

Membership drive

The Portland section of the National Council of Negro Women will begin its annual membership drive with an open house to be held on Sunday, October 13, 1985, from 1:00 to 4:00 p.m. at 4510 N.E. Mallory.

The council extends an invitation to all women who are interested in ad-

vancing the interests of Black women, their families and community to attend their open house. Council members will be available to discuss the purpose of the organization, its programs and goals with all interested women.

Mysteries of the mind unfold at OMSI

by Robert Lothian

The average person has a 60 percent higher chance of dying while asleep than while awake, but no one seems to know why, said a sleep research expert who spoke in Portland recently.

According to Dr. William C. Dement, Professor of Psychiatry and Behavioral Sciences at Stanford University, sleep is a mysterious state which everyone needs but which even few experts know much about.

Dement is one of the few experts who has studied sleep. He co-founded the phenomenon known as REM (rapid eye movement) sleep in the 1950s. The name comes from the rapid eye movements Dement observed in subjects who seemed to go in and out of this special state in 90-minute cycles. The discovery was an important one, said Dement, because it showed that contrary to popular opinion, the brain doesn't turn off during sleep but remains active, sometimes more active than during the day.

According to Dement, REM sleep is a mysterious, imaginative, almost magical state very different from reality, where "the very active brain creates a world and then perceives it." REM dreams, if remembered, are often spectacular, and in general REM sleep leaves us feeling exhilarated and ready for a new day, he said.

During REM sleep, Dement continued, the brain is twice as active as it is during the day, and the most active of any period during the day. The incredibly complex computer of the brain seems to need to lapse into this state. "The neural network needs activity to blast through it to sort of clean it out," Dement speculated.

Dement played a video of subjects in REM sleep. They appeared to be in a beautiful, almost child-like state, laughing, talking sometimes unintelligibly, cursing and moving like babies.

The popular belief is that going to sleep is like turning the car off, said Dement. "It's not like that at all," he said. "The sleeping brain is an active brain. The brain does not turn off, it changes what it is doing."

Dement was the second speaker in the Oregon Museum of Science and Industry's hugely popular "Mysteries of the Mind" lecture series on the brain, the Neurological Sciences Center at Good Samaritan Hospital co-sponsored the series — Good Samaritan has been a pioneer institution in sleep research, according to Dement.

The purpose of sleep research is to help people sleep better so they feel healthier and live longer, Dement said. People need sleep for good health, and REM sleep appears to be linked with mental health, but over one million Americans suffer from

sleep disorders, according to Dement. He cited studies which show that people who get seven or eight hours of sleep are half as likely to get cancer, and they live longer than those who sleep less than six hours or more than eight hours.

Sleep rhythm is important — being awakened repeatedly is almost as bad as not getting enough sleep. People are sleepiest around 3:30 in the afternoon and 5 in the morning, and sleep loss is cumulative — it takes five or six days to fully recover from a bad night's sleep, he said.

More research is needed, only about 10 specialists are working on basic sleep research, according to Dement. "There's something going on, we've got to know what it is." Throughout his talk, Dement made jokes about putting his audience to sleep and he concluded by wishing them a good night's sleep.

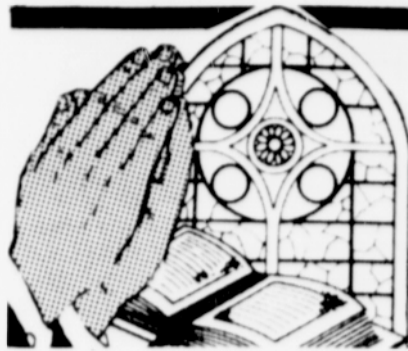
Dr. Jerre Levy, professor of Behavioral sciences at the University of Chicago, opened the series with a talk on split-brain research. Levy was a member of the team that pioneered right and left brain research, earning the team leader a Nobel prize in 1981.

She put to rest some myths that surround right and left brain speculation. She said the popular belief that men are more left brain, more analytical, and women are more right brain, more artistic, "is absolutely and totally false."

All claims of crude differences in the two hemispheres of the brain are false, as are the "10 million" personality tests based on such falsehoods, Levy said. Logic is not a property confined to left hemisphere, nor is creativity solely a property of the right, she added.

