



Health/Education

American Cancer Society Golf Tournament to benefit prostate cancer research and programs

CONTRIBUTED STORY
FOR THE PORTLAND OBSERVER

Oregon Golf Club in West Linn will host the third annual American Cancer Society Prostate Cancer Challenge, a golf tournament dedicated to raising funds to fight prostate cancer. Prostate is the most common cancer among American men today, yet prostate cancer receives the least funding per patient of all the major cancers. Join us for this family event June 19, 2000 to celebrate life and love of the game of golf.

Tom Denhart, owner of Hanna Anderson and prostate cancer survivors, has dedicated this tournament to his father RF Denhart. RF Denhart taught himself to golf at the age of 14 at the old Inverness Golf and number two-ranked amateur in Oregon. RF Denhart has four brothers and a son. Three of them have prostate cancer; one has died from the disease.

Facts About Prostate Cancer; Prostate cancer is second

leading cause of cancer death in men. This year in Oregon alone, 2,700 men will be diagnosed with prostate cancer and 500 will die from the disease. With statistics like these, it is becoming more and more important that everyone increase their awareness of prostate cancer, its risk and treatments.
Who: The American Cancer Society
What: The Prostate Cancer Challenge
When: June 19, 7:00 a.m. and 1:00 p.m.
Where: Oregon Golf Club
Why: To raise funds for prostate cancer thereby funding life-saving research, education, and patient programs of the American Cancer Society. For resources such as free brochures or for information about the American Cancer Society's MAN TO MAN prostate cancer support program call 24 hours-a-7-days-week 1-800-ACS-2345 or visit our web site at www.cancer.org. We also invite you to visit our Web site at www.cancer.org

Internships give students hands-on experience with science

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While some of their friends are flipping burgers or mowing lawns, Evan Shapiro and Summer Allen are spending their summers monitoring monkeys and studying rat brains. The two budding scientists are part of the 10-year-old Apprenticeships in Science and Engineering Program, which has matched more than 1,400 students for eight weeks with professional scientists and engineers in Oregon and southern Washington. Shapiro, who will be a senior at The Catlin Gabel School in Portland this fall, is researching the effects of aging in rhesus monkeys at the Oregon Regional Primate Research Center here. Every day, Shapiro runs the center's oldest rhesus monkeys through assigned tasks. Sitting a few feet away, he notes how long it takes for them to maneuver through mazes and pick candies off a stick. Later he will analyze the results and compile his findings in a report. "A lot of my friends are jealous. They say I just play with monkeys all day," Shapiro said. "But it takes a lot of

patience to sit for long periods of time." His work will be fused with a long-term research project by primate center scientists. The research center is in the middle of a project studying aging and its cognitive effects on people who are not suffering from debilitating diseases like Alzheimer's. Allen, who will be a senior at Jesuit High School, studies rat brains in the primate center's neuroscience lab for clues on the cause of obesity. The goal is to help the medical field understand whether people are born with a propensity for obesity that can be detected — and possibly altered — in the brain system. Allen spends eight-hour days in the lab, slicing brain cells, identifying them and mounting them on slides. It's tedious work, she says, and it often doesn't stop once she has left the lab. After she gets home, she spends much of the night looking through reams of research papers. "We don't want students to come here and just have data to report," said Susan Smith, director of the neuroscience lab in which Allen is

working side-by-side with scientists. "We want them to have a bit of a story to tell." Allen said her experience researching such a cutting-edge topic is fascinating. "The first day everything seemed like a foreign language," said Allen, waving her arm around a slew of scientific tools and dissected rat brains. "You just don't get to see this kind of stuff in high school science classes." Allen's work in the lab also allows her time to talk with scientists, and she has received advice from them on schools, degree programs and internships. By the end of the summer, Allen and Shapiro will write research papers and present them to scientists who work in the labs where they studied as well as to other apprentice program students. Both Shapiro and Allen are sure their careers will be in the sciences, even if not in the specific area they are working in this summer. "It's exhausting mentally, like school times three," Allen said. "But I feel really lucky."

