

"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.

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

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 12:15 pm
(Brown Bag Lunch Class)

NORTH PORTLAND

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.

JOIN BY MARCH 2ND AND SAVE
(Pay \$8 Weekly Fee until May 4th)

| Through March 2nd | After March 2nd |
|-------------------|-------------------|
| Registration \$17 | Registration \$17 |
| Weekly Fee \$8 | Weekly Fee \$9 |
| Total \$25 | Total \$26 |

(No increase in registration fee)

This offer good in participating areas only

Weight Watchers is a registered trademark of WEIGHT WATCHERS INTERNATIONAL, INC. copyright 1990 WEIGHT WATCHERS INTERNATIONAL, INC.

TEACHER-LABORATORY PRESCHOOL/EXTENDED DAY CARE ASST TEACHER

Helen Gordon Child Development Center, PSU; 7:30 - 1:30 p.m., Mon-Fri, Yr-round program; starting salary \$856 per mo + exc benefits. Min qual: AA-AS Degree in Human Dev-CD or ECE + current First-Aid card. Starting Date 3/1/91 or ASAP thereafter. Applications may be obtained from the Helen Gordon Center of Personnel Services, PSU; submit completed application, resume, names & phone numbers of 3 references & a copy of transcripts to Personnel Services, PSU, PO Box 751, Prld, OR 97207 or deliver to Personnel, Rm 302, Univ. Services Bldg, PSU. Call the center at 725-3092 for further info. PSU is an Equal Opportunity Employer & Institution. Minorities, women & members of other protected groups are encouraged to apply.

PLANNING

ASSOCIATE PLANNER - CURRENT PLANNING. Highly responsible professional position requiring Master's Degree in planning or related field and three years experience in a similar local government position (or equivalent). Applicants must have a thorough knowledge of zoning, subdivision and site design and their relation to planning principles. The successful applicant will be responsible for the administration of zoning and subdivision ordinances for the City of Olympia and will be the primary current planning staff contact person with the City staff, Hearing Examiner and City Council. Public presentation and writing skills, and ability to work with public bodies and diverse interest groups, are essential. Call (206) 786-5480 for application materials. (Thurston Regional Planning Council, Olympia, WA). Salary Range: \$2,500 (Step 1) to \$3,374 (Step 10) monthly. Starting Salary Depending on Qualifications. Application closing date: March 8, 1991. Equal Opportunity Employer.

Attitudes Presents Al Goldsby and Phil Reid

Attitudes of Portland Art Gallery is proud to present metal sculptures and prints by sculptor Al Goldsby and oils, pen and ink and pencil drawings by Phil Reid.

Mr. Goldsby's many exhibits, collections, and commissions include: Salishan Lodge, University of Oregon Art Museum, Haseltine collection, Washington Park Zoo, Lloyd Center Corp., Pope & Talbot, and Central Oregon Welcome Center in Bend Oregon.

Mr. Reid's many exhibits, collections, and commissions include: Russell Senate Office Bldg, Rotunda, in Washington D.C., Howard University, Interstate Firehouse Culture Center, Broadway Gallery, Lakewood Center Gallery, Renshaw Gallery. He also provides art lectures at Grant High School, and Sunset High school.



Congratulations Twyla Joyce Wells

Madison High Schools'

A

Student

Drugs Don't Work In Portland

Drugs Don't Work In Portland
Working with the Regional Drug Initiative (RDI). Marx/Knoll, Denight & Dodge advertising created its largest public service campaign in the agency's 38-year history. Already post-campaign research has revealed increased public awareness.

The M/KD&D campaign for RDI focused on reducing drug usage in the work place. It was themed, "Drugs Don't work." according to M/KD&D creative director Ray Dodge, the campaign relied on all media and all Portland-area media came through with support. Equally important, many Portland production vendors offered their help. Thanks to this support from the communications industry, there was almost no expenditure of cash for either production or media.

In fact, many businesses support RDI, a citizens-based Portland organization to combat drugs. Separate committees tackle drugs on different fronts. The "Drugs in the Workplace Committee," chaired by Fred A. Stickel, publisher of The Oregonian, wants to eliminate drug usage in or affecting the work environment.

"We didn't want to repeat the many advertisements which use shock to raise awareness of the drug problem," said Dodge. "We wanted to make people feel drugs were a problem for them specifically in the workplace and secondly, we wanted employers and employees to call an 800 number—we wanted action."

The 800 number gave access to a state agency that could refer callers to any of many sources of help, depending on the caller and the problem.

According to a before and after survey volunteered by Market Trends Research, the percentage of Portlanders who thought drug usage by fellow employees would be a problem for them at work rose from 50% in the pre-campaign survey (5/89) to 73% post-campaign (12/90).

This success has encouraged M/KD&D to plan a new phase to the campaign for this year.

M/KD&D has created public serv-

ice campaigns in the past few years for other organizations. Among them: Oregon Public Broadcasting, the Portland Youth Philharmonic, and the Downtown Rotary Club's Camp Enterprise.

The creative team on the RDI campaign included Ray Dodge, Rick Dalbey, Associate Creative Director; Darrell Williams, Writer/Producer; Barry Cadish, writer; and Bruce Eckols and John Bailer, designers.

Among the contributors to the production of the RDI campaign were: MIRA Film & Video, Spectrum Studios, Fred Meyer, Tektronix, General Camera West, Teknifilm, Telemation, Pete Stone, photographer; Henry Ngan, photographer; Schiegel Typesetting, Portland Fire Bureau, Eastman Kodak Company, Talent Management, Zellerbach Paper, Color Express, A-1 Silkscreen and Riddle

Don't Lose Federal Child Care Tax Credit

If you are paying for child or dependent care to allow you to work, there is a federal income tax credit that can help defray some of that cost. It's called the Credit for Child and Dependent Care.

