

OBSERVATIONS

FROM THE SIDELINES
by Kathryn Hall Bogle



Dr. John Grover gives good news to George Bishop at Kaiser-Permanente Research Center.

Christmas time generally brings out the best in us all in giving and sharing joy with others. Sometimes we express our gratitude for being able to share something we have through an organization which can more effectively act for us.

A few days ago several organizations got together and gave a Christmas luncheon party at the Matt Dishman Center for nearly 300 Albina senior citizens and disabled persons. There was turkey (and all the trimmings), music of the season, a decorated tree and gifts for each guest.

Contributors were the Coca Cola Company, United Grain, Pacific Northwest Bell, Lombard Little Chapel of the Chimes, Albertson's Cully Blvd. store, the Phil Reynolds Medical Clinic, Reser's Foods, The Links, Inc., and the Portland Urban League.

Mrs. Alice Hayden lent her rich voice to the occasion and led the group singing. The Rev. Frank

Martin of the Good Samaritan Church of God in Christ sang and was accompanist for a choral group.

Juanita Woods acted as mistress of ceremonies. Coordinators were Josephine Gantt, Roselee Schmidt and Delores Ramsey.

A recipient of welcome good news this week was George Bishop. The good news came from his doctor, Dr. John Grover of the Kaiser-Permanente Research Center who revealed to Bishop that as a heart patient he had been functioning trouble-free for several months all by himself—without medication—with only a placebo. Bishop was delighted.

Bishop had been one of 155 heart patients at the Kaiser Center who had been participants in a nationwide study concerning the use of the drug propranolol in preventing further heart attacks among this class of patients. Barbara Brokop, R.N., dispensed medication and ad-

vice and kept the voluminous records required. Some patients received the actual drug and others were given the placebo and no one knew which patient had either one. Brokop's counterpart was Judy Cunningham at the Providence Medical Center where 155 heart patients were involved.

Bishop strode out of the office with happy confidence after learning the news. He will keep up his accustomed health regime, he said. "I eat a lot of vegetables, not much meat. I jog about a mile a day and I bowl twice a week."

Among the other patients receiving the same good news were Gwen Goldsby and Jim Gates.

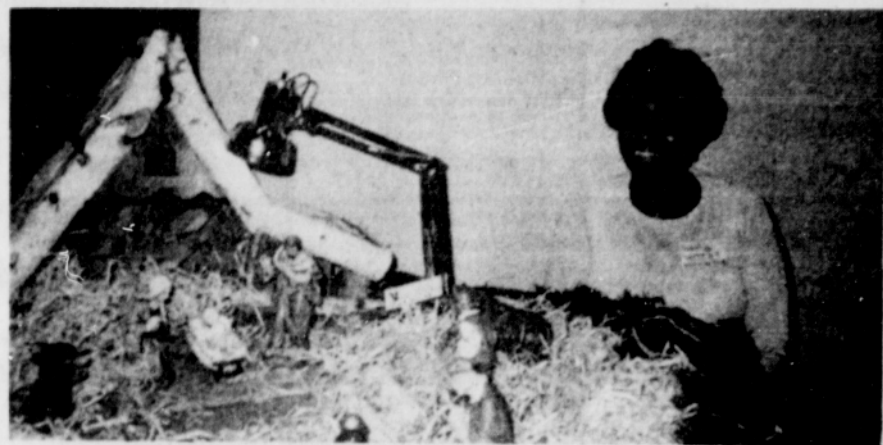
Kay Toran, director of Affirmative Action for Governor Atiyeh, has been made chair of the "Women in the History of Oregon" project sponsored by the Oregon Lung Association.

The group will honor women who lived in the state between 1859 and 1920 and their achievements will be noted at a dinner planned for mid-April at the Hilton. Clair Sagiv,

project coordinator, says women will be honored in the fields of arts, business, education, law, medicine, science and politics. Sagiv points out that Oregon women of the past have not been chronicled very well, so the lung association hopes that suggestions will come from the public. Deadline for submission of names to the lung association is January 1, 1982.

On Sunday, the "Keep Christ in Christmas" festival was held at the Hilton Hotel. There were nearly 100 art exhibits and a live Nativity scene plus a fall musical program. It was all free to the public. The annual event was under the sponsorship of the Ecumenical Ministers of Oregon, the Archdiocesan Council of Catholic Women, Church Women United and the Holy Name Union.

Among the exhibitors were Robbie White, Alberta Phillips and Leonard Cowley for Morning Star Baptist Church; Verla Woods for Mt. Olivet Baptist Church and Minnie Belle Johnson and Mrs. Joseph Ward for Bethel A.M.E. Church.



Verla Woods exhibits for Mt. Olivet Baptist Church at "Keep Christ in Christmas" show at Hilton Hotel.

Newberry's of Lloyd Center

Gigantic half-price sale on all Christmas items, wrappings and decorations and other specially selected items such as Christmas Candles. Also gigantic savings on many other items such as toys, and clothing for men, boys, girls and ladies. Shop early.



Sale Runs Dec. 28th thru 31st, while quantities last only.



