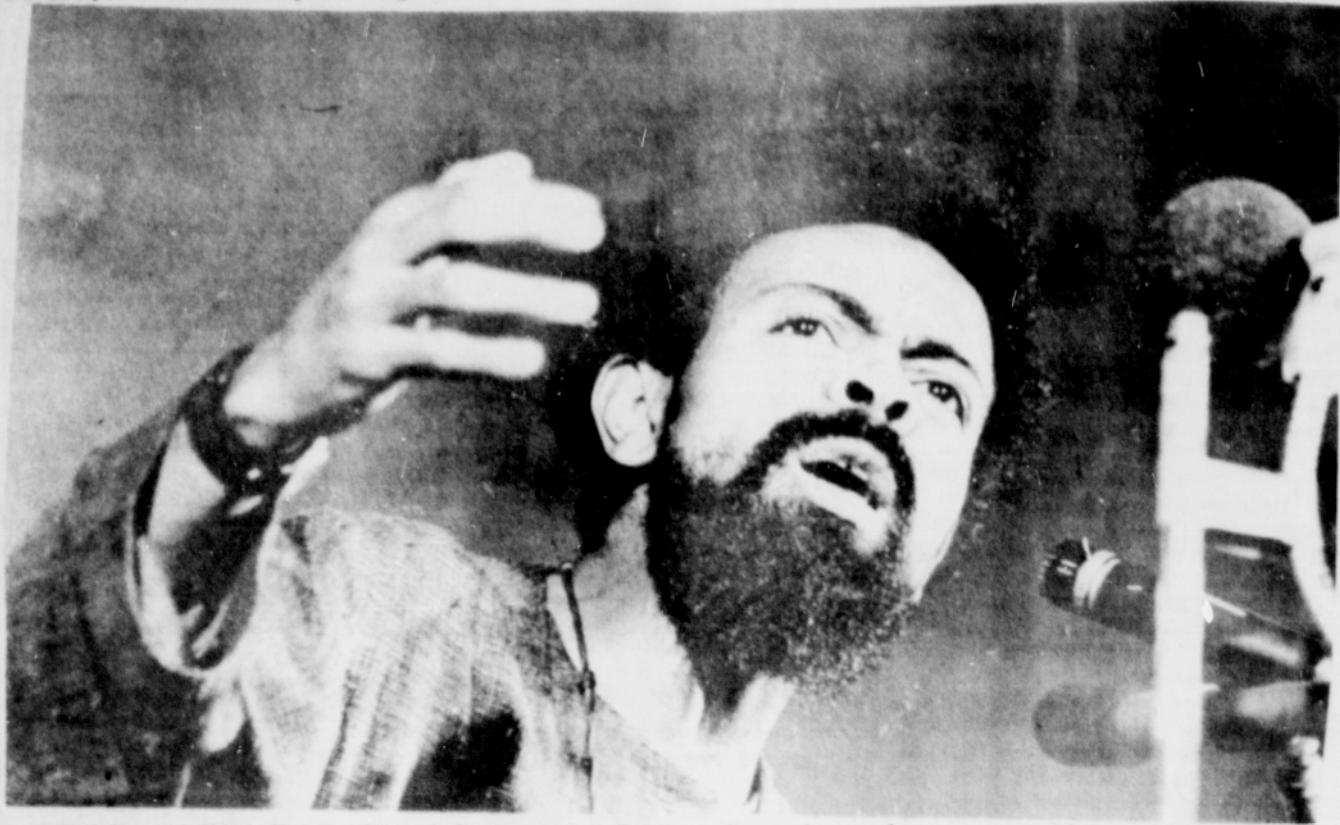




IMAMU AMIRI BARAKA (playwright LeRoi Jones) condemns manifestations of cultural prejudice in the second of two programs on white racism in the U.S., on "Black Journal," Wednesday, December 21 at 10:30 p.m. over KOAP-TV, channel 10, Portland.

