



ALEXIS HERMAN

Herman chosen woman of future

WASHINGTON--Women's Bureau director Alexis M. Herman has been selected one of Ten Women of the future by the Ladies' Home Journal.

She was chosen one of the "New women leaders in the 80's capable in their fields and exemplifying new equality in ability and accomplishment," the Journal said.

Herman's award--an 8-sided Baccarat crystal etched with her name--was presented by TV personality Marlo Thomas at Women of Achievement awards ceremonies in New York City.

Upon accepting the honor, Herman said that although it is in recognition of personal achievements, she feels it "recognizes the increasing significance of the role that women play in the work force today, and it is a tribute to the work of the Women's Bureau and its relentless efforts to ensure a brighter future for all women."

Herman noted that in the decade of the 1970's women entered the labor force at an average rate of over a million each year. "And we will have to strengthen our efforts to make greater economic gains during the 80's" she added.

Community Calendar

Everyone is invited to **Puttin on the ritz**, a gala New Year's Eve party at the Galleria, 921 S.W. Morrison, Portland.

Prizes and champagne toasts will be offered. *Transport*, along with local and out-of-town talent, will provide music.

Top prize, The Ultimate Weekend, is a Saturday-Sunday stay for two at the Benson Hotel, Portland, with deluxe accommodations, dinner, split of champagne, and Sunday brunch. The lucky winners may choose any weekend within 6 months.

The cost is only \$12.50 per person donation. Proceeds will benefit Portland Opportunities Industrialization Center (POIC), one of some 150 nonprofit schools across the nation which train unemployed and disadvantaged persons to prepare them for productive employment.

The party is scheduled for 9:30 pm - 2:00 am. Admission may be purchased at the door. But this promises to be a popular New Year's Eve outing, so it's better to call Rosemary Anderson, 287-1271 and make reservations. Or, send remittance to Ms. Anderson at POIC, 415 N. Killingsworth, Portland, OR. 97217.

B.I.C.E.P. has arranged "Puttin on the Ritz" to raise funds for POIC.

**ANIMATED FILMS** The Albina Branch Library presents a night of crazy animated films for people over 12 on Thursday evening, January 10, at 7:15 p.m. Films to be shown are *Quasi at the Quackadero*, *Make me Psychic*, and *Mindscape*.

The branch is located at 3605 NE 15th Avenue. Admission is free. Call 287-7147 for more information.

**FIGURE & PORTRAIT DRAWING EXHIBIT** Featuring the works of MICHAEL ING, JOHN ALBERTS, EILEEN AHERNS, JOAN RUDD AND BARRY PELZNER, at the Marylhurst/Mayer Gallery, January 9-29. Reception and informal discussion by the artists, Sunday, Jan. 13, 1-3 pm. Marylhurst is located one mile south of Lake Oswego on Hwy. 43.

**TWO FREE SOCCER CLINICS** for young people in grades 2-8 will be presented by the Portland Park Bureau at Ockley Green Community School, 1315 N. Ainsworth at Interstate. Instructor is Tom Croft, a nationally and state licensed soccer coach and former member of the Timbers' reserves. The clinics will meet Wednesdays for nine weeks beginning January 16, 1980. Grades 2-5 will meet at 3:30 pm and grades 6-8 will meet at 4:30 pm. Registration is required. Call 285-8269 for more information.

**OPEN HOUSE AT NE YMCA** Jan. 2 - Jan. 9, at the *Northeast Center*, 1630 NE 38th in Portland. "Find out what the Y is all about," says Leslie Hillman, associate physical director at the Northeast Center. Non-members are eligible for a free pass to any of the Northeast Center activities and facilities during the Open House Week. Passes and programs available. New participants may be eligible for free memberships during Open House week. Activities include a Youth Programs Orientation on Jan. 2 at 4 pm., featuring gymnastics and swimming for parents/children. For more information call 281-1169.

