

Summer Heat Brings Safety Tips Finding ways to cool down

With a long stretch of warm weather expected over the next few days, the Multnomah County Aging and Disability Services Division would like to remind older adults and people with heat sensitive disabilities to take the following precautions in hot weather.

- *Keep air circulating with fans; take cool sponge baths.
- *Go to an air-conditioned building if possible. Older adults can visit their local se-

nior center, library, or mall.

- *Wear loose-fitting, lightweight clothing. If going out, wear a hat.
- *Drink lots of water and don't wait to get "thirsty".
- *Avoid alcohol.
- *Limit physical activity and direct exposure to the sun.
- *Check with your health care provider about how the warm weather may affect your prescription drugs.
- *Contact your health care

provider if you experience prolonged heat-related symptoms, or if those symptoms significantly affect the ability to care for yourself.

Heat stroke and heat exhaustion are the most common conditions directly associated with summer heat waves. However, hot weather can also place a dangerous strain on the heart, exacerbate respiratory impairments like asthma or emphysema and a range of other medi-

cal conditions, and also affect the ability to manage chronic diseases like diabetes and hypertension.

Since air conditioning has been found to be the single most important factor in reducing heat related risks, seniors and people with disabilities are encouraged to visit air-conditioned buildings in their community if their homes do not have air conditioning. Senior centers,

Loaves and Fishes meal sites, community centers, libraries, shopping malls and movie theatres are good options. Even a few hours a day out of the heat can make a big difference.

This is also an opportunity for neighbors to check on their elderly or disabled friends and relatives during the hot weather. Since many people experiencing heat-related symptoms may be unaware that they

are having a problem, it is critical to check on elderly and disabled folks living alone or who are socially isolated.

For more information about services for the elderly and disabled, including a list of air conditioned locations, transportation services, and 24-hour crisis intervention, call Multnomah County's Aging and Disability Services Helpline at 503-988-3646 or TTY at 503-988-3683.

Support Grows for Court Nominee

Committee to vote next week

(AP) -- The Senate Judiciary Committee put off its vote on Supreme Court nominee Sonia Sotomayor for one week amid objections from the panel's conservative Republicans Tuesday, even as the judge's support among GOP moderates continued to grow.

Sotomayor would be the first Hispanic on the country's highest court if she wins confirmation by the U.S. Senate.

Sen. Patrick Leahy, D-Vt., the Judiciary chairman, said his panel would vote on Sotomayor's nomination on

Tuesday, July 28 and expressed confidence she would win confirmation by a bipartisan vote of the full Senate in time for the Supreme Court's earlier-than-usual first meeting Sept. 9.

His prediction came as Sen. Susan Collins of Maine became the latest Republican to publicly commit to voting for President Barack Obama's first high court pick.

"I know that I will not agree with every decision Justice Sotomayor reaches on the court, just as I disagree with some of her previous deci-



Sonia Sotomayor

sions," Collins said in a statement. However, she added that she believes Sotomayor "understands the proper rule of a judge and is committed to applying the law impartially without bias or favoritism."

Sens. Richard Lugar of Indiana, Mel Martinez of Florida and Olympia Snowe of Maine have all announced they would vote for the 55-year-old federal appeals court judge, while some of the most conservative Republicans, including Minority Leader Mitch McConnell of Kentucky, have said they'll oppose her.

Sen. Jeff Sessions of Alabama, the senior Republican on the Judiciary panel, said Sotomayor is still on track for a confirmation vote on a timetable slightly quicker than the one Democrats followed for acting on GOP-nominated Chief Justice John Roberts.

in Growing Despair

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state, which went toward affordable housing programs.

However, advocates argue that these efforts haven't gone far enough.

"The HUD report paints the picture of the growing struggles of low-income families in Oregon," said Elisa Aguilera, co-director of the Community Alliance of Tenants, in a statement. "Oregonians cannot keep waiting for real and meaningful investments in affordable housing."

"We're going to keep doing what we've been doing," said Commissioner Nick Fish, who heads Portland's Housing Bureau.

Fish points out that Portland is doing better than the rest of the state, which he says is evidence that the city's efforts to combat homelessness are paying off.

In January, Multnomah County conducted its own Street Count, which sent workers out to do a headcount of how many people lacked a home. It found 1,591 homeless people in the county, seventy eight of which had children.

The number of homeless people in Oregon has steadily swelled over the

years. In 2007 the state was ranked fourth in the nation, and fifth the year before.

As the economy has faltered, Oregon has hemorrhaged jobs at an alarming pace, and the unemployment rate has soared to over 12 percent, the second highest rate in the country. Oregon also ranks third in hunger.

"It's a trifecta," said Fish.

The report also noted alarming trends. The number of homeless families rose nine percent. There was also a nine percent increase in homelessness in suburban and rural areas.

Information in the report may not fully reflect the scope of the problems since its date was collected in September 2008, just as the economy was beginning to teeter.

While sitting on the sidewalk outside Powell's City of Books on Burnside Street, Davenport gently asks people if they can spare any change as they rush in and out of the store. Many walk right past, without uttering a word or acknowledging her.

Davenport hadn't heard about the report, but said that she's seen more people on the street in recent months.

"It doesn't surprise me," she said.

Police Call Arrest Regrettable

Scholar confronted

(AP) -- Prosecutors dropped a disorderly conduct charge Tuesday against prominent black scholar Henry Louis Gates Jr., who was arrested at his home near Harvard University after a report of a break-in.

The city of Cambridge, Mass. issued a statement saying the arrest "was regrettable and unfortunate" and police and Gates agreed that dropping the charge was a just resolution.

"This incident should not be viewed as one that demeans the

character and reputation of professor Gates or the character of the Cambridge Police Department," the statement said.

Supporters say Gates — the director of Harvard's W.E.B. Du Bois Institute for African and African American Research — was the victim of racial profiling.

Officers responded to the home Gates rents from Harvard after a woman reported seeing

"two black males with backpacks on the porch," with one "wedging his shoulder into the door as if he was trying to force entry," according to a police report.

Gates' lawyer, fellow Harvard scholar Charles Ogletree, said the professor had returned from a trip overseas with a driver, found his front-door jammed and had to force it open. He was already inside, calling the company that manages the

property, when police arrived.

Police said the 58-year-old Gates was arrested after he yelled at an officer, accused him of racial bias and refused to calm down after the officer demanded Gates show him identification to prove he lived in the home.

Ogletree said Gates showed his driver's license and Harvard ID — both with his photos — and repeatedly asked for the name and badge number of the officer, who refused. He followed the officer as he left his house onto his front porch, where he was arrested.



Henry Louis Gates Jr.



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