



GETTING IT TOGETHER - Myrna Holt (left) community advisor for Portland Urban 4-H Center, supervises a sewing session at CED Center, where students are participating in the annual International Cultural Fair on the 4-H calendar April 22nd, from 7:00 to 9:00 p.m., at the Matt Dishman Community Center. Further information can be obtained by calling Ira Mumford, extension agent, 287-1770.

Y offers mother's workshops

The Portland YWCA is offering mothers a chance to get out of the house and into a series of interesting workshops with its new "Mom's Morning Out" program, scheduled on six Thursdays from 9:30 a.m. to 12:30 p.m. beginning April 6th at the Downtown Center, 1111 S.W. 10th Avenue.

The morning will begin with a coffee time, followed by workshops in areas such as positive self awareness, cooking,

things to do with children and natural ways to look and smell great. A sack lunch will top things off.

The "Mom's Morning Out" program features child care for participants, part of the Portland YWCA's new effort to establish a drop-in child care facility for people taking classes at the Downtown Center.



Ms. Marian Gilmore, president of Delta Sigma Theta's local chapter, presents scholarship donation to Lynnette Taylor, national executive director, and Frances Flipper, deputy director.

Deltas give scholarship check

A check in the amount of \$750 was presented February 26, 1978 by Delta Sigma Theta, Inc., Beta Psi Chapter, to Mrs. Lynnette Taylor Executive Director, and Mrs. Frances Flipper Deputy Director, National Headquarters Staff Delta Sigma Theta, Inc., Washington, D.C., to be contributed towards the establishment of the Delta Sigma Theta Distinguished Professor Endowed Chair. Tuskegee Institute is the first and present holder of Delta Sigma Theta Distinguished Professorship. The recent \$750 scholarship award results in a total contribution of \$1,400 for the United

Negro College Fund for 1977-78. Beta Psi Chapter also contributed \$250 to the E. Shelton Hill Scholarship Fund at Concordia College and \$200 to STAR Productions for campships at their annual Black Heritage Brunch which was held at the King Neighborhood Facility on February 19th.

The Executive Director and Deputy Director were in Portland to meet with the Farwest Regional Director, Addie J. Haynes and the local chapter to assist with planning for the Farwest Regional Conference to be held in Portland June 23rd-25th.

It's time to plant onions

Onion sets are now showing up in garden stores. They are a convenient, quick and economical means of obtaining early green onions for your table according to Ray McNeilan, Home Horticulture Extension Agent. Onions are a crop that can be planted early to start supplying the dinner table by mid-spring.

The sets now available are either yellow or white varieties mostly. Sets can be planted to use as green onions or be allowed to grow until late summer and harvested as slicing onions. If onions are enjoyed by your family, plant lots of them, harvest every other one for green onions up until early summer then let the remainder grow for hamburger sized slicers.

Plant the sets 1-1/2 to 2 inches deep and an inch or so apart. These will be ready for eating when the tops reach

eight to ten inches, usually in about a month. If you want to grow large bulbs, plant the sets only about 1/2 inch deep and three inches apart.

Onions will grow in almost any type of soil, but it must be fertile, have good drainage and be in good tilth. The plants respond to both compost and commercial fertilizers. A handful of complete fertilizer, such as 16-16-16 applied alongside the row at planting time will get the plants off to a good start.

If the soil in your garden is still too wet and sloppy to work, plant some sets in a flower pot in the house. All you need is a good potting soil, a container with a drain hole to remove excess water, and plenty of light. Within a few weeks you can be eating greenery from your own home display.

University researches effects of nutrition on heart diseases

PORTLAND, OR. - Better nutrition and better health are the aims of two research projects being conducted at the University of Oregon Health Sciences Center (UOHC).

Dr. William Connor, director of the UOHC Lipid Atherosclerosis Laboratory, is principal investigator for the two projects, funded until 1981 by the National Heart, Lung and Blood Institute. One project, "The Family Heart Study," is funded for over \$1 million. It will involve 200 families, who volunteer to take part, from the Hollywood district of Portland.

