

Firehouse Cultural Center plans opening

The Interstate Firehouse Cultural Center (IFCC), Portland's newest and most unique multi-arts facility, will open its doors for the first time in just a few weeks. The IFCC, located at 5340 North Interstate Avenue, will host a reception and preview of the facility on Friday, November 5, 1982, from 4 p.m. to 6 p.m.

The IFCC was originally built in 1910 and operated as Firehouse #24 serving North Portland for over half a century. In December, 1980, the City of Portland received a federal grant to renovate the facility and provide programs of a cultural/educational/recreational nature that focus on the preservation and appreciation of ethnic traditions through the performing, visual and literary arts.

After two years of planning, the two-story brick building, designed in the Northern Italian Renaissance Style, has been restored to its original condition except for the added stairways and elevator. The renovation includes modern design and energy efficient equipment. The facility features a 110-seat theatre, dressing rooms, green room, dance studio, art gallery, Director's office, reception area, and a multi-purpose room that can accommodate a variety of activities. The IFCC meets all fire and safety codes and is handicapped-accessible.

The IFCC has an eleven-member policy making Management Board, appointed by Commissioner Jordan and confirmed by City Council. The members of the Board represent the fields of business, education, the arts and the community-at-large. The Director, Sue Busby, was appointed by Commissioner Jordan and is responsible for the overall management of the facility. The Director and Board were chosen for their commitment to and support of



The Interstate Firehouse Cultural Center the way it looked when it was Firehouse #24. Built in 1910, the newly renovated center will be open to the public November 5th.

the IFCC and their ability to ensure the long-term viability of the facility and its programs. The Board functions as a non-profit, public organization. A Community Advisory Committee makes program recommendations to the Board and Director. A bank of volunteers is an integral part of the IFCC operations.

Classes, workshops, programs, and related activities are being de-

signed and schedules in the areas of drama, art, dance, crafts, and music to promote the various ethnic heritages of the community. The Center's programs will serve seniors,

handicapped, and youth. Because the Center is located immediately adjacent to Patton Park, it also presents the opportunity for complementary open space programming.

The IFCC will emphasize quality and balance.

Members of the Board of Directors are: Michael Grice, chairman, Jon Biggs, Carolyn Franklin, Carolyn Gratton, Ethel Lee, Robert Lee, Keith Martin, Ronald Moore, Rev. John Nghi, Diane Ocon, Patricia Ryan, Sue Busby, Director.

Halloween fun requires health, safety measures

Halloween is coming soon, and several experts at the Oregon Health Sciences University have some practical advice for parents. They say that Halloween can be a grand time for everyone concerned, but only if parents and children consider safety and nutrition as carefully as they consider what costumes to wear.

Dr. Thomas Shearer, director of the division of nutrition at the OHSU School of Dentistry, believes that Halloween treats should be considered in the total dietary picture.

"Some snacks are higher in sugar than others," Shearer said. "Candies, for instance, have an average sugar content of 54 percent, cookies have about 32 percent sugar. Sugar is not the only factor though, equally important are how sticky the treat is and how frequently it is ingested. Peanut butter with sugar swirls, for example, may stick to a child's teeth."

Because of the risk of a child eating unpackaged food, Dr. Shearer recommends giving prepackaged items such as sugarless gum, sunflower seeds, cheese and crackers, or raisins. He also endorses non-food items, and suggests that an ideal non-food treat for young Halloween visitors would be a toothbrush.

Shearer warns parents to be particularly careful when giving out "hard, chokeable" candy or nuts to young children, especially those under the age of seven years.

Sonja Connor, nutritionist with the Family Heart Study at the OHSU, advises parents to realize that sugar is not the only culprit around Halloween time. "Children will be overdosing on sugar, fat, and salt," Connor said.

In spite of all good intentions, Connor says that parents "have to live in the real world." She is aware

that Halloween is a social event and that it is impractical to expect children not to eat any candy, since it is so readily available. Parents might tackle the problem instead by paying close attention to what their kids eat two weeks before and after Halloween. They can compensate by making sugar, fat, and salt less accessible during these time periods so that kids will have time to prepare their bodies for, and recover from, Halloween.

Connor is a believer in non-food treats, too. Her suggestions include scratch-'n-sniffs and stickers as fun substitutes for sugary snacks.

Nutrition should not be the only concern of parents on Halloween. Of equal importance, according to Mary Grant Willey, head nurse at the Oregon Poison Control and Drug Information Center at the OHSU, is safety.

