

Fashion Page



Cora Smith

Fashion and Beauty Time

"What's going on"

Spring

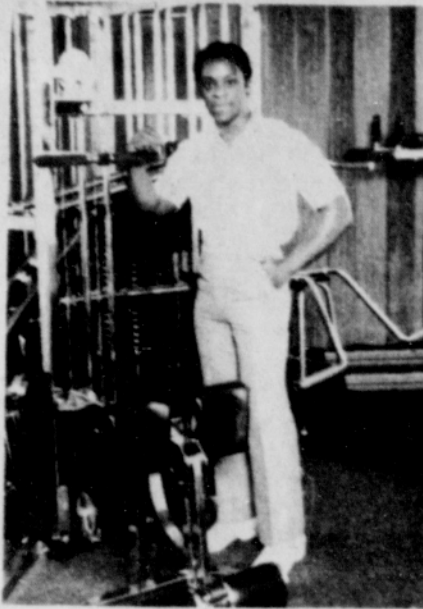
Body Beautiful The Male Point of View

We eat to live
Not live to eat

Body Building

"Shop talk" on a regular basis and a major subject of interest is weight and muscle control. I'm constantly discussing with individuals "worthy of that second glance" about their method of weight control and "How did you do it?" The formula and method would have to be of great force to ensure the exit of the teenage slump flavored with junk food, the middle-age spread, mid-night bags rattling with the tones of the T.V. and that wonderful sweet attack—or just plain "pigging out!"

Sam Fowles is the Physical Fitness Coordinator for the Fire Bureau and as shown in the photos you can see why. Sam willingly shared his fitness approach.



He added that this is not a typical work-out routine. Most people can accomplish a high degree of fitness by working the entire body three or four times per week, employing circuit weight training, stretching, and some form of cardio-respiratory training.

Two other very important components of fitness are proper rest and proper nutrition. Although he trains six days per week, he never trains the same body part two days in a row, i.e., Monday, chest/arms, Tuesday, legs.

Sometimes his cardio-respiratory training must be done on successive days. When this occurs, he has a light work-out (thirty minutes cycling), followed by a heavy work-out (three to five miles jogging). Proper rest is essential for the body to recuperate from the stress of training.

Good nutrition is a must; the best exercise program will be nullified by poor nutritional habits. He is not talking about diets, he is speaking of a lifetime of sound nutrition. Plenty of whole grain products, fresh fruits and vegetables, poultry and fish, and the reduction or elimination of refined sugars, white flour, drugs, and salt. He is also a firm believer in vitamin supplementation.

His nutritional habits are enforced by three circumstances:

- (1) He is an excellent cook, being a firefighter makes this a necessity.
- (2) His wife is healthy person who always seeks the most nutritional foods.
- (3) His son is a National champion wrestler—he must maintain proper body weight with low fat percentage the entire year. These three factors make it easy for them as a family to maintain sound nutritional habits.

Attaining physical fitness is not

easy. It takes planning and determination; but once we create the habit, it (physical fitness) truly becomes a labor of love.

Sam's hobby is participating in the Weight and Body Building Competition which just recently was held at the Hilton Hotel... and he placed!

Body Maintenance

Constantly in search of a nutritional and filling lunch... one of enjoyment, appearance and satisfaction in the downtown area. The Salads of the World (1022 S.W. Morrison) recently unveiled itself and our culinary buds have since savored the experience as mentioned above. While eating my gigantic, beautiful salad, I could not resist viewing with pleasure the salad maker, Carl Geddes, who I later discovered was the owner of the establishment. Body beautiful and a smiling face is the outcome of this weight watcher who exclaimed that he attributes his weight loss totalling 60 pounds to the following regimen:



Diet: Carl says he eats three nutritious, sound meals a day in proper quantities. When he was overweight, he often skipped meals and then overate at dinner. He now reads all he can on nutrition and diet.

Exercising: Each day he does about 35 minutes of exercise, beginning with stretching warm-ups. Then he does more active exercises like sit-ups, push-ups and jumping jacks in rapid succession. He is not after big muscles, but good tone instead and a sound cardio-vascular system.

