

NEW NEWS

by Rosemary Allen

Where is the loud protest from college campuses of yesteryear? Was it just a fad or were students really concerned with social change? Observing the quiet introverted activities of college students today, one might assume that the militant fever of the 60's has been gradually cooled by reality.

Yet, there seems to be, under that surface of coolness a mounting movement of students silently and many times individually trying to change those yet evident social evils. Many students have decided that it is no longer important to shout disapprovals. They have found, once again, 'Action speaks louder than words'.

At the age of 21, Linda Scott began to get the feeling that she was getting old and should be about what she really wanted to do in life. At that time she was working as a secretary for Coast Janitorial. Previously, after high school graduation, Linda had attended Portland State University. But at that time college to Linda was just a fad type thing, and not of real importance.

Seriously thinking of her future now, Linda decided to continue her schooling. "There aren't very many Blacks in the field of Corrections," Linda explained as part of her reason for majoring in Criminology. "When you mention to someone that you're interested in corrections, immediately they say 'Oh, you want to be a policeman'. I would like to be in an administrative type position, a warden or something on that level," Ms. Scott explained. Linda believes more



LINDA SCOTT

Blacks should try for administrative positions because there are plenty of Blacks in the penitentiary who badly need understanding and sincere concern.

Ms. Scott is now an Assistant Parole Officer for Multnomah County, while attending Portland State University full-time. She visits the women's jail once a week. "I help them in any way I can," said Ms. Scott. Many of the girls have almost no education, so I try to help in that area."

The women at the prison expressed a need for information and instruction in hair care. Ms. Scott contacted Fashion Wheel, a beauty parlor in Northeast Portland, which then volunteered its help by weekly sending out a hair stylist to the jail. Ms. Scott is also trying to help provide GED information and counsel on clerical training.

Ms. Scott received the motivation and inspiration to

Parent-Child Funded

The Department of Health, Education and Welfare has approved a one-year grant of \$175,000 for the Portland Metropolitan Steering Committee's Parent-Child Services Program.

U.S. Senator Bob Packwood (R-Ore.) telegraphed the approval to PMSC Executive Director Cleveland Gilreese. The grant covers the period from January 1 through December 31, 1974 for the program which provides assistance to parents and children up to 3 years in developing skills to relate to one another and their environment.

Notice

Brotherhood Month Meeting of the Vancouver Branch NAACP will be held on Sunday, February 24th, from 5:00 to 7:00 p.m. at the Vancouver Public Library. This month's meeting will commemorate the 65th birthday of the National Association for the Advancement of Colored People.

Ms. Brazola Reddick, Social Worker at the Veteran's Administration Hospital, will speak on "Civil Rights: Aims and Goals". Mr. Gover Axie, Loan Officer for the Farmer's Home Administration, will discuss "Buying and Selling Real Estate". The NAACP birthday cake and coffee will be served. The public is cordially invited.

Heart disease hits Blacks harder

Minority populations in the United States face many barriers - language, economic and sociological - in their struggle to join the American mainstream. But slowly, many of these barriers are being removed.

Better housing, better jobs, improved health care and a growing awareness of the dignity of man are making inroads on discriminatory attitudes which, for too many years, have kept American minorities low on the economic and social ladder.

There remains one element of discrimination time and progress have not changed: Heart disease, the nation's Number One Killer. It strikes the rich and poor of all races, religions and ethnic groups. More than 27 million Americans have some form of heart or blood vessel disease. This year alone, more than a million will die of one or a combination of these diseases.

Statistics paint a grim picture of an epidemic rampant in America. But there are these underlying factors to consider:

- While science doesn't know, in most cases, what causes high blood pressure, it is known that Black Americans suffer from this disease doctors call hypertension as often as white Americans. When Blacks develop high blood pressure, they usually do so at an earlier age and it is often more deadly and more severe. It can result in stroke (particularly high among Blacks) and heart and kidney failure. And it is a major risk factor in heart attack.