**NORTH PORTLAND/LINNTON GENERAL MEETING** The North Portland and Linnton people are invited to attend a General Meeting of the North Portland Citizens Committee, Inc., on Jan. 8, 1980, at 7:00 p.m. at the Buckley Center Auditorium, University of Portland campus, 5,000 N. Willamette Blvd.. The meeting will be devoted to a report to our members (stockholders). All residents, property owners, and people employed within our boundaries are our "stockholders" and it is to them that we are obligated. The people of the community are our strength and we need your ideas, concerns and support. Join us for our first annual "stockholders" meeting. Direction signs will be at main entrance to the University on Willamette Blvd. For further directions, please call the office, 248-4524.

Classes begin at **Mt. Hood Community College** on January 2, with registration open until January 11th. More than 1400 day, evening and weekend classes are offered this term. Classes are offered in 150 career programs. For information call 667-MHCC.

**Legislative Report Breakfast**, sponsored by Senator Vern Cook, Rep. Glenn Otto, Multnomah County Commissioner Gordon Shadburn, will feature a panel on availability and taxability of winter weatherization and solar energy. 8:00 a.m., January 5th, M & M Restaurant, 137 N. Main, Gresham. Public is invited.

**Ockley Green Community School** classes begin the week of January 7th. Registration begins January 2nd at 2:00 p.m. at 1315 N. Ainsworth. Classes include: Photography, volleyball, silk screening on T-shirts, basketball, wood-working for women, women's fitness, U.S. citizenship study, weight loss support group, piano lessons, *hacky sack*, *hot lunch for senior citizens*. For information call 285-8269.

BID INVITATIONS

REQUEST FOR PROPOSAL

The Housing Authority of Portland will accept Proposals no later than 5:00 PM, January 21, 1980 at 1605 NE 45th Avenue, Portland, Oregon, 97213 for the following:

Evaluation and development of techniques for enhancing neighborhood support and understanding of public housing projects.

Complete information on content of Proposal and Procedural Aspects and Method of Selection available at the Housing Authority of Portland. Call Mr. Emile H. Combe, (503) 249-5523.

INVITATION FOR PROPOSALS

- (1) The Housing Authority of Portland will receive Turnkey proposals for a total of 54 units of low and moderate income family housing scattered on two sites located either in the City of Portland, Oregon, or in Multnomah County within ten miles of the Portland city limits until 2 p.m., Pacific Standard Time, on Thursday, the 6th day of March, 1980, at 1605 NE 45th Avenue at which time and place all proposals will be publicly opened and read aloud. The minimum proposal from a developer is for nine units.
- (2) Developer's Packets containing full project information and detailed submission requirements are on file at the office of the Housing Authority at the above address. A Developer's Packet may be obtained at the above address (by parties with a bona-fide interest in responding to the Invitation) or by calling 249-5531. Additional copies may be purchased for the non-refundable sum of \$20 per copy.
- (3) Attention is called to the provisions for equal employment opportunity, and payment of not less than the minimum salaries and wages as set forth in the Developer's Packet must be paid on this project.
- (4) The Housing Authority of Portland reserves the right to reject any or all proposals or to waive any informalities in the proposals.

HOUSING AUTHORITY OF PORTLAND  
By Lyndon R. Musolf, Executive Director

Invitation to Bid

The City of John Day, Oregon, invites bids for the construction of Water System Improvements. Work includes a 400,000 gallon reservoir complete with site preparation and access road, approximately 2600 feet of 10-inch water line, approximately 1900 feet of 8-inch water line, existing well modifications including new pumps, motor, and chlorine injection facility, booster pump station modifications including valving, piping, and installation of two new pumps and motors, and a telemetry system.

Sealed bids for the described project will be received by the City of John Day at City Hall, 240 South Canyon Boulevard, John Day, Oregon 97845, until 2:00 pm Pacific Standard Time, February 13, 1980, and will then be publicly opened and read. No bid shall be considered unless it contains a statement by the bidder that ORS 279.350 (prevailing wage law) will be complied with. The contract time for the project shall be 240 days.

