



Evie Crowell candidate for House District #16 confers with Calvin O.L. Henry, President of the Oregon Assembly of Black Affairs, during annual membership meeting held in Salem on December 17th.



Entertainment Guide

by Allen Jones

LOS ANGELES AT NIGHT

It appears that every time I make a trip home there's always something new to check out, this trip was no exception. I flew in last Wednesday night, after having the flight delayed twice because of engine problems in San Francisco. We were scheduled to leave Portland at 2:45 p.m., but didn't arrive in Los Angeles until 11:55 p.m. I was greeted at the airport by LaMont Gentry, a friend of many years whom I've mentioned in "Check It Out" a couple of weeks ago, he and his wife Earnie are the proud new parents of a baby girl named Amber Danielle. From the airport we went straight to the Caribbean Club in West L.A. where a private party was being given for another long-time friend Mirtle Eastman, and hosted by her sister Delores Eastman (who once wore my high school ring). Wednesday night is talent night at the Caribbean, not acts that are trying to get into the business, but established professionals that just like to get down once a week and just entertain you. A.B.C. Recording Artists Mary Love was there, along with the Williams Brothers, who are just dynamite. The party and the show were just fantastic! By going to L.A. I thought I would escape the rain, but no such luck. It rained from the night I arrived until I boarded the plane to return to Portland. However, not once did it dampen my spirits or slow me down. If you're planning on going to L.A. for New Years or in the future, the following are some of the places you might want to check out while you're there.

LIGHTHOUSE IN HERMOSA BEACH - If you've never been to the Lighthouse or heard of the Lighthouse, you've just arrived - obviously. A landmark for the best jazz on the West Coast. Currently appearing, Kenny Burrell and Teddy Edwards.

MEMORY LANE - An old standby of many years, featuring the song stylings of Sam Pletcher with the Jack Wilson Trio. Noted for their Prime Rib and friendly atmosphere. It's a sure thing.

TWENTY GRAND WEST - This is a new one. If you want to meet the hip and slick you'll probably find them here. Entertainment nightly. The Sophisticate Shades of Soul Monday through Wednesday, Jerry Mitchell and the Magic Touch Thursday, the Williams Brothers Friday, Saturday and Sunday. Tell Roy I sent you in.

THE FLYING FOX - It's still a hangout for the Hilltop crowd. If you're into foreign cars and the people who drive them, the Fox is for you, located in the Baldwin Hills Shopping Center.

FREDDIE JETTS - PIED PIPER - Pied Piper has changed through the years, but the people are always cool (something like Geneva's). Formula IV is currently appearing, don't pass this one up.

TOMMY TUCKER'S - PLAYROOM - The Playroom is an oldie but a goodie. Good atmosphere, and features a soul food smorgasbord daily.

THE TOTAL EXPERIENCE - "The Whispers" are currently holding it down, you'll probably like everything about this place, including the people that come here. It's a must!

CHECK IT OUT!!

I would like to thank the following people for making my visit a joyous one. My family, Mrs. Washington, owner of the Los Angeles Sentinel, and for inviting me to their Christmas Party: Gertrude Gipson, Entertainment Editor of the L.A. Sentinel, Earnie and LaMont Gentry, Hazel Long, Charles and Shelia, Regina Gordan, Iddo and Pat, Mirtle and Delores Eastman and their family, Gary and Ann Bass and family, Jerry and Christy.

Even though I didn't stay as long as I would have liked, I still had a very mellow time and once again - thank you and Happy New Year!!!

Gift plants require care

If you are the new, proud owner of a houseplant gift, here are some tips on keeping it healthy. Probably, more houseplants are killed from misdirected "over-care" than from neglect, says Ray McNeilan, Urban Horticulture Extension Agent. Most of us feel a plant should receive regular amounts of water and fertilizer since we live in such a scheduled manner ourselves. But a plant varies from week to week in its need for nutrients and its use of water depends on many factors such as heat, humidity, drainage, etc.

First of all, make sure the plant is in a pot that can drain away excess water and is in a soil mixture that supplies air, water and anchors the plant. You may need to do some repotting of the plant to supply these necessary items. Water should be given the plant only when the soil surface feels dry. When water is added, put on enough so some runs out the bottom of the pot and can be discarded. Irrigating from the bottom is acceptable but every third watering should be from the top to flush excess fertilizer salts out of the soil.

Place the plant where it will receive all possible sunlight without being in direct sunlight. Many houseplant books are available at garden shops and bookstores, that can tell you the light requirements of your specific plant. If a sunny location is impossible, supplemental incandescent or

fluorescent lighting, if strong enough and long enough, will suffice.

