

OBSERVATIONS

FROM THE SIDELINES

By Kathryn Hall Bogle

Feet hurt? Then you might need the services of a qualified podiatrist.

Tibbs Aaron Dennis, podiatrist, holds forth a comforting hand. He has the skill and experience gleaned from 30 years of tending to the well-being of the pedal extremities of hundreds of clients.

Dr. Dennis, in Portland since 1969, sees, practically, a constant stream of persons who come in to his offices at the Gateway Shopping Center, or to his offices in the downtown Meier and Frank store. They may come in with a furrowed brow or an anxious look caused by a mean old bunion, a sharp pain from a pesky corn or a heel spur. Treatment is swift and sure. There's a whirlpool for aching tootsies and all the modern instruments and devices to assist toward healthy feet.

Says Dr. Dennis, "I see a number of joggers nowadays. Runners may develop special foot problems from the extra pounding they give their feet. Sometimes minor or major surgery is indicated. We have our own X-ray room and surgery if we need to schedule this service for a client."

"Our clients range in age from the toddler child to persons in their nineties," Dr. Dennis said. "We diagnose for the need of braces for adults as well as for children if these appliances will help. We do bunionectomies, straighten joints and hammer toes, and take care of any other foot disabilities from the ankle down. Yes, podiatrists are licensed to write prescriptions for oral medications and injections where needed, though we are not medical doctors."

Dr. Dennis said that there are only about 300 Black podiatrists (among 8,000 total) in the nation. They have formed the National Podiatry Association. This association, organized about eight years ago, gives the Black podiatrists a chance to discuss and work out special interests they may have. The NPA, an outgrowth of the American Podiatry Association, meets annually. Vacationing members often tour together and their 1981 tour schedules an early fall trip to New Zealand and Australia.

Dr. Dennis said that the NPA ex-



Dr. Tibbs A. Dennis and his wife, Zeldia, work for foot comfort.

(Photo: Richard J. Brown)

ists to "foster the philosophy of minority recruitment, retention, graduation, and professional development." They want, he says, to enhance minority visibility in colleges of podiatric medicine and in the profession. The NPA finds that there are fewer minority podiatrists in practice now than there were 15 years ago. Adopting the slogan: "Too many Black feet, and too few Black hands," the NPA fosters its philosophy by funding. Minority students may obtain help to defray tuition costs averaging up to \$6,000 a year at the colleges of podiatric medicine. Dr. Dennis would be glad to discuss these possibilities with high school seniors.

A pre-med course is required for enrollment at a college of podiatry, Dr. Dennis said. He himself is a 1949 graduate of the Illinois College of Podiatry in Chicago, registering there after four years at Bishop College in Dallas, Texas. Out of the five colleges of podiatry located in the United States, (New York City, Cleveland, Pittsburgh, Chicago and San Francisco), the NPA chose to be near the one in San Francisco, and accordingly, opened its headquarters there.

Dr. Dennis has as his office assistant his wife, Zeldia. They have worked together for many years and find that their matching working hours make life simpler and more

enjoyable for both of them. Zeldia agrees heartily with her husband that podiatry is an excellent profession for women because of its regular hours, good working conditions and remunerative considerations which place it along with the medical profession.

The Dennises have one adult son, Donald Chalmers Dennis, a successful advertising executive in New York City.



Birthday celebration for successful first year of the Reading and Achievement Center: Director Jeanne Hartzog is joined by Derrick Harris, assistant Tommy Miller, and students Uhuru and Angela Crews, children of Mr. and Mrs. Charles Crews.

(Photo: Thomas Golden)

Announcements are being received of the "first birthday" for the Reading Achievement Center over at Columbia Plaza on NE Fremont Street. Jeanne Hartzog, owner and director of the RAC, happy with the success of her establishment, has added individualized Math classes to help those persons who are deficient in mathematics. "We have acquired additional instructional staff to accommodate our growth," Hartzog says, "and we also can offer the convenience of Visa and Mastercard service."

Help is there for child and adult—for whomever needs it. The Reading and Achievement Center—Happy Birthday!

The North Star Quilters are working hard to finish pieces members plan to show on Saturday, October 24 at the Central Public Library.

True to their name they will show "an Exhibit of Star Quilts" they have made, and will be prepared to explain the design and the history of their quilts.

As always, the exhibit is free to the public. Hours are to be from 11:30 am to 4:00 pm.

Graduating senior girls with a 2.5 G.P.A. who are active in school and community organizations, are invited to get in touch with the Services to Youth Committee of the Portland Chapter of The Links, Inc.

This is the time of year when Links formulate plans for their Starlight Cotillion traditionally held in February. This affair, always successful and beautiful, will be the fifth annual presentation, according to Link Jennie Scales.

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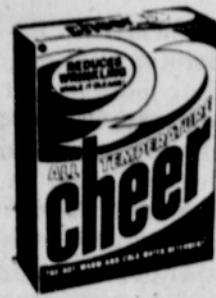
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From the Front Door

by Tom Boothe

From the Front Door, I must let you know the quality and commitment of a few of our citizens living and working right here in our Northwest Community (Albina).

Since the Exodus Clean Team was organized, there have been Citizens who have not supported the Cleanliness concept at all, there have been others who have weakly agreed with the concept, there have been others who have supported the concept at arms length, and then there are those who have supported the concept whole-heartedly. These are the people whom I am going to acknowledge at this time.

On September 12, 1981, the Exodus Clean Team had its first picnic, at Blue Lake Park from 10:00 am 'til 4:30 pm. A full assortment of food, drink, and games were provided. Food ranged from bar-b-que chicken, hamburgers, hot dogs, three different types of potato salad, and an endless assortment of cookies, cakes and snacks, such as potato chips, watermelon, etc.

All food was prepared by Exodus Clean Team enthusiasts. The coordinator of the picnic was Mr. Tahed Sadrudin and his entire family. Other key persons were: Ms. Wanda Harding, Ms. Penny Mylar, Ms. Marsh Griffith, Ms. Linda Gray, Ms. Rosalie Boothe, Mr. Johnny Johnson, Mr. Daryl Griffith, Ms. Katie Wieland. Many of the older children took responsibility in organizing games and prizes. Some of the games were softball, foot races and horseshoes. It was a truly heart warming experience to see the enthusiasm of our Community Adults and Children having constructive "Clean" fun and really caring about each other. I wished that some of our skeptics and critics could have seen the Exodus Clean Team at Blue Lake Park actually practicing Cleanliness, Caring, Courtesy and proving that there are people who live in Albina who can set the pace for Cleanliness in Spirit, Mind, Body and Property.

I wish to also acknowledge the Columbia Bus Company for providing transportation; also those many contributors who donated to the Exodus Clean Team. For it was those donations that made this summer's end picnic possible.

Continue to donate to the Exodus Clean Team. You can actually see your dollars at work right now, because the Exodus Clean Team is working to make our community a better and safer place to live, work and do business.

A public service brought to you by House of Exodus

INTERESTING
FACTS



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A recent survey showed that most people think U.S. Senators make a higher salary than members of the U.S. House of Representatives, but that's not true. They make the same salary.

The famous Danube River has 5 different names in the various countries it flows through—but only in English is it known as the "Danube."

One of the oddities of nature is that while whales and porpoises live under water, they need air and must spend their lives continually coming to the surface for air before returning under water.



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