

# Emphasis on nutrition

By Stephanie Cole

In an age where junk foods dominates the diets of millions of teenagers, it is amazing to find a young person committed to establishing better nutritional habits for her peers. Such a young missionary is Deena Ford, a sixteen year old junior at Jackson High School.

Deena became involved with nutrition two years ago when she was one of four delegates chosen, to represent the Portland Public Schools, at the first Annual Youth Advisory Council Committee held in Colorado, Springs. Her active participation in this national convention, lead to her appointment as chairman at the Second Annual Youth Advisory Northwest Region Convention. Her duties as Chairman put her in charge of six northwestern states, Oregon, Washington, Alaska, Idaho, Wyoming and Montana. During her office as chairman, Deena collaborated with six different states for better nutrition in schools and improvement in school luncheon menus. In 1979, Deena traveled to Washington, D.C., for a Planning Workshop of the Regional chairman and co-chairman for the North-western area.

In 1979, Deena traveled to San Francisco for the American Food School Service National Convention. Attending the convention were all professionals and delegates in the field of nutrition.

In 1980, Deena was selected by a committee of Congressmen to be on the United States Department of Agriculture Advisory Council for Children's Nutrition. Ironically with Deena's successful achievements and diverse travels, she doesn't plan to pursue a career in nutrition. Instead, she aspires to be a television broadcaster.

Her diversity in basketball, volleyball, softball and track, can probably be attributed to her concern with nutrition and proper health care. Deena believes that "eating better has helped her performance in sports." and her physical appearance applauds her physical fitness.

When asked by the *Observer*, what she thought of the quality of Portland Public School lunches, Deena noted that, "since my involvement with nutrition programs, the quality of lunches has improved."

When asked what could be improved in the school lunch programs, Deena expressed a desire to see a wider



DEENA FORD

selection of lunch menus for more grade schools and high schools. Too often, children are able to select just one lunch."

On the subject of fast-food places, Deena didn't see any harm, except that many people abuse them as a place for everyday meals. Often, it has been said that "good health is the key to every man's success." Deena Ford certainly has proven it's truth beyond all reasonable doubt.

## Reserve offers training

As the job market becomes more and more competitive, well-trained applicants will have the edge. Because of the limited number of employment possibilities in the Black community, Black youths will continue to miss out on the skill training necessary for most jobs. There is however, an excellent possibility for vocational training by the U.S. Army Reserve for those who are eligible, thus giving Black youth a competitive edge.

A recruit attends seven weeks of Basic Training followed by Advanced Training Individual Training (AIT), which teaches specific job skills. AIT varies in length depending on the skill chosen by the Recruit.

Following this skill training the Recruit returns to the local unit and performs that job, during 16 hours of monthly drills and two weeks of Annual Training.

The Army Reserves teaches over 300 job skills, nearly half of them directly related to a civilian career field.

It's because of this skill training, recognized as among the best in the country, that many young people are able to offer the qualifications needed for a good civilian job.

*The Salvation Army*  
 MOORE STREET COMMUNITY CENTER  
 5430 N. MOORE STREET 282-2572  
 PORTLAND, OREGON 97217



**Parents of The Albina Community:**

For the first time, the Salvation Army Moore Street Community Center will be sponsoring a Day Camp Program where your child can be in a supervised environment for the entire day, every day during this summer. We are offering this program to the entire community.

**DATES:**  
June 30 through August 22, (8 one-week sessions).

**HOURS:**  
8:30 a.m. to 3 p.m. (except Friday we will return at 2 p.m. from our overnight) Children may also participate in our Center youth program between 2:00 P.M. and 5:00 P.M., if they are members of the Center.

**COST:**  
\$15.00 a week for center members  
\$20.00 a week for non-members (Scholarships are available)

**ACTIVITIES INCLUDE:**  
Swimming, Games, Hiking, Field trips, Arts & Crafts, Special events, lunch and afternoon snacks, and much more!

**FOR FURTHER INFORMATION:**  
Stop by the Center and pick up a registration form or contact Joyce Gonzales at the Center at 282-2571.



SALVATION ARMY DAY CAMP REGISTRATION FORM

CAMPER'S NAME: \_\_\_\_\_

PARENT'S NAME: \_\_\_\_\_

BIRTHDATE: \_\_\_\_\_ SEX: \_\_\_\_\_ AGE: \_\_\_\_\_

HOME ADDRESS: \_\_\_\_\_  
(Street and number)

(City) \_\_\_\_\_ (State) \_\_\_\_\_ (Zip) \_\_\_\_\_

HOME PHONE: \_\_\_\_\_ EMERGENCY PHONE: \_\_\_\_\_

IN EMERGENCY NOTIFY: \_\_\_\_\_ PHONE: \_\_\_\_\_

RELATIONSHIP: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

DAY CAMP SESSION (Check your session)

1. June 30 - July 4	5. July 28 - Aug. 1
2. July 7 - July 11	6. Aug. 4 - Aug. 8
3. July 14 - July 18	7. Aug. 11 - Aug. 15
4. July 21 - July 25	8. Aug. 18 - Aug. 22

RETURN WITH CHECK OR MONEY ORDER TO:  
 SEND TO CAMPER: \_\_\_\_\_  
 Joyce Gonzales  
 Moore Street Community Center  
 5430 N. Moore St.  
 Portland, Oregon 97217

THE SALVATION ARMY  
 CONSENT AGREEMENT FOR EMERGENCY  
 MEDICAL TREATMENT OF MINORS

The undersigned, being the \_\_\_\_\_  
 (Relationship to Minor)  
 and the person having legal custody of \_\_\_\_\_  
 (Name of Minor)  
 a minor born on \_\_\_\_\_ hereby authorize The  
 Salvation Army, acting through any adult officer thereof, into whose care the said  
 minor has been entrusted, to consent to an x-ray examination, anesthetic, medical  
 or surgical diagnosis or treatment and hospital care to be rendered to said minor  
 under the general supervision and upon the advice of a physician and surgeon  
 licensed under the provisions of the Medical Practices Act or to consent to an  
 x-ray examination, anesthetic, dental, or surgical diagnosis or treatment and  
 hospital care to be rendered to said minor by a dentist licensed under the pro-  
 visions of the Dental Practices Act.

This authorization shall continue in effect until revoked on the face hereof.

Date \_\_\_\_\_ Signature \_\_\_\_\_  
 (Parent or Guardian)

Telephone \_\_\_\_\_ Hometown \_\_\_\_\_

This signature attests also to all information on Camper Application.