Black paper on white Racism

Six black scholars and philosophers will investigate institutional racism on the program Black Journal on KOAP-TV Channel 10, Portland, and KOAC-TV Channel 7, Corvallis. The two-part study will be presented at 10:30 p.m., Tuesday, December 14, and 10:30 p.m., Tuesday, December 21.

Part 1 - Racism in history, education and Christianity

(Dec. 14, 10:30 p.m.) Panel: Rev. Albert Cleage, pastor of the Shrine of the Black Madonna, Detroit; John H. Clarke, associate professor of African and Afro-American history at Hunter College; Preston Wilcox, head of the educational workshop of the Congress of African People.

Comment - Rev. Cleage, an advocate of Black Christian Nationalism, takes issue with

the church's concept of Jesus as a white man.

Professor Clark points out that a root of white racism, which served as a basis for the slave trade and colonialism, was the papal bill of 1455 which authorized the servitude of all infidels -- most of whom were non-white and non-European.

Preston Wilcox believes the "clearest evidence of racism is the essential control over black education."

Part 2 - Racism in culture; colonialism and imperialism, and personality development (December 21, 10:30 p.m.) Panel: Imam Amiri Baraka (LeRoi Jones); Dan Watts and Dr. Alvin Poussaint.

Conversation

WITH Carolyn

Christmas at Alpenrose Dairyland is a time of fun and festivities! From the time you drive up to the large parking lot at 6149 S.W. Shattuck Road, an atmosphere of excitement prevails.

Nearby is a long, white, covered "station" platform, where many gaily dressed people and their children are waiting for the sleighs to roll in. There they come -- the famous Alpenrose Shetland ponies, so famous in summer for free rides in the parks are harnessed in teams to sleighs on wheels, each with a young driver. From 8-12 passengers board each sleigh, and are whisked away to the sound of the merrily jingling bells of the ponies -- past a beautiful fountain spraying high in the air, along the road to a large plaza of gleaming white buildings decorated gaily for the festivities.

What to do first! Everything is waiting. Perhaps the most famous is Storybook Lane, in former years at the Lloyd Center, and for the past several years in S.W. Portland Dairyland. Everything is free. As the line enters the building, a long lane of snow-white Christmas trees greets the eye. In back of a small fence are tiny houses for the animals each with a verse something like the following: "The Golden Goose slept on his nest of hay, dreaming of feasting on Christmas day." A real live, soft grey sleepy donkey to pet, and baby pigs and rabbits and woolly sheep. Even ducks are swimming on a pond. All is suitable to a child's taste, and they may pat the animals and delight in them to their heart's content.

Next the children may see Santa in person, and whisper to him their secret longings. He even has small treats for them, if they have been good. Nearby are his ponies, which they may ride. There are many Santa's workshops to visit -- one where you may dip your

own candles in many colors, and a gift shop with handcrafted items for sale, where you may see the artists at work. Then there is the Cookie Shop, with all sorts of old-fashioned cookies and gingerbread men, and many candies too. There is also an old-fashioned ice cream parlor if you are hungry, or popcorn balls, pink and white, or cotton candy at the refreshment stand. Youth for Christ members help in the sales, and proceeds go to a worthy cause.

Other exhibits are the Doll House, started by mother Cadanu several years ago. It is a fulltime job, collecting the hundreds of dolls of all races and nationalities, and ranging from princesses in their finery to simple handmade dolls long loved by little girls. There is also a history of the collection. There is also a blacksmith in his own building, for the boys, busy with his forge shoeing Santa's ponies. Also there is a collection of antique autos and cars, including many from the Jack Brandis collection of autos.

A living nativity pageant, "A Night of Miracles," is presented hourly in a real stable, with live players and animals. Also you may see movies at the Opera House, and sit on a ball of hay while you see a special Christmas story. Rusty Nails, one of the most popular of the entertainers, has his own puppet house in the center of the plaza. Children sit right on the stage, and all ages gather around for his special story of the villain fox, and the heroes of his story. He even comes out in person afterwards, to greet the youngsters and talk to them.

