

Doctor addresses health seminar

The Health-Temperance Department of the Sharon Seventh-Day Adventist Church is presenting the second of a series of seminars for 1983 on this weekend, March 11-13, in the church auditorium.

Featured speaker for this seminar is Dr. Samuel Lee DeShay, one of America's outstanding black physicians, who comes to Portland from the nation's capital in Washington, D.C.

Dr. DeShay, a native of Columbus, Ohio, holds four advanced degrees, including a Doctor of Ministry degree from Howard University in Washington, D.C., an M.D. from Loma Linda University in Southern California and a Master's of Public Health degree from Loma Linda.

A concert pianist and choral director of renown, Dr. DeShay holds a Certificate Grade Level VIII in Theory, Harmony and Counterpoint from the Royal School of Music in London. He and his wife, Bernice, spent twelve years in West Africa as medical missionaries and directed a hospital in Nigeria during the Biafran War in the sixties, enduring many dangerous situations.



DR. S.L. DeSHAY

His subjects will include topics such as "Eating, Health Habits and your Life," "Blacks and Hypertension," "Human Sexuality—What Parents & Young People Need to Know," "Music That Leads to Hell," and will include some visual

aids for illustration purposes.

The series begins Friday night at 7:00 and continues on Saturday morning at 11:00, followed by sessions at 5:00 to 7:00 on Saturday evening. There is no admission charge for attending this series of meetings. The public is cordially invited to the Sharon Seventh-Day Adventist Church, located at 5209 N.E. 22nd Avenue, between Killingsworth and Alberta. With adequate interest manifested by Portlanders, Dr. DeShay will add one final lecture to the series with a Sunday night session at 7:30. He is a man who has the unique ability to "tell it like it is!"

Dr. DeShay is the former college and graduate school roommate of Pastor Ted T. Jones, current minister of the Sharon S.D.A. Church, himself a former missionary in two overseas areas. Local musical talent will add spice to the seminar sessions.

Park plan stresses rehabilitation

by Brenda Braxton
University of Portland News Service

Commissioner Charles Jordan has developed a five year plan, with a \$15 million budget, to direct the activities of the Bureau of Parks and Recreation. In this plan he emphasizes the renovation and maintenance of structures under the Bureau's jurisdiction.

Plans for renovation and maintenance have been delayed, however, due to the recession and the threat of budget cuts. "My budget for the last two years has stressed maintenance and restoration and not programming. Instead of trying to grow larger let's secure what we have," said Jordan.

Basic improvements in the park system must be made including proper upkeep of restroom facilities, and adequate lighting, walkways, and irrigation systems.

There are also many recreational

facilities which need to be renovated in order to be handicapped-accessible. Although all new building under construction will lack architectural barriers, no major renovation for older buildings is planned in the next year, said Jordan. He added that even in buildings with barriers provisions can be made when a handicapped individual wants to attend an event.

Regardless of renovation, maintenance, or development efforts, without a competent staff nothing will run efficiently. Jordan is concerned with the possibility of a reduction in staff due to cut-backs. "If the staff goes, the programs go," he said.

Cutbacks have not completely stopped progress within the Park Bureau. Funds are gained through partnerships with the private sector and the federal government.

Camp Ky-O-Wa, an outdoor camp for the handicapped, is

funded in part by one of the major utilities in Portland. Five thousand dollars was given to aid in expenses, said Jordan.

In the five year plan the statement was made "through rehabilitation of structures increased employment opportunities could result." This statement is misleading. At this time there is "not that much work being done and it will make no difference in the unemployment rate," stated Jordan. "It should not be seen as a jobs program, that's just a side benefit," he added.

Jordan and his proposed five year plan support the continuance of quality, affordable recreation and cultural activities.

"We have a very fine system and the reason it was not an excellent one was because it had no order—now it has order (with the five year plan). We know where we are going," he concluded.

Elastic waist twill shorts in white, lilac or khaki, 22.00.

Crew sweater in white, blue, baby blue, lilac or teal, 42.00.

Rugby tee in royal/red/yellow/green or lilac/blue/green/yellow, 28.00.

All in cool 100% cotton, sizes S-M-L from Northwest Weekending, all stores.

BOSTON TRADERS



CORA SMITH

Smith first runner-up

Mrs. Heather Sandstrom of Eugene was chosen Mrs. Oregon America at last Saturday's Mrs. Oregon America Pageant in Eugene. Mrs. Sandstrom will represent Oregon at the Mrs. America Pageant to be held in Las Vegas April 24-27.

Mrs. Cora Smith of Portland was chosen 1st runner-up, and will represent Oregon if Mrs. Sandstrom is unable to. In addition, Mrs. Smith won first place in the costume category, with an authentic Siletz Ceremonial Gown, which she researched

extensively and wore with grace. Mrs. Smith also won first place in the swimsuit category.

The objective of the Mrs. America contest is to find the American Woman who epitomizes the ideal modern married woman—a wife, mother and career woman.

Mrs. Sandstrom is a T.V. talk show host; she has one child. Mrs. Smith, who has three children, is the owner of Cora Smith Hair Designs, a full-service beauty salon.



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Camels were used as pack animals in Nevada and Arizona as late as 1870.

The average robin requires about seventy worms a day.

Rainbows were believed by the Norsemen to be bridges between earth and the home of the gods in the sky.

The first fan was made in 1886 by Schuyler S. Wheeler who placed a propeller on the end of a shaft which he turned with an electric motor.

We do not do business with South Africa.



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