



Health/Education

Diabetes reaches epidemic proportions especially among Hispanic and African-American groups

- Diabetics get more urinary tract infections than general populations

CONTRIBUTED STORY
FOR THE PORTLAND OBSERVER

The statistics are staggering. Diabetes is the numbers one-health problems facing Hispanic-Americans in the United States. In fact, they are twice as likely as Caucasians to die from the disease and complications stemming from it. Equally as concerning, one in four African-American women, over the age of 55, are estimated to have the disease. Both Hispanic and African-Americans are nearly twice as likely to develop type 2 or adult-onset diabetes. Type 2 diabetes is most common form of the disease, where the body becomes insensitive to insulin and can no longer use it properly. Although diabetes is a chronic disease without a cure, it can be controlled through diet, exercise, and sometimes medication. The greatest risk factor that affects diabetes differently than the general population. Diabetics often have a higher incidence of urinary tract infections, and Ocean Spray is the brand scientifically proven to help. Medical research confirms what has been nutrition folklore. According to a 1994 university study published in the Journal of the American Medical Association, elderly women who drank 10 ounces of OCEANSPRAY Lightstyle low-calorie cranberry juice cocktail a day had a reduced chance for developing UTIs. Lightstyle contain just 40 calorie and only 10 grams of carbohydrates per 8-ounce serving, yet it's packed with 130 percent of the Recommended Dietary Allowance (RDA) of vitamin C. One 8-ounce serving equals 1/2 fruit exchange. Appropriate for diabetics, Lightstyle juice drinks are sweetened with SPLENDA Brand Sweetener; the only low-calorie sweetener made from sugar. Cranberry juice and juice drinks contain proanthocyanidins. More commonly known as condensed tannins. These natural compounds found in cranberries have been shown to inhibit the attachment of harmful bacteria in the urinary tract. Interestingly, the same anti-adhesion properties responsible for urinary tract health may inhibit the activity of other disease-causing bacteria, including some bacteria that contribute to gum disease.

For more information on diabetes and/or LIGHTSTYLE juice drinks or to order free brochures on the two subjects, call the Ocean Spray Consumer Helpline at 1-800-662-3263 or visit their Web site at www.oceanspray.com. Ocean Spray is an agricultural cooperative owned 750 cranberry growers and 150 citrus growers throughout the United States and Canada. Headquarter in Lakeville-Middleboro, Mass., Ocean Spray ranks among the 50 food and beverage companies and is the best-selling brand name in the canned and bottled-juice category. For additional information Ocean Spray Cranberries, Inc., visit their Web site at www.oceanspray.com.

PCC student says scholarship based on race unfair

ASSOCIATED PRESS

A Portland Community College student has filed a reverse discrimination complaint alleging she is being denied free tuition because she is white.

Adrienne Williams, 29, claims a teacher development program violates the college's non-discrimination policies because it is open only to minorities. She sent her complaint to the U.S. Department of Education's Office of Civil Rights, which investigates charges of discrimination on campus. Williams enrolled at PCC this summer in hopes of becoming an elementary school teacher. With little money, she worried about looming debt from five years of study, and she looked for grants and loans.

She wanted to apply to the Portland Teachers Program, which offers free tuition for minorities who qualify.

"I was pretty upset when I saw it," Williams said. "We are talking about a program that is funded with government dollars."

The 10-year-old program was developed in response to the shortage of minority teachers. In Portland, 36 percent of students are minorities, but only 12 percent of classroom teachers are. Statewide, minorities make up 18 percent of students but only 4 percent of teachers.

In a decade, the program has provided 60 Blacks, Latinos, American Indians and Asian Americans with teaching degrees. Thirty-eight teach in Portland schools, according to Jim Williams, a Portland school administrator.

Students take two years of college at PCC, earn a bachelor's degree and a graduate teaching certificate at Portland State. They pay no tuition, but they are committed to working at least two years in Portland schools. "It would be a shame if this had to be

open to everyone," Williams said. "That would defeat the purpose of the program."

The tuition waivers are worth a total of about \$25,000 a year at PCC for the 15 students in the program, said Jan Coulton, a campus spokeswoman, plus additional money to run the program office.

Minority scholarships and college admissions have been a hot political and legal issue on campuses in recent years as affirmative action efforts collide with the notion of equal opportunity.

Raymond Pierce, deputy assistant education secretary in the Office of Civil Rights, said the issue of race-based scholarships hasn't been reviewed by the U.S. Supreme Court. In 1994, the court declined to review a Fourth Circuit ruling that threw out race-based scholarships at the University of Maryland, but that decision does not legally bind Oregon. Most of the court rulings have addressed race-based admissions, and even there the record is muddled. The most cited case is the U.S. Supreme Court's Bakke decision of 1978, which said that race could be used as a factor not the sole factor in admissions.

Pierce's office has issued guidelines on financial aid that state, among other things, that race can be used as a factor in granting scholarships with the aim of creating diversity on campus. Mildre Ollee, dean of PCC's Cascade campus, said while the Portland Teachers Program may not be open to Williams, there are many other financial aid programs for which she might be eligible.

For her part, Williams thinks having a diverse teaching force is a good idea but not at her expense.

