

Oregon Association of Colored Women's Club  
**Annual Scholarship Tea**  
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 at the residence of Mr. and Mrs. John Paris  
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## Media assists Model Cities business

by Harvey Rice

1968 was the planning year for the Model Cities Program in Portland. During that year many meetings of the Model Cities Employment and Economic Development Committee were held. After several meetings, a number of sub-committees were formed. One was the Business Development sub-committee.

The basic problem that the sub-committee identified was that of how to (1) increase the number of well managed and financially strong businesses in or near the area to provide jobs for residents and (2) expand light industry and small businesses to be owned and managed by residents of the Model Cities area.

While the sub-committee was studying and refining its goals and approaches, members attended a number of meetings of the city's poor held at the various public schools in the Model Cities area. Also present at these meetings were representatives of the Small Business Administration, the Federal Economic Development Office, the State Economic Development Office, the Oregon State Employment Service, Pacific Northwest Bell, the U.S. Department of Commerce, the First National Bank of Oregon, the United States National Bank of Oregon, the Urban League, and the Governor's office. Out of

these meetings, and out of discussions with the Small Business Administration, the idea of a community development corporation began to take shape. Such a corporation could be very advantageous in the effort to sponsor and encourage new business formation within the Model Cities area.

Early in 1969 a committee was formed to establish a community development corporation and to get it funded. Since community organization of this type was (and still is) somewhat politically controversial, the funds from HUD were channelled through the Portland City Council. Mayor Shunk therefore appointed a task force to assist the Model Cities Economic Development Working Committee by re-evaluating the scope of the program and refining the component for resubmission and implementation during the 1971-1972 action year.

In the early part of 1970, upon the recommendation of the City Council, a board of directors was chosen for the development corporation.

The operating agency that was eventually chosen was the Metropolitan Economic Development Industrial Alliance, Incorporated (MEDIA Inc.).

Media provides both technical and financial assistance to area businessmen. Technical assistance is provided by MEDIA staff members who are experienced in various areas of management, economics and accounting. Financial assistance is provided in several ways. The chronological development of the Community Development Program discussed thus far has been what might be described as the formative period of the program. Next week this column will review some of the actual accomplishments in the economic development of the Portland Model Cities area since the beginning of the community development program.



## Esquires hold dance

The Royal Esquire Club of Portland, a men's service and social club, will hold its 7th Annual Fashion Show and Dance on Sunday, April 15th. The dance and fashion show will be held at the Sheraton Hotel from 5:00 to 9:00 p.m. George Allen will provide the music. The show will highlight the decade of the

1940's, telling a chronological story of events across the nation. Authentic recordings of the Joe Louis - Max Schmelling fights and movies will be included.

The fashion feature is the "Fabulous Forties" with guest model Vashti McKenzie. Make-up is under the direction of Adrien Arpel representative, Kris Smith.

## Doctor warns parents

Portland pediatric cardiologist Dr. John Bussman issued a warning to parents that they may be leading their children to heart attacks or strokes 15, 25 or 35 years from now. In an interview on Portland's KWJJ radio, Dr. Bussman said that our parents may be the culprits responsible for heart attacks of our 20, 30, 40, etc., year-olds' today.

Dr. Bussman reported that research findings have indicated that our children do not always get the right types of foods, nor do they exercise adequately. Far too many infants studied have shown a considerable buildup of fatty deposits within the arteries. Foods high in cholesterol have been found to increase the growth of these fatty deposits. This growth, often referred to as hardening of the arteries, is one of the major reasons why the blood supply is blocked to the heart or the brain, causing a heart attack or stroke.

Children who are raised on high cholesterol foods will probably continue to eat this type of food, thus subjecting their children to foods which tend to increase the rate of hardening of the artery development.

Dr. Bussman said it is also important to identify those children at an early age who are born with a metabolic

factor that causes an accelerated growth of hardening of the arteries.

Dr. Bussman also commented that if we do not force our children outside to run and play, we may be doing them a further disservice. Studies have shown that physical activity builds and strengthens the heart to better accept the increased burden of high blood pressure, stress situations or even a heart attack. The tendency toward exercise in later years seems to be related to the active child during formative years.

Dr. Bussman, who is a member of the Board of Directors and is Chairman of the Community Service Section of the Oregon Heart Association, states that Heart Association research has shown that overeating, especially foods high in cholesterol, and lack of physical activity are two of the most important factors we should watch in our children. Heart Association research has also revealed that cigarette smoking can increase your risk of heart attack and stroke.

The more of the risk factors which you possess - overweight, smoking cigarettes, not exercising, high cholesterol levels, or high blood pressure - the greater your risk of heart attack or stroke.

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## Clinic eases legal problems

by Dan Thompson

The Albina Legal Clinic, located at 2509 North Williams, near the corner of Williams and Russel, reopened its doors Wednesday, January 3, 1973, after closure

due to needed repairs. The Clinic is regularly open on Monday and Wednesday evenings, 5:30 to 8:30 p.m. Staffed by volunteer attorneys, the Clinic offers free legal advice and counsel concerning any legal advice and counsel concerning any legal problem, including criminal charges. If help is needed beyond immediate legal advice, it may be provided free to the poor and at minimal cost to those who can afford to pay.

Eliminating potential sources of legal disputes and crises through planning and advice is also a service of the Albina Legal Clinic. Attorneys will be pleased to read contracts before they are signed, or to discuss with interested persons the law concerning landlord and tenants, collections and garnishments, domestic relations, probate and estates, or any other areas of concern.

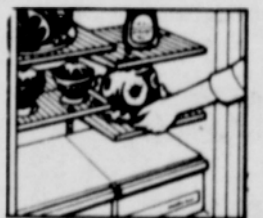
The Albina Legal Clinic staff is also interested in talking about the law and how it affects local residents. Anyone may drop in the Clinic for literature about the law or for information concerning services available from other social agencies in the community.

The Albina Legal Clinic was founded in 1970 by Legal Aid Attorneys who felt that by bringing residents of Albina in contact with lawyers who are willing to counsel and represent them, barriers of distrust and misunderstanding could be eliminated.

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