All these festivities may be seen now thru Christmas from 6-9 pm Fridays, 2-5 pm and 6-9 pm Saturdays, and again 2-5 pm Sundays. For the real spirit of Christmas, visit Alpenrose this season.

Common plants poison

People may die from eating common plants including both outdoor plants and those often grown in homes and school rooms.

Doctors who recently treated a woman patient for seven days after she hit into the stalk of a dieffenbachia bush were amazed to find the plant growing in their own home and in many public places. This plant is sometimes called dumb cane because the stalk contains crystals of calcium oxalate that become imbedded in the tissues of the mouth and tongue, causing severe swelling and striking the victim speechless. Swelling of the base of the tongue could block the air passage to the throat, which could cause death. This plant is also known as elephant ear.

The U.S. Public Health Service reports that about 12,000 children every year chew or swallow potentially poisonous plants. A recent study conducted in a large metropolitan area disclosed that out of 100 children poisonings in the area, 10% of them were caused from eating toxic plants, and more than half of the parents did not realize the plants were dangerous. Who would suspect, for instance, the pretty oleander bush which grows indoors could kill a child who merely ate one leaf from the plant. People have died merely from eating steaks that were placed on oleander twigs and toasted.

Potions from Mountain Laurel were used as a means of suicide by Indians many years ago. One leaf of the poinsettia could kill a child, and tea made from mistletoe berries has killed adults.

Poison is found in many different types of plants, and those with bright colored berries are often lethal. Fruit trees should also be suspected since twigs of cherry trees release cyanide when eaten.

PEPI'S BOTTLE SHOP
Let PEPI'S BOTTLE SHOP be your headquarters for champagne, wines, mixers... at the lowest prices in town

Lloyd Center - Next to the Liquor Store
PEPI'S One and Only Store
Open 9:30 a.m. to 9:00 p.m. Daily
Sundays: Noon to 4:00 p.m.

281-2731

Figurine Shaping Studio
The Perfect Gift for the woman you love.
Give her a perfect shape
Give her a gift membership at Figurine
Ship at Figurine
(Men's course starts in January
Treat yourself, too)
Special gift rates available
Call for information

Figurine
SHAPING STUDIO
285-0495 4940 N. Lombard

Your ticket to the big game:

2¢...including transportation

You want to see the big game. So what do you do? Just switch on your TV set. And see more of the action than most of the men on the field. You've got the best seat in the house--for about 2¢ worth of electricity per game.

Sound like a pretty good deal? It is. Electricity. It's a bargain. And we know that bargains are hard to find today. Almost as hard to find as enough leg room in the grandstand.

Pacific Power where we make the electricity that makes things nicer for everybody.

Lecithin, The Life-Giver

by Kay L. Haraguchi, R.N.

In these days of worry over the high cholesterol content of our diets and its possible relationship to heart disease, it's nice to know of a food substance which actually lowers the blood cholesterol level. This substance is lecithin. In the body lecithin acts as a fat emulsifier; that is, it breaks down fat in the blood stream. Lecithin has also been found to be a major building block of brain and nerve tissues and of the male reproductive fluid. As the body ages, its ability to use dietary fat decreases. Adding lecithin to the diet under experimental conditions has enabled the blood level of fat to become normal after a meal as rapidly in older persons as in the young. This indicates that including lecithin containing foods in our menus may help to avoid heart attacks thus prolonging the years of vigorous life.

Eggs, although high in cholesterol are also high in lecithin. They contain many of the important B vitamins. If fertilized, they contain vitamin E. These vitamins are extremely beneficial both to the nervous and circulatory systems, so unless your doctor recom-

mends it, do not limit eggs in your diet.

While lecithin can be purchased in capsules and in granule form at health food stores, a wise cook can add it to her family's diet by making use of the soy bean. Soy beans are just about the highest natural source of lecithin. Use soy bean oil instead of shortening or lard when cooking. Soy flour is a good addition to breads, muffins, etc. Simply substitute part of your usual flour for soy flour. Use soy bean dishes and casseroles. They provide complete protein in addition to lecithin, which

makes them an excellent meat substitute. Japanese people make a cheese, called tofu, from soy beans. It is available in Japanese food stores along with recipes for its use. Many young people in the U.S. have been found to be afflicted with high blood cholesterol levels because they consume so many saturated fats. Don't take chances with your health or the health of your loved ones. Follow some of the above suggestions. You'll find mighty good eating and reap the rewards of better living.



