

# Community Profiles

by Linda Thomas

Hard work and perseverance are two words that are often used in describing how and why a person is successful. In many cases, it is the case and in many it is not. However, in the case of Liz Stephenson, you can take these two words literally.

A native of Orange, Texas, our role model for this week attended Wallace High School.

She came to Portland approximately seven and one half years ago and, in this short time span, has become one of Portland's successful business women. Liz came with four children and very little money. Her family, the Scotts, assisted her in getting a job with their company, Coast Janitorial, where she worked as a janitorial supervisor (a position that she earned through hard work). Although Liz was grateful for the opportunity, her strong ambition and determination to succeed would not allow her to "stay put". She applied for and landed a job with United Airlines as the first woman "ramp service person". In this position, she worked with baggage (loading and unloading) and drove heavy equipment. Liz was a part of the big "layoff" at United and she went to work as a longshoreman for a short period of time. In the early 1980's,

she submitted an application to the General Service Division of the State of Oregon and was hired as a mail carrier. Again, Liz was not satisfied with that position. Her ambition led her to apply for another position in the same division as a laborer supervisor. As usual, she was successful and was given the position based on her qualifications. Later, the position as manager of the Portland State Motor Pool became available, she was made temporary manager and was later hired permanently. This is a very challenging position and one in which Liz meets with all the enthusiasm, zest and competency she has in other jobs. She is one of the few Black women to hold key positions in a state agency and also move from a low to high position in a short period of time. Liz attributes this to "moving fast and hard work".

Liz enjoys golf, music, sewing and civic activities. She is a member of the New Hope Missionary Baptist Church where she is a choir member and chairman of the banquet committee for the pastor's anniversary.

When asked for the key to her success, she says, "My success symbolizes what you can do with



LIZ STEPHENSON

hard work and endurance. I believe that a person should get an education and then add determination, a positive attitude, patience, sincerity and faith in

yourself and in your own abilities." A very attractive and dynamic person, she is someone anyone should be proud to model a career after.

## Returning student finds career with youths

Carol Higgins wasn't happy with what she was as a salesperson. So she's taking a year off to do something about it.

Last September, Higgins enrolled in the Portland Community College program for Special Education Instructional Assistant, but that action wasn't done hastily.

"My children are 18, 22 and 24 and it was time for me to change my life," Higgins explained. "Three years ago, I'd done some career counseling at PCC, so I went back to take the tests again. And, once again, they showed this interest."

found some schools have education departments where she could also work with adults, sheltered workshops use trained assistants, residential centers need help and camps hire people to work with handicapped children.

Higgins finds it interesting that her choice puts her back in the educational field. She previously was a preschool teacher; even had her own school in Utah. "I went from teaching to teaching," she jokes.

And Higgins said she is enjoying the college experience tremen-

four year program" Higgins explained, "but that will probably take three more years even though I attended Santa Rosa Junior College for two years in the mid 50's. My main objective will be to work a year before I consider further education."

Higgins is the first student to intern at Lake Oswego High School. "My PCC instructor, Sue Voorhies, had to work out an educational program with Diane Dennis to be sure the practicum would meet the college requirements," Higgins said.

For Higgins, that meant working daily with students in the resource center and picking one student to apply knowledge she was learning about behavior management.

"It's a real challenge to see some accomplishments," Higgins explained. "I guess I'm most encouraged when a concept is learned, because it's rewarding for both the student and the teacher."

Higgins worked with students at Lake Oswego in both money management and financial rights. "We are trying to teach them things to help them in everyday life," she explained.

Just the concept of making change is complicated for some, according to Higgins, but she said the students are at all different levels. Basic math is important, but so is the ability to have a bank account, write checks and learn about budgeting.

Voorhies explained that the college program really has three purposes. The first is to train college students to work in an academic or vocational environment. "We expect students to spend 12-15 hours a week in their field experience," Voorhies said.

The other two purposes of the program, according to Voorhies, are to prepare a student to go on to

a four-year teaching degree and to provide exploratory opportunities for people considering this career.

Higgins praises the PCC program. "Teachers at PCC are a terrific program in working with students... and each other," she said. "They've given me the picture of the wide range of possibilities in special education and I'm really enthusiastic about my new career."



Special education students at Lake Oswego High School learn money management from Portland Community College student Carol Higgins. From left are Jodi McCloud, Don Lavato, Higgins, Brent Bruinsma, Treasa Witte (a high school intern) and Jeff Nelson.

Higgins set out to determine if there really was any need for teacher assistants to work with handicapped children and discovered more opportunities than she imagined.

