



# Health/Education

## Comforts Added to Home Serving Sick Children



Comforts Added to Home Serving Sick Children Volunteer artists from the Northwest Society of Interior Designers used decorative painting techniques to achieve the appearance of a cozy log cabin in the Oregon woods in this new Southwest Airlines lounge at the Ronald McDonald House at Legacy Emanuel Hospital. The 14-room McDonald's guesthouse serves out-of-town families whose children are receiving medical care. (PHOTO BY DICK POWERS)

## PCC Announces Free, Flexible School Opportunities for Non-Native Youth

Portland Community College's Multicultural Academic Program has opportunities for non-native students who want to learn or improve their English skills work toward a high school diploma or GED at PCC.

The Map program is holding orientations for students during March, with classes starting on April 2. Students need to be between the ages of 16 and 20, have some reading ability in English, not currently attending high, and live within the boundaries of Portland, David Douglas, Beaverton, Tigard-Tualatin, Newberg, Hillsboro, and Forest Grove school districts.

Classes are held at various times,

are free of Charge, and are held at the following locations: in Portland at the Southeast Center, 2850 SE 82<sup>nd</sup>; the Portland Metropolitan workforce Training Center at 5600 NE 42<sup>nd</sup> Ave' and in Beaverton at the Capital Center, 18624 NW Walker RD.

Linda Huddle, director of PCC's alternative high school programs, said the MAP program at PCC focuses on "second-language learners who have either never enrolled in public school, or have enrolled but have not been successful in the traditional school environment."

The factors that prevent their success are usually threefold, Huddle said. "Most of our ESL (English as a

second Language) students have to work to help support their families or themselves and the high school hour's conflict with their work schedule. Or, they can experience cultural isolation in the traditional high school setting. Another factor is the age range. The students are often older, 18 to 20, so they don't fit in."

At PCC, the program is set up for students so they can either go to school from 9 a.m. to 1 p.m. from 1 to 4 or from 6 to 9 p.m. Huddle also said that three college has set up multi-level classes so students can be placed in class that is consistent with their ability interested students may contact PCC's Alternative Programs at 503-788-6141.

## Airport Group to Hear Noise Concerns

The Airport Issues Roundtable is sponsoring a public discussion on the impacts of noise on human health, Tuesday, April 3 at 7 p.m. in the second floor auditorium of the Portland Building located at 1120 S.W. 5<sup>th</sup> Ave. The citizen advisory committee was created last year by City Commissioner Dan Saltzman to keep the city informed about air traffic issues, including noise.

The upcoming session will feature

Dr. Darien S. Fenn, a clinical psychologist from the Oregon Health Sciences University.

"In addition to his work at OHSU, Dr. Fenn is serving as an advisory to the Noise Control Task Force" said Commissioner Dan Saltzman.

"Our economy is booming and, as anyone who lives near our increasingly crowded freeways and busy airports can tell you, the booming is often accompanied by roars, clangs,

sirens and any other number of noisy intrusions into the hum of daily life. Besides disturbing our sleep, noise can interfere with reading, speech and other activities, to say nothing of our need for peace and quiet. "The real question is how does all this impact our physical health and psychological well-being," said Dr. Fenn.

Dr. Fenn will also talk about changes that would lead to noise control improvements.

## WSU Researcher Establishes Link Between Sleep, Health

### James Krueger to Speak at National Conference

PULLMAN, Wash. — Your mother was right; a good night's sleep will keep you healthy. James Krueger, a Washington State University scientist who studies sleep, says adequate slumber appears to be a key factor in our ability to fight illness.

In recent studies, Krueger found that deep sleep, taken within a short period after infection, helped animal research subjects fight off illness and recover. Subjects with similar infections that did not get adequate sleep had

more serious symptoms and did not recover.

The non-sleeping subjects were mice with a genetic mutation that inhibits their ability to regulate sleep.

"This is an area that is largely understudied," says Krueger. "There are many unknowns, and the National Institutes of Health are taking a keen interest in expanding research into the relationship between sleep and pathology."

Krueger will discuss his re-

search results during a conference at the National Institutes of Health in Bethesda, Md. The conference, titled "Science of Mind-Body Interactions: An Exploration of Integrative Mechanisms," will be held March 26-28 and videocast live on the Internet at <http://videocast.nih.gov>.

It will include presentations by other distinguished scientists from around the United States. The MacArthur Network on Mind-Body Interactions sponsors the conference.

## Minority Students Top Oregon Drop Out List

Oregon's annual high school dropout rate may have declined slightly again this year, but many minority students continue to leave school at a high rate.

The dropout rate for the 1999-2000 school year was 6.3 percent, compared with 6.6 percent the year before and 6.9 percent in 1997-98.

Thirteen percent of Oregon Latino high schools students quit school last year, and 11 percent of black students dropped out.

Nearly 10 percent of American Indians dropped out last year.

Board Chairman Donnie Griffin said the dropout trend among Latinos, African

Americans and Native Americans is disheartening, particularly coming the same week as a report showing the failure of Oregon schools to recruit more teachers of color in the past decade.

According to computer estimates, 18 percent of 9th graders in the 1999-2000 school year are expected to drop out sometime in their high school career.

The figure was 22 percent in 1998-99.

The report only includes student who quit during the school year.

State law requires that schools try to learn the reasons why students leave. Among the top reasons students cited for quitting school

was that they were too far behind in credits to graduate, lack of parent support at home, dysfunctional home life, not fitting in at school and pregnancy.

The state Department of Education proposed a \$2.7 million program to train school staff to better deal with the problem, spread the best anti-dropout ideas to all schools and target middle schoolers who might be at risk of dropping out.

Gov. John Kitzhaber included the money in his next budget, but the Republicans have dropped it, along with other proposed cuts that they say are necessary given the state's slowing economic forecasts.

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