



Anise Hall, resident of the Hollywood area, teaches slim and trim exercises for Portland Community College.

## Exercise brings health, beauty

Anise Hall is a successful Portland model who plans to share her secrets to maintaining a trim figure in a Portland Community College exercise class starting Monday, March 30, from 7:30 to 8:30 at Alameda School.

The dance exercise class will continue on Mondays and Thursdays for ten weeks. Cost is \$17.

Ms. Hall, a Hollywood district resident, has been a familiar face in major department store advertising

in Portland for more than seven years.

"It's hard work," Ms. Hall said. She keeps trim with a half hour of dance exercises daily plus a half hour of jogging.

She said she does not like exercise which involves a lot of jumping motions, but prefers the graceful fluid motions of the dance exercises which she has developed over the years. The flowing motions of her exercise look more like a ballet dancer than a gym workout.

Ms. Hall said she believes that improved diet habits must accompany good exercise in order to achieve and maintain a good figure.

"I also lean to the natural foods," Ms. Hall said. "I avoid red meat and prefer chicken and fish plus lots of vegetables."

Ms. Hall said that men as well as women are welcome in her class. For reservations call the PCC Cascade Campus Community Services Office.

## Unemployment cause of nation's violence

Grassroot New, N.W. - The following is an interview with Yolanda King, daughter of slain civil rights activist, Dr. Martin Luther King, Jr., who visited Clark County during a Black History event at Clark College in Vancouver, Washington. Grassroot News correspondent Lanita Duke obtained this exclusive interview.

**Duke:** In your opinion, what are some of the issues facing Afro-Americans today?

**King:** I think one of the basic issues facing us today is that if we are not able to provide a decent job, at a decent wage, for all people who are willing and able to work, that we are going to continue to have the kinds of unrest, the kind of violence that we see in this country today.

It's interesting that the Ku Klux

Klan is emerging in this period. I realize that it's not a Black or white issue but an economic issue. Poor whites are feeling the clench and crunch as well as Blacks and other minorities in this country. As a result, they've been conditioned to blame it on Blacks and whoever else. What we are going to have to do is implement the Humphrey-Hawkins full employment bill which is going to be difficult since the Republicans are against it. Their priority is to balance the budget.

**Duke:** During the 60s your father was pitted against Malcom X, do you in any way, feel that they were truly rivals?

**King:** "Malcom said that what he really was showing America what the alternatives were if they decided not to follow the pretext to my

father. I feel that as he was coming toward the end of his life that he began to make a transition after visiting Mecca and realized that it was not a color problem but an economic one.

I have a theatre company in New York and Malcom's oldest daughter, Attilah El-Shabazz is an actress and writer in the company, which she also co-founded. I think that it's special since our fathers were purposely pitted together during the 60s.

**Duke:** Do you feel that your father's death was in the prophesy as soon as he spoke out against the Vietnam war, and involved himself in economic issues like the garbage men strike in Memphis and the poor peoples campaign?

**King:** Certainly that had a lot to do with it. My father said that when President Kennedy was assassinated that if he kept on going at the rate he was, he would end up the same way.

He realized it and unfortunately that's the case when you stand up for right you have to be willing to lay down your life. When it began to be a much broader issue, and when he began to move into the North, that the movement took on worldwide implications. This is when the focus or whomever decided that it was quite enough.

**Duke:** During the 40s and 50s when your father's tactics were gaining momentum, one of the main forces that stood in his way was the Philosophy of States rights and today with the current administration this term pops up as a solution. Is this sentiment one we should be concerned with?

**King:** Unfortunately, that's one of my biggest concerns. I don't worry about his cuts although these cuts will affect a lot of people. What could be even more dramatic in terms of directly affecting peoples' lives are the decisions that the various states make. There will be some that will do very well and others will take the opportunity to take back many of the things that they were forced to have to concede because of the civil rights act.

**Duke:** In the 60s religion was used

## Pierce joins Emanuel staff

Emanuel's Health Care Psychology Department grew to five with the addition of Diane Pierce, Ph.D.

She is a graduate of the University of Washington in Seattle, and earned her Ph.D., in clinical psychology from Rutgers University in 1977. She came to Portland in 1975 for her psychology internship at the University of Oregon Health Sciences Center.

Prior to coming to Emanuel, Dr. Pierce was on the faculty of the University of Oregon Medical School as a clinician and researcher. She worked with William Conner, M.D., in a nutrition project in the Hollywood district. The study, which is still in progress, focuses on reducing the risk of heart disease through dietary change.

Dr. Pierce came to Emanuel out of her interest in a general medical setting that has a diversity of patients. She is interested in helping patients and their families cope with the emotional and behavioral aspects of illness, such as anxiety, depression, and life-style changes. She enjoys working closely with other health care professionals, sharing ideas from the different disciplines.

Dr. Pierce's job at Emanuel has three general parts. She is working regularly with the Pain Center, the Oncology/Rehabilitation Team, and the Arthritis Clinic. She is also available for consultation with medical and surgical patients throughout the main hospital. She is also available to work with staff members.

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YOLANDA KING

Photo: Richard Brown

to promote social change. Now we see groups like the Moral Majority using religion to maintain the status quo. Why the change over?

**King:** I don't think there has been much of a change in the way religion is being used. The people who are in the Moral Majority who use religion that way are just coming out. Historical religion and its practice for Black people has been very different from the way it's practiced by whites. This shows that there are at least two different interpretations of "Christianity."

**Duke:** What advice could you give our younger readers?

**King:** I think it's important for us to realize that if anything is going to happen, we have got to make it happen. People are not going to hand us anything. In fact, Reagan may take away what little people have. It may be good because people are forced to do something, they end up doing very little. We got the energy to carry it on. Instead, we get what we can get, and sit on the can. Our generation feels that we don't have any dues to pay, and we do. Too much has been done to provide us with the opportunity to do things that we take for granted. Just 20 years ago we couldn't just go to any movie, or just any club or restaurant. Please people, you have got to pay some dues so that we as a race can stay on the move.



Gloria (Julianne Johnson) reluctantly takes notes for a disturbed Mr. Carver (Tim Janes) in the University of Portland's production of "Three Men on a Horse" to be on stage February 27 - March 1 and March 6-8 at 8 p.m. For reservations call 283-7287.

## Nigerians visit legislature

(Continued from Page 1 Col 3)  
Library, Research and Information and talked to interest groups, lobbyists, the Press Secretary among others.

Questioned as to what differences the two visitors notice between Nigeria and the U.S., the quick response was: "The absence of registered lobbyists and interest groups in Nigeria." Another major difference, of course, is that the

Nigerian system is still very much in its infancy.

Our guests had a chance to visit the Oregon coast at Newport, and as I was prepared to leave, Fati had me promise that I would mail her a copy of *The Portland Observer* with this interview. Since Jude and Rufus will also need copies of their own, maybe it is time to open a *Portland Observer* bureau office in Ondo state...?

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