

Northeast Portland Resident Elected to Occupational Health Council

Melva Holmes of Menlo park in Northeast Portland has been named vice chair of the executive committee of the Occupational Health Council of Kaiser Permanente. Oregon Steel's Jack Longbine chairs the group.

The Council is composed of about 180 occupational health representatives from major employers and labor unions with Kaiser Permanente coverage in Northwest Oregon and Southwest Washington. The Council works with Kaiser Permanente to improve the effectiveness of the health maintenance organization's services for workers, both at the worksite and during treatment. The Council also conducts education and information sessions on topics related to occupational health.

Holmes is an occupational health nurse with Freightliner Corporation on Swan Island. A member of the Allen Temple Christian Methodist Episcopal Church, she also volunteers with the Portland Chapter of the Urban League.

Longbine is director of Employee Resources for Oregon Steel, where he has worked the past 12 years. He lives in Aloha, Ore.

Kaiser Permanente is a group practice health maintenance organization. The nonprofit HMO serves the health care needs of about 370,000 people in Northwest Oregon and Southwest Washington.

Pop Warner Football Season Begins



Whitaker and Lincoln of the 7th and 8th grade Pop Warner football League played at a 0 - 0 tie during the first week of league action. Bill Hart, for Whitaker, intercepts the ball on this play.

McDonald's Joins Nutritionist In Offering Healthy Eating Tips To Black Consumers

With dining out becoming more and more popular among Black consumers, McDonald's has teamed with registered dietitian Barbara Dixon to offer nutrition information aimed at helping Blacks maintain a healthy diet.

"Convenient Eating Can Be Healthy Eating" addresses issues of particular concern to health and diet-conscious Black consumers. In the brochure, Dixon discusses a variety of health issues such as hypertension, diabetes, heart disease and obesity. The brochure also offers tips on how to make healthy choices when eating out.

"Because we eat out so often, good nutrition is now becoming a more important factor in our lifestyles," said Dixon. This brochure is designed to provide helpful advice to the Black community on the importance of nutrition and how our daily diet contributes to general good health," said Dixon.

Dixon, a licensed and registered dietitian for nearly two decades, travels across the country speaking to schools, community and professional organizations and other groups as part of McDonald's ongoing commitment to good nutrition and nutrition education. Her message is simple -- balance, variety and moderation are the keys to a healthy diet.

"I speak to lots of people, old and young alike, about the importance of choosing a diet," said Dixon. "Whether eating in or out, that includes a variety of foods -- meat or meat equivalents, dairy products, breads and cereals, and fruits and vegetables. It really doesn't matter where you eat, but what you eat, how much and how often."

In addition to nutrition education, McDonald's commitment to a healthy



Balance, variety and moderation--the keys to a healthy diet--are among the nutrition tips offered by "Convenient Eating Can Be Healthy Eating," a brochure developed by dietitian Barbara Dixon (right) in conjunction with McDonald's. The brochure addresses issues of particular concern to health and diet-conscious Black consumers and offers advice on how to make healthy choices when eating out.

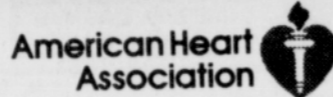
diet includes offering a wide variety of menu choices for customers to select from.

"Our interest in offering consumers a variety of healthy alternatives is the basis of our 'Menu of the '90's'" said Dr. Michael Goldblatt, McDonald's assistant vice president for Nutrition and Product Development. "We recognize that many Americans need to lower their fat and cholesterol intake so we've created a menu that provides a number of healthy choices including

the McLean Deluxe -- our 91% fat-free sandwich, french fries cooked in 100% vegetable oil, 99% fat-free shakes and frozen yogurt, salads, whole grain cereals and fat-free, cholesterol-free muffins.

McDonald's is the world's largest quick service organization with nearly 12,000 restaurants in 55 countries. Over 75 percent of McDonald's restaurant businesses are locally owned and operated by independent entrepreneurs.

Research works.



Cascade AIDS Project Announces International AIDS Conference Update For People With HIV/AIDS

For its October monthly forum for people with HIV/AIDS, the HIV Wellness Program of the Cascade AIDS Project will offer an update on information presented at this summer's VII International AIDS Conference held in Florence, Italy. Dr. Joel Godbey, M.D., of Multnomah County's HIV Clinic--who attended the International Conference--will present an overview of medical information from the confer-

ence. There will be time at the end of the overview for participants to ask questions of Dr. Godbey regarding information concerning new and current treatments for HIV/AIDS.

