



Betty Jones and Bessie Gipson demonstrate recipe tips they will share at neighborhood cooking classes.

Neighbors learn economy cooking

Free neighborhood cooking classes, sponsored by the Nutrition Education Program of the Multnomah County Extension Service, will be held on Wednesdays at 10:00 a.m. starting February 18th and continuing through March 10th at Martin Luther King, Jr. School, Parents Room, 4906 N.E. 6th, reports Wanda Phipps, home economist for the Nutrition Program.

Demonstrations on the making of mixes, casseroles, vegetable cookery,

salads, and sauces, as well as how to plan nutritious meals and tips on budget food shopping will be taught by nutrition advisors Bessie Gipson and Betty Jones.

Lunch will be served from the foods prepared at the meetings. Of special interest will be the door prizes at each meeting.

Low and moderate income homemakers are urged to pre-register by calling 233-8881.

Maddox relatives achieve career success

Mr. and Mrs. W.L. Maddox, pioneer Portland residents, have had two reasons lately to be especially happy and proud. Just recently they learned their great-nephew, Captain George Lewis, has been selected by the Los Angeles Police Department as Commander. Lewis is the second Black officer within the Department to receive such an appointment.

He joined the police force in 1954 and was, prior to this promotion, Operations Duty Officer of the Investigating Headquarters Division, a position equivalent to night chief at Parker's Center.

Official appointment by Chief Edward Davies was accorded Commander Lewis at formal ceremonies. This marks the second time a Negro has been upgraded to the position of Commander. The first being Homer Broome.

Commander Lewis, a native Californian, attended John Marshall High School in Seattle where he was Number One man on the basketball team. He also entered UCLA where he graduated among the top 25 percent of his class, with a Bachelor's degree in business administration.

Lewis' rise through the Department

has been one of steady progress: In 1964 he was made sergeant; in 1967, lieutenant; and five years later, Captain. Commander Lewis was also a member of the Police Chief's Executive Project, a federally funded Project that provides standards and the selection and detention of qualified police executives. Another achievement earned was as the first Black to work in helping to develop the Department information system.

A family man and expert botanist, any spare time he has is spent on reading books. "I read everything I can get my hands on," he is quoted as saying, "but my police work comes first. And that's because I love it."

The other reason for the Maddox family's happiness was they also received word that their grandson, Bill Wright, son of Madeline and Bob Wright of Seattle, has been chosen head professional at the Western Avenue Golf Links in Los Angeles. He is the first Black ever appointed head professional at a Los Angeles County course.

Wright, 39, began his list of achievements when attending Franklin High School and the police academy. He served two years in Korea. On returning he

OMSI features space, aviation

Since the day that Icarus flew too near the sun, melted his wings of feathers and wax, and fell into the Aegean Sea, man has dreamed of flight. And, through all of history since that time, in balloons, gliders, the Wright Brothers powered flight, jets, and rockets, man has now left the earth's atmosphere and traveled in space. Reaching ever further, the United States scientists in NASA have now sent the first unmanned space probe beyond our own solar system.

At OMSI, February 14th through 29th, the seventh annual "Adventure in Aviation and Space" will help tell that story through exhibits, movies, workshops and seminars, and many other activities for students and the general public. Exhibits will range from a model of the Viking scientific space vehicle, scheduled to soft land on Mars on July 4th, 1976, to the newest personal flying hobby, hang gliders. An historical OX-5 aircraft engine, a Rotary engine used in a Sopwith Camel, Air Force POW artifacts from World War II, and two full-size, home-built aircraft will be on display. Other exhibits will be sponsored by the Boeing Company, Oregon Historical Modellers, the FAA, and many other sources.

An especially interesting exhibit will be provided by the Army National Guard Aviation, the 304th Aerospace Rescue and Recovery Squadron, and the University of Oregon Health Sciences Center. These three organizations cooperate in the "Perinatal Emergency Transport System" (PETS), using Huey helicopters of the Army National Guard and Air Force Rescue, and specially equipped vans. Mothers and new-born babies in distress are speedily transported from locations all over Oregon and southwest Washington to the Health Sciences Center for treatment. A helicopter from these units and a doctor and nurse and special van from the University of Oregon Health Sciences Center will be at OMSI on the weekends of February 14th and 15th and February 21st and 22nd.

Several special workshops for pilots and others interested will be scheduled on weekends. On Saturday, February 14th, United Airlines Flight Operations instructor Sam Johnson will present a three-hour workshop, "Applied Meteorology for Pilots." Sunday, February

15th, Frank Heyl, internationally known survival expert, conducts a workshop on "The Private Pilot and Survival." There is a registration fee for these two workshops.

Free, public programs include "Viking: Mission to Mars" on Sunday, February 22nd, 1:15 p.m., conducted by Louis Kingsland, Deputy Manager of Planetary Development, Jet Propulsion Laboratory, California Institute of Technology; "The Care and Feeding of Aircraft Engines" on Saturday, February 28th, 10:00 a.m., presented by Ivan Gunton of Aveo Lycoming Company, Los Angeles; and "The Second Annual Greater OMSI Longer, Lovelier, Loopier Paper Airplane Show and Contest," an all-day program Sunday, February 29th.

In addition to the exhibits and special programs, movies from NASA, Boeing, the U.S. Air Force, and other sources will be shown continually throughout Saturdays and Sundays during the run of the show.