Feeding is necessary only when the plant is actively growing. Many indoor plants will grow vigorously for awhile, then go into a resting period at which time the fertilizer requirements are very low. Keep in mind that the plant makes its own food by its leaf factory. To do this it needs light, air, some water and a minimum of mineral elements. Seldom do houseplants die of starvation, usually they die because of over fertilizing. Feed infrequently during the growth period with a diluted houseplant formulation that can be watered into the soil. Houseplant fertilizers can be found in almost all stores, check the label directions for mixing.

Most houseplants prefer a higher humidity than most homes supply. You can help your new plant acclimatize itself to your conditions by misting the foliage periodically or by setting the pot on a tray of pebbles and water. Keep the leaves clean so they can function. The best way is with tepid water, bathing or spraying. If the plant is too large to move, wipe each leaf clean with a soft, damp cloth.

Houseplant maintenance is not difficult, if you remember that plants need light, humidity and drainage, and cleanliness. If you supply these items, the plant will supply the beauty.



Martha Perez receives a doll at Children's Millenium Child Care Center program. The center's first Christmas Party featured the play, "Twas the Night Before Christmas," and caroling by the students.

High Blood Pressure remains Blacks #1 health problem

Twenty-six percent of Black males and twenty-eight percent of Black females have high blood pressure. It is a symptomless disease but a very serious one when left untreated. There's a simple test to measure blood pressure. Be sure to have yours checked regularly.

While the exact cause of hypertension is unknown, it is recognized that there is a relationship between it and high sodium intake. So thousands of people with high blood pressure have been placed on a low-sodium diet by their doctors.

Vegetables are an important part of everyone's diet because they provide essential vitamins and minerals and are usually very low in calories. But they can pose a problem to people placed on sodium-restricted diets. Most fresh vegetables are naturally low in sodium, but there are a few exceptions. Artichokes and celery have a high sodium content. Canned vegetables should also be avoided since salt is usually added during processing. There are special low-sodium canned vegetables on the market, however, which can be substituted.

When you can't use salt to season your vegetables, a flavorful sauce will perk them up. Another way to add rich taste to all foods is to cook with a salt-free margarine, such as Fleischmann's.

For more information on low-sodium diets and over 50 recipes, send for a new color booklet, courtesy of Fleischmann's Margarine. Just write to: "Delicious Low-Sodium Diets," P.O. Box 2695,

Grand Central Station, New York, New York 10017.

MIXED VEGETABLE SAUTE

- 1 pound (about 1 quart) thinly sliced zucchini
- 1 cup thinly sliced green pepper
- 2 cloves garlic, minced
- 2 tablespoons Fleischmann's Unsalted Margarine
- 1 cup sliced mushrooms
- 1/4 teaspoon pepper

Saute zucchini, green pepper and garlic in margarine until zucchini is tender crisp, about 10 minutes. Add mushrooms and pepper; saute about 5 minutes longer, until vegetables are done. Makes 8 servings.

CURRIED CORN

- 2 tablespoons Fleischmann's Unsalted Margarine
- 3/4 teaspoon curry powder
- 2 cans (8 1/2-ounces each) dietetic corn, drained

Melt margarine in small saucepan. Blend in curry powder. Stir in drained corn. Cook covered, over medium heat for 3 to 5 minutes, or until corn is heated through. Makes 4 servings.

Cancer film available

"What do you feel when you hear the word cancer?" asks Angie Richardson, community health nurse, as she introduces the theme of a new locally produced film. In this film, an Albina community resident is interviewed about her feelings and experiences when she discovers she has breast cancer, and how that discovery has affected her life five years later.

This innovative audi-visual aid prepared by the Cancer Education Committee, Department of Human Services at the Multi-Service Center, is available to

preview to any group or organization. To make a reservation for a showing, please call 248-5183 and ask for "Even My Hairdresser Can't Tell For Sure."

In conjunction with a film showing, appointments for pap tests and the teaching of self breast examinations will be scheduled at special clinics. These will start January 17, 1978 at 5:00 p.m., and continue every Tuesday evening for six months. To make an appointment for your annual pap test, call Corry Stevens, also at 248-5183.

WEIGHT WATCHERS

A HOLIDAY GIFT FOR YOU

We in the Weight Watchers organization don't like to talk about going up - going DOWN is our business. Regrettably, along with most other services, our costs have risen steadily for some time now. By contrast we have kept our own price at the same level for the past three years.

Beginning January 16, 1978 we must raise our weekly dues in this area to \$3.50. We want you to have an opportunity to come home to Weight Watchers classes at our current rate of \$3.00 plus the registration fee of \$5.00 which will remain unchanged.

If you join on or before January 14, 1978, you can do just that - come and remain indefinitely at the old weekly rate of \$3.00 as long as you continue to pay your current weekly dues, thus remaining a member in good standing.

At a time when there are few bargains, Weight Watchers is especially pleased to offer you this opportunity for a Homecoming during the Holiday Season. Sincerely,

JEANNINE B. COWLES
Director, Weight Watchers
9200 S.W. Barnes Rd. Portland

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