"I'm not asking for anything special," she says. "I'm not saying that it is necessary to let me into the program. I'm saying just make it equal."

Pay yourself first...exercise!

BY RALPH NICKERSON
FOR THE PORTLAND OBSERVER

People often wonder after noticing my youthful appearance just how long I've been working out. My answer is astonishingly, my whole life! What I truly enjoy about exercising regularly is the coordination between body, mind and spirit. It is the element of self-improvement—refining myself all the time that is motivating. My current job as a Recreation Supervisor and Fitness Instructor at Self Enhancement Inc. is truly a dream come true because I'm doing by example the things I value most.

In the coming weeks, I will be featuring

Summertips

Sunglasses: Don't Leave Home Without Them

Ultraviolet rays—which are more intense during the summer—can wreak havoc on an unprotected pair of eyes. Too much unprotected sun can cause corneal changes that affect vision, boost the risk of cataracts, and induce macular degeneration. Providence St. Vincent Medical Center eye specialists recommend that sunglasses be worn at all times during summer outdoor fun, and even on overcast days, particularly near water or snow. Read the label, say the experts. Sunglasses should be 99-to-100 percent UVA and UVB coated, or you're unprotected.

Protect Your Heart With Beer

Drinking red wine in moderation can help your heart, but drinking beer occasionally with dinner may be even better for your ticker. Researchers have found that beer contains B6, a vitamin that reduces homocysteine levels in blood. High levels of homocysteine, a long-ignored amino acid, may play an important role in heart disease risk as cholesterol. Providence Heart Institute cardiologists and physicians are examining the role homocysteine and B6 play in protecting the heart.

Fluids Key To Hot Weather Survival
What's the best way to stay healthy and keep cool when temperatures soar into the '90s? Drink plenty of water, even if you don't feel thirsty, to keep from dehydrating, say Providence St. Vincent Medical Center fitness experts. Joggers and other athletes who play hard outdoors in the summer are advised to drink fluids before even short outdoor work-outs, and take breaks frequently to re-fuel.

Don't Rock The Boat When It Comes To Water Safety
Taking a few simple safety precautions around water may save you a trip to the emergency department this summer. Every year, emergency room physicians treat victims of boating or swimming-related accidents.

Many of the avoidable water-related mishaps revolve around alcohol. Providence St. Vincent emergency room physicians have a few tips for summer water safety: avoid alcohol when swimming or boating, always wear a life jacket when boating even if you know how to swim, never swim alone, always supervise children who are in and around water, avoid swimming in unmarked or unmonitored areas, and keep rescue equipment handy.

a series of articles regarding health, fitness and wisdom. My first pearl of wisdom to all of you and those in my fitness class is "Pay yourself first, exercise." Every time you do something that requires you to extend yourself physically which in turn makes your cardiovascular system work more efficiently, the quality of your life improves.

After 25 years of teaching fitness classes, I've had the opportunity to see hundreds of people come and go. I can honestly say that I've only met

a few individuals who are both consistent and serious about their personal fitness programs.

Just recently, I was talking to a beautiful young lady the other day about her injury that required surgery. During her time of recovery, she was unable to get into exercising which led to her weight gain. She was serious about losing "this weight" around her hips. In most cases like hers, it's a matter of people consuming more calories than they are burning off and not getting enough exercise. As a

fitness instructor, I often get cornered by folks needing help with getting in shape. I'm in the business of solving a serious problem, not fielding excuses. Trust me when I say that I haven't heard a good excuse from those with good intentions but not doing what it takes to stay in good physical condition. Despite that, I stay encouraged. There are more people coming to the realization that fitness is your best health insurance investment.

So remember, "Pay Yourself First!"

Are you having trouble paying your student loans?

Were you promised a job you didn't get?
Training that fell short?
A school that closed?
Are you disabled?
Experience hardship?

FREE WORKSHOP TO ADDRESS STUDENT LOAN PROBLEMS

This free workshop will be held
Tuesday, August 1
6:30 p.m. to 8:30 p.m.
Ainsworth United Church of Christ
2941 NE Ainsworth, Portland.

- Topics include
- default prevention
 - loan consolidation
 - loan deferrals
 - discharge
 - hardship cases
 - repayment plans

BRING YOUR PAPERWORK IF AT ALL POSSIBLE.

Brought to you by The Oregon Consumer League with help from the Oregon Student Assistance Commission, the U.S. Department of Education and special guest, Richard Slottee, director of the Lewis and Clark Legal Clinic.

Legal Notice

Legal Notice

If You Have or Had a Life Insurance Policy of \$2000 or Less, a Burial Policy, a Health Policy, or a Similar Type of Insurance Policy From:

Equitable Life	Independent Life
Gulf Life	Interstate Life
Home Beneficial Life	Knight's Life
Home States Life	Life and Casualty Insurance Co.

National Life and Accident
and other insurance companies now owned by
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You May Be Entitled To Valuable Benefits, including:

- Lower Life Insurance Payments
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- in some instances, a Cash Payment.

These benefits are from the settlement of a lawsuit involving the insurance companies and types of insurance policies described above. You are not being sued. You may have important legal rights under this settlement that may be affected and some of which you must act on by August 24, 2000.

To find out more about the settlement, these benefits, and your legal rights, call: (Please have policy number available, if possible.)

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