

Deiz's marry, head for New York

by Kathryn H. Bogle

With flair and imagination young Portland residents are definitely on the move.

An interesting couple, a part of this newer generation, would be Rita Griffin of Vancouver, Washington and 25-year-old Gilbert Deiz of Portland. Rita, the daughter of Belva Griffin of Vancouver, and Gilbert, the son of Carl and Mercedes Deiz of this city have managed an upward mobility in their jobs, along with their coast-to-coast romance.

Each of these young people has been employed locally with television or radio stations. Gilbert's work at KGW-TV laid the foundation for his successful career as a cinematographer and videotape editor.

They worked separately in Detroit—Rita, at Radio Station WDRQ, as an anchorwoman and reporter, and Gilbert, at WDIV-TV, as a cinematographer and editor. Their romance blossomed and they married quietly in a Detroit A.M.E. Church in January of this year. No long term friends or family were present to wish them well so their married romance began without the traditional "send offs".

Gilbert's attitude concerning his employment was that his Detroit position was an enjoyable experience, an interlude, a stepping stone to his ultimate goal. His ambition was to be a cinematographer in New York, the Big Apple.

He kept in touch with his New York contacts, and when there came a chance to photograph a series of stories in New York for Detroit's WDIV station, he seized the opportunity to go and to also sound out his position with a national network.

The national CBS-TV assessed Gilbert's work and his abilities as well suited for their current needs. He will begin work with them before the month of August has ended.

Rita plans to be with her husband in New York and expects to find her own place in a New York radio station. Gilbert will be connected with WCBS, which gives him a New York vantage point to do New York news on the scene for immediate use by the CBS national network news. He retains the responsibility for editing his own material. Later, Gilbert hopes to begin work in commercial production in a freelance situation beyond his news production.

Meanwhile, Gilbert and Rita returned to Portland, to family and friends, to have a real wedding with some of the frills they missed previously.

The couple did not exchange rings, but they were married again with a



RITA AND GILBERT DEIZ

crowd of friends and relatives present at a recent Saturday afternoon ceremony at St. Andrews Episcopal Church. The Reverend David Lounsbury officiated at the service into which Rita and Gilbert had woven their own marriage statements.

The beautiful young bride came down the aisle escorted by her two brothers, Robert and Ralph Griffin. Her floor length dress, in a wheat color, cut from an embroidered cotton fabric, had been fashioned by her own hands. She carried a bouquet of wheat tied with brown satin ribbon. Beige colored lace covered her dark hair.

Several young relatives of the bride, Michone, Monica, Dana, and James Griffin of Vancouver and Teriya Smith of Seattle, distributed flowers to the assembled guests as a part of the ceremony.

Maid-of-honor was Mary Lou McPherson-Hutchens of Fresno, California. Bridesmaids were Marilyn Davis Merfeld and Sharon Nettles-Jones both of Vancouver, Washington and Lynn Baker-Murray of Eugene. All wore street length dresses and carried bouquets of mixed flowers.

William Deiz, brother of the

bridegroom who lives in Los Angeles, acted as best man for Gilbert. Bruce Smith, Glen Smith and Kenneth Bell, brother-in-law of Gilbert, also acted as groomsmen.

A wedding reception followed immediately after the ceremony in the parish hall of the church.

Later in the evening, folk gathered at the Carl Deiz home for an informal wedding buffet supper and dancing until the wee hours.

Within two days the happy pair flew off to Honolulu for a Hawaiian honeymoon. There they were guests of Wilson P. Walker in the Mauna Luan condominium owned by the Wilson C. Walkers of Hawaii Kai and Portland.

Gilbert and Rita start work in New York City on August 20th. They plan to leave their cars in Oregon with relatives and they expect to use public transportation or their bicycles in New York. They are fortunate to have sublet an apartment for the present in Manhattan.

Gilbert plans to keep current with new trends in cinematography by first-hand study of the methods of cinematography "greats" he has only heard about up to now.

Cookbook offers nutritious, low income diet

WASHINGTON—A new cookbook that's long on good nutrition and good taste is credited with giving some babies a better start in life.

It's "WIC and You and Recipes, Too," 200-plus pages of recipes chosen to show people with modest means how to make the most—nutritionally—of what they have. Many low income mothers in Minneapolis and St. Paul, Minnesota, say the book's a big help.

"WIC" is short for Women, Infants and Children—the name given a combined effort by the U.S. Department of Agriculture and the nation's state and local health agencies. The goal is a better diet for women and children with special nutritional needs.

Participants are pregnant and breastfeeding women, new mothers up to six months after delivery and infants and children up to five years old.

In Minnesota, checks redeemable at retail stores are provided to participants for supplemental foods. Local clinics also provide nutrition education.

