

News of Health

Nutri/System Study Reveals Weight Loss Can Be Maintained

There's good news for the 65 million Americans currently on a diet. A study released by Nutri/System, Inc. shows that you can lose weight and keep it off.

Dr. Stuart Shapiro, National Medical Director for Nutri/System, released the study during the American Dietetic Association's Annual Meeting in Denver. The research consisted of twenty men and women who had lost more than 100 pounds on the Nutri/System® Weight Loss Program and had appeared in advertisements touting their success. The individuals were asked 15 months after reaching their goal weight to provide their current weight. Sixteen of the 20 had not gained more than five pounds.

"This survey shows that these individuals were very successful at maintaining their weight," said Shapiro. "It sends a message to other overweight individuals that weight loss success can be achieved with the right diet program."

Shapiro added that this helps to refute claims that diet companies typically point out the tremendous weight loss success of their clients, but fail to provide information regarding their long-term success with weight maintenance.

Nutri/System will be conducting a larger study that will include individuals who have lost smaller amounts of weight and have not appeared in advertisements, since those in the study may have felt social pressure not to gain weight.

"There are enormous positive implications of this study," said Shapiro. "Obesity is a serious public health concern and is associated with an increased risk for such problems as hypertension, high cholesterol, diabetes, gallbladder disease, some cancers, strokes and early death. Losing weight safely and keeping it off can lead to a healthier and happier life."

"My life gets so crazy, I need a diet that thinks for me."

Introducing the NEW PERSONAL CHOICE PROGRAM

You live a hectic life. Wouldn't it be great to have a weight loss plan that tells you what to eat, and when to eat it? Now you can—with the new Personal Choice Program from Weight Watchers.

New Personal Choice gives you your choice of three easy-to-follow food plans that range from structured to flexible—whatever's right for you. It's designed to adapt to your lifestyle, so you can lose weight at your own comfortable pace.

What's more, Personal Choice allows you to eat the foods you want. Even in a restaurant. From the first week on.

If you're looking for a diet program that fits the way you live, now the choice is yours. New Personal Choice. Call Weight Watchers and ask about this exciting program today.

Weight Watchers
Safe, sensible weight loss for 27 years.

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For Information Call (collect) weekdays
8:30 a.m. to 5:00 p.m.

(503)297-1021

New members please Arrive 20 minutes early

NORTHEAST PORTLAND NORTH PORTLAND

Maranatha Church
4222 N.E. 12th
(Enter on Skidmore)
Sat 9:30 a.m.

Tilamook Park Bldg.
2108 N.E. 41st Ave.
Mon. 7:00 p.m.
Tues. 7:00 p.m.
Wed. 9:30 a.m. & 5:00 p.m.
Thurs. 7:00 p.m.
Fri. 9:30 a.m.

Temple Baptist Church
1319 N.E. 7th
Fireside Room
Tuesday 12:00 noon
(Brown Bag Lunch Class)

Rivergate Community Church
4737 N. Lombard St.
Tues. 7:00 p.m.

University of Portland
5000 N. Willamette Blvd.
Columbia Hall
(Enter from Portsmouth)
Wed. 5:00 p.m.

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Ray Charles and Immigration (Concluded)

BY PROFESSOR MCKINLEY BURT

It all tied together last week, didn't it? The gathering storm and lightning strikes surging about every bastion African Americans have erected to defend their slow march toward parity in the American scheme of things. First it was the assault upon attempts to render a true and documented account of black contributions to the world's culture and civilization (Baseline Essays).

Next has come about the revelation of a "renewed" and massive effort to deny blacks positions in the skilled trades by escalating the importation of even "semi-skilled" immigrants from all over the world. But even this is not thought to be quite enough to deflect the aspirations of the African American. The racist elements in government, academia and the gutter have banded together for the coup de grace. Target "RACE SPECIFIC SCHOLARSHIPS!" Read "minority scholarships".

Now, hold that thought for a moment, because apropos to our revelations here, there is a television documentary in process, extolling the accomplishments of a pioneer naturalist and artist, John Audubon (The Audubon Society). The magic of that name and the brilliance of his illustrations of American flora and fauna has become the base of a multi-billion-dollar "industry" organized around a messianic ecological mission to save "endangered species" of plants and animals.

But isn't it strange that according to

most of the American authors writing about his gifted man, HE MUST HAVE BEEN BORN AT THE AGE OF 12, because that is when the narrative usually begins, in Nantes, France. We who, of course are always suspicious of such a miracle, tend to look deeper, and are not at all surprised to learn of his African West Indies mother, married to a French sea captain.

This was commonplace in the French colonies and upon her death the widower took the child to France where the best of education was available. A distant relative of the mother was taken along as a "nanny", but you need to read in the French to get the entire non-racial story. American artists have portrayed him pale enough to look like one of those ANOREXIC BARBIE DOLLS. And have sharpened his nose finer than the face job performed upon Michael Jackson (a true-look-alike in French renderings). In America, WILLIE HORTON, YES-JOHN AUDUBON, NO!

