

Researchers Say Youthful Hostility May Lead To Heart Disease

Young people who exhibit high hostility are about 2.5 times more likely to have coronary artery calcification — a strong predictor of early heart disease — than those who exhibit low hostility. That's according to a preliminary medical study being done by researchers led by Carlos Iribarren, MD, PhD, of Kaiser Permanente's Division of Research in Northern California.

Dr. Iribarren presented the research result March 24 at the American Heart Association's 39th annual Conference on Cardiovascular Diseases, Epidemiology, and Prevention in Orlando, Fla.

"The field of psychosocial determinants of cardiovascular disease is an active area of research," said Dr. Iribarren. "While earlier studies have uncovered hostility as the key component of 'Type A' behavior in middle age, no study until now has looked at the relationship between hostility during young adulthood and early thickening of the arterial walls known as subclinical atherosclerosis. The study of subclinical atherosclerosis is important because it could allow us to have an impact early in the heart disease process," said Dr. Iribarren.

The study relied on psychological questionnaires and state-of-the-art diagnostic imaging tech-

nology. Hostility is an aspect of personality mainly characterized by a cynical view of the world and by an aggressive response to stressful situations.

"We assessed hostility using an extensive questionnaire," said Dr. Iribarren. Participants in the long-running multi-center Coronary Artery Risk Development in Young Adults (CARDIA) study were given a standard questionnaire at their first visit in 1985-86, and again during a five-year return visit in 1990-91. The questionnaire was given to black and white men and women between the ages of 18 and 30 at the initial visit.

Ten years later, a volunteer subgroup of 374 participants returned for an examination with the diagnostic imaging equipment. Using electron-beam computed tomography (EBCT), researchers looked for deposits of calcium in the coronary arteries. These calcium deposits are considered a marker for the formation of plaques — fatty substance in the inner lining of the artery wall and a key ingredient in the disease process that can cause heart attacks.

"We found that those participants who initially scored high in hostility were about 2.5 times more likely to have coronary artery calcification than those who

scored low," said Dr. Iribarren. "In addition, those whose hostility rating increased over the period between the two questionnaires were also more likely to have coronary calcification."

The link between hostility and presence of coronary calcification could not be explained by other known risk factors such as smoking, LDL ("bad") cholesterol, or high blood pressure. The study was too small to draw firm conclusions about the role of hostility in separate race or gender groups. Dr. Iribarren said he and his colleagues plan to do further research across a larger group to get additional data.

Other investigators in the study were Drs. Stephen Sidney, also from Kaiser Permanente's Division of Research; Kiang Liu, from the University of Chicago; Jerome Markovitz and Jeffrey Roseman, from the University of Birmingham in Alabama, and Diane Bild, from the National Heart, Lung, and Blood Institute in Bethesda, Maryland.

Kaiser Permanente is a non-profit, group-practice prepayment program serving the health care needs of 8.6 million members in 17 states and the District of Columbia, including 440,000 people in Northwest Oregon and Southwest Washington.

Community Partnership Finances Oregon Convention Center Expansion

Portland Mayor Vera Katz, Metro Presiding Officer Rod Monroe, Metro Executive Officer Mike Burton, Multnomah County Commissioner Serena Cruz and representatives from the local hospitality industry today unveiled a funding plan that will finance a scaled back expansion of the Oregon Convention Center (OCC), a project that stalled last November after area voters rejected a ballot measure that would have tied a portion of the center's expansion costs to property taxes. The finance package is the result of months of work by the Mayor's office, Metro, local and hoteliers and the car rental industry. In the near future, the city of Portland, Metro and the Multnomah County Commission will meet to approve the plan's final details.

"We heard the voters loud and clear last fall," explained Mayor Vera Katz. "Even though survey after survey shows that residents support the expansion of the convention center and appreciate its benefit to the community, we learned that those same citizens do not want the funding of the project to affect their prop-

erty taxes. That made it very important for us to pull together to develop an alternative expansion plan that both accomplished our goal and respected the wishes of the voters. And for that I want to thank the hospitality industry for making this possible. Both physically and financially, this is not the same project we took to the voters in November.

"We are proving that government and business can work together, and that we can devise creative, cost-effective solutions to the problems we face," said Monroe.

"This outstanding public-private partnership is an investment in the region's tourism economy," explained Burton. "I am pleased with those businesses that stepped up to the plate and became our partners in this joint venture. This alliance allows the Oregon convention Center to regain its competitive edge and illustrates what can be accomplished by working together." The new finance package, which is designed to fund a slightly smaller version of the original OCC project, is based upon

commitments from the City of Portland, Metro, Portland hotels and local rental car outlets. The total cost of the expansion is \$85 million, down from \$95 million in the original proposal.

The expansion, which is expected to break ground in April 2000, has been assigned a tentative two-year construction time line. The slightly revised project will include 80,000-85,000 square feet of exhibition space, a 35,000-square-foot ballroom, 30 breakout rooms, and two levels of underground parking with 1,000 spaces. As originally proposed, the expansion will extend out from the south side of the existing OCC building, covering what is now a surface parking lot.

According to D'Alessandro, the expansion comes at a critical time. Because the majority of Portland's major competitor cities (Salt Lake City, San Diego, Seattle, etc.) have all recently expanded or are in the process of enlarging their convention facilities, Portland needs this project to stay competitive.

Middle School Conference

The middle school experience may be a defining experience in a young person's life. In fact, says Dr. Hayes Mizell, middle schools embody the best hope to influence the choices young adolescents make. Mizell keynotes In the Middle '99, a Northwest Regional Educational Laboratory conference on May 10-11 at the Double Tree Hotel/Jantzen Beach, Portland.