- Nutrition plays a major role in the health of all Americans. But the diets of minority Americans - Blacks, the Spanish-speaking and the poor - are, because of ethnic tastes and low economic status, confined largely to foods high in saturated fats, cholesterol and salt. These foods in the diet can lead to hardening of the arteries (atherosclerosis), a major cause of heart attack and stroke. Yet, nutritional counseling is still not available to a large segment of this population.

- Language barriers still prevent many who read, write or speak little or no English from obtaining available health services. And frequently, precious time is lost in hospital admitting rooms when language differences prevent quick and accurate communication.

- A lack of adequate transportation for those not living near health centers frequently prevents many from benefiting fully from these services.

Heart Associations throughout the country are working to overcome these barriers. By earmarking a major portion of funds collected each year to research, the American Heart Association and its affiliates and chapters are trying to solve the mysteries of high blood pressure and other heart and blood vessel diseases. Heart Associations in each community devote an average of 25 cents of every dollar collected to local research. And 57 percent of all money shared with AHA finances on-going research programs.

Today, nearly 1,400 scientists, including many from

minority groups and others working with minority communities, are engaged in AHA-supported projects running into the millions of dollars.

Through screening programs, Heart Associations are finding hidden hypertensives. Follow-up efforts are made to get and keep them under treatment. For while there is as yet no cure for high blood pressure, it can easily be detected and can be controlled through drug and diet therapy.

In one western city, a unique approach is taken by a hospital in a Black community. Members of the nutritional staff routinely purchase soul foods from local restaurants, evaluate their saturated fat, cholesterol and salt content, and then tell the chefs how to prepare the same dishes in ways which will not sacrifice taste, but will minimize the harmful ingredients in their recipes.

There is one factor which affects the heart health of all Americans, regardless of ethnic or economic background: heredity. It has been said is what his genes make him. If one wants to know whether he or his children are candidates for heart disease, the family history provides a clue. The AHA advises:

"If heart attack or stroke or some other form of heart disease was common among your parents, and grandparents, brothers and sisters, uncles and aunts, there's a good chance you and your children have inherited a tendency toward that disease."

Education Center holds rummage sale

The Black Educational Center is holding its first giant Rummage Sale on March 2nd at Portland Community College, Cascade Gymnasium from 8:00 a.m. to 8:00 p.m. The 1974 Rummage Sale is the kickoff fund raising affair to provide resources needed for the B.E.C. school to expand into a year-round, fully accredited educational institution for children in the community.

There will be a large variety of new and nearly new items including furniture, housewares, appliances, clothing and much, much more. Hand sewn dashikis, handmade jewelry, books, posters and stationery will be featured in a special Black Boutique section.

Since 1970 the B.E.C. school has operated full time during the summer months and on Saturdays during the regular school year. The school enjoys widespread

support and active community participation. In fact, the summer program was so successful, members of the organization were encouraged to develop the B.E.C. school into a full time, certificated teaching program. This expansion, however, will make the school a much more expensive undertaking. Your donations and contributions are greatly needed for this project. The B.E.C. is a non-profit organization and all contributions are tax deductible.

Do your part to make the first B.E.C. Rummage Sale a success. Children in the Northeast community need this school. Give some time, recycle your inventories and come out to Portland Community College, Cascade Gymnasium on March 2nd and Save the Children!

For further information, contact the B.E.C. Bookstore at 288-8971.

Kandel creates patterns

[Editor's note: The following article is reprinted by permission of the editor of "Stitch 'N' Sew", a National Home Sewing Trade publication. The article was originally printed in the September, 1972 issue of "Stitch 'N' Sew".]

"What kind of pattern could possibly be worth two dollars and a half? If you've heard about the new master patterns, you may have been asking yourself that question, wondering what any pattern could offer that would justify a price of more than double the seventy-five cents to a dollar you've been accustomed to paying.