Now, with that reminder of a centuries-old but ever present American cultural tradition, let us return to the "minority scholarship" morass. A good place for us to enter the controversy would be last Thursdays' broadcast of a hearing held by the House Education and Labor Committee. The chair was senior black congressman Augustus Hawkins, democrat from California. He wielded a heavy and determined hand in questioning members, a most impressive group of both black and white educators.

Notable by his absence was the

strange (and strange-looking) brother, Michael L. Williams, who detonated a political bomb when he announced a new policy of the Education Department stating that "race exclusive scholarships" were discriminatory and therefore illegal. Chairman Hawkins left no doubt that in the future subpoenas would be served on the "no-shows".

Enraged and outraged members of the education community included noted black educator, Dr. Samuel Meyers of the Association of Black Colleges, Julius Davis, president of the U.S. Student's Association, Janel Byrd, Assistant Counsel, NAACP Legal Defense Fund, Dr. Adib Shakir, of Tuscaloosa United Negro College Fund, and educator, Dr. Kwisi Mfumu, Dr. Meyers commented quite acidly that it was not so much the "physiognomy" of Michael L. Williams that was startling, but the position he held in the Department of Education.

Though the first of a series of hearing did little more than emphasize the depth of the nation's concern (and confusion) aroused by this ferocious attack upon the most effective weapon African Americans have in their battle to gain educational parity, little doubt was left but that this committee intends to uncover the full ramifications of the plot. The "smell" was seen to indicate that like Watergate, it began deep in administration dungeons, perhaps directly beneath the White House. This newspaper will stay on top of this story and keep the readers apprised.

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Offices Speed Up To Save
Why didn't anyone ever think of it before?
That's the question asked in a growing number of offices that have used a copier that can shift gears to operate 40 percent faster at the touch of a button.



Borrowing a principle from automotive designers, a copier has been developed that delivers an extra surge of power when you need it.

The two speed turbo copier, developed by Toshiba, lets operators switch between 22 and 30 copies per minute. At the 30 cpm speed, the machine actually uses less toner. So, why would anyone ever want to operate at slower speed?

"Copy quality," says Ron Milici, vice president for sales at Toshiba's Copier Products Division. "The normal speed delivers the high quality businesses want in their presentations and reports that go outside the office," he said. "But for internal use, the turbo mode provides adequate copy quality at a cost savings in excess of 30 percent."

FAMILIES AT WORK
Facts from the Women's Bureau of the U.S. Department of Labor
Alternative Work Schedules

Dramatic changes are taking place in the work force. Perhaps one of the most significant is the surge in the number of working women. Balancing work and family responsibilities is a growing concern for America's working families and their employers.

Family-responsive policies in the workplace offer benefits to both employees and employers. Such policies have "bottom line" implications for employers in areas such as productivity, morale, and labor management relations.

The "Work and Family Resource Kit" can help employers identify the most appropriate policies for responding to the dependent care needs of their employees. Single copies of the Women's Bureau publication are available free of charge by sending a self-addressed mailing label to: Women's Bureau, Department P, U.S. Department of Labor, 200 Constitution Avenue, N.W., Washington, D.C. 20210.

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PORTLAND COMMUNITY COLLEGE



A. Phillip Randolph Mourns the loss of their President

In Loving Memory of ANNETTE WOODARDS PETETT 1959-1990

ANNETTE WOODARDS PETETT was the first child born to Fred E. Woodards and JoAnn Travis on July 2, 1959 in Portland Oregon.

In 1982 she met Charles L. Petett in Portland, Oregon and married. Into this union one child was born, Donte R. Petett.

Annette leaves behind, Mother, JoAnn Travis, Step Father, Wendell B. Travis, Sister, Victoria Ann Woodards, Brother, Henry B. Scott, Sister, Felicia C. Travis, Grandmother Mary L. Reid, Grandfather Joseph O. Reid Sr., Mother-in-Law Ossie L. Petett of Thomson, Georgia. A host of relatives and close friends.

Annette worked many years for The American Federation of State, County and Municipal Employee's, Annette loved her job.

Annette was very involved in the community. She held the office of Secretary for two years for The A. Phillip Randolph Institute, Portland Chapter, she was elected President of the chapter in February 1990. Annette was elected Voter Registration Precinct Coordinator for District 3015 for 1991, and was the local representative for A.F.S.C.M.E. Local 88 A.F.L.-C.I.O..

Annette was united with the Vancouver Avenue First Baptist Church in 1964 under Dr. O.B. Williams, she was a member of Usher Board #4. Annette will be missed but she will never ever be forgotten. We Love You.

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Christmas Breakfast Featured Santa's Visit

Thirty-five children ages 3-10 were hosted at a family breakfast sponsored by the Holiday Businessmen and the Martin Luther King Blvd. Lyon's restaurant. In addition to breakfast, St. Nick himself visited, bringing gifts.

This effort was the inspiration of Mr. Joe Turco, GM of the host Lyon's restaurant and Mr. Dennis Payne from the Holiday Businessmen. Children from

the Grace Collins Memorial Center and the Martin Luther King Jr. School are the recipients of this generous effort.

Parents were being encouraged to bring their children and participate, as this is in part to encourage family unity. The Grace Collins Center and King School express their sincere appreciation for this effort and generosity.