



DR. GRETA CLARKE

Skin care common problem

"The question I hear most from my women patients is 'Why do I still have acne when I'm over 21?' There are a number of reasons this can happen," says Dr. Greta Fields Clarke, a young New York dermatologist.

"After their teens, many women treat their skin differently," Dr. Clarke explains. "They start using more makeup and it's not always the right kind for their skin. Many stop using soap and start using creams and moisturizers because they're worried about wrinkles and looking older."

"No matter what you've heard, everyone doesn't need to use a moisturizer — and the average woman can use soap. Everyone has combination skin, really, with areas that are oily and areas that are drier." Many patients ask her about Clairrol's Skin Machine, which can be used with any cleanser, so she's going to try it herself.

Dr. Clarke, who hails from Detroit, did her pre-med work at the University of Michigan and went to Howard University Medical School. Then she headed for New York to intern at Harlem Hospital and do her residency at New York University. She's stayed in Manhattan where she now has offices just off Central Park West.

She treats her patients according to the characteristics of each person's skin, but she was able to discuss some general skin problems common to Black women and men.

Question: Sometimes, when I've burned or cut myself or even just squeezed a pimple, I've found that my skin in that area turns very dark and stays that way. What can I do?

Answer: The medical name for this problem is post-inflammatory hyper-pigmentation and it almost always goes away. It could take anywhere from a couple of weeks to a year for your skin to return to its normal color. I don't advise using bleaching products unless the problem is really persistent. If you have blemishes, the oil in those products could

make the problem worse. Treatment, however, is available from a dermatologist.

Question: My husband has a problem we've always called "razor bump". What can be done about it?

Answer: After shaving, many Black men find that their facial hair coils under and goes back into the skin. Doctors call the resulting irritation pseudo-folliculitis barbae. And the simplest solution is to give up shaving and grow a beard, but other methods can help.

First of all, don't pluck the hairs. Use a sterilized needle to lift the hair to the skin surface, then shave the hair off. In general, don't try to get too close a shave. Just shave in one direction and cut the hair off at skin level. Depilatories can help too, but unfortunately many people are rather sensitive to them.

Question: I have several dark spots on my cheeks that I guess must be moles. What can be done about them?

Answer: They may not be moles at all. You probably have dermatosis papulosa nigra, which is completely benign and nothing to worry about. A dermatologist can treat it.

Question: I'm a woman in my 20s and am losing hair at my temples. What causes this and what kind of doctor should I go to?

Answer: Dermatologists do treat scalp problems like this; in fact, we deal with skin problems on the entire body. The hair loss you mention could be a result of tight braiding or corn-rowing. If you wear either of those styles, don't pull the hair too tightly.

Question: I like to straighten my hair, but I'm worried about the damage I could be doing. What do you suggest?

Answer: People are pretty sophisticated about hair straightening now; they know they're dealing with strong chemicals. I recommend straightening no more often than every three months. Straightening the hair too frequently can cause breakage.

Black farmers fight for land

Just south of Jimmy Carter's home county of Sumter a group of Blacks is also raising peanuts — but they, according to Congressman Andrew Young, "expect to build a new society in the South based on justice and humanitarian concerns."

They are settled on 6,000 acres in Lee County, which is in the heart of Southwest Georgia's "badlands" for Blacks, and they call their settlement New Communities, Inc. As they dream of the just society they plant, aside from peanuts, corn, sugar cane, soybeans, strawberries, grapes, watermelons, and assorted vegetables. They also herd 250 cows, tend pigs and fish in the bountiful streams and ponds on their cooperative farm.

Their venture has enlisted the support of Coretta Scott King, the Reverend Martin Luther King, Sr., Julina Bond, Jesse Jackson, Ella Baker, Congressman Young and others.

It has also met with the hostility of white racists in Southwest Georgia. In one instance, this hostility attracted national attention. A fourteen year old girl, Dorothy Young, was arrested in her school on charges of having told a white boy, "Kiss my ass". She was sentenced to seven years in prison by the local court — and served three months in jail before being released on appeal.

Other incidents have not received national publicity. The home of Reverend Charles Sherrod, vice president and guiding spirit of New Communities, was burned to the ground. So was the home of the Bass family. Reverend Sherrod's

father-in-law, Josiah Miller, was shot and killed by a white farmer; a twelve year old boy was beaten severely when he insisted on getting his correct change at a local market.

