



Ekeji Elected President of A.A.S.

Article courtesy of The Vanguard

James Ekeji, graduate student at Portland State University, was elected president of the Association of African Students in recent elections at PSU.

Out of a total of 38 votes cast, Ekeji garnered 28 ballots, and, along with vice-presidential candidate Komi Kalevor, defeated the incumbent Aggrey Oswe and his running mate.

Formed in 1972, the Association of African Students was set up for the purpose of promoting "cultural and social exchange among the university and the community," according to the PSU student group directory.

Some of Ekeji's objectives for the up-coming year are: to seek the establishment of an African Studies department at PSU, to encourage a closer relationship between the AAS and Africans in the community, and to seek permanent office space for the association.

The graduate student in Public Administration said that he hopes to generate "a positive environment of all Africans" at Portland State, and that he hopes to strengthen then internal structure of the A.A.S.

HEALTH WATCH



by Steven Bailey, N.D.

Knowing that marketing and science do not necessarily go hand in hand, I was more entertained than upset when I saw my first "Take Tums for Calcium" commercial. However, I recently had a friend tell me that her nurse practitioner advised her to use Tums for this purpose. Now that this poor advice is being given to the public by health practitioners, it is time to speak up.

It is true that there is calcium in Tums. Five Tums a day will indeed satisfy the normal RDA in calcium, so why don't I like the idea of taking Tums as a calcium source?

1) Cost: Five Tums a day averages about 30¢ a day or \$9.00 per month. Even my highest quality combination Calcium Magnesium tablets cost less than this, and this includes magnesium, an important combination that is absent in Tums.

2) Tums contains flavor (a generic term for who knows what), Sodium Polyphosphate, Starch, Sucrose and Talc. Why do we need 5 doses of these substances every day when we can get only calcium and magnesium in a single product for less?

3) Calcium Carbonate, the form of calcium found in Tums and the ingredient that decreases stomach acidity, may actually impair normal digestion. Stomach acidity is naturally associated with protein digestion. Decreased acidity, as with daily Tums intake, may weaken the ability of your body to digest proteins completely. While antacids may be necessary in some cases, I certainly do not feel that they are appropriate daily foods.

There is no question that calcium supplementation and/or good dietary intake of 1000mg per day is an important preventive measure for women above 30 (and for people in general) in regards to development of osteoporosis. Yet I do not recommend that you get this from Tums, soda pop or any other product that may have unnecessary side effects or properties unrelated to good nutrition.

I will devote a future article to the concerns of calcium loss in older age.

Let's Go to the Rally

The Portland Extension of United Theological Seminary will be sponsoring a Rally to be hosted by the New Hope Missionary Baptist Church, 3725 North Gantenbein Avenue, Portland, Oregon 97227, the Rev. Johnny Pack, IV, B.Th., host pastor.

Singing will be the New Hope Inspirational Choir, the St. Mark Baptist Church Choir, and the D.C. Ensemble.

Bringing the preached word will be the Reverends Arthur May and Henry Crain of the St. Mark Baptist Church and the Reverends Roy Clay and Robert E. Houston, Sr., of the New Hope Baptist Church. All four are currently enrolled students with the Seminary.

Dr. Benjamin F. Martin of Monroe, Louisiana is the Seminary President, Rev. Joe S. Hardie, M.R.E., Pastor of the St. Mark Baptist Church is the Dean of the Portland Extension. Rev. Robert E. Houston, Sr. is the Program Coordinator.

Services will be on Sunday, July 12, 1987 at 7:00 p.m.

Bicycle Meeting

Gold Beach will host a meeting of the Oregon Bicycle Advisory Committee on July 16 and 17. The session will be in the council chamber room at City Hall, 510 S. Ellensburg Ave.

The meeting will begin at 9 a.m. on Thursday, July 16, and conclude that evening following a public comment period from 5 to 6 p.m. There will be a coast bike tour from 1:15 to 3:15 p.m.

The meeting will continue on Friday, July 17, from 9 to 11:30 a.m. New business items will include discussion of priority projects, the new Oregon Bike Map and bikeway maintenance budgets.

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