

Family Living

HEALTH NEWS

Free Lead Testing

On Saturday July 10, from 10 am to 2 pm there is free lead testing and a toy for children between the ages of 6 months and 6 years old at the common bond at 4919 NE 9th Ave. behind St. Andrews Church off NE 9th and Alberta.

Lead poisoning is a serious and preventable problem that can cause life-long harm, such as brain, nerve, kidney, hearing, and heart damage. We often do not see the effects of lead poisoning until it is too late to reverse the damage. A lead test is the only way to find out if your child had lead poisoning. Your child should be tested for lead between 6 and 12 months old, at 24

months old, and definitely before 6 years old, especially if your child lives in or regularly stays in a house, apartment or child care center built before 1978. A blood test can inform parents early on and prevent long term problems.

The lead testing is co-sponsored by the Oregon chapter of Physicians for Social Responsibility, the Coalition of Black men, Volunteers of America, Common Bond CLEAR Corp, Toy & Joy, and the Urban League of Portland. Funding comes from the Oregon Health Division and Multnomah County Health Department.

Bike Helmets for Sale at Legacy Emmanuel Hospital

Generous Doctors make Life Saving Program Possible

The Trauma Nurses Talk Tough (TNTT) program of Legacy Emanuel Hospital is making low-cost bicycle helmets available to the public again this summer, thanks to a generous grant from the staff physicians of Legacy Emanuel and Good Samaritan Hospitals. TNTT is able to offer safety approved bike helmets for just five dollars, below cost. Flashing lights for cyclists will also be available for five dollars. We have a selection of helmets to fit tiny toddlers up to jumbo adults.

Although an increasing number

of riders now wear helmets; many do not fit properly or are worn incorrectly. For example, many bicyclists wear their helmets back on their heads, leaving their foreheads exposed. At the TNTT helmet sales, trained volunteers will fit and adjust helmets, including those brought in by people who already own one.

The Helmet sales will be held in the Atrium of Legacy Emanuel Hospital, 2801 North Gantenbein in Portland on July 21, August 4 and August 18. Sales hours are 3 to 5 p.m.

Legacy Research Seeks Best Drugs for High Blood Pressure

Kenneth Ward MD of the Legacy Clinical Research and Technology Center is conducting an exciting trial to determine which of two drugs have the most benefit for people with hypertension (high blood pressure). The multinational, multi-center clinical trial involves FDA approved medications widely prescribed by physicians, valsartan and amlodipine. Each drug acts differently to control hypertension. Valsartan is an angiotensin II receptor blocker while amlodipine is a calcium channel blocker. The study aims to determine which drug is better

at preventing heart attacks, congestive heart failure, and strokes.

Hypertension increases the risk of a heart attack or stroke, and affects 50 million American men and women. Although the causes of hypertension remain largely unknown, genetic, dietary increased body weight and other factors all play a role in its development. When blood pressure is high, the heart works harder to deliver the blood and oxygen to the body. This stresses the heart circulatory system and can lead to a heart attack. Arteries become hardened less elastic and

Vaccine Against Diarrhea-causing Virus Being Studied

HOUSTON—The most common cause of outbreaks of nonbacterial diarrhea is the target of a new type of experimental vaccine.

Scientists at Baylor College of Medicine in Houston are testing a vaccine they developed against the Norwalk virus, which had been associated with outbreaks of diarrhea and vomiting in nursing homes and schools and on cruise ships and military aircraft carriers. Contaminated food and water transmit the virus.

The vaccine is particle that looks like the Norwalk virus on the outside but lacks the genetic materials on the inside needed to reproduce. Although most viruses are made from many proteins, the vaccine particle is made from a single protein, known as the capsid protein. The immune system thinks the particle is the real virus and makes antibodies to fight it off.

A Baylor research team headed by Dr. Mary Estes found the vaccine to be safe during the first phase of testing. Results of that study will be published in the July issue of the journal Gastroenterology.

"Since the Norwalk vaccine is notorious for the gastrointestinal problem it causes, we needed to be sure the vaccine itself doesn't make people sick," said Estes, professor of molecular virology.

For the study, five volunteers were given 100 micrograms of the vaccine in 100 milliliters of water. Three of the five showed an immune response, and none of the volunteers experienced diarrhea or other side effects.

many strains of the virus there are or whether a particle vaccine will protect against multiple strains," Estes said.

The Norwalk virus is named for an outbreak of diarrhea that occurred in Norwalk, Ohio, in 1968. Intestinal problems caused by the Virus usually develop within 24 to 48 hours within one to three days and rarely require hospitalization.

Estes' research is funded by the National Institutes of Health, the Texas Applied Technology Program, the Environmental Protection Agency, and the Food and Drug Administration.

As The '98 - '99 Season Ends Wolves Give Thanks



The Wolves' Team and Coaches. Back row, left to right: Top Assistance Coach Virgil Allen, Assist. Coach Lonnie Lemar, players, Lathan Wallace, Gram McDonald, Paul Vance, Travis Pinn, Cory Allen, Seth Tarver, Josh, Tarver, Head Coach John Tarver, Assist. Coach Lionel Pinn. Players in the front row, left to right: Lonnie Lemar, Robert Citu, Dustin Corl, and not shown is Bret Byrd.

