think 'fat-free' gives them the freedom to eat all they want of a particular snack," Scott said. "They can't figure out why

they're still gaining weight if they're eating fat-free cookies. I have to remind them that the whole box is not a serving, and that just one fat-free cookie might have over 60 or more calories than the regular versions."

People who want to lose weight can use nutrition labels to figure out how many calories they're averaging per day. They should reduce that amount by 500 calories each day to lose one pound per week, Scott said. "It takes a deficit of 3,500 calories to lose one pound."

While cutting back on calories can help you lose weight, cutting back on saturated fats can help lower blood cholesterol?

A number of franchised restaurants have nutritional information available upon request, so it's possible to keep track of your calories and fat grams even when eating out.

"Nutrition labels conveniently provide the numbers you need to monitor your eating habits if you know what to look for," Scott said.

In addition to reducing calories and fat, a weight-loss program should include regular exercise and sensible eating.

The DeBakey Heart Center is a joint program of Baylor College of Medicine and The Methodist Hospital supporting cardiovascular research, treatment, and education.

MARCH IS NATIONAL EYE DONOR MONTH

EYE DONATIONS ESSENTIAL FOR VISION RESEARCH

Nationwide, thousands of people with a blinding eye disease already given one of the most important and unselfish gifts imaginable. These people are making a difference in the lives of future generations by contributing to glaucoma research. Not by giving money, but by donating their eyes to science so a cure can be found for glaucoma, the "sneak-thief of sight." More than 3 million Americans currently have glaucoma, which, when left untreated, is a leading cause of blindness; most are over 50 and are African American. Glaucoma affects peripheral vision first, and

usually goes unnoticed until vision has already been damaged or unless detected through regular dilated eye exams by eye care professionals.

Healthy eyes are not the only eyes needed for donations. "People often think that because their eyes aren't healthy, they can't be donors," says Tara Steele, Executive Director of the Glaucoma Research Foundation (GRF). "Actually, their eyes will help millions of people with glaucoma because they allow scientists to explore the biology, chemistry, physics and genetics of glaucoma, which will hopefully lead to a cure."

Street Fair

Alberta Street Fair Seeks Artists, Craftspeople and Food Vendors for May 1, 1999 Event.

The second annual Alberta Street Fair will be held on Saturday, May 1, 1999, in collaboration with Portland Habitat for Humanity's 7th Annual Walk for Humanity. The fair will be held from 11:00 AM until 6:30 PM on NE Alberta Street between NE 14th and 30th Avenues. Join in a rich new neighborhood tradition. The Alberta Street Fair has spaces available for artists, craftspeople, and food vendors. Non-profit group's area also welcomes to set up booths. They are especially looking for

neighborhood residents and businesses to participate. The Walk for Humanity, presented by Adidas, will start at 9:30 AM at Alberta Park, NE Killingsworth & 20th Ave. Pledge forms are available at Washington Mutual Banks. For more information on booths at the Alberta Street Fair, contact Jennifer Chacon at (503) 249-0379.

I BELIEVE I CAN FLY

African American Chamber of Commerce of Oregon in conjunction with the Walker Institute and Delta Sigma Theta present an evening saluting Oregon's African American women, minority business, professional, corporate and Community partners. Keynote speaker for the April 2nd event will be Patricia Russell McCloud, ranked as one of the top five-business motivation speakers in America. The event will be held at Oregon Convention Center starting at 6:30 PM. Tickets are \$35 in

advance and \$50 after March 20 and can be purchased at Vessels, Renaissance Market, Reflections Coffee Shop & Book Store, through most members of Delta Sigma Theta, Walker Institute or African American Chamber Or call 285-1165 for telephone orders. A portion of all ticket sales goes to benefit various minority organizations. Event will also include a raffle of two airline tickets provided by NW Airlines to your choice of China, Europe, Hawaii or Caribbean. Raffle tickets are only \$5 donation.