"Adventures in Aviation and Space" will be opened with a kickoff party and exhibit preview for ticketed guests on the evening of Friday, February 13th. Many leaders in the aviation industry are expected to be on hand.

For information on workshop registrations or general information, call OMSI at 248-5900. And, remember, Tri-Met #62 delivers you to OMSI's door.

Bank helps state celebrate

For the sixth year in a row, The Oregon Bank is celebrating our state's birthday.

Virgil E. Solso, president of the bank, and Jack A. Dressler, vice president and manager of the Salem Branch, will present Governor Straub with a special birthday cake on behalf of the people of Oregon. The presentation will take place at the Governor's ceremonial office in the Capitol at 3:30 p.m. on Friday, February 13th. The state's actual birthday falls on Saturday, February 14th.

The third grade class from St. Joseph

Parochial School in Salem will be present to sing "Happy Birthday" to the state following the presentation of the cake.

The class will be wearing special Bicentennial costumes for the occasion. All 36 branches of The Oregon Bank will be hosting birthday parties on February 13th and serving refreshments to the public. The branches will be giving away six-minute recordings for the "Real Oregon" theme song used in the bank's broadcast advertising while the supply lasts. Words and music to the song will be included on the record jacket.

Center offers adult day care

Lambert House Adult Day Care announces its recent opening in southeast Portland. Located at 4120 S.E. 28th Avenue, the center provides daytime supervision and care for the elderly and handicapped who are able to travel. The concept behind this new approach to care is twofold: (1) It releases the caring relative or friend one or more days a week to work or be about other matters, and (2) it gives the elderly an opportunity to participate in a social setting away from the loneliness and confinement which may experience in their own homes. The long-range goal is to delay institutionalization as long as possible.

According to the director of Lambert House, Bill Jackson, the center provides activities suited to the needs and interests of the persons in attendance, socialization in a home-like setting, and a hot noon meal. Persons needing this type of care are welcome to participate whether or not they are able to pay toward the cost of the program. Lambert House is an outreach service to the community, sponsored by the Redwood Friends (Quaker) Church.

Anyone wishing to know more about the center is welcome to write or phone the center: 234-9128 or drop by for a visit.

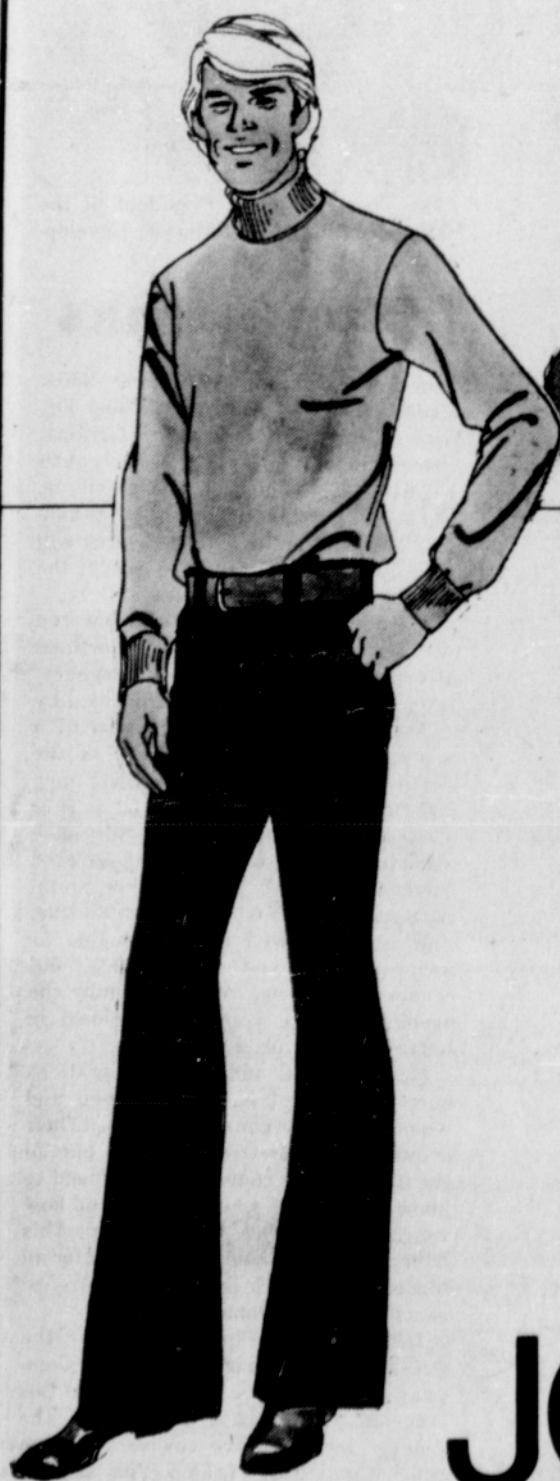
President's Day Valentine's Day gifts at Savings

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Reg. 99¢ pr. Queen size, reg. 1.29, Sale 4 for \$4. Flexxtra® stretch nylon pantihose with invisaguard® toe, nude heel and sheer leg. French cut reinforced panty.

Sale prices effective through Sunday.



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Seafarer jeans**

Sale \$8

Reg. \$10. Men's Seafarer® jeans. Featuring four patch pockets and flare leg styling. An all-time favorite in blue cotton denim. Don't miss the great savings! Mens sizes.

Sale prices effective through Sunday.

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