Despite these and other instances of terror and harassment, the settlers are determined to remain, to cultivate their land, and to create a community of 200 homes, a hospital, an education center — from day care to college — and a variety of religious and community services.

They have the courage and the willingness and ability to work that are needed to make their dream come true. But they do not have the money, because they are all poor people, joined by the desire to till and own the land in common. So they face an old blight of the poor farmer — a mortgage. To meet this problem they have called for help.

Congressman Young responded. "I plan to save one acre," he said, "and I strongly urge you to follow my example." (In effect, he pledged \$250, as this is the amount needed to make an acre mortgage free, according to New Communities.)

The General Board of the National Council of Churches, meeting in Atlanta, urged its member communions "to respond to their conscience and resources dictate" to the appeal of New Communities.

Those willing to help should make checks payable to the SWGP New Communities Land Debt Retirement Fund, Acct. No. 260-6282-8, First National Bank of Albany, Box 1247, Albany, Georgia 31702.

Community market needs help

The Northeast Community Market has become a focal point for many persons of various ethnic and economic backgrounds. Making money is not the major concern, but it is just as valid as if it were. The Market must make money to stay open.

Different kinds of people together is one thing — getting them together to make money is almost an impossible task. The Market will soon be faced with such a task.

CETA VI funded positions will be lost after June 30, 1976. These CETA positions gave the Market two managers, whose work enabled the store to develop and progress to its present level of operation. Without these positions the Market might not have survived its first crucial year.

The Market will be one year old June 19, 1976. There is CETA VI to thank for this year. But who will there be to thank next year? It appears there will be no one. Why is that? Well, that is one heck of a question. To answer that would take days and then the answer might not make much sense. The Market was designed to make a profit. It was conceived to assist the people of the community with the overwhelming task of eating better for a lower cost.

With money, all can eat well, be healthy and live happily ever after, but without money, or very little of it, the individual will eat poorly, have poor

health, and spend his life depressed. An exaggeration perhaps, but there is some truth in it.

The situation the Market faces is quite simple. In order to pay salaries the Market must raise prices and become more concerned about "making money," or it can become, a totally volunteer staff. Both solutions offer a disastrous situation.

By raising prices it will automatically become competitive with all other stores, and most of the poor people who shop there would probably do better at one of the local supermarkets. By becoming a Market with a volunteer staff, some of the continuity will be lost, it will become inconsistent, and be faced with one critical situation after another.

The Northeast Community has become a focal point for many persons of various ethnic and economic backgrounds. Can these people join together to save the Northeast Community Market? Can the money be raised?

Some think it's possible. Meetings are held on Thursday nights at the store to discuss some possible strategy to hang in there until things get better. That's 7:30 p.m., 1144 N.E. Prescott.

Varicose vein advise available

If you've been standing so much that your legs ache, and your veins are standing out and throbbing, take a load off your feet. Sit down, put your feet up, and read on.

The Department of Health, Education and Welfare has a booklet that talks about the causes of varicose veins and tells what you can do to relieve the suffering. For your copy of **Varicose Veins** send 35 cents to Consumer Information Center, Department 19, Pueblo, Colorado 81009.

If you've inherited a weakness in the structure of your veins, then your susceptibility to varicose veins will be increased.

And, occupation may be a factor in getting varicose veins. People in jobs that require a great deal of standing, such as beauticians, dentists, and salespeople, seem more prone to varicose veins than those with sit-down jobs. But people in jobs that require sitting in one place for long periods of time also have a problem. These people should walk around or elevate their feet from time to time.

Among women, a contributing cause of varicose veins is the use of tight girdles and other clothing that obstructs the veins bloodflow and increases the pressure on veins. Women can help prevent varicose veins or reduce their severity by using these garments as little as possible.

The booklet also discusses different medical treatments to relieve the pressure of varicose veins, including injections and surgery.

"Bicycling" exercises while lying on the back, swimming, and walking are recommended for persons with mild varicose veins.

Varicose Veins (35 cents) is one of over 240 selected Federal consumer publications listed in the Summer edition of the **Consumer Information Catalog**. Published quarterly by the Consumer Information Center of the General Services Administration, a free copy of the **Catalog** is available by writing Consumer Information Center, Pueblo, Colorado 81009.

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