



# Health/Education

## Lewis & Clark College honors Portland scholars

Lewis & Clark College honored Tara Bedi of Portland, Ore., at an Oct. 26 banquet for Mary Stuart Rogers Scholars. Bedi is a senior majoring in economics and resides in ZIP code 97212.

Lewis & Clark awards Mary Stuart Rogers scholarships annually to juniors and seniors in the College of Arts and Sciences and to teacher education students in the Graduate School of Professional Studies. Recipients demonstrate outstanding academic achievements complemented by qualities of leadership, dedication, integrity, compassion, sensitivity and self-discipline.

Bedi has represented international students in student government at Lewis & Clark for the past two years. She has also held an internship with the Young Womens' Christian Association EncorePlus, promoting awareness and prevention of cervical and breast cancer. Bedi recently used a Student Academic Affairs Board grant to research the effects of loan organizations on fertility levels and women's empowerment in her homeland of India. She has received the Troy Ridenour Award, an honor given to students demonstrating the qualities of friendliness, leadership and acceptance of others.

The Rogers scholarship fund was created at the College in 1995 by the Mary Stuart Rogers Foundation. The foundation contributes to human service programs, medical research and education from the elementary through university levels, reflecting the concerns of its founder, Mary Stuart Rogers.

The foundation also supports endowed professorships in music and education and funds a faculty-student summer science research program at the College.



Tara Bedi



Michelle Muang Saeteurn

Lewis & Clark College honors Northeast Portland Scholar Lewis & Clark College honored Michelle Muang Saeteurn of Northeast Portland, OR., at an Oct. 26 banquet for Mary Stuart Rogers Scholars. Saeteurn is a senior majoring in communication and business-economics. She resides in ZIP code 97230.

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Saeteurn recently received a Student Academic Affairs Board grant to begin her senior research project in communication, a documentary of the Mien people native to her homeland of Laos. Saeteurn has worked as a public relations intern at Portland General Electric for three summers. She is the past recipient of a Dean's Scholarship and a LaCrosse Company Scholarship.

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Lewis & Clark College, founded in 1867, is a highly selective college of liberal arts and sciences that draws students from throughout the nation and throughout the world. The largest independent college in Oregon, Lewis & Clark College is ranked among the top 10 undergraduate colleges in the nation for its intl. education program.

## Study reports older women smokers more at risk than male counterparts

ASSOCIATED PRESS

Older women who smoke are more than twice as likely to get lung cancer as older men who light up, according to a new study.

New York City researchers screened 1,000 people who were 60 and older—459 women and 541 men. Of 29 who had lung cancer, 19 were women and 10 were men. Overall, the risk of lung cancer was 2.3 times higher for women. One of the researchers, Dr. Natasha Buckshee of New York Presbyterian Hospital, said the study is compelling evidence that women have a greater

susceptibility to tobacco carcinogens than men.

But other researchers said the explanation could be that women smoke harder or are less likely than men to be checked for lung cancer by their doctors.

The findings were to be presented today in Chicago at a conference of the American College of Chest Physicians.

The lead researcher, Dr. Claudia Henschke of Cornell University, said a few recent studies also suggested women smokers run a higher risk of lung cancer than men. But she said

more work is needed to determine the reasons. "It may turn out that women somehow smoke more of the cigarette than men do," she said.

Dr. Lewis Smith, a professor at Northwestern University and specialist in pulmonary and critical care medicine, said it could be that women are smoking more. He also said there is a question of whether women receive the same quality medical care as men.

"Doctors thought men were more likely to get cancer in the past. They might be screening them more frequently than women," he said.

## Nov. 18 is a great time to kick the smoking habit



Jennifer Hays, Ph.D.  
Baylor College of Medicine  
Houston, Texas

### WOMEN'S HEALTH FOCUS

and asked myself, "Why am I waiting?"

First, I told all my friends about my decision to stop smoking. This enabled them to offer moral support and distractions. To satisfy the craving for that comforting feel of a cigarette in my mouth, I chomped on carrot and celery sticks and sucked on sugar-free candies.

Fearing the weight gain that many former smokers complain about, I started to exercise more. The weight gain is not just due to eating more; the elimination of nicotine slows down the body's metabolic rate. Staying active is the best way to compensate. I also drank lots of water to flush out the toxins that had accumulated from so many years of smoking.