Dreaming May Help Us Remember

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Getting a good night's sleep after trying to master a tough new task might just reinforce what you have learned. European researchers say dreaming might be the brain's way of replaying experiences and lessons so that they are fixed in the memory for use later on. The scientists used advanced imaging technology and found that the same regions of the brain that are buzzing while we learn a new task are also active while we dream. This heightened activity was observed during the brief but active stage known as rapid-eye movement, or REM, sleep. The study was published in the August issue of *Nature Neuroscience* and was led by Pierre Maquet of the University of Liege in Belgium.

Animal studies had shown similar results. Rats that ran new routes through mazes showed increased activity in the same portions of their brains when they slept afterward. But the human brain is more complex. "It is wonderful to see such results demonstrated in humans for the first time," said David Silbersweig, co-director of the functional neuroimaging research laboratory at the New York-Cornell Medical Center. Humans spend one-third of their lives asleep, but sleep's purpose is poorly understood. Among other things, scientists believe dreaming may help sort out emotions, impressions and other ideas. In the study, 18 volunteers ages 18 to 25 spent several hours learning how to quickly recognize symbols as they flashed on a computer screen and press the same symbol on a keyboard. During the test, the activity in several

regions of their brains was monitored by PET scans, which reveal how the brain is functioning by watching its use of glucose and oxygen, the fuels of brain cells. Groups of volunteers were tested in several ways. Those who took the computer test for several hours, slept and retook the test when they woke up scored the highest, with even faster reaction times after they slept. PET scans showed that during REM sleep their brain activity and blood flow were similar to when they were taking the test. Researchers said the volunteers might have been practicing the test in a REM dream and storing what they learned. However, Maquet's team could not identify the precise cellular mechanisms involved. Nor are all memories consolidated only during REM sleep, the researchers said.

Teen who needs double-transplant gets sendoff

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Brandy Stroeder, whose fight to obtain coverage for a potentially life-saving liver and lung transplant turned into a statewide political battle over health care, took an important step in her struggle Monday. The 18-year-old girl left her hometown on a private jet for Stanford University Medical Center, where doctors will examine her to determine whether she is a suitable candidate for the rare double-transplant. "I just want everybody to know there are good people in the world when it comes down to it and somebody needs help," she said before she left aboard a jet provided by multimillionaire Mark Hemstreet, owner of Shilo Inns. "There are a lot of people who will step in to do the right thing."

precious organ to somebody who is going to destroy it," said Dr. William Berquist, medical director of the pediatric liver transplant program at Lucile Packard Children's Hospital at Stanford University. There is an extremely small supply of viable organs, and last year 6,000 people died waiting for a transplant. The number of people on waiting lists climbed from 61,000 at the end of 1998 to 67,000. That means transplant programs have to be highly selective of patients, factoring in medical criteria, the patient's commitment to treatments. And money. Brandy Stroeder, who was born with cystic fibrosis, has health coverage through the government-funded Oregon Health Plan for poor or disabled residents. The plan has refused to pay for the combined transplant, which probably will cost more than \$250,000. The case prompted some Republicans to criticize the state program, started by Democratic Gov. John Kitzhaber when he was a state legislator. The case got more complicated when it was discovered that lung and liver transplants are covered separately under the plan, but not the combined procedure. donated more than \$60,000. Yet the young woman still worries about money. Her mother, Karen Stroeder, supports her daughter and son by working at a meat-packing job with no health benefits. She and her daughter have to convince Stanford's transplant program that they can cover costs beyond the operation itself. "We do have the after-expenses to

think about," Brandy Stroeder said. The drugs that transplant recipients must take for the rest of their lives to prevent organ rejection cost as much as \$15,000 a year. Because of the shortage of organs, the lack of financing looms large in transplant centers' decisions about who to put on the waiting list, Stumpf said. "Even if you are a candidate, if you can't prove that you can take care of your new organ, they won't transplant you," Stumpf said. "They want to know you've got some backup, how you are going to pay for the (anti-rejection) drugs, before they even put you on the waiting list." Stroeder also faces scrutiny of her personality type and her commitment to taking anti-rejection medication without fail. that we have to tackle," said Berquist, the Stanford liver transplant specialist. None of this worries Brandy Stroeder. "It's a big, big surgery. For a lot of people I'm sure that's intimidating," she said. "I look at it as, 'That's your second chance.' It's not a cure. You are exchanging one kind of medication for another. But you are extending your life expectancy."