The Contract Documents may be examined at the following locations: John Day City Hall; Anderson-Perry & Associates, Inc., La Grande and John Day, Oregon; Anderson-Perry & Associates, Inc., Walla Walla, Washington; Northwest Plan Center, Portland, Oregon; Associated General Contractors of America, Boise, Idaho; Idaho Plan Exchange, Boise, Idaho, and Central Oregon Builders Exchange, Bend, Oregon.

Copies of the Contract Documents may be obtained at the office of Anderson-Perry & Associates, Inc., P.O. Box 1107, La Grande, Oregon, 97850, upon payment of \$60.00 for each set. Any planholder upon returning the Contract Documents promptly and in good condition will be refunded \$50.00. The Contract Documents will be available after January 11, 1980.

Support Minority Business Enterprise



President Carter last week announced the appointment of Sadie Tanner Mossell Alexander as chairperson of the 1981 White House Conference on Aging. Also present during the announcement ceremony in the Oval Office were: Mrs. Rosalynn Carter, Lupe Morales, who was appointed deputy chairperson of the Conference, President Carter and Nelson Cruikshank, counselor to the President on Aging.

Alexander, 81, has practiced law in Philadelphia, Pennsylvania, for the past 52 years. She was the first black woman in the United States to earn a Ph.D., and was the first woman to practice law in Pennsylvania. She has served as a member of the Lawyers Committee on Civil Rights and as the first woman president of the Philadelphia Bar Association.

ENERGY.  
We can't afford to waste it.

CITY OF PORTLAND  
INVITATION TO BID

Sealed proposals will be received in Room 113, City Hall, Portland, Oregon 97204 for iter.s detailed herein until 2:00 p.m. on the dates indicated.

Plans and specifications may be obtained at the above address. For additional information telephone Buyer at number listed.

When Bid Surety is required, proposals shall be accompanied by a certified check, cashier's check or a bid bond, payable to the City of Portland for an amount not less than ten percent (10%) of the aggregate amount of the bid as guaranty that the bid shall be irrevocable for the period specified in the proposal. Said bond to be forfeited as fixed and liquidated damages should the bidder seek to revoke his offer for any reason not authorized by law and not consented to by City within the irrevocable period, or neglect or refuse to enter into contract and provide a suitable bond for the faithful performance of the contract, in the event the said contract is awarded to him.

NON-DISCRIMINATION: No proposal or bid will be considered unless the bidder is certified as an EEO Affirmative Action Employer as prescribed by Chapter 3.100 of the Code of the City of Portland. All bidders not currently certified should file the required documentation with the Contract Compliance Division, Room 209, City Hall, 1220 SW Fifth Avenue, Portland, Oregon 97204, 248-4696, at least five (5) days prior to the Bid Opening. Failure to achieve certification by the Bid Opening Date and Time shall result in the return of your Bid Unopened.