The Wolves' coaches and parents sincerely thank the businesses for their support in the 1998/1999 season. We would like to acknowledge the following companies:

Albino Fuel Inc. and Popeye's World Famous Chicken for providing contributions to purchase

new uniforms.

Beall Transport Equipment Inc. for funding our practice site fee at Trinity Lutheran Church and School.

We would also like to thank the following business' contributions which funded our tournament fees

along with contributions from the coaches and parents of our players:

Portland Hollywood Lion's Club, Oregon Aire, Inc., Industrial Machine Services, Oregon Armored Services, Inc. and Vancouver Businessperson, Mr. John Maring.

Second Language Bill Modified

The Senate Education Committee this week amended the bill that would have repealed the two-year seat-time requirement in a second language class in order for students to graduate.

HB 3042, as approved by the House, repealed the requirements

that, by the end of the 2001-02 school year, all students must have two years of a foreign language to graduate. The bill did not remove the requirement that students meet academic content standards in a second language, as established by the local school district, to receive their CIM.

The Senate Education Committee was concerned that repealing this requirement would send the wrong message about the importance of learning

a second language. The Committee amended the bill to align the requirement with CIM content standards.

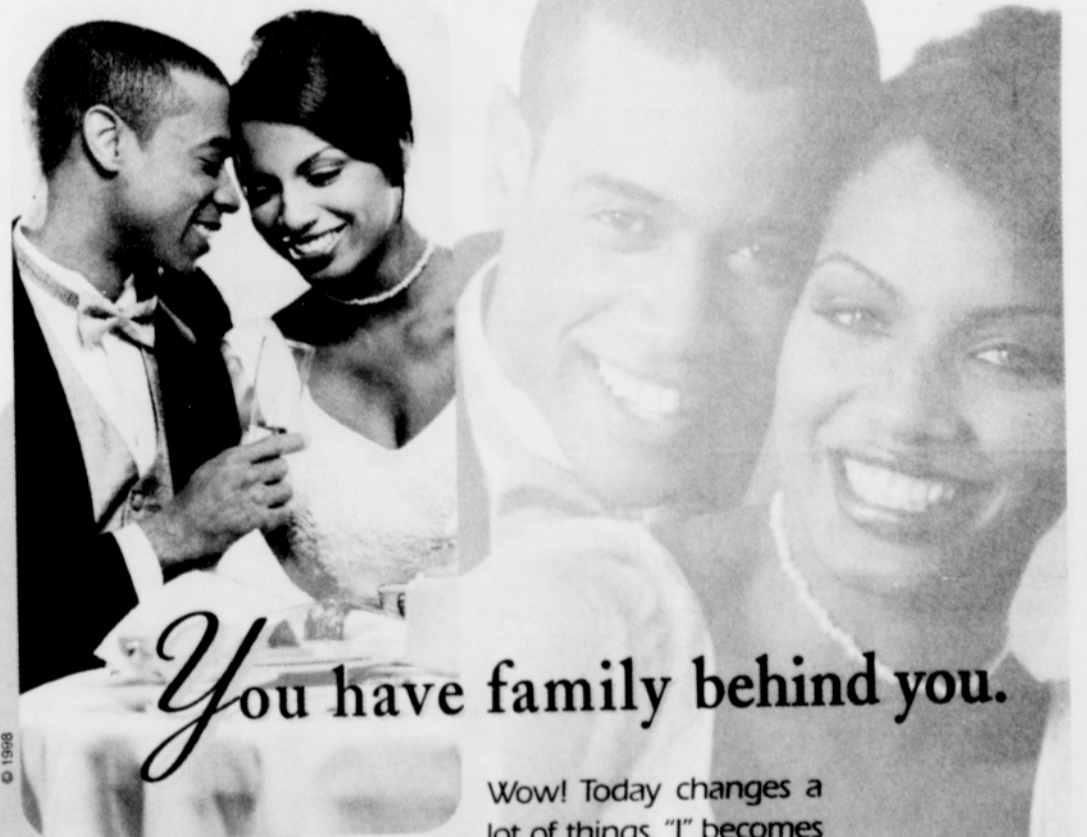
HB 3042, as amended, requires students, prior to the end of the 2004-05 school year, to complete two years of second language instruction. Individual students are still allowed a waiver from the second language requirement based on criteria established by the school district.

The bill now goes to the full Senate.

CLERICAL VOLUNTEERS NEEDED

KAISER PERMANENTE'S hospices program needs two clerical volunteers for about three hours a week to help with calling other volunteers and compiling and maintaining volunteer records. If interested, please call Volunteer Coordinator Kilian Kuntz at (503) 499-5285.

scarred, increasing the chance for a blood clot to lodge in a narrowed artery causing a stroke.



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