Despite all these helpful techniques, the first few months were hard. It would have been so easy to give in to temptation, but I remained determined and took it one hour at a time. That turned in to one day at a time, and all of a sudden, I had been an ex-

smoker for more than a decade.

This year's Great American Smokeout is Nov. 18. I urge you to take advantage of a great opportunity to make your life a lot healthier.

Lung cancer is the No. 1 cause of cancer death in women. Smoking also increases your risk of heart disease, osteoporosis and skin damage. For pregnant women, it raises the risk of having a miscarriage or a low-birthweight child.

Quitting has other benefits as well: clothes that don't smell like smoke, whiter teeth, fewer wrinkles, no early-morning smoker's cough, no huddling outside in the smoker's section, and cigarette money that can be spent on rewarding yourself. You'll also be setting an example for your children, who develop behaviors by watching, not listening, to you.

I know what it's like to be in your shoes, and on Nov. 18, my thoughts and good wishes will be there for those of you who have committed to changing your life for the better.

## Meningococcal disease and students in Oregon

CONTRIBUTED STORY FOR THE PORTLAND OBSERVER

The national Advisory Committee on Immunization Practices (ACIP) has modified its guidelines for use of a vaccine to prevent bacterial meningitis, and public health officials at the state Department of Human Services are informing Oregonians about the change.

Two 1998 studies, conducted by the federal Center for Disease Control and Prevention, found that college freshman living in dormitories had a modestly increased risk of meningococcal disease relative to other person their age.

Although the risk of meningococcal disease remains low in these student, they these students, they may want to reduce their risk even further by receiving the vaccine.

The ACIP did not recommend that vaccination be required for college students, according to Jennifer Kelly, adult immunization coordinator at the Oregon Health Division. "Meningococcal vaccine is safe and the vaccine costs about \$75. Based in the ACIP's modification, we are advising those who provide medical care to freshman college student to discuss meningococcal disease and the benefits and availability of the vaccine with them and with their parent," Kelly said.

The meningococcal vaccine provides 50 to 75 percent protection against serogroup B disease, which accounts for two-thirds of cases in Oregon. In the four-year period from 1995 to 1998, 11 cases of meningococcal disease occurred among Oregon College students. Eight of these cases were laboratory-confirmed, and three of these might have been prevented by the vaccines, according to Kelly.

## Ideas being sought to aid seniors, people with disabilities

A series of nine public forums for the Oregon Department of Human Services to explore needs of seniors and people with disabilities began on Nov. 8 in Medford and will also be held in Eugene, LaGrande, Milwaukie, Portland, Newport, Redmond, Roseburg, and Salem.

"Many people consider Oregon the national leader in providing services that help seniors, and people with disabilities to live as independently as possible," said Roger Auerbach, administrator of the DHS Senior and Disabled Services Division. "We want to know what more needs to be done." Auerbach said. Ideas from the forums would be considered as the department prepares its proposals for the 2001 Oregon Legislature. This is the schedule of meetings:

- Portland: Tuesday, Nov. 18, from 9 a.m. to 11:30 a.m., in the Northeast Police Precinct office at 449 N.E. Emerson near Martin Luther King Jr. Boulevard.
- La Grande: Friday, Nov. 19, from 9 a.m. to 11:30 a.m., at Island City Hall, 10605 Island Ave.
- Redmond: Monday, Nov. 22, from 12:30 p.m. to 3 p.m. at the Senior and Disabled Services Division office, 1135 S.W. Highland.
- Salem: Tuesday, Nov. 30, from 9 a.m. to 11:30 p.m., in the second-floor conference room of Mid-Willamette

- Valley Senior Services, 3410 Cherry Ave., N.E.
- Milwaukie: Tuesday, Nov. 30, from 1:30 p.m. to 4 p.m., in the Milwaukie Center, 5440 S.E. Kellogg Creek Dr.

- Newport: Wednesday, Dec. 1, from 1 p.m. to 3:30 p.m., at the Newport Performing Arts Center, 777 W. Olive.
- All sites are accessible to people with disabilities.

**He should be screaming at the top of his lungs**

**WHILE HE STILL CAN.**

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