

## Football star counsels youth

By Kathryn H. Bogle

In Portland for a quick visit with parents and friends is Wilson Parish Walker, 26 year old son of Mr. and Ms. Wilson C. Walker. Young Wilson also has a career in football in mind and he is seeking a chance for a try-out with a team on the mainland, as he lives now in Honolulu.

"Wilson P." was graduated from Grant High School where he was an excellent student and a stellar football player. From here he went to the University of Hawaii on a four-year scholarship. At the University of Hawaii he also played some basketball, but was a member of the varsity football team until, in his senior year, a shoulder injury took him out of competitive sports.

In Honolulu, Wilson P. is very happy and in excellent health, but he yearns for the fall crisp air and the feel of the football turf under his feet. At 6'3" - he is pushing up his 200 pounds to beef up his lanky frame. The shoulder healed now gives him no trouble.

Since graduation from college Wilson P. has worked as a counselor, a "mellowing experience" he calls it, which has made him realize how good his own life has been.

The counselling experience has given him chances to work with children with a variety of problems. For the Salvation Army he has worked with emotionally disturbed boys from the ages of 8 to 14 years, and for the City of Honolulu he has been a youth counsellor for high school drop outs from 16 to 20 years old and has helped train them for the job market.

At present he is an Employment Training Specialist for the city. He finds job opportunities for, principally, minority persons, and provides follow-up on-the-job coordination with worker and employer.

With what he has seen now of problems facing so many young people, Wilson P. is dreaming "the big dream" of helping other people find their own way towards their goals. He likes what he sees other successful athletes can do in this direction and a new career in professional football could provide the "Open Sesame" he needs to



Wilson P. Walker of Honolulu, Hawaii

(Photo: Leonard Hakahash)

realize this, his own dream.

Daily work-outs in the Grant High gymnasium are keeping Wilson P. in

top form while he is on the mainland. We hope that Wilson P. finds the team of his choice before long.

## PCC counsellors attack 'test anxiety'

The instructor is about to pass out the test. Students sit, pencils poised ready to feverishly recount material learned during the course of the semester. But in this and most college classes, through no lack of intelligence or effort, a handful of students will fail, victims of test anxiety.

If such students could only learn to relax in such a setting -- for them, easier said than done -- their grades would improve substantially, according to two Portland Community College guidance counselors.

Instructors of a new personal development course at PPC, "Stopping Test Anxiety", Bob Poole and Norm Yap offer the clammy-handed, insomniac student self-help tips to overcome this frustrating mental stumbling block.

"Test-taking anxiety is an emotional response that is learned and comes to be associated with an unpleasant event: the test," Poole said. "Because this reaction is learned it can be unlearned. This is where the counseling department comes in."

About five per cent of students suffer from test anxiety, Poole estimated. Symptoms can range from headache to accelerated

breathing and heart beat to muscular pain.

The counselors emphasized their program is not designed for students who perform poorly on tests because of low ability, a lack of study habits or educational deficits, such as poor reading skills. Such persons are referred to other programs at PCC.

For the 20 or so students identified each term as suffering from test-taking anxiety, most experience significant improvement after receiving instruction.

"The main feature of what we try to do is teach the student how to relax. Using a cue-controlled technique, students can achieve relaxation in response to a self-induced cue word," Poole explained.

This is accomplished by first training students to relax by using a progressive tensing and relaxing of specific muscle groups. After they are able to produce a moderate amount of relaxation, this state is triggered by a cue word, such as "calm". This training in cue-controlled relaxation continues for the rest of the sessions.

"Practice, of course, is the key. Students can learn to relax in a number of days but learning to do it quickly takes time. In a test, you can't excuse yourself for 20 minutes

just to relax. You have to do it in seconds, ultimately just by breathing in and exhaling."

"Some people have, essentially, been tense all their life and it frightens them to be relaxed," Yap noted. "They feel strange and threatened. It takes awhile to get over that feeling of vulnerability."

Students also must learn to identify tenseness in the body that may precede an anxiety attack. Most of them have a part of the body that tenses up first, Poole said. "I've seen eyebrow tensors, foot tensors, you name it."

Test anxiety is not only found among students but can be a life-long hindrance to persons who must take tests to attain employment or advancement.