"The Center doesn't receive any more calls than usual around Halloween," Willey said. She believes this is because parents are very cautious in checking Halloween treat bags before their kids dive in. If kids do get sick, she has found, it is almost always due to overindulgence with sweets.

Willey reminds us that Halloween is often party time for grown-ups and that we need to consider the children, too. After the party is over, make sure all alcohol (in bottles and half-full glasses) and cigarette butts are cleaned up. Small children can be poisoned by these things, too.

In the interest of safety, the staff at the Poison Control Center have compiled a list of "Rules for Halloween".

Wear brightly colored clothing. Have an adult accompany little ones. Visit only homes you know. Have parents check all treats before eating. Eat only those treats in orig-

inal, unopened wrappers. Check fruits and homemade treats carefully to make sure that foreign substances have not been inserted or injected. Try to finish before dark.

If you have the slightest suspicion

that a child has been intentionally poisoned, call the Oregon Poison Control Center immediately—(800) 452-7165 or (503) 225-8968—then call the police.

Happy Halloween!

P.S.U Black Studies hosts regional Black Studies meet

Portland State University's Department of Black Studies is hosting the Northwest Regional Conference of the National Council for Black Studies, to be held Friday and Saturday, Nov. 5-6, at Chemeketa Community College, 400 Lancaster Drive N.E. in Salem.

The conference will be staged in conjunction with the Willamette Valley Racial Minorities Consortium's 5th Annual Conference, according to Dr. William A. Little, head, P.S.U. Black Studies Department.

"The conference is important because we live in a multi-ethnic world, as well as a multi-racial country," noted Dr. Little. "To better understand the peoples of the

world, as well as the American ethnic population, we have assembled a group of international and national experts in the fields of ethnic and global studies," he added.

Speakers include Dr. Masizi Kune, professor of African Literature and Linguistics at the University of California, Los Angeles, Dr. Carleen Young, current president of the National Council for Black Studies, and Dr. Matthew Prophet, Superintendent of Portland Public Schools.

All events are open to the public. General registration is \$15 for both days. One-day registration is \$10; students may attend one or both days for \$5. Call 229-4003 for more information.



DR. JERRY WHIGHAM

Chiropractor locates in Portland

Dr. Jerry Whigham, N.D.D.C. has established an office in North Portland. A graduate of Western State Chiropractic College in Portland, he concentrates in Chiropractic (spine, joints, nervous system) and Naturopathic medicine (general practice). His professional interests include high blood pressure, obesity, arthritis and related conditions.

Dr. Whigham recently taught at

the American College of Naturopathic Medicine.

Prior to moving to Oregon, Whigham practiced in the Detroit area. He has published in the *Chiropractic Digest* of Linonia, Michigan and the *Natural Health World* and the *Naturopath* of Portland.

Dr. Whigham's office is located at 819 N. Killingsworth. He can be reached at 289-9914.



Ed Lara has a dream. It's Anheuser-Busch's dream, too.

Twenty-eight years ago, Ed Lara was working as a handyman for a local brewery in his native San Antonio, Texas. It was to be only a summer job. It ended up being the first step of a dream.

Ed's drive and determination landed him a job in sales with the same brewery. From there, he worked his way up the ladder, having an uncanny knack for increasing sales in his territory. But Ed Lara wanted more.

"In the brewery business," says Lara, "everyone's dream is to have his own distributorship."

In April 1974, that dream came true when Ed Lara took over the helm of Westside Distributors, an Anheuser-Busch distributorship in the Los Angeles area.

Since then, he's increased sales six times and expanded his staff sixfold. Today, Westside is building one of the finest controlled environment warehouses in the world.

But Ed Lara is more than a good businessman. Much more. He's a man who works just as hard to improve the community.

Five years ago, concerned that black youngsters were leaving high school with no direction in mind, Ed and his wife, Genevieve, launched neighborhood workshops called "Funshops." Their goal: to help high school seniors choose and prepare for a career. It's a non-profit organization that we at Anheuser-Busch are proud to help support.

Ed Lara likes a challenge. Whether he's pulling himself up from handyman to head of his own business. Or helping black children bring out the best in themselves.

His total commitment has recently earned him a place in California's Black Business Hall of Fame. We salute Ed Lara for his achievement. And share his commitment to build a better future. One we can all be proud of.

Building a future. Dream by dream.

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Ed Lara, Anheuser-Busch distributor, on the site of his new environmental warehouse.