Activity: Carl is an active person and does things like parking in the back of the parking lot at the store so he has to walk farther and runs upstairs instead of walking.



Staying healthy

My husband, who has been maintaining his weight since our marriage, is a trim 34 waistline. He is a silent "healthist," being extremely careful not to overindulge. Hilton prefers untampered foods and for years, to the utter amazement of his co-workers, he has eaten a can of sardines for lunch. He favors all types of fish, shellfish, chicken prepared in its many forms and a very limited amount of beef. He has completely eliminated salt from his diet, as he used to have a heavy hand with the salt shaker, has never smoked and always walks 1 to 2 miles per day. To exercise his circulatory system, he walks up 7 flights of stairs daily. He cites keeping busy and on the move as part of his fitness program as well as being able to resist seconds of food and pushing the plate away. In addition, being in the medical field makes him constantly aware of what he puts in his body. (And maybe a degree of "calories" are burned from watching active sports on T.V.!) In a sense, he has controlled our family members eating habits with a single "expressive scowl" relating to second helpings. No matter how grueling and consistent our eating habits are, we faithfully retreat to Granny's for that occasional dinner, that I never cook... thankfully so. I challenge anyone to compete with her golden sweet potato pie, bubbling peach cobbler and perfection fried chicken.

Next week: Jewelry—collectibles, investment and buying.

April 29: Ebony Fashion Fair—"Was seen wearing: Show & Audience."



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In spite of what quick sell artists tell us, total fitness cannot be achieved with some magical apparatus in five minutes a day. A beneficial program is one that includes exercises for muscular strength, cardio-respiratory fitness, and flexibility. Forty-five minutes to one hour daily is ample time for an all-around fitness program.

Sam exercises six days per week. Flexibility movements are done daily, weight training three or four days per week, and he jogs or cycles three or four days per week. A typical week for him is as follows:

- Monday: Stretching, weight training (chest, arms and abdominals), jog (3 to 5 miles).
- Tuesday: Stretching, weight training (Legs and abdominals).
- Wednesday: Stretching, weight training (back, shoulders, and abdominals), jog (3 miles).
- Thursday: (same as Monday)
- Friday: (same as Tuesday)
- Saturday: (same as Wednesday)
- Sunday: (off day)

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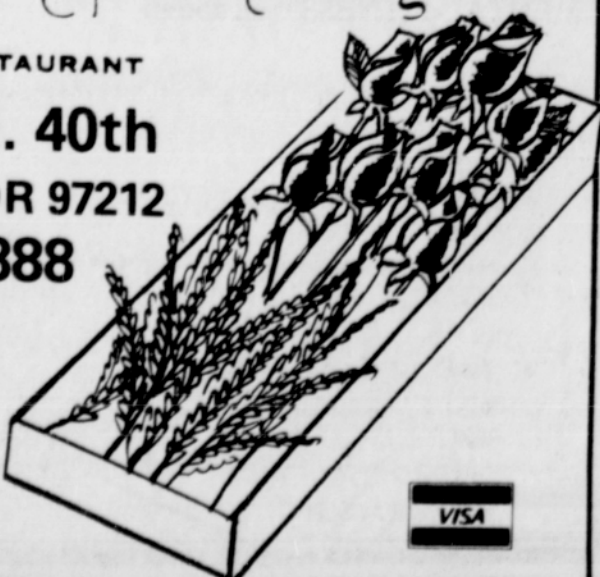
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Name the only town in America where two U.S. Presidents were born. Answer: Both John Adams and John Quincy Adams were born in Quincy, Mass.

Try this teaser: Two clocks are side by side. One doesn't run at all, while the other loses one hour a day. Which will show the correct time more often? The one that doesn't run at all will show the correct time twice a day. The other will show the correct time only after it has lost 12 hours—or once every 12 days.

There was a political party in the U.S. in the 1800s that went by the odd name of the "Know Nothing Party."

We do not do business with South Africa.



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