"I talked to a number of teachers in both private and public schools to determine if positions really existed," she explained. "I want a real career and I want to be sure there will be job opportunities."

Through that search, Higgins

dously, especially the practicum. Fall term she was assigned to a hospital in Beaverton, and she's just completed winter term in the Lake Oswego High School resource center.

Next term, Higgins will take an assignment at a middle school, so she'll have a number of levels of experience when she sets out to find a job this summer.

"I may continue by going on to a

## Breast self-exams prove vital

Women who practice breast self-examination—even at intervals of less than the recommended once a month—fared better than those who had never practiced BSE in a seven-year study of 1004 breast cancer patients.

Breast cancers were discovered earlier in the women who practiced BSE and they lived longer.

The report is based on analysis of the records of 15 of the 16 general hospitals in the state of Vermont, which maintains a state-wide breast cancer registry. Non-invasive forms of cancer were excluded from the study, which covered a period of July 1975 to December 1982 and is still in progress.

The researchers, Drs. Roger S. Foster, Jr. (MD) and Michael C. Costanza (PhD), found that 23 per cent of the women in the study practiced breast self-examination at least once a month; 28 per cent less than once a month; and 49 per cent, never.

Women who examined themselves regularly were "significantly

more likely to detect their breast cancers themselves," the researchers concluded. Ninety per cent of the women who did BSE monthly discovered their own cancers, as did 82 per cent of those who examined themselves less often. But only 54 per cent of the women who never practiced BSE discovered the disease themselves. The time elapsed between first recognition of a symptom and formal diagnosis of breast cancer was "somewhat shorter" for women who followed the self-examination practice, and in every age group the disease was generally discovered in an earlier stage.

In their examination of survival data the researchers matched all women who practiced BSE, regardless of frequency, against all who did not. They found that deaths from breast cancer occurred in 14 per cent of the patients who had practiced BSE and in 26 per cent of those who had not.

The differences persisted even after allowance was made for such

variables as age, statistical bias, family history of breast cancer, delay in treatment, and method of detection, they pointed out.

### Carter fundraiser set by Dist. 18 leaders

The District 18 businessmen and lobbyists' fundraiser for Margaret Carter, Democratic candidate for State Representative in Dist. 18, will be March 27, 1984, 5:30-7:30 p.m. at 1518 N.E. Killingsworth.

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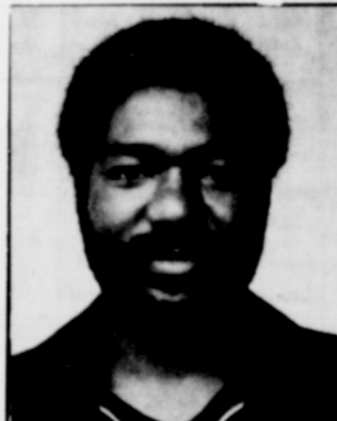


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## Street Beat

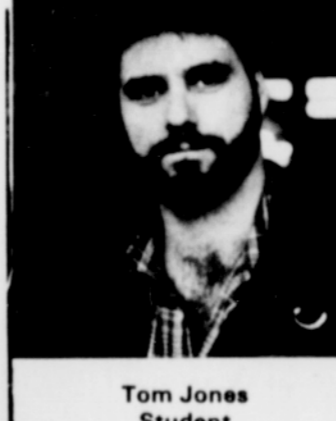
by Lanita Duke and Richard Brown

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"Yes. The schools allowed other companies to recruit on school grounds. The military is a career. They offer a lot of opportunities."



Tom Jones Student

"No, those kids are in school for education. They can get registered on their own time."



Charlene Steward Cook

"No, I don't think so. The schools are for learning, not registration."



Lee Ann Nancini Unemployed

"No. It sets a bad precedent. I never agreed with the Selective Service's moving into financial aid."



Tony Benson Clerk

"No, I don't think so. We are not in a war and it's not necessary."



George Buckley Driver

"Yes, someone has to protect the country. People say they don't want nuclear war, a draft or someone taking away their possessions. We've got to have someone to protect us."

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The idea for jet propulsion apparently dates back at least to the first century A.D. when Hero of Alexandria, Egypt, is said to have built an engine called an aeolipile.

The most massive single edition of a newspaper was the Sunday, Oct. 17, 1965, New York Times. It had 15 sections, a total of 946 pages and weighed 7 1/2 pounds.

The first talking cartoon movie was Walt Disney's "Steamboat Willie," released in September 1928.

We do not do business with South Africa.

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