

Portland Observer **Health/Education**

Helmet Sales Promote Kid's Safety



It's a nice fit for Nia as her aunt, Monique, helps her put on a bicycle safety helmet in the Legacy Children's Garden.

It's the summer and lots of kids are out riding bikes... but are they wearing a helmet? Parents can make sure their child is protected by purchasing a helmet at one of Legacy Health System's summer sales. Helmets will be available for \$5 each and are discounted thanks

to grants from Legacy Portland Hospitals' medical staff and Trauma Nurses Talk Tough. Helmets of all sizes are available and will be fitted to each person. Kids also can bring in their own helmets for correct fitting and adjustment. A limited number of helmets will be available at

the following locations:

- Good Samaritan Hospital Street Car Celebration on July 21, from 10 a.m. to 2 p.m.
- Clackamas Town Center Parking Lot Miles for Molly on July 29, from 8 a.m. to 12 p.m.
- Emanuel Hospital Atrium

on August 6, from 3 p.m. to 5:30 p.m.

Mt. Hood Medical Center Kids Health Fair on September 15, from 10 a.m. to 3 p.m.

For more information on the Summer Helmet Sales, call 503/415-5725.

Portland State to Offer Courses in North Korea

North Korea's communist government will allow Portland State University to offer courses on international trade initiatives.

Six PSU instructors will teach parts of the program, probably at Kim Il Sung University, said Earl Molander, a PSU business professor who will direct the program.

North Koreans are expected to study at PSU next summer. Those who know enough English may enroll in the university's MBA program in Fall 2003.

"Teaching North Koreans about market economics and business is a very good thing. Lord knows they need all the help they can get," said Marcus Noland, a senior fellow at the Institute for International Eco-

nomics, a public policy think tank in Washington D.C. "Their basic level of understanding is so low, anything you can do helps," he added.

North Korea's economy shrank sharply after the collapse of the former Soviet Union stripped it of key trade partners and aid providers.

The North's problems were aggravated by years of bad weather and mismanagement, forcing the country to depend on aid since 1995 to feed its 22 million people.

North Korea has sent 400 officials abroad since 1990 to study economics — including capitalism and accounting, according to a South Korean report issued last week.

Governor Awards Northeast Housing Agency



Maxine Fitzpatrick, executive director of PCRI (3rd from left) and other affiliate group members were on hand to receive the Governor's Livability Award.

A Northeast Portland housing development agency has received a distinguished award from Gov. John Kitzhaber for its outstanding success in providing quality, affordable housing in North and Northeast Portland.

The Portland Community Reinvestment Initiatives, Inc. (PCRI) received the 2001 Governor's Livability Award for its two, newly built homes on Northeast 24th Avenue.

The homes, located in the

Concordia neighborhood, are available to families at 50 percent of area median income. Each of the homes has two bedrooms in keeping with the agency's client demand for 2-bedroom homes.

The homes blend in with the neighborhood because their exterior echoes the Victorian style homes that are prominent in the Concordia neighborhood.

Since its inception, PCRI has worked to provide quality, affordable homes in primarily North and

Northeast Portland. PCRI was formed in 1991 when an investor/banker known as Dominion Capital filed for bankruptcy, putting 350 families at risk of losing their homes.

Through a community effort, PCRI acquired those properties in partnership with U.S. Bank. PCRI offered homeowners the opportunity to purchase their homes with the remaining homes preserved as long-term affordable rental housing.

Potassium Can Lower Your Blood Pressure

It's no secret that eating right is one of the major ingredients of a healthy lifestyle. But studies show that increasing potassium in your diet can help reduce high blood pressure, and in some cases even prevent it.

Uncontrolled high blood pressure is the second leading cause of kidney failure in the U.S.

Dubbed the "silent killer," uncontrolled high blood pressure can go undetected for years while still damaging the kidneys and ultimately causing kidney failure if untreated. By including high potassium foods in your diet, it can actually help to lower your blood pressure; Or if your blood pressure is normal it can help keep it that way.

Potassium is a mineral found in certain fruits and vegetables. It plays a role in keeping your heart beating regularly and your muscles working right. A small list of foods high in potassium include: Bananas, oranges, potatoes, yams, spinach,

tomatoes, broccoli, avocados, carrots, dried beans and peas.

If blood pressure readings are consistently above 140/90, this is considered high for adults 18 years or older. To rule out prostate cancer, all patients with high blood pressure should have tests for PSA (prostate specific antigen) and an annual digital rectal examination. For more information, contact the National Kidney Foundation at 1-888-3KIDNEY, or log on to www.kidneyorwa.org.

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"My mama loves me so much, she protects me from colds, ear infections, headaches, asthma attacks and even cancer without lifting a finger."

How? Josiah's mother doesn't smoke and doesn't allow secondhand smoke in her home. If you smoke, take it outside. Or better yet, consider quitting. For help, call the Tobacco Quit Line at 1-877-270-STOP or The African American Health Coalition at 503-413-1850.

A message from
Multnomah County Tobacco Prevention Coalition
African American Health Coalition