

Wiener appointed to school board

Civic leader Phyllis Robideaux Wiener succeeds Frank A. Case on the Portland Board of Education.

Mrs. Wiener, 325 N.E. Couch St., was appointed by the seven-member board during its regional business meeting Dec. 20 at Clarendon Elementary School.

Presently one of nine members of the board's Area 3 Citizens Advisory Committee, Mrs. Wiener on Jan. 1 will begin completing Case's term of office in Position 3. Case earlier cited ill health as his reason for resignation from the board.

Mrs. Wiener said she intends to seek election to Position 3's four-year term of office. That office and Positions 1 and 2 come up for voter decision in the May 23, 1972 primary election and run from next July 1 to June 30, 1976.

Mrs. Wiener and her husband, Robert J., have two children: Robert J. II and Stephen R. They have resided in Portland since 1947.

A native of Minot, N.D., Mrs. Wiener has a bachelor of arts degree from the University of Minnesota and a master of arts degree from Portland State University.

Active in Portland education circles for 21 years, Mr. Wiener has been a member of the Portland Citizens School Committee since 1950 and an executive board member of the National Committee for Support of Public Schools since 1963.

Mrs. Wiener served as an officer of both Laurelhurst Elementary and Washington High School Parent-Teacher Associations and also was an executive board member of the Portland Citizens Committee for Public Schools in 1954-56.



Her other education-oriented activities include serving as a consultant to the Oregon Education Association and to the U.S. Health, Education and Welfare Department Title V's Elementary and Secondary Education Act on Project Public Information. She also was Multnomah County chairman of the League of Women Voters and served on the national legislative committee of the American Association of University Women from 1961-67.

Heart Association gives symptoms

A profile of a "prime candidate" for a stroke due to closure of an artery in the brain has been sketched by the American Heart Association. It includes "risk factors" that make a person stroke-prone, and points out that high blood pressure is "the most common, most potent" risk factor found in candidates for stroke.

"Since a person may have high blood pressure for many years without feeling any symptoms, periodic medical checks are encouraged so that, if necessary, treatment can be given before blood vessels in the brain are damaged," remarked Dr. Marvin Schwartz, Oregon Heart Association president.

The profile is contained in a statement prepared for the medical community by a nationwide panel of experts serving on the Association's Council on Cerebrovascular Disease. "The findings commonly associated with increased risk of stroke," added Dr. Schwartz, "include:

1. High blood pressure.
2. A history of brief, short-lived "small strokes."
3. A variety of heart abnormalities which can be detected by medical examination and x-ray.
4. Evidence of hardening of

the arteries in other parts of the body; the heart, neck and the legs.

5. Diabetes.
6. Increased levels of blood cholesterol and other fats.

"The risk of a stroke mounts rapidly the more of these risk factors a person has," he commented. Other less well documented risk factors include:

1. Cigarette smoking.
2. High levels of red blood cells.
3. The presence of gout.

The statement prepared by the Council, stresses the importance of correcting all these risk factors in an attempt to prevent stroke. It adds that there are many reasons to believe that stroke is not an inevitable accident of nature, but is the end result of a chain of events set in motion many years earlier and the earlier these events can be corrected the better.

The Council's report appeared in the September-October issue of the Heart Association publication, "Stroke - A Journal of Cerebral Circulation". Additional information on Stroke can be obtained from the Oregon Heart Association, 1500 S.W. 12th Avenue, Portland.

McCoy board vice-chairman

Mrs. Gladys McCoy has been selected Vice-Chairman of the Portland Board of Education. She will assume her new post on January 1, 1972. Mrs. McCoy, a board member since July 1970, is the wife

of William McCoy and the mother of seven children. A graduate of the Portland State University School of Social Work, she teaches at Pacific University.

Robert L. Ridgley, a lawyer, will head the seven-member board until June 30. He has served as vice-chairman for the past six months.

A board member since 1966, Ridgley is serving his second term. He is also president of the Oregon School Board Association and is a director and a member of the executive committee of the National School Board Association. He is an elected trustee of Cornell University.

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Tree Talk news from Western Forestry Center

One tree has the cooling effect of five air conditioners. Noise levels are measurably reduced by green belts 100 feet wide.

One acre of growing trees will scrub clean the air polluted by eight automobiles during 12 hours.

The same acre will absorb the carbon dioxide produced by 50 automobiles during 12 hours.

A green belt less than 300 feet wide will produce the same effect on the atmosphere

as a one-mile increase in altitude.

CAUTION - WOOD SCULPTORS AT WORK

Wood-scrap sculpting is a popular activity offered to youngsters at the Center on weekends. A great deal of high art - some as high as three feet has emerged from the fun. Children 10 and under are not charged for admission but are asked to pay 15¢ to cover the cost of (non-aromatic) glue. Wood scraps

have been donated by the Contact Lumber and Pine Box Companies.

TABLE OF MYRTLEWOOD

A magnificent myrtlewood table is housed in the Colonial Room at the Western Forestry Center. The table was built for the Lewis and Clark Exposition of the 1905 fair and was donated to the Center by the Portland District Council of Carpenters.

Many myrtlewood products are being sold in the Center's Forest Store.

WOODEN PLATES ARE BEAUTIFUL

Have you ever seen pink ivory wood from South Central Africa? Or Pochote? Or black bean wood? These and several hundred other unusual wood species have been collected and hand-worked into plates by the retired Deputy Supervisor of the Gifford Pinchot National Forest, Jim Langdon. The plates

are on permanent loan to the Center. Mr. Langdon acquired most of his wood on a trade basis through the International Society of Wood Collectors

(and would be glad to personally talk to WFC members who are interested in getting in on a swap.) His purpose in making the plates is, in his own words "to bring out the beauty and character of the various woods." On your next visit to the Center, better reserve 20 minutes or more for this special treat.

