

## Welding safety topic

Workers may be exposed to many hazardous substances in the workplace, such as cadmium, lead, flouride, mercury, zinc and manganese. They can now learn more about protecting themselves from the health hazards in the burning and welding trades by attending a one-day conference sponsored by the Oregon Lung Association on Saturday, March 29 at Smith Center, Portland State University.

The conference is open to workers, as well as employers and health professionals who are concerned about welding exposures in the workplace. The keynote speaker will be Dr. Robert Armbruster, Medical Director of the Occupational Medical Center, who will speak on the "Health Hazards in the Burning and Welding Trades."

The purpose of the conference is to increase the participants' awareness of workplace exposures that cause health problems, to provide information on how to detect and control these exposures on the job, and to teach ways on how to protect themselves through personal hygiene practices.

There is a \$5.00 registration fee and \$3.50 for apprentices and students. For more information call 224-5145.



## Flatter Fit Frames

especially for you! This new frame, available in several different styles is designed to look good and feel good! See Flatterfit frames NOW at all convenient offices of Dr. Anderson Optometrists!

Optometric Eye Exam, All Types Contact Lenses, Visa & Mastercharge

*Dr. Anderson Optometrists*  
at 4 Columbian Optical offices

Downtown 631 S.W. Alder 223-2171	Lloyd Center 288-5393	Eastport 771-3233	Oregon City Shopping Center 656-9727
--	--------------------------	----------------------	--

our 74th year

Jrs. Drs. S. Anderson, E. Briggs, R. Hallquist, K. Leitzel, W. Siddens ens

*The Place to Go is the Name You Know*



Cora Madison and Cassie Updike make Shamrock decorations.

## Lunch and companionship

Tasty and attractive meals are not the only reason that the elderly, the lonely and the hungry come to the Loaves and Fishes Center in the Piedmont Presbyterian Church on N.E. Jarrett and Cleveland every Monday, Tuesday and Friday.

There are card-tables in a cozy alcove, books and magazines on a sturdy table. A crafts instructor from the Senior Recreation Program of the Portland Park Bureau is there every Friday with craft materials and lots of ideas for things that elderly -- and perhaps arthritic -- hands can do.

And it's not only the elderly who become involved. Recently a young Cambodian who knows very little English (and probably has never heard of St. Patrick's shamrock-inspired explanation of the Holy Trinity) eagerly helped to make and hang green ribbons and paper shamrocks above the dining tables to create the right atmosphere for the month of March.

The young man comes to the center occasionally with an older countryman who has been in Portland for about four years, and seems to greatly enjoy the camaraderie of his elders.

Center Manager Mary Geneva Savage says that about 120 regular volunteer helpers give of their time and skills to help the center. Sometimes the number goes as high as 296.

They help with the procurement and preparation of the food; serve the guests at the center; prepare and deliver specially-packed hot meals for shut-ins (diabetic and low-sodium diets, too); perform the clean-up and some of the clerical duties.

Some volunteers from certain organizations come to work together on certain days. Some simply show up on those days when



Suos Bunthoeun and Robert Lee Kendrix hang St. Patrick's Day decorations.

they can give a few hours.

Some, like Ella Jackson, the Meals-on-Wheels coordinator, Cateress Lillian Casey, and Gladys Geffert, are on duty for several hours on every day that the Center is open. Gladys helped to organize the Center back in 1971, and has served as its treasurer ever since.

Everyone who comes is served, with those under the age of 60 paying \$1.50 for a meal which may include generous portions of fruit

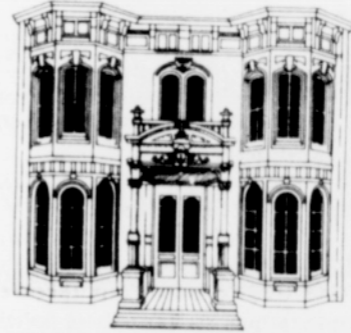
juice, chicken, potatoes, zucchini, tomatoes, spiced peaches, coffee, milk or tea, and cookies. Guests over 60 pay whatever they can afford.

Mrs. Savage welcomes newcomers, greets the regulars, introduces visitors, encourages everyone to become acquainted, makes pertinent announcements, leads an occasional sing-along, and generally oversees the entire operation.



Ruby Mulvaney, Inga Lindstrom and Daisy Brown enjoy their pinochle game before lunch.

The Morris Marks House  
1501 SW Harrison Street  
Portland 97201  
Telephone: 227-2688



**DES CONNALL**  
Professional Corporation  
**LEGAL CLINIC**

### CONCENTRATING IN THE FIELDS OF:

CRIMINAL LAW

INDUSTRIAL ACCIDENTS

DRIVING UNDER THE INFLUENCE  
OF INTOXICANTS

DOMESTIC RELATIONS

WORKERS' COMPENSATION

BANKRUPTCY

PERSONAL INJURY

WILLS - PROBATE

AUTOMOBILE ACCIDENTS

CONSUMER PROTECTION

If you have a problem that is not covered in this list, please call and ask whether we can help. Chances are, we can. If not, we can recommend someone else for you to call. One way or the other, we want to see you get the kind of professional legal counsel you're entitled to.

The best time to call us, or any attorney, is before you are embroiled in a legal problem. This is called preventative law and it makes a lot of sense.

Regardless, when you call us we will arrange for an initial consultation at your convenience. Cost: \$20. We probably can't solve anything in this meeting, but it is a chance for you to explain your particular problem and for us to give you some idea of what it'll take to reach a solution. If you want us to proceed, we'll give you an estimate of the fees you should plan on. In writing.