This year, you could lose that tax credit if you don't supply the identifying number of the person or company providing the child care. You are required to supply the dependent care provider's correct name, address and identification number (the Social Security number, if the care is provided by an individual) when you file your tax return for 1990.

This is true even if your child care is provided through a program sponsored by your employer. The only exception to this requirement is if the care is provided by a tax exempt organization, such as a church.

You can use an IRS Form W-10 to obtain this information from your child care provider. Further information is available in IRS Publication 503, "Child and Dependent Care expenses," which is available free by calling 1-800-TAX (829)-FORM (3676).

serious candidate for a GQ Magazine makeover, is no fashion slave. Guard Terry Porter suggested that the team take up a collection to get Adelman a few new suits, some shoes, and ties. Clyde Drexler was a bit more diplomatic. "I think maybe now they'll start pronouncing his name right," he said. "It was well deserved and I think now he'll start getting the respect he deserves." adds Kevin Duckworth: "It's nice to see him happy. When he's happy, he doesn't yell at me so much..." GQ Magazine, which earlier this season named Laker coach Mike Dunleavy as the league's best dressed coach, now has tabbed six NBA players for its all-star style team. The fashionable sextet are Dominique Wilkins and Kevin Willis of the Atlanta Hawks, Gerald Wilkins of the New York Knicks, Magic Johnson of the LA Lakers, Akeem Olajuwon of the Houston Rockets and Reggie theus of the New Jersey Nets. The magazine's team was selected by more than 50 players, front office executives, writers/broadcasters, and referees....

San Antonio's David Robinson has a concern and a strong desire to help young people through education. a graduate of the U.S. Naval Academy, Robinson has contributed \$108,000 of his own money to the "I Have A Dream Foundation." the money went towards setting up a scholarship fund for 90 fifth grade students at the Gates Elementary School in San Antonio. Over the next seven years, Robinson's donation will earn enough interest to increase his contributions to \$180,000. That will provide \$2000 college scholarships to each

of the 90 students when they pursue a college education. Portland's "I Have A Dream" chapter was established by Ken Lewis, CEO/Lasco Shipping Co. and attorneys Pam Jacklin and Leonard Girard. the fifth grade dreamers attend Martin Luther King Jr. Elementary School...

Best Line of the Week: Steve Dunn, weekend anchor at KATU-TV, in an "off the cuff" conversation with crew members and friends after recording some news promos. Dunn was asked if he had met a friendly bullet since his copy made reference to "friendly fire", a term associated with the Gulf War. Dunn, in a straight face, looked at the person asking the question and answered "yes". When asked to explain, Dunn went on to say that "Bernard King is the friendliest bullet that he has ever met..." just in case it went over your head, Bernard King is an All-Star forward and a member of the Washington Bullets...Horace Grant of the Chicago Bulls is one player who recognized the physical play inside and decided to don white hard plastic goggles this season. "I got hit a couple of times (around the eyes) last season, but that's not why I started wearing them to improve my sight. But these are very protective, because I've been hit a number of times this year and haven't had a problem. They've been a blessing.

"You see what happened to Akeem Olayuwon and Isiah Thomas. It's scary. But I think you have to get hit in the eye a couple of times before it gets you to start wearing them. It's definitely helped me."

Discipline That Doesn't Hurt

Teaching our children to be disciplined people is a complex task. To understand how to discipline our children, we must first begin with understanding our own goals as parents. Are you interested in disciplining your child in a positive way? Join with other parents as we talk about our goals as parents, the child development level of our children, and discipline techniques that don't hurt!

Led by Dr. Linda Ladd, parenting education agent with Multnomah County Extension Service, parents will discuss how to build a positive, long term discipline plan for their children. Such a plan is flexible as it meets the need of parents, children, and fits the family situation.

Parents of children ten and younger can participate in a Saturday morning workshop on March 2 from 9:30-12:30 at the America Red Cross located at 3131 N. Vancouver. Pre-registration for the workshop is required. Cost of the workshop is \$5.00; scholarships are available.

International Women's Day

In honor of **International Women's Day** The Coalition for Human dignity, in cooperation with the Portland State University Women's Union will present the forum "Fighting Sexism And Violence Against Women: Linking Women's Resistance to the Anti-Bigotry Struggle" Saturday, March 2, 1991 from 10 AM - 8 PM in the Smith Center Ballroom at Portland State University.

Suzanne Pharr of the Arkansas-based Women's Project will present the Keynote Address at 6:30 PM in the Smith Center Ballroom. Pharr is the author of the recently released and critically acclaimed Homophobia: A Weapon of Sexism.

From 12 noon-1:30PM there will be a panel in the Smith Center rooms 290 and 291 featuring Suzanne Pharr. From 1:45-5:00PM there will be a series of workshops. Childcare will be provided throughout the day and all events are free, open to the public, and wheelchair accessible.

Expect the Very Best!

Ad Effective 2/20 Thru 2/26/91.



BLACK HISTORY MONTH
February, 1991

How many African Americans are you familiar with? Chances are, not that many because you won't find them in most history books. But Black History Month gives us a chance to become aware of the contributions many Africa Americans have made in science, medicine, industry, agriculture, literature and more.

Join us in the observation of Black History Month and broaden your knowledge of how we, collectively have made this country what it is today!

Fryer Thighs or Drumsticks

Enjoy good nutrition with these economical 'Family Pack' fryer parts. It's a great time to stock your family freezer and save money too on plump, juicy fryer parts!

59¢

Lb.

See the Difference
EXPECT THE BEST!

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