

OBSERVATIONS

From the Sidelines
By Kathryn Hall Bogie

Intense curiosity and immense capacity for study and learning mark the path and light the way for Shiva Ford, a young research scientist whose study has led him to explore some of the amazing potentials of the human brain.

The individual can regulate what the body is doing, Ford feels. He had delved into the positive research of bio-feedback and the wondrous demonstrations of body functions amplified and turned by instruments into tone sounds. Hand temperature or muscle tension can be monitored and measured to tell what they are doing, Ford says.

Ford's curiosity, whetted by literature and discussion, led him to give more than a passing thought to the theory long sounded that people have a far greater capacity to regulate their own progress than is generally recognized and acted upon by them. That our minds react with our bodies, Ford believes, is demonstrated repeatedly as many diseases are now thought to be stress-related; tension can cause cold fingers and hands, an accelerated heartbeat, etc.

Styling himself as a conduit, Ford has been involved in brain research as a staff member of the research laboratory of the Oregon Museum of Science and Industry. He has worked with young people of local high schools opening their minds to the field of research bolstering the premise that we are not working up to optimal achievement in health and/or education.

A four year course at Western State Chiropractic College gave Ford his Chiropractic degree in 1980. He has spent some of his time in working in the research laboratories of the National Bureau of Standards in Boulder, Colorado, one of the three laboratories in this country doing research on the magnetic fields of the brain.

Born and educated in New York City, Ford came from a family based in Virginia, a Black family tracing its origins through a matriarchal search back to early 1700. Recently, in August of 1980, a family reunion drew about 600 members to Surry County in Virginia.

An ongoing project of Ford is to write a saga of the history of this family with the encouragement of his school-teacher mother.



SHIVA FORD

Ford says, only half-smiling, that he was born "more than once." He interprets that to mean that he was born once as an infant and again much, much later when he matured as an integrated man with a wholistic outlook "blending the body, mind and spirit into one very multi-dimensional being."

How did that come about? Ford's description of this maturing comes much as kaleidoscopic color bits fall into pattern. Complex, but with an orderly complexity.

First there was his graduation from Wesleyan University in 1971 with a bachelor degree in African history and a minor in mathematics. He traced extensively in West Africa a Kruer graduation and allowed himself to feel intensely as he walked in the footsteps of African men brought, bound in chains, to stoop and crawl to slave ships riding at anchor at African shores.

Ford re-examined the African philosophical view of life noting that it mates well with that Asian peoples, and he felt a sweeping surge of kinship with these unknown forbears. He went through an actual ceremonial adoption in Kumasi in Ghana and became Kojo Baako (a male child born on Monday).

He plans to write a book someday on some of the exciting experiences he lived during his African jour-

neys. Kojo Baako eventually returned to the United States of America, to New York City, to earn his living.

His father is a Computer Scientist with IBM and Kojo Baako entered this field also. For the next six years he worked as a Computer Scientist employed by IBM and sharpened his skills at Rutgers University in the Masters program on the campus.

To relax mind and body Ford studied the art of meditation and yoga becoming a devoted student of the renowned spiritual teacher, Swami Satchidananda. After seven years with Swami, he accepted a new name, "Siva."

In March of 1976, relates Siva Ford, "I received an inspiration to become one of the few Black chiropractors in the country. I put down the machines (the computers) to study the body. But, I found that the body is a machine and that the two machines had somehow become integrated. I found machines can be used to help study the body in a number of ways.

"I am not engaged in brain research in relationship to personal and social transformation. My computer background helps with the sophistication of the research set up. Computers can measure the accurate and appropriate degree of pressure on the exact place and the degree of the angle of radiation of nerves telegraphing stress or pain.

It's all very exciting," states Siva Ford. "In the physical and the spiritual, there is a meeting ground in the whole field of science."

Ford is now building a substantial circuit as a consultant visiting around the nation. He returned to Portland this week after 10 days in Wisconsin, Arizona, Southern California and the Bay area.

Ford will continue as a brain-mind research consultant at OMSI where an outreach program has been started to involve minority high school students in a six-week summertime course in brain-mind study.

"I would be glad," states Ford, "to talk to high school students about the importance of math and science to them, for the 'how to' can be a turning point in teaching."

In February, Ford is booked to teach "The Brain-Mind Connection" in a three-day session at Marylhurst College. Persons interested should contact the college for further information regarding the course. There will be a fee charged.

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Human rights action, education

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Organizations and groups are meeting to devise a plan of action. Many have assisted the development of the Governor's racial harassment bill.

Laguardia hopes to improve the Commission's ability to speak to groups on human and legal rights issues. "This is something we haven't had the staff or the expertise on the Commission to do to the extent that we should. Under the mandate to provide education, I hope to either add someone to our staff or to identify other persons who can do more of this.

