

COMMUNITY CALENDAR

New Loan Program for Child Care Providers

The Metropolitan Development Council is pleased to announce a new loan fund targeting child care providers. The Child Care Micro-Loan program is designed to provide capital to individuals who wish to start, expand or improve their child care business in Pierce and Thurston Counties. Funded by the Washington State Department of Community Trade and Economic Development, this program is part of a state-wide effort to promote child care quality and capacity.

Contact the Center for Economic Opportunity at (253) 591-7026 for application information and program details.

Swedish Co-Sponsors End-of-Life Forum

This free community forum will give people a safe place to discuss their fears, concerns and hopes about growing older, facing serious illness and facing tough questions about death and dying. Compassionate and knowledgeable facilitators will help guide the discussion.

Topics include:

- How terminally ill patients and their families can better address pain management, comfort, control and autonomy;

- How to find meaning and connection in the midst of feel-academic, artistic, and scientific ability and expertise.

The NAACP Seattle Branch conducted workshops to prepare 9th-12th grade students for the annual local competition. ACT-SO categories include Sciences, Humanities, Performing Arts and Visual Arts. Top medallists from the local competition will compete with medalists from other cities at the National ACT-SO finals.

The public is invited to join in the support and celebration of these talented young people, their hardwork, displays, artwork and performances.

Memorial Day Family Camp Weekend

Celebrate the warmer weather as a family with a long weekend at camp. Enjoy evening campfires, beach and forest hikes, archery, arts and crafts, the climbing wall, boating and more with your family on the southern shores of the Puget Sound. Meals are served family-style, and accommodations provided in rustic tree-house style, fully enclosed cabins nestled in the woods overlooking a lagoon.

Anyone who ever spent a summer at camp or wish they had may attend this event. Families of all ages and sizes—including couples without children, single parents and moms and dads with their kids—enjoy YMCA family camp weekends.

The family camp weekend will be Saturday, May 27 through Monday, May 29.

The camp will be held at the YMCA Camp Colman, located approximately 45 minutes from Tacoma and 90 minutes from Seattle or Olympia.

The cost is: Adults, \$35; children, \$30; children three and under are free. The fee includes all meals and activities. Financial assistance and payment plans are offered based on need and availability.

For more information or to register, call 206-382-5009.

Estrogen and Sleep Study

Researchers at the University of Washington are seeking women aged 55-80 for a study of the effects of estrogen on sleep, temperature and memory.

Participants must be non-smoking, 5 years or more past menopause, and not currently taking estrogen. Participants will take a low dose estrogen

pill or a placebo pill (inactive substance) once a day for 6 months. The study also involves two 72-hour stays at the UW Medical Center.

Compensation includes \$300 at the end of the study. Please call 206-221-3688 to request more information.

Summer Reading Programs For Children, Adults To Be Offered

North Seattle Community College, Department of Continuing Education has announced that it is offering a series of reading enrichment programs for four-year-olds through adults in Seattle. Classes begin the fourth week of June.

Summer reading programs for young children focus on developing phonics and reading comprehension skills. Programs for older students and adults focus on developing reading speed and fluency, while also improving comprehension, retention, study skills, and vocabulary. All of the summer pro-

grams are designed to develop a love of reading and the habit of reading for pleasure. Instructors are provided by the Institute of Reading Development. Tuition varies by program level.

For more information, or to register, call (800) 756-7447.

Study Examines Alternative Treatment for Hot Flashes

The University of Washington and the Providence Comprehensive Breast Center are seeking subjects for a study that will evaluate the use of hormone therapy to treat hot flashes in breast cancer survivors.

Researchers are looking for women ages 35 to 79 with a history of breast cancer and an average of at least three hot flashes per day. For information about participating in the study, please contact Pam Jansen at (206) 320-2731.

18th Annual P.E. Records Day And Double Dutch Challenge To Be Held

On Tuesday, May 2, some 1,500 to 2,000 Seattle School champions will meet at Chief

Sealth High School for the District's 18th Annual P.E. Records Day/Double Dutch Challenge competition. The "Best of Seattle" is the largest event of its kind in the nation.

Students from six to 18 will vie for medals and trophies in a variety of individual and team physical education events. At mid-court, between 30-40 double dutch teams will perform to the latest hip hop, rock, and salsa hits. Five of these teams are "world class."

Along with their individual talents, the majority of these students are Presidential Fitness "Hip To Be Fit" Award winners. The visual event will capture the excitement of winning and working together. It's an opportunity for students to strut their stuff while attempting to set a new personal, School, or District record.

NAACP Celebrates Talented Youth At ACT-SO Ceremony

On Saturday, May 6 at 4 p.m., the NAACP Seattle Branch presents the ACT-SO

Final Competition and Awards Ceremony at Sharples School, 3928 S. Graham St. This year's event features several aspiring African American scientists, writers and artists from Seattle-area high schools.

The Afro-Academic, Cultural, Technological and Scientific Olympics (ACT-SO) is a major youth initiative of the National Association for the Advancement of Colored People (NAACP). Founded in 1978, ACT-SO provides a forum through which African-American youth demonstrate

ings of isolation and abandonment; Tools and resources for coping with end-of-life issues. The event is co-sponsored by Swedish Medical Center Home Health and Hospice, Hospice of Seattle and the End of Life Consensus Coalition, a statewide group of health-care, hospice and civic organizations whose purpose is to create opportunities for discussion and information sharing about end-of-life issues within our community. The coalition's lead organization is the Washington

State Medical Association. It will be held Wednesday, May 17, 6:30 to 9 p.m. at Providence Medical Center, Layton Room, 500 17th Ave., Seattle.

There is no charge for this event. To register call (206) 215-2928 and leave a voice mail message.

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