After you know the story behind these multi-size patterns, you may well feel that they are worth every penny of the extra expense. Developed by Kandel Knitting Mills of Portland, Oregon, they were originally used to manufacture fine quality ready to wear knits. More and more they found a demand in the home sewing field for knit fabrics and fashionable designs. In late 1967, the company took the major step of converting from the ready to wear market to the supplying of knit materials and professional patterns for the seamstress. They have available a superb book of instructions, brimful of the professional techniques for sewing with knits and stretch fabrics. The detailed directions are so simplified that even an inexperienced seamstress will be able to follow them readily. The instructions included with the master patterns are similarly simplified.

A complete range of sizes is printed on each master pattern, therefore it is only necessary to buy one, even if you have several people requiring different sizes in the chosen style.

These styles offer elegant simplicity so well suited to beautiful knits, the basic designs allow you to create personalized styles through your own ingenuity. As you sew, variations can be made with different lengths, styles, sleeves and neckline changes. Overlay patterns are available to be used with the basic patterns to create collar, placket, and neckline variations.

Master patterns will prove invaluable if you are not blessed with perfect proportions. It is simplicity itself to adjust each pattern to

WOMEN on Wheels

HELPFUL SAFETY HINTS

By Elizabeth Stimley Plymouth Safety Writer

KEEP CAR IN GEAR

You may not realize it, but running out of gas on the highway is now a great deal more than a nuisance...it can



seriously affect your ability to steer your car.

More than 85 percent of the cars produced in the U.S. are now equipped with power steering at low speeds. If the engine is not turning over, steering these cars is almost as hard as turning the front wheels of a covered wagon.

In the old days, when a car started sputtering and showing signs it was running out of gas, the normal thing to do was to shift into neutral and coast.

This is no longer true, because when you take the car out of gear the engine stops driving the power steering unit, and you will be steering manually.

If you are traveling more than 25 miles an hour when the engine quits, keep it in gear and power steering will continue to work. You'll lose power steering at around 25, so before your speed gets that low, steer to the side of the road and up on the shoulder, then use the brake to stop before you have to maneuver the wheel without power steering.

The best way to avoid this situation is to maintain a well-tuned engine and keep plenty of gas in the tank.

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OLD-FASHIONED FRUIT DESSERT FOR MODERNS

Cobblers are a traditional American dessert similar to a deep-dish fruit pie. Instead of the pastry crust, however, cobblers are usually topped by a rich biscuit dough.

The origin of the word cobbler is unknown, but it may have come from the expression to "cobble up," that is, to put together quickly, since these desserts are easy to make. Cobblers can be made with any number of fruits, but Cherry Cobbler is a particular favorite.

This easy modern-day version of Cherry Cobbler starts with canned red sour pitted cherries, the syrup from which is thickened and flavored with almond. Topped with drop biscuits made with skim milk and Fleischmann's Corn Oil Margarine, this recipe is suitable for low-saturated fat menus. Although most vegetable oils are beneficial in a low-saturated fat diet, scientific studies over a ten year period show that none is more effective than corn oil in lowering blood cholesterol.

Enjoy the old-fashioned goodness of this delicious Cherry Cobbler made with modern ingredients geared to good health.

**CHERRY COBBLER**  
 2 cans (1 pound 14-ounce each) red sour pitted cherries  
 1 cup firmly packed brown sugar  
 1 tsp. cornstarch  
 1/4 tsp. almond extract  
 1 cup unsifted flour



Designed for low-saturated-fat diets is this Cherry Cobbler. Drop biscuits on top are made with skim milk and corn oil margarine.

1 tsp. sugar  
 2 tsp. baking powder  
 1/4 tsp. salt  
 3 tsp. Fleischmann's Margarine  
 1/2 cup skim milk  
 Drain fruit, reserving 1/2 cup syrup. Combine brown sugar, cornstarch and reserved syrup; add fruit. Cook, stirring, until mixture starts to boil; add almond extract. Keep warm.  
 Sift together flour, sugar, baking powder and salt. Cut in margarine. Add skim milk, stirring to moisten. Pour fruit mixture into 2-quart casserole. Drop topping by spoonfuls onto mixture. Bake at 475°F. for 20 minutes, or until done. Makes 6 servings.