

We're Fighting Breast Cancer the Best Way We Know How.

## Together

This year, more than 180,000 women will learn for the first time that they have breast cancer. More than 2,500 of them will live in Oregon and SW Washington. More than 40,000 women will lose their lives. More than 600 of them are our neighbors, family members and friends. If found early, more than 95% of breast cancer can be arrested before it's life threatening.

Less than 10% of all breast cancer can be genetically traced. Early detection remains our best protection against life threatening breast cancer. The Susan G. Komen Breast Cancer Foundation has been working through local affiliates and Race for the Cure events since 1982 to eradicate breast cancer as a life-threatening disease by advancing research, education, screening and treatment. The Greater Portland Affiliate has been active since 1992, and hosts the second largest Race for the Cure in the country, with more than 33,000 participants in 1998.

### Eradicating Breast Cancer

The Susan G. Komen Breast Cancer Foundation was established in 1982 by Nancy Brinker to honor the memory of her sister, Susan G. Komen, who died from breast cancer at the age of 36. The Foundation is a national organization with a network of volunteers working through local affiliates and Race for the Cure events across the country, fighting to eradicate breast cancer as a life-threatening disease by advancing research, education, screening and treatment.

The Foundation is often the only

source for cutting-edge breast cancer research. In addition to funding innovative scientific research through the National Grant Program, our national headquarters and local affiliates throughout the country fund breast cancer education, screening and treatment projects for the medically under-served.

### Where the Money Goes

Mammograms: The Komen Foundation provides free and low-cost mammograms and other diagnostic procedures to under-served women throughout Oregon and SW Washington through its toll-free Mammogram Hotline: 1-800-404-8241. More than 2,000 services are paid by the Komen Foundation each year.

Grants: The most effective outreach is conducted on a grassroots, community-based level. That's why the Komen Foundation provides annual community grants of up to \$20,000 each to local organizations to support outreach, education and screening. The Foundation also provides mini-grants of up to \$1,000 on monthly cycles for community based outreach and education projects. The Affiliate also sponsors medical research grants in the Northwest region.

Outreach and Education: Sponsorship of educational events and conferences, awareness campaigns, speaker's bureau activities, educational brochures, booklets and shower cards: dozens of volunteers help get the word out to women, employers and the media about early detection and the most current information about breast cancer.

Survivors: Sponsorship and support

### Television creates a weighty problem for children

HOUSTON—Although today's children are not, on average, consuming more calories than previous generations, they certainly might be moving less.

More than one-fourth of America's children spend four or more hours each day watching television, and a full two-thirds spend at least two hours a day in front of "the tube," according to a recent study. Not surprisingly, the more television the children watched, the fatter they tend to be.

"Kids sprawled in front of the television don't burn many calories," says Dr. Marta Fiorotto of the USDA's Children's Nutrition Research Center in Houston. "They need to get on their feet, go out and play."

While time spent sitting in classroom, doing homework, and reading is not negotiable, parents can help their couch-potato kids become more active. Fiorotto suggests replacing unnecessary sitting with family walks, bike rides, hopscotch, soccer drills, or even dances in the living room.

"Making regular physical activity a fun family affair helps children build a lifetime of healthy habits," she said.

activities for survivors include two Dragon Boat teams; four Hood-to-Coast teams; information and referral about support groups and survivor family activities; sponsorship of issues After Breast Cancer annual conference; the annual Survivors' Brunch and Fashion Show; and speakers' bureau.

### Siblings' complaints of unfair treatment deserve attention

HOUSTON—When kids complain they aren't being treated the same as their brothers and sisters, parents should listen.

"Some parents just naturally favor one child over another, so they need to make a conscious effort to be objective and note whether they are truly treating all the kids equitably," said Dr. James Bray, a psychologist in the Department of Family and Community Medicine at Baylor College of Medicine in Houston.

Sometimes there are valid reasons why children don't get the same privileges, and parents should take time to explain the rationale. "Younger kids might not realize their older siblings are allowed to do more things because of their age," Bray said. Teenagers who question why their younger siblings get more gifts for birthdays and Christmas might need a reminder that the types of gifts more appropriate for teenagers tend to be more expensive than kids' toys, so a smaller quantity does not necessarily mean less money was spent.

"There are likely to be occasions when parents can justify why one child gets preferential treatment, and parents should take advantage of the opportunity to teach an important lesson about life," Bray said. "Life is not fair. It just is what it is."

### Dust mites might be triggering all allergies

HOUSTON—Washing your child's pillow in hot water could help lessen allergy symptoms. "Pillows are one of the biggest triggers of allergies, because dust mites live in them," said Dr. Holly Birdsall, an ear-nose-and-throat specialist at Baylor College of Medicine in Houston.