New procedure on food stamps speeds process

Retailers currently authorized by the United States Department of Agriculture to accept food stamps are being reauthorized and assigned new numbers.

Charles M. Ernst, regional administrator of USDA's Food and Nutrition Service, said the reauthorization is necessary to achieve automatic data processing of redemption certificates sent to banks for credit to the retailer's account.

Previously, these certificates were then sent by banks to the local food stamp office where a transaction record is maintained. This involved individual handling of thousands of redemption certificates monthly, and with full implementation of automatic data processing by March 1, 1972, this manual work will be eliminated.

Computers will pre-print the store's name, address and authorization number on the redemption certificates, requiring the retailer only to fill in the value of food stamps transactions, sign and date the card.

In Los Angeles County, and three counties in Washington, (King, Pierce and Snohomish), participating grocers already have been authorized and assigned new numbers.

Cold seasons cause complaints, it is the snappy seasonings that nature occasionally puts in the winter fare.

Soup-N-Sandwich Time is here

Now that the cool, crisp days of autumn are here, it's time to serve hot and hearty soups. Nothing warms and satisfies quite like soup, whether it's the first course for a full dinner or the partner for a sandwich at lunch. Here's a soup and sandwich meal with several variations including a do-it-yourself sandwich and a soup you can serve several ways.

If you've never made your own soups, Hearty Split Pea Soup is an excellent one for a starter. It's easy and the results are delicious. This is the good old-fashioned kind cooked with a ham bone, onion, carrot and celery. It's also endowed with some more unusual herb seasoning - bay leaf, thyme and rosemary.

Do-It-Yourself Sandwiches are the perfect go-along with a tempting platter of Swiss cheese, sliced chicken, tomatoes, bacon strips, rye bread and garnishes. Center it with a bowl of Mock Thousand Island Dressing made with tangy, smooth dairy sour cream, chili sauce, chopped pimiento-stuffed olives, paprika, chives and chopped hard-cooked eggs. It's a diner's choice, as each person puts together the kind of sandwiches he likes best and tops it with the zesty dressing.

The basic puree can be made into four different flavored soups. There will be extra puree which can be frozen in serving portions for the family to enjoy homemade soup at other times. Try each of these flavor combinations - you'll be hard pressed to choose a favorite. Simmer the puree with milk, a diced ripe tomato and a pinch of tomato-enhancing basil. Or combine it with milk, diced frankfurters and shredded

Provolone cheese. A third variation calls for the velvet smoothness of dairy sour cream, plus milk, diced ham and a sprinkling of chives and Parmesan cheese. Simplest of all just add milk and diced ham to the basic puree.

HEARTY SPLIT PEA SOUP

- 4 cups (2 lbs) dried green split peas
- 2 quarts water
- 1 ham bone (3 lbs) with meat
- 2 cups chopped celery
- 2 cups chopped carrots
- 2 sprigs parsley
- 1/2 teaspoon coarsely ground pepper
- 3 bay leaves, crumbled
- 2 teaspoons salt
- 1/2 teaspoon thyme
- 1/2 teaspoon rosemary

Place peas in large saucepot with water; cover and boil gently 2 minutes. Remove from heat and let stand 1 hour. Add ham bone, celery, onion, carrot, parsley, pepper, bay leaves, salt thyme and rosemary. Cover and heat to boiling; reduce heat and simmer about 2 hours or until peas are very soft stirring occasionally. Remove bone; sieve soup. Trim meat from bone; dice and refrigerate separately. Makes approx. 10 1/2 cups puree.

Soup Variations: ...

TOMATO

- 4-1/2 cups puree
- 3 cups milk
- 3/4 teaspoon basil
- 2 medium tomatoes, diced

In saucepan combine puree,

New Beauty

So far in this column I have discussed relaxation and some of the vitamins we all need. Other articles on nutrition and exercise will be included in this column in order to point the way to improved health and beauty. From time to time other topics will be discussed. Each in its own way will lead you further down the path to true beauty.

True beauty is so much more than a pretty face, good grooming, attractive clothing and a shapely figure. It is all of these outer attributes plus inner beauty. Inner beauty comes from glowing radiant health that gives a gloss to the skin, a gleam to the eye, a cherry outlook. And inner beauty also comes from a beautiful spirit.

Try at this time of new beginnings to spend five minutes each day beautifying your inner self. Feed it with thoughts, pictures, and concepts of beauty, peace, freedom, pride. Free your inner self to grow. The beauty you will thus acquire will radiate from you and attract to you that which is for your own good.

If an improved figure is on your list of New Years musts, drop into Figurine Shaping Studio, 4940 N. Lombard. Try a guest visit without obligation. At Figurine, beauty is a way of life.

Have a Happy Healthy, Beautiful New Year!

Kay Haraguchi

YMCA has special swim schedule

The North Portland YMCA will have a special swim schedule for the week of December 27 - December 30, 1971. All Youth Swim Classes are cancelled. Youth Recreation Swims are scheduled from 1:30 to 5:30 p.m., Monday through Thursday. All Youth are invited to participate in the youth swims.

The North Portland YMCA will be closed December 24, 25, and 26 for Christmas holiday and December 31, January 1, and 2 for the New Years holiday. A new winter and spring swimming schedule will be in effect starting Monday, January 3, 1972.

The regular Pool Schedule will be followed for the evening hours during the week of December 27.

The YMCA has made available for rental to youth groups the time of 7:30 - 9:00 p.m. during the holiday week. Questions about the rental of the pool may be directed to the North Portland YMCA, at 282-5517 now to make sure the desired time will be available.

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