(Mizell's keynote is May 10 from 2-3 p.m.) In the Middle is one of the few conferences in the country designed for middle school teachers, counselors, and administrators.

Mizell is director of the Program for Student Achievement at the Edna McConnell Clark Foundation in New York City. The foundation supports model middle school sites throughout the country that build on student achievement through broad reform strategies. In his key-

note he will discuss the transformations that must occur in both schools and classrooms to improve student performance. Standards, assessment, contextual learning, and other important components of reform are on the discussion agenda.

Other keynoters are consultant Dr. Elaine Johnson speaking on "Brain Compatible Teaching and Learning," and Judy Seal, vice president of the Long Beach (CA) Education Research Project where middle-school reform was the start of a nationally recognized community effort to turn around kindergarten through university education, and a sinking Long Beach economy.

Now in its second year, the conference is geared to offering fresh, research-based strategies and innovations, all the while showcasing model programs and resources

that promote high student achievement through standards-based learning and assessment, curriculum mapping, contextual learning, community partnerships, and service learning. Onsite tours take participants to actual middle schools and classrooms, and in-depth workshops features an array of experts sharing their knowledge.

The conference Web site, which offers detailed information and registration, is at <http://www.nwrel.org/edwork/middle.html>. Fees for the full conference are \$275 for individuals, and \$250 per person for a team. (Reduced fees are available for those registering prior to April 19, 1999). Conference information and registration are available through e-mail to itm@nwrel.org and by telephone: (541) 346-3537.

PDC Pushes Corporate Welfare For Adidas

Community Groups Demand Full Public Hearings

No Tax Breaks without Living Wage Jobs!

The Portland Development Commission continues to pursue "corporate welfare" instead of community welfare, according to the Jobs with Justice coalition. Citing a proposal to grant approximately \$2 million in tax breaks to Adidas America, Inc., the coalition of thirty labor, community and religious groups blasted the PDC for "again pursuing a failed, trickle-down policy which creates few jobs and those mostly very low-waged."

Jobs with Justice called for full public hearings on the PDC proposal, in the evening and in North Portland.

The coalition denounced the City Council's decision to lift a two-year moratorium on the "enterprise zone" tax break strategy which is supposed to create good jobs for low-skill workers in North Portland. Despite incomplete performance data, and knowing that only one out of ten jobs retained or created by the zone went to zone residents, the Council opened the door last week for the Adidas proposal. PDC wants the state legislature to alter the enterprise zone law to allow a break for Adidas to move their corporate headquarters from Beaverton to the North Portland site of the former Bess Kaiser Hospital.

"Moving 500 workers from

Beaverton to North Portland will not create decent jobs for the needy. Adidas is not creating living wage jobs, not here in the USA, not overseas in its production sweatshops. At best, Adidas corporate headquarters will employ some high wage engineers and executives from outside the neighborhood while employing some very low wage custodians, security guards, food service, childcare and clerical workers from inside the zone," said Jamie Partridge, chair of the Living Wage Campaign. "This type of job creation is happening already, without tax breaks to fabulously wealthy corporations."

If tax breaks are granted to Adidas, says JwJ, the City Council should at least insist that all jobs pay a living wage, which is over \$10 per hour for a single person and over \$16 for a family of three, according to the recently released Northwest Job Gap study. The coalition urged the City to insist that Adidas pay full health benefits, pledge neutrality toward workers efforts to organize into labor unions, hire 80% of workers from the zone, and pay back all abated taxes if they fail to meet these goals.

Jobs with Justice also called for an independent audit of the enterprise zone's past performance in creating living wage jobs for low-income residents, suggesting the Portland Development Commission could not be relied on for an objective assessment.

Scholarship Awards Offered By MS Association

In a national essay competition known as PROJECT: Learn MS '99, high school and college students may compete for college scholarship awards. Sponsored by the Multiple Sclerosis Association of America (MSAA), PROJECT: Learn MS '99 is designed to educate students about MS — a crippling disease which affects young adults. The essay competition is open to high school juniors and seniors, and college freshmen and sophomores. Entries must be postmarked

by June 5, 1999. Students may obtain an official registration form by contacting their high school English department, by calling 1-800-LEARN MS, or by emailing to msaa@msaa.com.

For the sixth year, MSAA's PROJECT: Learn MS encourages students to write a 500-1000 word essay on how multiple sclerosis impacts a person and his or her family on a daily basis. Each essay must be typed and doubled spaced, and can take the form of a letter, poem, or feature story.

MSAA is a national nonprofit organization providing direct patient care programs and services to assist those suffering from MS. MSAA services include peer counseling, support groups, free loan of therapeutic equipment, barrier-free housing, symptom management research and therapies, educational literature, no-cost MRI's and other vital patient programs.

Multiple Sclerosis Association of America, 706 Haddonfield Road, Cherry Hill, NJ 08002

Providence Health Plans Help "Bag Child Abuse"

April is Child Abuse Prevention Month, and over 1000 Providence Health Plans' employees are working together with Parents Anonymous of Oregon, Inc. to "Bag Child Abuse." Providence employees are collecting and donating used clothing and household items to Parents Anonymous of Oregon. The sale of these items goes to support the Parents Anonymous statewide Child Abuse Prevention Program

which includes a statewide parent support helpline, free weekly parent support groups, free children's programs, and parenting education. Providence Health Plans believes that it is their responsibility to give to the communities which they serve. Parents anonymous is dedicated to the promotion of parent leadership and education to create safe and nurturing environments for children.

3:17 a.m.

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