

Jefferson offers college prep

This is the second in a series of articles about the program offered at Jefferson High School. Today's article will deal with the college preparatory offerings at the high school.

Jefferson offers a complete range of courses to fulfill any and all requirements for entrance into any college or university in the United States. What were traditionally required courses may now fall under the category of optional courses. Colleges have moved to some extent to combining certain basic courses with national college entrance exams.

The areas in which we offer a complete range of courses are: English 1 through 8; Foreign Languages, wherein 3 languages are offered - German 1-8, Spanish 1-8, and French 1-8. Although many colleges and universities at this time do not require for admission any of the above languages, sev-

eral major study areas have one of them as a prerequisite. Students and parents should check college bulletins carefully for this potential conflict.

In the field of Math, we offer Introductory Algebra, first year Algebra, second year Geometry and Advanced Math. In the fields of Science, we offer a natural science program consisting of 3 to 4 years at the student's option and a physical science program of 3 years, which includes with the requirements Chemistry, Physics and Advanced Independent Studies.

For specialized education in universities and colleges and institutes of higher learning, other departments may fulfill requirements. We have a 4-year Art Program, a Business Program which gives basic background in accounting and clerical skills. In Career Education we open

the door to television and radio. In Industrial Arts we cover the entire spectrum of prerequisites for any of the industrial and mechanical areas the student may wish to pursue. In the Performing Arts, Drama, Dance, and Speech are offered in a wide enough pattern to more than fulfill any specialized requirements.

In the field of Social Studies, Jefferson offers courses which fulfill perhaps basic requirements, and in some cases specialized requirements such as sociology and psychology.

As you can see, the Jefferson High School program for college prep students is complete and diverse. It is necessary, of course, that the parents and students take a close look at requirements of the kind of training they may wish to pursue after high school graduation so that all the requirements can be fulfilled.

Students visit Colombia

Ten metropolitan area high school seniors, chosen to participate in a YMCA World Service Exchange Program in Medellin, Colombia next summer, attended the first in a series of orientation meetings September 16th, reported William B. Stuber, executive director of the Metropolitan Y.

Addressing the group was Mr. Larry Sears, who served as Youth and Camping director of the Bogota, Colombia YMCA from 1969-1971. He was instrumental in initiating the Y's Camping Program in Bogota, as well as Y programs to serve the street orphans or "gaminos" of the city. Sears is currently serving as executive director of the Aberdeen, Washington YMCA.

The ten students selected to represent the Portland YMCA are: Toni Cozzetto, Franklin High School, representing the John R. Leach Y; Carol Hansen, Franklin, John R. Leach representative;

Nancy Wells, Lincoln, representative at large; Lessonia Ross, Lincoln, Northeast Y representative; Ann Rothen and Lynn Weisser, both of Lakeridge High School, Clackamas County Y representatives; Cynthia Thomas, Monroe, Urban Center representative; Sandra Lund, Hudson's Bay High, representing the Vancouver Y; and Vicki Larwood and Molly Niedermeyer, Lincoln High School, representatives at large.

Alternates are: Lisa Lip-tak, Beaverton High School; Melinda Roth, Lincoln; Kathleen Conley, Lakeridge; and Myrtle Howell, Battleground High School.

Mrs. Kay Collier, whose association with the Portland Y goes back more than 15 years, will accompany the group as coordinator. Mrs. Collier has a B.A. in Spanish from Portland State University and has traveled extensively throughout Latin America.

Affirmative Action

of ability in terms of the job to be accomplished. This approach has provided excellent programs of self improvement and upgrading that have contributed to stability and capability for the employee and improved work records and efficiency for the employer.

"As one authority states the case, 'You simply cannot adopt a policy of affirmative action and not make it a concept of management planning in every sense of the word. There are a number of examples of firms large and small where the true spirit - a cooperative responsibility assumed by both the employee and the employer - has achieved very substantial benefits for each. In this seminar we hope to identify the first essential steps in that direction in the hiring and maintaining of personnel.'"

The Urban Concerns Committee has reviewed affirmative action programs of several Oregon firms, and has obtained counsel and recommendations from a number of specialists in personnel administration in the planning of the seminar.

Bill Rector, Assistant Manager of Industrial Relations, Oregon Steel Mills, gives these views of the concept:

"Management of Portland area firms have endorsed equal employment opportunity through the creation and operation of the National Alliance of Businessmen, NAB and individual firms' training programs have provided many opportunities for disadvantaged and underemployed citizens, many of whom were minorities. Unions also have accepted

their responsibility toward equal employment opportunity by requesting inclusion of equal opportunity clauses in collective bargaining contracts.

"The job is not finished, however. Minority unemployment is still twice that of non-minorities. You may say, 'Well we have tried to hire minorities but the agencies we contacted haven't sent any.' We hired a few under an NAB commitment a couple of years ago, but they all quit.' Yes, there is much work to do. The community needs the cooperation of your firm to get the job done. The Chamber of Commerce seminar devoted to the specifics of hiring and maintaining minorities will help show you how to accomplish the objective, and provide good employees for your company." Rector concludes.

Notice

"Volunteers are Advocates" is the theme of the third annual workshop for volunteers and professionals who work for and on behalf of mentally retarded children and adults.

The day long workshop will be Tuesday, October 1st, at the Child Development and Rehabilitation Center at the University of Oregon Medical School, 708 S.W. Gaines Road, Portland. Registration is at 9 a.m.; the fee is \$1.50 per person or 75 cents per person in a group. Participants should bring their own lunches.