LOUISE MERIWETHER, author of the recently published Daddy Was a Number Runner (Prentice-Hall, Inc.) is a staff member of the Watts (Calif.) Writers' Workshop. She is a native New Yorker and a graduate of New York University who migrated to California and worked as a reporter for the Los Angeles Sentinel, a black weekly. She has been a story analyst at Universal Studios, and her short stories and articles have appeared in Antioch Review, Negro Digest (now Black World), Frontier, (now merged with The Nation) and Sepia. She holds a master's degree in journalism from the University of California at Los Angeles and says she did her journalism career backwards: "I worked as a journalist first and then went back to school for a higher degree." She has moved back to New York City with her mother, Julia Jenkins and brother, Kenneth Jenkins. "A swinging family who share every bit of the book with me."

PCC teaches Culinary Arts

The Culinary Assistant Training Program at Portland Community College provides training and practical work experience for slow-learning students. Currently, 15 students who have been recommended to the program by agencies, parents, or friends are training for positions as kitchen support personnel. At the completion of the course, the students will be qualified to work as bakery assistants, fry station assistants, waitresses, bus boys or girls, dishwashers, or in simplified food preparation.

Instructor for the new PCC program is Ruth Kaiser who has worked for 10 years with slow-learning students in Multnomah County Schools. Through experience, she has developed successful methods for teaching slow-learning students to find and to hold jobs. All situations the students will encounter on-the-job are explained, discussed, and reinforced through visual aids. Mrs. Kaiser varies each lesson to stimulate student interest. Personal appearance, responsibility to employer, and attitude while on the job are

subjects she emphasizes. Mrs. Kaiser believes her students should be prepared for the realities of the work world. To supplement time spent in class, students work in the PCC eating areas. As evidence of the success of Mrs. Kaiser's straightforward approach, her students were bussing dishes along after just three weeks in the program, and after one month the class was responsible for running the dishroom in the PCC cafeteria.

Each student is evaluated weekly in four areas: performance; courtesy; appearance; and punctuality. When Mrs. Kaiser certifies that a student has been trained as a culinary assistant, the student then has an on-the-job working experience in the kitchen of the Parry Center, training center for exceptional children in Portland. Following this work experience, students return to PCC for help in finding jobs in the community.

The Culinary Assistant Program at PCC is funded by a grant from the Oregon Board of Education. For more information, contact Loyal Buraker, PCC Coordinator of Food Services, 244-6111.

Dance class at PSU

Looking for an unusual Christmas gift? What about giving someone special a Saturday dance class beginning winter term at Portland State University?

Maranee Rhea, assistant professor of dance, has just announced that registration is open for Saturday dance classes beginning January 8 and extending for ten weeks through March 11.

Classes for adults are available in belly dancing, Spanish dance, ballet, tap, jazz, modern and Renaissance and Baroque. For children, there are classes in ballet and creative dance.

In addition to Mrs. Rhea, guest teachers include Seila Van Buskirk, soloist at Athens West and formerly from Morocco; Cornelia Cerf, associate professor of Spanish and dance at Marylhurst College; Tina Underwood of the Portland Ballet School; Ann Bruner of the Portland Dance Theater; Timothy Swaine, co-director of the Early Music Calliope; Mary Kirkendall of the Portland Park Bureau; Mary Foberg, Jefferson High School; and Judy Massey, Reed College.

Participants may enroll in the entire Saturday workshop or choose just one class. A family rate is available. To obtain a registration form, contact the PSU Health and Physical Education Department.

