

Howard Student Wins Role in Constitutional Gala

by Henry Duvall

When 17-year-old Napoleon L. Williams Jr. first learned of the landmark Dred Scott slavery case, it made him angry.

The Philadelphia native had wondered why the U.S. Supreme Court's 1857 decision, in essence, denied slaves all rights and privileges guaranteed under the Constitution. In his view, the first three words of the Constitution's preamble, "We the People," sounded "all-encompassing."

Last February, Williams decided to voice his opinion in a speech on Afro-Americans and the Constitution that won him top prize in the Philadelphia public school system's Black History Month Oratorical Contest.

The Howard University freshman was invited to deliver an excerpt from his award-winning speech during the nationally televised "We the People 200 Constitutional Gala" Sept. 17 in Philadelphia. The extravaganza commemorates the signing of the U.S. Constitution on that date 200 years ago.

Actually, this will be the second time this year that Williams has been asked to participate in bicentennial activities. In May, he introduced Vice President George Bush at ceremonies in Philadelphia marking the 200th anniversary of the convening of the Constitutional Convention.

He had no idea that his speech would win a contest ("I was shocked"), let alone lead to national publicity.

So what does he think about the Constitution? Williams stresses in an interview, "The Constitution is just a document. There has to be someone to interpret it. And that's where the problem lies."

The Constitution "lives because it is based on ideas so broad, so universal, that they apply as well today as they did in 1787," he points out in his award-winning speech.

"It provides for the changing needs of many generations of Americans through the amending process, and as Afro-Americans, we can certainly be thankful for that process."

The soft-spoken Black teenager declares in his three-page speech, "I submit to you . . . the Constitution is a fine and viable document. It is its implementation, or lack of it, that presents problems for Blacks."

He notes that the Dred Scott Supreme Court decision was an example of "our fair Constitution's violations."

Placing responsibility on each American citizen "to eradicate injustices in order to protect the integrity" of the Constitution, he laments, "Too often we stand idly by and watch our elected and appointed representatives . . . slap us in the face with their beliefs of how the Constitution should be interpreted. To see the lofty ideals of our Constitution mangled and twisted is a strike against our humanity."

Williams, who last school year was listed in "Who's Who Among American High School Students," says his former English teacher at Philadelphia's High School for the Creative and Performing Arts encouraged him to enter the city school system's eighth annual Black History Month Oratorical Contest. The Howard liberal-arts freshman won top prize in the high-school competition.

His former teacher was also instrumental in getting him involved with the "We the People 200" organization, established in 1984 to plan and organize the bicentennial celebrations of the U.S. Constitution in Philadelphia. This led to him taking center stage in introducing Vice President Bush in May.

"Napoleon's performance was exceptional," says Sam Rogers. "We

PCC Sets Fall Classes in Typing, Shorthand and Computer Basics at Roosevelt High School

Portland Community College is offering evening classes in shorthand, typing and computer basics, starting the week of September 21, at Roosevelt High School, 6941 N. Central St.

Roosevelt teachers Toni Barbour and Sam Ashley will conduct the classes, which will run from 7 to 9 p.m.

Barbour will teach Personal Shorthand for six weeks, starting September 24, at a cost of \$17; Beginning Typing, 12 weeks, starting September 21, with tuition of \$34; and Intermediate Typing, six weeks, beginning November 5, at a cost of \$17.

Ashley's Computer Basics course, which offers instruction in basic programming, will start September 24, and meet Thursdays for 10 weeks. Tuition is \$28.

Further information about the classes is available from Cascade Campus Community Education, 244-6111. Ext. 5205.




Howard University freshman Napoleon L. Williams Jr. explains his award-winning speech on Afro-Americans and the Constitution that won him top prize in a Philadelphia oratorical contest. He delivered an excerpt from the speech during the nationally televised "We the People 200 Constitutional Gala" Sept. 17 in Philadelphia.

Photo by Marvin T. Jones

the People" spokesman, noting that his introduction coupled with his award-winning speech contributed to his being invited to speak at the Sept. 17 Constitutional Gala.

"It's quite an honor to be invited," says Williams shyly.



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BY Dr. Edward Ward

Teeth Cleaning is Very Important

I am frequently asked why it is important to have your teeth cleaned two or three times per year or a minimum of once a year.

I have seen cases where patients have had very few fillings, but they have teeth that have a poor chance of remaining in the patients' mouths, because the patients did not have their teeth cleaned by a dentist for a long time.

The build-up on patients' teeth is sometimes referred to as "stain", "tarter", or "calculus". There is a distinct difference between stain-tarter and calculus.

Stain-tarter is the residue left on teeth from smoking, tea or coffee. Calculus is the name given for the mineral deposits on the teeth. This happens because the salts in our saliva crystallizes and sticks onto our teeth. Calculus is usually beige in color, but it is sometimes stained brown to black, and various shades in between, depending on our diet.

Calculus usually builds up in the area of supporting bone creating a perfect place for bacteria and trapped food particles which further destroy the gums and bones supporting the teeth. These bacteria and food trapped next to the gums cause the gums to become irritated. You will know that your gums are irritated if they bleed after you brush in the area that has calculus.

I have seen situations where the calculus deposits are so large and the tooth's support is so endangered that special care had to be taken when removing those deposits so that the teeth were not removed in the process of cleaning the teeth.

There are two saliva ducts, one in each cheek next to the upper molars. If you run your tongue up between your upper molars and cheek, you will feel a little nipple-like bump. This is a saliva duct. There is one on each side.

Place the tip of your tongue just behind your lower front teeth. Let your tongue tip slide downward along the skin below those teeth. You will find cord-like structures coming to a V in the front. These also are saliva ducts.

Because so many ducts empty next to the upper molars and lower teeth, these teeth get the most calculus build-up and suffer the worst damage. You should spend extra time brushing the teeth in these areas to reduce the risk of calculus build-up.

The dentist removes calculus using scaling instruments designed to clean the tooth's surface efficiently and smoothly. A smooth, polished surface is the easiest to clean and also resists calculus build-up. Calculus must have a rough surface on which to build. By daily home-care routine and by cleaning done by the dentist to prevent the forming of calculus, the possibility of calculus build-up will be lessened or stopped altogether.

Calculus build-up varies from individual to individual. Some patients will only need to be seen once a year, whereas others will need their teeth cleaned three to four times a year.

Go in for your checkups. Keep smiling.

Dr. Ward's office is located in downtown Portland: 610 SW Alder, Suite 1008, Portland, OR.

Seeks Volunteers

Retired Senior Volunteer Program (RSVP) is seeking seniors 60 years old and over to volunteer for jobs that allow seniors to stay active. The programs available are:

American Lung Association of Oregon, Citizen Involvement Office, Emanuel Hospital & Health Center, The Dougy Center, Old Church Thrift Shop, North Portland Youth Service Center, Pacific New School, Portland Audubon Society, Mental Health Services West Education Opportunities, AMA Headstart, American Advertising Museum, Host Programs-Portland Public Schools, Oregon Literacy, Oregon Maritime Museum, Oregon Museum of Science and Industry (OMSI), PCC Adult Tutoring, Sports Hall of Fame Museum, and the World Forestry Center.

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