The true picture is much more complex, according to Levy. Each side can function well by itself, although with limitations. In experiments with a very limited number of people whose brains were accidentally damaged, or whose brains were separated surgically, she said, some subjects lost the ability to draw simple shapes clearly, some see only half of a face in pictures shown to them, and others have trouble carrying tunes. Something "drops out," something in the way of ability contributed by the other side of the brain.

"Real learning means the two sides are working together," said Levy. Each side has specialties, she said, but no task is the property of just one side of the brain. Each side improves the other's performance and the brain's overall performance. For example, "Language involves an intimate collaboration between the two hemispheres," said Levy. She added, "Do you think the Mona Lisa was painted by just one side of the brain?"



RELIGION

Send notice of your church activities and events to:
Religion Editor, Portland Observer
P.O. Box 3137
Portland OR 97208

Grants for elderly Living-at-Home programs

A new series of grants to non-profit organizations that help elderly people continue to live at home has been announced.

Seven foundations have launched the new "Living-at-Home" program, which will make available as much as \$350,000 over a three-year period to at least 12 organizations operating in cities with the largest number of elderly people.

Living-at-Home has four goals: to encourage collaboration among existing organizations to meet the needs of elderly people at home; to help family members responsible for the care of elderly relatives; to help elderly people keep active in the community; and to create a national awareness that it is possible for elderly people to remain at home, which will stimulate replication of the projects supported by grants.

Betty Letzig, president of the National Interfaith Coalition on Aging, which has endorsed the program, said, "This is an opportunity for church-based programs interested in expanding their outreach to elderly people to connect with other social service agencies to apply for a grant." Community centers and even retirement homes will be eligible if they meet the requirements, she said.

Priority will go to groups with "proven success in service delivery to large number of frail or isolated elderly, and to those that demonstrate the capacity to consolidate old services and create new systems of care that fill a full range of need," she added.

A premium is put on creating partnerships with other services and insti-

tutions, including hospitals, visiting nurse associations, other voluntary organizations and local government.

No funds will be available for constructing, renovating or altering facilities, or to finance pre-existing operations, or for service to individuals under age 65.

"The program is primarily to get new things going," said Ms. Letzig. "Programs already operating will have to have a new component or start in a new direction." Ms. Letzig is coordinator for property and mission personnel support in the National Division of the United Methodist Board of Global Ministries.

Collaborating on the Living-at-Home program are the Pew Memorial Trust, the Commonwealth Fund, Arthur Vining Davis Foundations, Duke Endowment, John A. Hartford Foundation, New York Community Trust and the Cleveland Foundation.

The program has been endorsed by the American Association of Retired Persons, Council of Jewish Federations, National Association of Area Agencies on Aging, National Conference of Catholic Charities and U.S. Conference of Mayors, as well as Ms. Letzig's organization.

"Remaining at home is the first choice of our nation's elderly," reported Dr. Bogdonoff, who is professor of medicine at Cornell University Medical College. "We intend to make this possible by providing the stimulus and support for non-profit organizations to create alternatives to the institutional residences that are so often the elderly's last and only place to turn."

Smile — God loves you

by Rev. V. Brown

God loves us and has a wonderful plan for each life. To find God, the Bible teaches these simple steps. Believe that God is. Realize that God loves you. Understand that God's love found expression in the giving of his son Jesus Christ, to die for mankind. Therefore "If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness" (John 1:9). For by grace are ye saved through faith; and that not of yourselves: It is the gift of God.

Therefore those that are saved are saved by the grace of God and not by their own works, but they are saved in order to do good works. Thus the riches of God's grace will be manifest for all times through His redeemed church, "His workmanship." Paul's emphasis is that salvation is of God, both in its planning and its accomplishment, and it is to His glory.

Salvation is altogether of grace from first to last. The plan of salvation as originally devised by the Savior who wrought it out for us, is the acceptance of his vicarious sacrifice in our behalf, and the faith whereby we are made partakers of his sacrifice, are all the gifts of free and sovereign grace; the foundation and the superstructure are wholly of grace.

Redemption is the central theme of the Bible. It is the crimson strand that is woven through all the Scripture. In the Pentateuch we see it in the sacrificial system, which symbolized the atoning sacrifice for sin which Christ was to make on the cross.