## Check hair dryers

by Stephanie L. Michael

The U.S. Consumer Product Safety Commission has issued out a warning to beauty salons nationwide who patronize primarily Blacks.

The producer of the dryers, Bonat Incorporated, of West Patterson, New Jersey, estimates that since 1972 approximately 1,000 of the special purpose hair dryers have been sold to distributors for resale to beauty salons. The company estimates that perhaps 500 individual beauty salons in predominantly major urban areas may be using the Rocket blower.

Bonat and the Consumer Product Safety Commission say distributors and beauty salon operators can identify the dryer by its name on the label, which reads "Bonat Blower Dryer." Each hair dryer can also be identified from the red light on its side. The "Rocket Blower" model being called off the market are B-10, B-11 and B-14. The dryers are thought not to present a health hazard. The replacement program is scheduled to begin in mid-October. Beauty salon operators are being advised to write the Bonat Company at 250 Lackawanna Avenue, West Patterson, New Jersey 07424 to receive details of the call-back program.

Salon operators can also contact the Consumer Product Safety Commission at the agency's toll-free Hotline, (1-800-638-8326), to participate in the retrofit program.

## JC Penny employees honor Viola Bonner

Viola Bonner was honored by her friends and associates at a retirement dinner given in the sunken ballroom of the Masonic Temple.

Ms. Bonner has been an employee of the J.C. Penny Company for 18 years. She has been working in the ladies ready to wear department since the October 1975 opening of the new store at 5th and Morrison, but customers of the downtown area will best remember her for the many years she ran the elevator service in the store located at 5th and Stark.

Ms. Bonner was nationally honored by the Penny Company in 1972 when her picture was chosen for the company 1973 calendar featuring contributors to charitable projects. She received this honor for her service to the National Sickle Cell Anemia Foundation. The Penny Company charitable contribution for that year was given to the National Sickle Cell Anemia Foundation.

Guests at the dinner included Ms. Bonner's husband, Eugene; her sister, Christine Smith; nephews Keith Johnson and Billie Joe Patterson; niece Juanice Johnson, Mr. and Ms. Archie Bonner, Madelyn Cambell, Ms. Ora Brown and Dessie Locke.

Eugene and Viola Bonner have long been associated with the Prince Hall Masonic Lodge. Mr. Bonner is a 33rd degree Mason, Past Master of Acacia Lodge and Past Potentate of Mina Temple No. 68, AAONMS. Ms. Bonner is Past Commandress of Mina Court No. 142 and Past Matron and President of Adah Chapter No. 6, Order of Eastern Star.



Viola Bonner

Ms. Bonner is also active in community and church affairs.

Entertainment for the dinner was provided by Dawn Burt, a fellow

Penny associate, who sang accompanying herself with guitar. Her numbers included an original composition.

## New telephone sales law protects buyer

A new law effective October 3rd requires a follow-up signed contract for magazine sales made over the telephone and requires telephone salespeople to fully explain why they are calling within the first 30 seconds of the conversation.

Caroline Wilkins, administrator of the State Consumer Services Division, said the new law (SB 133) is a major step in providing consumer protection for persons who buy magazines and periodicals over the phone. The law states the seller must send a written contract to the buyer,

who must sign and return the contract before the magazine sale becomes binding.

The Division sought the legislation last winter when reports of losses from magazine deals in the \$200 - \$250 range were being received every third day.

The new law also requires any person who solicits customers by telephone to state within the first 30 seconds:

- The salesperson's name and who he/she represents.
- The purpose of the contact
- An easily-understood descrip-

tion of the goods or services offered.

The salesperson also in that time must ask the potential buyer whether he would like to listen to the sales presentation and must immediately discontinue the conversation if the potential buyer does not want to listen further. A similar law already is in existence for door-to-door sales.

The law requires the salesperson to disclose the total cost of the goods or services including the number, timing and amount of installment payments, if any. Sales of under \$25 are exempt.



Commissioner Gladys McCoy started visits with constituents on a regular basis at Portland Community College's Cascade Center with a reception last week. She chatted with a number of people, including Dianne Lopatim. Commissioner McCoy plans to spend the second and fourth Wednesday mornings at the college center meeting people. Make an appointment through her downtown office (248-5219) or just stop by.



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