Over the next five years, Dr. Connor and his colleagues will help the families change from the typical, high cholesterol American diet to an "alternative diet" that is low in cholesterol saturated fat, table salt and high in fiber and unrefined carbohydrates.

Studies by Dr. Connor have shown this "alternative diet" may help prevent heart disease, high blood pressure, diabetes, stroke and gall stones.

He said the 200 families will be selected randomly and recruited door-to-door beginning in April. Over the next year, about 20 families a month will be recruited. Dr. Connor hopes the random selection will result in a group that is a "mirror of our society."

Local headquarters for the study will be Portland's Northeast YMCA, 1630 N.E. 38th Street. There, Dr. Connor and his staff have remodeled a kitchen and office area. Groups of Family Health

Study participants will meet monthly at the "Y" for group discussions and cooking demonstrations.

Throughout the study, family members' cholesterol levels will be monitored. In addition, researchers will look carefully at the families acceptance or rejection of the new diet to see what factors helped or hindered the change-over process.

The other project, the "Nutrition and Atherosclerosis Training Program" is funded for over \$290,000. It will offer postdoctoral training to doctors of medicine, doctors of veterinary medicine, and those holding doctorate of philosophy degrees.

Atherosclerosis is hardening of the arteries. Fatty plaque begins to line and finally clog the body's arteries. It can lead to strokes, heart attacks and serious impairment of blood flow to the lower part of the body.

Dr. Connor said it is hoped those trained will become teachers or researchers of the nutritional aspects of cardiovascular (heart and blood vessel system) disease and some will enter community health programs in leadership positions "with the specific goals of bringing to bear the modern concepts of nutritional prevention of disease in the community setting."

Those working in community health programs could be especially important, Dr. Connor commented. "Since more than half of this country's deaths relate to heart disease, stroke and high blood

pressure and since the diseases which cause these deaths develop over the lifetime, the preventive approach and widespread treatment approach on a community basis are undoubtedly the most important factors for control of these diseases in our population."

Much of the study in this project will take place in the UOHC Clinical Research Center. Some of the five coordinated areas of the project will involve volunteer subjects.

Volunteers will be used in a study to learn what dietary factors cause their serum cholesterol (fat in blood) level to elevate more than others as they grow older. "This information could be of great help in the development of atherosclerosis prevention programs," Dr. Connor said.

UOHC researchers also will study volunteer subjects from the Tarahumara Indian Tribe of Mexico. They hope to gain more information on designing a diet which would help prevent heart disease.

Dr. Connor said the Tarahumara Indians, whose diet is low in cholesterol content, have been found in recent surveys to have low serum cholesterol levels. The feeding of dietary cholesterol to most adults living in the U.S. seems to lead to an increase in serum cholesterol concentrations, he said.

Another research area is the study of collagen, the major connective tissue of the body. Since Collagen is a family of different proteins, researchers are trying to determine which collagen deposits attract lipids (fats) and develop into

plaque on the arteries.

Researchers will study the effect which fiber in the diet has upon the absorption and excretion of cholesterol and other processes. Dr. Connor said research findings by others suggest a relationship between lack of fiber in diet and the incidence of numerous disorders, including heart diseases, varicose veins, cavities of the teeth, and appendicitis.

In addition to Dr. Connor, others involved in "The Nutrition and Atherosclerosis Training Program" include associate program directors Dr. Oscar Portman, biochemists Drs. Peter Bentley, Richard Jones, Howard Mason, and Jack Fellman; medical psychologists Drs. Joseph Matarazzo, Arthur Wiens, and Steven Fey; medical researchers Drs. Scott Goodnight, M. Rene Malinow, Matthew Riddle, Don Layman, and Roger Illingworth; biostatisticians Drs. Lyle Calvin and Gary Sexton; medical research associate Don Lin; and research dietitians Sonja Connor and Martha Fry.

Those taking part in The Family Heart Study project include Dr. Connor, Sonja Connor, Drs. Matarazzo, Fey, Carmody, pediatrician Dr. Banoo Jhaveri; research dietitians Martha Fry, Sabine Wilde, Joyce Gustafson, Nancy Becker, and Sue Erickson; nurses Sandy Bacon and Louise Queener; educational aide Claudia Chapel and biostatisticians Drs. Calvin and Sexton.