It seems to me that the greatest need in the world today is life; spiritual life that is given to us only through Christ. "For God so loved the world, that he gave his only begotten Son, that whosoever believeth in Him should not perish, but have everlasting life" (John 3:16).



Rev. V. Brown

Our greatest privilege is to come to God. Thus our sins have separated us from God, but God so loves us that he gives us this privilege. "Come unto me, all ye that labor and are heavy laden, and I will give you rest" (Matt. 11:28).

When God forgives and saves a sinner, he does not give him a suspended sentence or parole him on good behavior, but grants him a full and complete pardon.

ALLEN TEMPLE CME CHURCH
 Corner of 8th and Skidmore
 Sunday School 9:30am
 Sunday Worship 11:00am
 Christian Youth Fellowship 6:00pm
 (second and fourth Sundays)
 Elonza J. Edwards (Pastor)

A Public Service of the Portland Observer

Albina Ministerial Alliance
 284-6023

COMMUNITY CHURCH of GOD
 202 N.E. Skidmore
 281-5678
 284-5559

Services:
 9:45 a.m., Sunday School
 11:00 a.m., Morning Worship
 7:00 p.m., Evening Worship
 7:00 p.m. Wednesday, Prayer Meeting
Victor R. Brown, B. Theology, Pastor
 Dr. Hazel L. Brown Sr., D.D., Assistant Pastor

SMILE — GOD LOVES YOU

YOU ARE WELCOME TO WORSHIP AT
 84 N. E. Killingsworth • 281-0499
 "A warm spirit of fellowship always"

To the glory of God
The Ark of Safety
Church of God in Christ
FOUNDER: The Holiness Preacher Bishop UV Peterson DD Bishop-Pastor

Tuesday	Bible Band	7:30 p.m.
Thursday	Choir Rehearsal	7:00 p.m.
Sunday	Sunday School	9:15 a.m.
Morning	Worship	11:15 a.m.
Y.P.W.W.	Worship	6:30 p.m.
Evangelistic	Worship	8:00 p.m.
Tuesday-Friday	Prayer	Noon Day
Friday	"The Pastor Speaks"	7:30 p.m.
Saturday	Morning Prayer	9:00 a.m.

the Bible says—
Follow peace with all men, & holiness without which no man shall see the Lord

*Shows of Blessings, *Unleavened Bread, *Sundays morning, 10:00 A.M. *Senior: KAAR MEMORIAL Day

INTERESTING FACTS

brought to you every week by

AMERICAN STATE BANK
 MEMBER FEDERAL DEPOSIT INSURANCE CORPORATION

Assets of the office of the future: an investment in people over machines.

According to a recent survey, the top selling soup in American restaurants is vegetable soup.

Calorie counting? When a recipe calls for cream — sweet or sour — substitute plain unflavored yogurt. It adds protein, calcium and B vitamins instead of excess fat.

We do not do business with South Africa
American State Bank AN INDEPENDENT BANK
 Head Office: 2737 N. E. Union
 Portland, Oregon 97212

THE MOUNT OLIVET BAPTIST CHURCH
 N. E. First & Schuyler • 284-1954

John H. Jackson, Minister, M. Ed., M. D.
 9:30 A. M. Church School
 11:00 A. M. Congregational Worship
 5:00 P. M. Vesper Service
 10:00 A. M. Baptism Fourth Sunday
 11:00 Communion Each First Sunday

The American Baptist Convention, American Baptist Churches of Oregon: Lott Carey Foreign Mission Convention: National, Oregon, Portland Ecumenical Ministries, American Bible Society, M. & M. Board.

BEREAN BAPTIST CHURCH

4822 N. Vancouver Ave.
 284-2334

Nathan Barnett, Pastor
 (B. Theology • M. Divinity)

Services:
 9:30 a.m., Sunday School
 11:00 a.m., Morning Worship
 6:00 p.m., Evening Worship

The Barnetts & Berean welcomes your family.

At Berean we emphasize building strong families. You'll get solid Expository Biblical Preaching & Teaching.

South African protest in N.Y.

Martin Begun, president of the Metropolitan Council of the American Jewish Congress, addresses massive rally against South African apartheid held at United Nations headquarters in New York City on August 13.