Recently the City/County Commission on the Handicapped was placed under the MHRC administration and a representative placed on the Commission. "This ties the protection of the rights of the handicapped directly to MHRC - whether it's building barriers, employment rights, or what.

"I would like to make the same type of link to women's groups - to make protection of women's rights and advocacy for women a function of the Commission. Although we have kept aware of women's issues, we have not had direct in-

volvement in women's problems and concerns.

"If problems are experienced because people are poor - then we should become involved. This has probably not been done in the past. We need to find out what will happen to welfare clients under the new state budget. If what they say is true - people will not have enough money to survive. The Commission will have to decide whether there is a violation of human rights.

Laguardia would like to hold a major conference on human rights, one that would look at the issues, share information. "We need to look at human rights, whether they are being denied, and why. Maybe we should look at laizze-faire capitalism and its effect on the world economy. Maybe we should even invite a speaker from the Klan to explain their point of view - it's something we are going to have to deal with. Maybe we should try to understand what they are saying so we will know how to fight them."

Tuesday night the Commission held its first meeting outside City Hall, meeting at Beaumont School at the request of a teacher. "I think we will try to hold meetings in dif-

ferent points of the City, at night, to involve the public." Currently meetings are held the third Tuesday of each month at noon.

"Another issue we need to take a look at is police abuse of Blacks. We know there is a problem and the Black United Front shouldn't be the only group interested. Now a committee has been appointed to look at the Internal Affairs process. Since the Police Bureau is a City agency that is probably something we should be doing. But an outside committee has been appointed by Commissioner Jordan and we were not asked to participate. We will watch the committee carefully and will look at its report. We might want to respond to their report or to do some investigating on our own - but this is an issue I feel we should be involved with."

Another police issue is the gun policy. "I don't know if the Portland police have a gun policy or what it is. But I'd like to see how it compares to those of some other cities and those proposed by the FBI and other agencies."

The MHRC has been involved in the development of the Governor's racial harassment bill. "We strongly favor this bill. I haven't seen the final bill and don't know what the language is - but we support the concept. The police and the public need to know that racial harassment is serious - it is a serious threat to the person.

"Racial harassment has been treated by the police and by many others as not being very serious. You can compare it to rape. Many people believed rape was not serious, or that the victim was at fault - in some way instigated the crime. Police treated rape the same way - mistreated the victims or belittled the damaging affects of rape.

"Racial harassment is like rape. The police have to learn that it is serious and have to learn how to - "at the victim."

NAACP appeals case

(Continued from page 1 col 6)

physician at the Martin Luther King Hospital in Los Angeles.

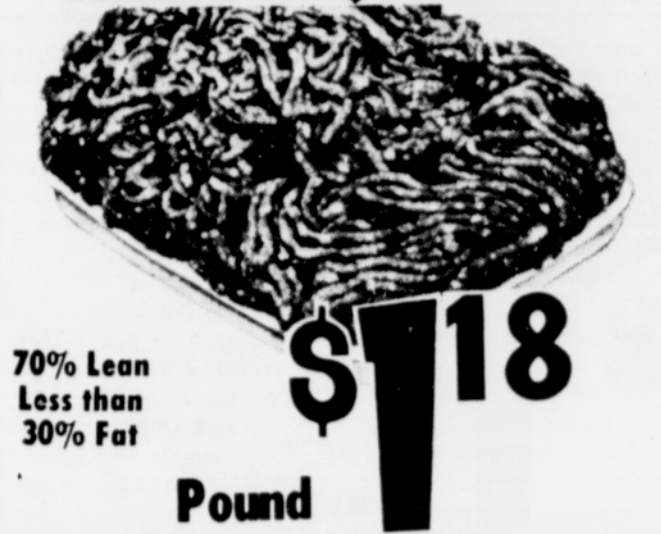
Dr. Charles Lee, who received the McLean Award from the National Medical Association in 1974 as the top Black graduating medical school student in 1974, is now a heart surgeon at the University of Kansas Medical Center Hospital.

Dr. Charles Floyd is a resident psychiatrist at the Long Beach, California Veterans Administration, and a practicing

researcher and practicing physician in female cancer problems at Tufts University Hospital in Boston, Mass.

Other lawyers assisting with the defense of the case include Patricia Goins of the National Conference of Black lawyers, Howard University Law Professor Herbert O. Reid, University of Pennsylvania Law Professor Ralph Smith, and Elmer Jackson, a Kansas City local counsel for the NAACP.

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Rutherford Hayes became U.S. President in 1877 by one vote. That election was thrown into Congress to decide the winner, and a 15-member committee voted 8-7 to make Hayes President.

The planet Jupiter spins so fast, there are 2 sunrises and 2 sunsets every 24 hours by earth time.

The longest war between 2 nations in history -- the Hundred Years War between England and France -- actually lasted 115 years, from 1338 to 1453.

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