Joe Joseph

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Candidates Roberts questions vote

Congressional candidates Les AuCoin and Diarmuid O'Scannlain will be guest speakers at a Portland YWCA membership meeting on September 26th beginning at noon at the downtown YWCA, 1111 S.W. 10th.

According to Maurine Neuberger, chairman, a question and answer period will follow the candidates' speeches.

The meeting is open to the public at no charge. Salad and coffee will be available at a small charge; however, those attending may bring a brown-bag lunch.

Reservations for the meeting may be made at the downtown YWCA or by calling 223-6281.

State Senator Betty Roberts charged that Senator Packwood has had more allegiance to former President Nixon than to the handicapped people of Oregon.

In a speech during a candidates fair sponsored by the Oregon Chapter of the National Rehabilitation Association, Senator Roberts expressed concern and support for vocational help and training for persons handicapped through accident or since birth. She said her opponent for the U.S. Senate apparently doesn't share that concern.

In 1973 Congress passed and sent to Nixon a vocational rehabilitation act which provided funds for re-training and assistance to the

handicapped," Senator Roberts said. "This bill would have provided \$2.6 billion over three years for Oregon and other states."

"When the bill was passed and sent to Nixon, he vetoed it. On April 3, 1973, Packwood voted to sustain Nixon's veto."

"The only conclusion I can draw from this action is that Packwood preferred supporting Nixon's policies to providing help for the handicapped people of Oregon."

Senator Roberts told the gathering at Portland State University she supports special transportation programs for the handicapped and a comprehensive national health insurance program.

Atiyeh invites Ford

State Senator Victor Atiyeh, candidate for governor, carried his fast-moving campaign all the way to the White House and the Pendleton Round-Up in a single day last week.

Atiyeh met with President Ford to discuss problems facing Oregonians.

Atiyeh and the President discussed inflation, energy, the environment, moving of the Boardman bombing range, the off-shore fishing limit, problems elderly Oregonians are having with the federal Supplemental Social Security Income Program, the depressed housing market, and other problems important to Oregonians.

Atiyeh said he invited the President to come to Oregon for a first-hand look at acute problems facing the state, such as the recent closure of several Oregon lumber mills.

Atiyeh returned to Oregon immediately following his appointment with President Ford to attend the Pendleton Round-Up.

Atiyeh also appeared in several other Oregon cities during the last few days. He told his listeners he is better qualified than his opponent, Robert Straub, to carry on the programs started under the administration of Governor Tom McCall.

"Governor Tom McCall has provided leadership for Oregon for the past eight years, and has set the stage for future progress," Atiyeh said.

"To continue development of the programs started by McCall, we need a governor who fully understands the intent and purpose of these programs."

"During McCall's administration, I was there, as a member of the legislature, helping write the bills that have re-shaped Oregon. I know what the legislature

had in mind when it passed those laws, and as governor I'll work to see that the purpose of the laws is fulfilled.

"Of course I did not completely agree with McCall on everything. As senate minority leader, it was not my job to rubber stamp all his proposals. As for his overall leadership, especially in the area of environment, I believe Tom McCall has done a great job. His favorable influence will be felt for decades to come."

Teamsters endorse Straub

Oregon Teamsters have announced their endorsement of Bob Straub, Democratic candidate for Governor.

Joe Edgar, president of the largest labor organization in Oregon, said Straub's political and financial background would be "beneficial to labor problems and also to financial problems of the business community." He added that Oregon's 36,000 Teamsters "will do everything we can to make you the next Governor."

Straub said he admired the concern Teamsters have shown for the welfare of the state and the leadership they have shown in the area of health care for their members. "You've set an example that we can follow at the state level," he said.

At Home

by Cal Jean Robertson
Multnomah County
Extension Home Economist

Food costs have risen and homemakers are looking for ways to save on their food budgets. Care from the point of purchase and safe handling of protein foods to prevent spoilage is one way to cut waste and save money.

When shopping, select frozen meats, poultry or fish just before checking out so that they will be out of refrigeration for only a very short time. Avoid purchasing torn packages, and make sure the packages you select feel cold to the touch. Ask the check-out person to put all the protein foods and perishable cold foods in the same bag so that they will keep each other cool on the trip home.

Once home, unpack cold foods bag first, putting the food into the refrigerator at once. Short term storage at refrigerator temperatures of around 40°F. is recommended for meat, poultry or fish. Keeping cold foods cold and hot foods very hot is one of the best ways of avoiding bacterial growth in foods, especially those high in protein content, or those that have been chopped, mixed

and handled a great deal. Because bacteria do not grow at temperatures below 32°F., meats, poultry, and fish should be placed in the freezer unless they are to be used soon. Most ice cube compartments of refrigerators maintain a temperature of around 20°F., which keeps food at reasonably good quality for about a week.

For longer freezing storage, foods deteriorate in quality unless stored in a true freezer, or a freezer section which can maintain 0° or below. At zero or below, a chicken, roast or steak will keep its good quality for at least six months, providing it is tightly wrapped in moisture- or vapor-proof wrappings. You may freeze hamburger or stew for two to three months.

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Duncan opposes pardon

Robert B. Duncan, Democratic candidate for the Third Congressional District seat, issued this statement in response to the White House announcement that pardons were being considered for other figures involved in the Watergate scandal:

"I opposed the pardon of Nixon because it did violence to our concept of equal justice. The President can now do nothing that is right. It is not fair that the leaders go free while the followers go to jail. But where will it stop: Alger Hiss suffered as a result of the efforts of Nixon. Jimmy Hoffa and Otto Kerner suffered. Will the prisons now be emptied? The President has unleashed a shock to the entire legal system. His credibility is gravely shaken, not only with the underprivileged, the convicted, and the accused, but with all citizens."

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