| BID NO. | DESCRIPTION                                                                                                                                                                                                                | BID OPENING DATE   |
|---------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------|
| 68      | Furnishing Nuisance Abatement Services for S.E. Portland Service District. For information call Michael Metroke, Buyer, 248-4003.                                                                                          | 01/15/80           |
| 69      | Labor, Equipment & Materials for Construction of NE Alderwood Rd. Storm & Sanitary Sewers. For information call Michele Ackerman, Buyer, 248-4191. 10 per cent Bid Surety Required. Pre-qualification of Bidders Required. | 01/03/80           |
| 70      | Re-Powering One Seagrave Fire Truck. For information call Michael Metroke, Buyer, 248-4003. 10 per cent Bid Surety Required.                                                                                               | 01/10/80           |
| 71      | RFP - One or More Bond Issues of up to \$25 Million of General Obligation Bonds Payable from Water Revenue. For information call Michael Metroke, Buyer, 248-4003. Special Prequalification Required.                      | 5 P.M.<br>01/11/80 |
| 72      | Furnishing Criss/Data Entry Computer System for Police Bureau. For information call Harold Vaughan, Purchasing Manager, 248-4138.                                                                                          | 01/11/80           |
| 73      | RFP - Applications for Project Management Services. For Harold Vaughan, Purchasing Manager, 248-4138.                                                                                                                      | 01/04/80           |
| 74      | Labor, Equipment & Materials for Construction of Stanton Yard Refueling Facility. For information call Michele Ackerman, Buyer, 248-4191. 10% Bid Surety Required. Prequalification of Bidders Required.                   | 01/10/80           |
| 75      | Labor, Equipment & Materials for Addition of Engine No. 105. For information call Michele Ackerman, 248-4191. 10% Bid Surety Required. Prequalification of Bidders Required.                                               | 01/10/80           |

Invitation to Bid

The Housing Authority of Portland will accept sealed bids at 1605 NE 45th, Portland, Oregon 97213 until 2:00 pm (PST) Tuesday, January 15, 1980 for the following:

For 70-unit apartment at SE 47th and Clinton, Peaceful Villa (Ore 2-8) furnish all material and labor to remove existing oil burners from boilers and replace with natural gas fired burners and cap off existing oil piping. Pipe gas supply to each boiler room and to each boiler from meter location. Furnish and install gas fired domestic water heater and pump in each boiler room and disconnect existing domestic water storage tank heater and cap piping etc. as indicated on drawings and specifications.

Bid forms and specifications available at the Housing Authority Maintenance Dept. 8910 N. Woolsey Ave. Portlan, Oregon 97203 or call Mr. Max Fagg or Mr. Richard Jones at 249-5555 (503).

All bids must contain a statement that the provisions of ORS 279-350 relating to the prevailing rates of wage will be complied with.

Elderly need help with medicine

(Continued from page 1 col. 6)

tions from their doctors but don't get them filled at the pharmacy or drug store because "they perceive it will cost too much," Simonson suggest. "Actually the medicines are good investments compared to the expenses of hospitalization or nursing home care."

Some studies have shown that 3 to 5 percent of all U.S. hospital admissions are directly related to problems stemming from improper use of prescriptions, it was noted.

The elderly sometimes turn to over-the-counter medicines in preference to prescriptions from their physicians because "they hear or see the claims in advertisements without appreciating the limitations of such compounds."

Pharmacists can be of tremendous service to the elderly in answering questions about medicines, being sure that the directions for taking the drugs are clear and complete, and initiating discussions with patients who seem uncertain or withdrawn, Simonson emphasizes.

He is director of a new OSU assignment to develop two new courses on drugs and the elderly. The work is being funded by the U.S. Bureau of Health Manpower. Once the courses are ready in 1980-81, they will be made available to all interested U.S. universities.

One course will be for pharmacy students. It will focus on the specific

medication needs of older persons. The other will be for students going into fields that will see them working with the elderly. These include gerontology, family life, counseling, dietetics, psychology, health, physical education, etc.

Clara Pratt, director of the OSU gerontology program, is working with Simonson on the development of course material.

Prices may be up and money doesn't go as far as it used to, but the shopper can survive in today's marketplace with planning and care.

That's the message in the "Shopper's Survival Kit," a circular just published by the Oregon State University Extension Service and available for county Extension offices.

Written by Velma Seat, Extension food marketing specialist, the circular in a step-by-step guide for the shopper who wants to stretch the dollar as far as possible.

The specialist points out that "careful shopping takes time, but it can be time well spent because food is one of the largest expenses in family living. Improving your shopping habits is one way of coping with the cost of living.

Among other suggestions, Mrs. Seat urges shoppers to plan each shopping trip, to check newspaper advertisements for special buys, to compare stores as well as brands, and to match quality to use.