Dr. Connor, Sonja Connor, and Martha Fey are co-authors of the recently published *The Alternative Diet Book*, featuring recipes and menus.

Workshops increase public knowledge about venereal disease

A two-part educational and informational workshop April 5th will highlight Venereal Disease Action Week sponsored April 1st through the 8th by the Venereal Disease Action Council (VDAC), according to local businessman Randy Miller who chairs the group. The goal of VDAC is to foster better public understanding of venereal disease in an effort to reduce the incidence locally of that disease in its various forms.

The workshop is the joint project of the Governor's Commission on Youth, the Oregon Council of Parent, Teacher and Student Associations, the Oregon Medical Association Auxiliary and the Tri-County Community Council, a United

Way organization.

This year's VD Workshop is organized in two parts and is scheduled from 9:00 a.m. to 3:30 p.m. at the Oregon Medical Association Building, 5210 S.W. Corbett in Portland.

The first half of the workshop, from 9:00 a.m. to noon, is billed as a VD information update. Featured guests are Dr. King Holmes, Dr. Hugh Tilson and Len Tritsch. Dr. Holmes is professor of Medicine and head of the Division of Infectious Diseases at the U.S. Public Health Hospital in Seattle. Dr. Tilson is Health Officer and Director of the Multnomah County Department of Human Services. Mr. Tritsch is a health educa-

tion specialist with the Oregon State Department of Health and Education.

The morning half of the workshop will focus on the latest facts and scientific and medical finding concerning VD. A new E.C. Brown Foundation film, "A Family Talk About Sex," will be presented during the morning.

During the afternoon session participants will divide into workshop groups to discuss their particular concerns with the VD specialists. A special workshop for teachers and school administrators will focus on "What, When and How to Teach about VD." Led by Oregon VD Coordinator Al Klascius, this discussion will emphasize VD education in grades, six,

seven and eight, though all educators are welcome.

VD Awareness Week and the annual workshop day are sponsored in an effort to combat the rising occurrence of venereal disease locally, a pattern which follows an alarming national trend. The incidence of syphilis in 1977, for example, was up 35.8 percent from 1976 in Oregon. Gonorrhea was also up in 1977 over 1976 in Oregon.

The public is invited to participate in the forthcoming workshop. Further information concerning the event may be obtained from the Tri-County Community Council, 228-9131.

Class explores heart disease

Learn what you can do to protect yourself against the nation's number one killer, heart disease. A four session course is being offered at Portland Community College, Sylvania Campus, beginning Tuesday, March 28th, at 7:00 p.m., featuring local cardiologists, heart surgeons, and a University of Oregon Health Sciences Center research dietitian. Classes will cover anatomy, medical and surgical treatment, and risk factors leading to coronary artery disease. For further information call Portland Community College Community Services, 244-6111.

Party donation made easy

Simply by checking the "Yes" box on their income tax Form 1040 or 1040A, taxpayers can designate a dollar of their taxes to the 1980 Presidential Election Campaign Fund.

As with designations to the 1976 Campaign Fund, when taxpayers earmarked approximately \$95 million to eligible Presidential candidates, checking off to the Fund will not increase the amount of tax paid or decrease the amount of refund due.

The 1980 Presidential Election Campaign Fund is an outgrowth of 1971 legislation permitting taxpayers with a tax liability of \$1 or more to designate \$1 of their tax yearly, when filing a return, to such a fund.

On joint returns, where the taxpayers have an income tax liability of \$2 or more, both husband and wife may designate \$1 to the Fund. Those not wishing to contribute to the Fund can check the "No" box on the same line.

For additional information on the 1980 Campaign Fund and on tax deductions and credits for political contributions, taxpayers can fill out the handy coupon in their tax packages, or contact their nearest IRS office for a free copy of Publication 585, "Voluntary Tax Methods to Help Finance Political Campaigns."



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