State readying merchant-education program on youth smoking

CONTRIBUTED STORY
FOR THE PORTLAND OBSERVER

State officials are aiming for an autumn launch of a new program to help Oregon retailers better understand the health and legal consequences of selling tobacco to minors. Plans for the new education effort were announced Monday as results were released of the latest series of visits to monitor compliance with state law that forbids sale of tobacco to minors. "The new data show that minors can buy cigarettes 23 percent of the time," said Barbara Cimaglio, directors of Office of Alcohol and Drug Abuse Programs in the Oregon Department of Human Services. "We've seen a vast improvement over the past six years but it still isn't good enough." The sales rate of 23 percent compares with 18 percent a year earlier, although Cimaglio said the difference is not statistically significant because of the margin of error. Since 1994, the state has sponsored federally required compliance checks in which a teen aged 14-16 accompanied by a plain-clothes state police officer tries to purchase tobacco. Clerks who sell are cited and face fines of up to \$500. The 755 compliance checks began in

November and ended in June. A year ago, federal officials contended Oregon's sale rate was too high and threatened to pull \$6 million in financing for alcohol and drug treatment programs. In a negotiated settlement, the state agreed to invest \$945,000 in improving retailer education and in greatly increasing the number of tobacco retailers that are checked for compliance. "Retailers are our partners in preventing youth from taking up a habit that is Oregon's leading preventable cause of disability, disease and death," Cimaglio said. "We want to encourage continued compliance by the four out of five retailers who know and enforce the law while assisting the others." She said most addicted smokers take up the habit before turning 18. "We are seeking ideas from other states, from county tobacco-free coalitions in Oregon and from retailers to build an effective program," Cimaglio said. The campaign is expected to incorporate information about tobacco's health hazard and the law prohibiting sales to minors as well as providing signage to let the public know retailers intend to enforce the law. In the most recent compliance checks, Willamette Valley counties averaged compliance rates of 70 percent while those in Southern and Eastern Oregon averaged compliance rates of 85 percent.

Briefs

Metropolitan Youth Symphony Auditions

Auditions for new members The Metropolitan Youth Symphony will take place August 2, 7, 8, 16, 17 and 29. All instruments are needed. For more information, visit the MYS website at www.mentyouthsymphony.org, please call the MYS office at 503-239-4566 to schedule an audition. The Metropolitan Youth Symphony was founded in 1974 with a few dedicated musicians and one visionary conductor who's goal were education and community service. Today with seven conductors. The Metropolitan Youth Symphony develops educate and promotes more than 450 musicians from kindergarten through college, from all over the Portland and Vancouver areas. Each student musician is assigned to one of four levels of Bands and orchestras based on ability.

News From Legacy Hospital

Preventing Heat Exhaustion/Stroke
1) Drink Lots of Fluids... Water is Best
2) Avoid Alcohol
3) Avoid Heavy Activity or Exercise, particularly from 11 AM to 3 PM
4) Stay indoors or in the Shade
5) Check on elderly or disabled family members. Friends and neighbors
Symptoms of Heat Exhaustion
Faintness
Dizziness
Confusion
Get the person into the shade and cool them off with lukewarm water
Call 911 for assistance.

August 1 is a good night to get out and meet your neighbors.

Why connect with your neighbors? Because chances are they're great crime fighters. We're not talking Clark Kent, but just keeping an eye out for one another is one of the best ways to discourage crime on your block.
National Night Out—the nationwide night out against crime—is Tuesday, August 1. Check with your local neighborhood group to see if a block party or other event is planned for your area. Or talk to your neighbors and get something going.

PGE supports National Night Out because we're more than the electric company—we're your neighbors, too.



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