Dust mites take up residence in pillows and bed coverings, where they can feed off skin cells that fall off the body. When your face comes in contact with the pillow, you might

breath in dust mites. Once inside the nasal passage, these microscopic bugs can cause such allergic reactions as sneezing and itchy eyes.

Birdsall recommends washing pillows and all bedding every two weeks in hot water. "It's the hot temperature, not the soap, that kills dust mites," she said. Nonwashable items like mattresses should be enclosed in allergy-proof covers. Stuffed animals should be washed or moved away from the bed.

## Brooke Hohnstein

Looking for a career

Brooke "wandered" in high school, not sure what she wanted to do. Then she had a talk with her uncle, an optician. "Opticians work with glasses, and that wasn't too interesting to me," she says. But an ophthalmic medical technician—whose duties include diagnostic testing, patient teaching and assisting in surgery—was worth a second look.

In PCC's program, she progresses from course to course with the same small group of teachers and students. "Everyone is really supportive," she says. "The instructors understand

you have a life outside of school—I work three days a week—and they're willing to help you in any way they can."

College that fits your life.

Classes start March 29.



**Portland Community College**  
503-244-6111

## Earth Day Celebration

"Community Connections to the Environment"

April 24, 1999, from 10 AM to 1 PM at Matt Dishman Comm. Center, 77 NE Knott St.

**Tentative Performance Schedule**  
10:15 AM 10:30 AM Speaker to open Earth Day • 10:45 AM-11:30 AM NW African American Ballet Theater, Bruce Smith • 11:30 AM-12:15 PM Wisdom of the Elders, Rose Dryer High Bear • 12:15 AM-1:00 PM "Barbie Bet Real" Solid Waste Management by, Susan Duncan

**Main Forum Events**  
Ockley Green Middle School, Joe Fraser • Water Bureau Tim Lichen, Planting of a wetland • Clear Corps Larry Ehrbar, lead reduction • Portsmouth Middle School Doug Sautler • Salmon Corps Scott Welch, project

with Ockley Middle School • Portland Parks, Community Gardens Leslie Pohl-Kosban, transplanting Marigolds • Saturday Academy Stacey Renfo, Steward restoration project

**All Day Events**  
• Paper making, Freda Sheburne from METRO • Procession of the Species, art work shop to create endangered species costumes for parade, produced by Earth and Spirit Council Mary Winfeild and Chad Bliss. • 1:00 PM-3:00 PM Free swim at Dishman  
**After Earth Day Events**  
12:30 PM-6:00 PM Procession of the Species parade, from Broadway to Pioneer Court House Square.

## Do You Know A Teenager Who Needs A Second Chance?

The Oregon National Guard Youth Challenge Program will be starting its next class on July 17, 1999. Applications are now being accepted. Student's ages 16-18 can earn the GED or 8 high school credits. This is a cost free, CO-ED, 22 week residential program that offers a "second chance" for at-risk teens. You can go back to high school after completing the program. The main branches of military accept our graduates with a GED or Diploma. The goals of this program are to provide young people with values, self-esteem skills, discipline, education, and to succeed as students and young adults. The program is conducted at the Central Oregon Training and Education Facility (COTFF) in Bend, Oregon. If you have any questions regarding the program or would like to enroll, please write or call for more information. You can obtain specific information and an enrollment application at our website at [www.ycporn.org](http://www.ycporn.org)

**Oregon National Guard Youth Challenge Program**  
23861 Dodds Road Bend, OR 97701-541-317-9623 ext 225-Fax 541-382-6785  
[www.ycporn.org](http://www.ycporn.org)

# The Urban League

of Portland

## Seventh Annual Job Fair

March 30, 1999

9:00am-2:00pm & 3:00pm-7:00pm

Memorial Coliseum Exhibition Hall

Take Tri-Met Busses or Max:

(1, 4, 5, 8, 10, 33, 40, 70, 74X, 77, 85S, or 95X)

CAREER

CONNECTION

Up to 80 employers representing a variety of industries! Here are just a few!

American Family Insurance, Bank of America, City of Vancouver, Coca-Cola, Doubletree/Promus Hotels, Epsilon Portland, Inc., First Consumers National Bank, Fred Meyer, Intel Corporation, Jantzen, Inc., Kinkos, Legacy Health System, NW Temporary Staffing Services, Oregon Lottery, Portland Community College, Regence BlueCross/BlueShield, RR Donnelly Northwest, Inc., Sequent Computer Systems, Inc., State Farm Insurance, Tri Met, US West Dex, Washington Mutual Bank, Wells Fargo Bank, Xerox Corporation, and many more!

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The URBAN LEAGUE  
of Portland

For additional information, call

(503) 241-4644

Visit our website at [www.1stop.org/neoscc/neccspec.htm](http://www.1stop.org/neoscc/neccspec.htm).