Dieticians of the Minneapolis Health Department say a growing number of low income mothers are using the recipes. The result, they add, is better balanced meals for more and more families.

Lois Schmidt, one of the book's editors, said the project grew from a need that was easy to see.

"But I don't know how to cook those foods! That's what the mothers often would say when we suggested nutritious foods," said Schmidt. "Many of our WIC moms are young and don't have a lot of experience preparing meals."

Schmidt said the mothers tend to rely heavily on fast foods and canned goods.

"A survey showed that as many as half of the program participants had no cookbook at home. A recipe book seemed to be a good idea. To make sure it would really be used, we decided to get help from the people involved," she said.

Clerks passed out entry forms for recipes and children's drawing contests along with the regular WIC monthly food coupons.

"We offered prizes so mothers would be willing to share their favorite recipes and it worked," Schmidt said. The response was more than 400 recipes from mothers, over 80 drawings by their children and some good suggestions for a convenient format.

The fresh and direct vision of children comes through in the drawings chosen to illustrate chapter

heads. They include a plum carrot, a wobbly milk pitcher, a beaming stick family at the table.

The recipes are simple, low-cost, nutritious and tasty.

For easy reading, the book is written for a ninth grade reading level. About one-fourth of the pages discuss the nutrients required for and good health and how WIC foods can help meet the special needs of women and their children.

As part of the Minneapolis program's nutrition education work, each mother received a copy of the cookbook.

Using the clinic copy as a guide, a counselor may suggest easy, appetizing ways to use the special foods the program provides.

"A counselor who suggests more vegetables in a diet can refer to the index for dishes to recommend," said Schmidt. "She also can look there for dishes rich in a needed nutrient,

such as iron. In addition, a nutrient symbol on each page shows which foods and recipes are low in calories

"This is more than a cookbook," said Schmidt with pride. "It is a guidebook to help women eat right during and after a pregnancy. It discusses foods children need to grow and stay healthy. It shows how WIC foods can be used with other foods to help participants eat wisely.

There is already evidence of the cookbook's popularity. Almost immediately, friends of WIC mothers began to ask whether they could buy a copy of the book distributed free to participants.

As a result, Schmidt says, additional copies have been printed for sale to the public. Anyone interested in buying a copy may send a check or money order for \$2.50 to the Minneapolis Health Department, Department of Health Education, 250 South 4th Street, Minneapolis, Minnesota 55415.

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If you are a spiritual seeker who needs help not promises—call me. I am a "God Gifted" man. I can help you in a hurry.

TESTIMONIALS

- 1) Miss Joyce J.W., Portland, OR., was in a fix where she could not find or keep a good man. I, Rev. Hoskins, removed the fix and the jinx from her. NOW she can draw the man of her desire to her like a magnet.
- 2) Mr. & Mrs. C.P. of Compton, CA., could not win the BIG one. They called Rev. Hoskins and Rev. sent them a for-sure win blessing money hand. They went to Las Vegas and their luck kept on coming, winning more than \$16,000.
- 3) Ms. Barbara T., Inglewood, CA., had a man who left home for another woman. She called Rev. Hoskins with tears in her voice. She wanted him back!! Now he is back and eating out of her hand.
- 4) Mr. Paul, Los Angeles, CA., was in a fix and rooted by this woman. As a result he lost his nature for other women, but through Rev. Hoskins' work, Paul regained his nature and became luckier than ever with women, money and his business.
- 5) Mrs. O.I., Long Beach, CA., had demons in her body, and in her home, causing all kinds of bad luck, and unnatural sickness. She called Rev. Hoskins and in 72 hours her home and body were free of unclean spirits.

(The names in the above testimonies have been changed for the protection of the individual.) I guarantee to do what I say I can do. I have a big reputation to protect.

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Obituary

Norma K. Williams died at Emanuel Hospital on August 16, 1979 at the age of 82 years. She was born in Montana on September 19, 1896.

Mrs. Williams graduated from Jefferson High School and attended Willamette University, where she was the first Black to attend the University's School of Law. She was married to Belvin Williams.

She was a Past Matron, Adah Chapter No. 6, Order of Eastern Star, was a volunteer Braille transcriber for the Volunteer Braille, and a member of Congregation Bilh Is-

rael. Survivors are a son, Hubert E. Williams of Portland; a niece, Euna Palmer of Bethesda, Maryland; a niece and nephew, Irene and Freddie Williams of Madras, Oregon; and several cousins.

The funeral was held August 21st at Caldwell's Colonial Mortuary with interment at Rose City Cemetery. The family suggests contributions be made to the Oregon Heart Association or to the Multiple Sclerosis Foundation of Oregon.

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