Hrs. Mon-Fri 9:30 am-9 pm Sat 9:30 am-6 pm Sun noon-5 pm

INTERESTING FACTS



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AMERICAN STATE BANK

A dead man was once elected to Congress. Thaddeus Stevens, in 1868, died the day before the election but it was too late to take his name off the ballot—and he still got more votes than his opponent.

English has more individual words than any other language in the world.

The safest form of travel, based on fatalities per miles traveled, is, oddly enough, space travel.

America's first stock exchange was not the New York Stock Exchange. First was the Philadelphia Stock Exchange, established in 1791.



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Bits and Pieces

by Ruth Spencer

Zeta Sigma Omega Chapter of Alpha Kappa Alpha Sorority will celebrate its 26th Anniversary with a semi-formal dance, December 26, 1981.

Ms. Jo Jones from Philadelphia, Pennsylvania is visiting her mother Mrs. Geneva Jones during the Christmas season.

The Children of Allen Temple C.M.E. Church presented a Christmas Musical Fantasy, Sunday, December 21, for over 300 parents and friends. Sixty children participated in the Fantasy as Lambs, Ladybugs, Grasshoppers, Fireflies, Butterflies and Birds. A beautiful performance. Mrs. Sarah Strayhand was musical director and coordinator. Play and chorus directors were Mrs. Regina Green, Beverly Morris, Lillian Jenkins, Doris Coleman, Deborah Strayhand, Alzena DeDeveaux and Louise Norris.

Mr. & Mrs. Roman Jones, Jr. (Dianne and Roman) and their children, Jennifer and Michelle, from Concord, California, are the house guest of Dianne's parents, Mr. and Mrs. Charles Patterson.

Researchers at the Western Psychiatric Institute in Pittsburgh, Pa. report that sex is not always the key to a happy marriage. In a recent study of couples who said they were happily married, ranging from 20 to 60 years of age, the majority felt that "psychological fulfillment and emotional attachment were more crucial to a happy marriage than how often they made love."

Mrs. Kathryn (Kay) Bogle celebrated her birthday, December 14, with a party at the Multnomah Club given by her daughter, Linda Metellus, and son, Dick Bogle. Eighty guests attended.



On the sick list: Mrs. Ella Mae Gay recovering at home, Mr. Jimmy Shepard in the U.S. Veterans' Hospital, The Reverend H.P. Hawkins in the U.S. Veterans' Hospital, and Mr. George Jordan recovering at home.

Pam Johnson, 36, recently was named the first Black woman publisher of an American daily newspaper. Ms. Johnson, a native of Oklahoma, grew up in Evanston, Ill., is publisher of the highly-rated *Ithaca* (N.Y.) *Journal*, a 20,000-circulation daily owned by Gannett Co., a noted publishing chain. She graduated from the University of Wisconsin with a Ph.D. in Journalism and educational psychology.

Mrs. Mable Canada is hosting a Twilight Tea for Allen Temple C.M.E. Church, Sunday, December 27th, at her home, 114 N.E. Going Street, 5 to 9 pm.



Benjamin Hooks, executive director of the NAACP, speaking at the AFL-CIO convention said, "There's a growing feeling across this nation that the Black community neither has a President, a Congress, nor a Supreme Court concerned about what we are trying to do."

Mrs. Ruth Franklin from Tyler, Texas, will visit her sister-in-law Mrs. Delores Franklin during the Christmas season.

A federal jury has awarded \$1.79 million to the family of Daniel Bell, a Black man slain by a white patrolman 23 years ago in Milwaukee, Wisconsin. Bell's 1958 death had been filed as justifiable homicide until former policeman Louise Krause disclosed the truth to officers in 1978. Krause's patrol partner, former policeman Thomas Grady was tried, convicted and sentenced to seven years. The events in this case were shown on 60 minutes early this year.

Portland Park Bureau Recreation Centers can provide an escape to winter boredom! Winter quarter activities and classes are now available in a winter program guide. Call 248-4491 for information.

The Bureau of Labor Statistics of the U.S. Department of Labor reported that the median weekly earnings continued to grow during the year ended with the third quarter of 1981, but not, enough to keep up with rising prices.

Weekly earnings of full-time wage and salary workers advanced by 8.0 per cent to \$287 and weekly family earnings grew by 7.4 per cent to reach \$443. Over this period, there was a 10.8 per cent rise in consumer prices as measured by the Consumer Price Index for Urban Wage Earners and Clerical Workers.

Black and Hispanic family earnings were far below the levels for white families, with median earnings of less than \$400 a week, compared with nearly \$500 for white families.

We are saddened because of the death of Mr. Vernon Thompson. Our thoughts are with his family during their hours of grief.

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From the Front Door

by Tom Boothe

From the Front Door, I wish to thank all of my readers; those who have appreciated my philosophical aspirations; those who have phoned, written and spoke with me in person to inspire and encourage me over the past year. A special thanks, to those who have faithfully attended the Tuesday night Forums, making it one of our community's most successful gatherings.

TO ALL OF YOU FROM ALL OF US
AT THE HOUSE OF EXODUS
AND THE EXODUS CLEAN TEAM
WE SINCERELY WISH YOU A

HAPPY HOLIDAY
SEASON



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