Arrest by Sheriff's Deputies Leads to Drug Bust

WHO: Special Investigations Unit of Multnomah County Sheriff's Office
WHAT: Large Methamphetamine Operation in Wilsonville
WHERE: 29092 S.W. 110th Avenue
WHEN: Friday, March 5, 1999

On Thursday, March 4, 1999, Multnomah County Sheriff's Deputies arrested Markus Loren Cook on a federal warrant for the use of a firearm during the commission of a drug crime, being a felon in possession of a firearm and the manufacture and possession of a controlled substance. At the time of his arrest, Cook had two ounces of methamphetamine on him, three pounds of chemicals used in the manufacture of meth in his car and \$3800 in cash. He was booked into the Multnomah County Detention Center.

Based on information from the arrest investigation, deputies secured a search warrant for a residence located at 29092 S.W. 110th Avenue in Wilsonville. Multnomah County Deputies, Clackamas County Deputies and the Lake Oswego Police Departments served the warrant at 10:30 a.m. today. The HazMat team began searching the premises about 1:00 p.m. this afternoon. Initial evidence indicates a large methamphetamine operation at the site. Equipment, chemicals and containers used in the manufacture of meth have been found.

Dee Ann Mesler, a Caucasian female, has been arrested in connection with this incident. She has been booked into the Clackamas County jail on charges of distribution, manufacture and possession of a controlled substance. The investigation is continuing and other arrests are expected.

Marcus Loren Cook was originally arrested in December 1998 on an outstanding warrant for the manufacture, distribution and possession of a controlled substance warrant for the manufacture, distribution and possession of a controlled substance. His bail for that arrest was \$40,000, which he posted. A copy of Mr. Cook's booking photo is available at the Multnomah County Sheriff's Office Records Division, 2nd floor of the Justice Center.

Call for a chance to win prizes! See below.

How low can you go?

Even though Oregonians are great recyclers, we still throw a lot in the can. What more can we do? We can prevent waste before it happens. Here are some simple tips to help keep it out of the can.

At home

- Reduce paper waste by stopping "junk mail"
- Make your own household cleaning products
- Reuse plastic and paper bags for lunches and groceries
- Use rechargeable batteries in toys and flashlights
- Call Metro about recycling remodeling waste
- Pay bills and make deposits electronically
- Give "waste-free" gifts such as theater tickets
- Leave grass clippings on the lawn ("grasscycling")
- Compost yard trimmings and fruit and vegetable scraps
- Hold a garage sale; donate reusable items to charities



At work

- Use ceramic mugs instead of disposable ones
- Save paper by making double-sided copies
- Buy copier paper made with recycled content
- Store documents on disk
- Update mailing lists to save postage and paper
- Route documents instead of making multiple copies
- Use e-mail whenever possible
- Donate usable computers, furniture and food



At the store

- Avoid products with excessive packaging
- Buy products in recyclable packaging
- Bring your own cloth or paper bags
- Buy in bulk; buy the economy size
- Buy products made with recycled content
- Buy durable, well-built products
- Buy cloth napkins instead of paper



At school

- Pack a waste-free lunch in reusable containers
- Write and draw on the back of old assignments
- Start a school recycling or composting program
- Set up a worm bin and let worms eat your food scraps
- Limit fast-food eating and the waste it produces
- Buy reusable and refillable pens and pencils
- Use rechargeable batteries
- Make your own games and toys from "junk"



Call Metro to learn more or to share your ideas for reducing waste. Mention this ad and you will:

- Be eligible for a chance to win books about the best hiking, biking and eating places in the Pacific Northwest, compliments of Willamette Week (drawing held March 31)
- Receive a free 1999 Reduce Reuse Recycle calendar from Metro

Metro Recycling Information 234-3000

By promoting recycling and waste prevention, Metro is helping to conserve resources and create livable communities. Metro regional services also include your zoo, parks and greenspaces, marine facilities, and the convention center and other cultural and trade centers.



METRO
Regional Services
Creating livable communities