Cookie dough in the freezer is like money in the bank -- right there when you need it. When guests drop in, treat them with fresh-baked cookies within minutes of the time the doorbell sounds. To freeze refrigerator cookie dough, wrap rolls in moisture-vapor-proof wrapping, ready-to-slice. Rolled or drop cookie dough may be placed in a freezer container or simply wrapped in moisture-vapor-proof material. Thaw unopened in the packaging for several minutes, or until the dough is soft enough to handle.

SQUASH PIE WITH TOPPING

- 2 packages (10 oz. each) frozen summer squash
- 2 envelopes (2 tablespoons) unflavored gelatin
- 1/4 cup cold water
- 1/4 cup boiling water
- 1/2 teaspoon pumpkin pie spice
- 1/3 cup instant non-fat dry milk powder
- 3/4 teaspoon vanilla
- Artificial sweetener to equal 10 teaspoons sugar (or to taste)
- Topping (see below)

Cook squash according to package directions. Pour cold water into blender and sprinkle gelatin over it to soften. Add hot water and blend. Add squash and remaining ingredients to blender and blend until smooth. Pour into individual foil tart pans (or custard cups) and place in a shallow baking dish. Add hot water to about 1/2 inch depth and bake at 350° F. for 30 minutes or until firm. Pie may be served warm or chilled. Serve with topping. Makes 4 servings.

TOPPING

- 1/2 cup chilled evaporated skimmed milk

OATMEAL GINGERSNAPS

Makes about 4 dozen

- 3/4 cup shortening, soft
- 1 cup firmly packed brown sugar
- 1 egg
- 1 cup sifted all-purpose flour
- 1/2 teaspoon salt
- 1/2 teaspoon ginger
- 1 teaspoon cinnamon
- 1/2 teaspoon cloves
- 1 cup quick or old fashioned oats, uncooked
- 1/2 cup flaked or shredded coconut
- 1/2 cup chopped nuts

Heat oven to moderate (350 degrees F.). Beat shortening and sugar together until fluffy. Add molasses and egg; beat well. Sift together flour, salt, soda, ginger, cinnamon and cloves. Add to shortening mixture, mixing well. Stir in oats, coconut and nuts. Drop by teaspoonfuls onto greased cookie sheets. Bake in preheated oven (350 degrees F.) about 10 minutes.

Prices Good thru Wednesday, Dec. 1, thru Friday, Dec. 24.

Fred Meyer
Walnut Park
Only the highest quality drugs are used in our pharmacies -- no substitutes. The only difference in prescriptions is price. Join the thousands of people who are taking advantage of our low prices.

Magic Shave Powder
5 oz. **54¢** each
The dry way to shave.

Magic After Shave Creme
1.8 oz. **49¢** each

7 oz. Posner Bergamot
\$1.75

Magnificent Oil Sheen Conditioner
10-oz. **\$1.50**

Royal Crown Pomade
6 oz. **69¢** each

Open 9am to 10pm ... 7 days a week. Always plenty of free and easy parking.

Silky Strate Creme Hair Straightener
Regular for fine to medium. Gentle for fine. **\$3.25** each

Johnson's 7 oz. Afro Sheen Spray
For the natural **\$1.50** each

Ultra Sheen 2 oz. Creme Satin Press
\$1.20 each

Fred Meyer
Shopping Centers

Something for the Car

DAM AUTO PARTS
AUTOMOTIVE PARTS & ACCESSORIES
710 N.E. KILLINGSWORTH STREET
287-1254
MON-SAT 8 a.m. - 7 p.m. 770 N.E. KILLINGSWORTH STREET

POOL TOURNAMENT POOL

IF YOU ARE NOT THE BEST AT POOL, THEN COME SEE THE BEST AT MARTTIS GARDENS POOL TOURNAMENT. PRIZES FOR ALL MEN AND WOMEN. MEN'S TOURNAMENT WED. DEC. 15th AT 8:00 P.M. PRIZES! LADIES TOURNAMENT THURS. DEC. 16th AT 8:00 P.M. REMEMBER, PRIZES FOR ALL!!!

TOURNAMENT POOL

MARTTIS GARDEN'S
3626 N. MISSISSIPPI 284-9783