This free forum will be held on Wednesday, October 23 from 7:00 - 9:30 p.m. at 3835 SW Kelly St. For further information please call Fred Allemann or Dan Bueling at the Cascade AIDS Project (223-5907 V/TDD).

Despite the negative media attention given to black fraternal organizations, the general public needs to realize that there is much more involved than "childish pranks, false superiority, unproductive competition, egotism, and open warfare" (*New York Times*, May 91) on college campuses throughout the United States. There is, however, a strong sense of brotherhood, mutual respect, love, and a strong bond united by ritual. It is much deeper than the hazing, head shaving, beer drinking, or bootcamp-style pledge periods featured in movies like "Animal House" and "School Daze."

Sure, there are painted bricks, paddles to provide licks, regimented lines, a dress code, and psychological/physical humiliation beyond reason in some instances. Yet, the benefits, character building, comradery and networking beyond graduation from college make moments "on line" seem petty compared to racism, nepotism, and discrimination encountered in the corporate community. Most members from various black fraternities have little regret about their pledge period as undergraduates/graduates--at least the ones contacted by HIS OPINION.

Now what about the individuals seriously hurt or killed during the initiation process? In no way does any fraternity consciously seek to do harm or kill anyone via tactics. The public fails to also realize that joining a fraternity is a personal choice and a family tradition in many cases. Yes, there are overzealous "big brothers" passing on licks they received from days gone by and individuals "on line" with physical conditions like a congenital heart defect unknown to them. Enough of the negative issues or concerns by the public;

their is much good.

Two weeks ago, a "brother" from New York left a message on my home recorder telling me that his company was relocating him to Portland and he also mentioned that he belonged to Kappa Alpha Psi. Me, too! Originally from Ohio and a graduate of the University Dayton (B.A.) as well as Carnegie-Mellon University (Masters) in Pittsburgh, he indicated that we had a mutual Kappa friend in common. Known as "Cato" or "Puck" in some Kappa circles, my friend Kevin Taylor in St. Louis put the new Portland resident in touch with me because networking and brotherhood is important to us. We drink from the loving cup and same canteen. He and my friend in St. Louis were classmates at Dayton, so, that's all the approval I needed, and being a NUPE made matters easier. Even though we crossed the burning sands in two different worlds, the three of us are united spiritually by ritual/convictions. When "the brother" leaned on the shield, it was as if I had known him all my life, which provoked a comfort level eliminating all doubt or potential skepticism. People can be wicked, have hidden agendas, and bad intentions when attempting to network with me or my professional contacts. Believe me, I've received some strange telephone messages from people totally unknown to me and some were told to call by people I've never met or heard of. Kappa Alpha Psi knocked down all the barriers and allowed me to extend my hand quicker.

Before picking "the brother" up from the hotel, he indicated that most of his time had been spent working, looking for a house, and at the hotel. He had a strong desire to see the city through the eyes of a frat brother, not those

belonging to a real estate agent telling him to stay away from crime-plagued Northeast Portland. "The brother" never crossed Broadway until I drove him around town. Where did he find a house? Out in Clackamas... My personal tour enlightened him to various jazz clubs, night spots downtown, where to get hair cuts, soul food, a good drink, and black churches. He was shown neighborhoods like Irvington, Laurelhurst, the U. of Portland area, Lloyd Center, Alameda, MLK Blvd, the Waterfront, and downtown Portland.

If he wants oxtails, fried fish/chicken, or a ticket from a black travel agent (Robert Butler) or a car wash (Jimmy Lee Gill) by hand, "the brother" now knows where to go. He now knows where the "hood" is and more importantly, other Kappa brothers to network with. Perhaps, "the brother" will enjoy meeting Dr. Darryl Tukufu, another down NUPE also from Ohio heading the Portland Urban League. Being a part of a fraternity can ease the loneliness, cultural isolation associated with a city like Portland, and the emotional adjustment to a great degree...

When Kappa Alpha Psi was established by Elder Watson Diggs in 1911, he did so to unite brothers during segregation and the fraternity also received fellowship, employment services, and social outlets for black men unavailable in society. If there is a knock to black fraternities, especially aggressive undergraduate chapters, it's that many have strayed from the founders original intentions of public service and leadership. Today, the times are no different for black people and like many other institutions that serve black people, a wake up call might be in order. I just received mine...

PCC Presents State Wide Child Abuse Teleconference

How do we break the cycle of child abuse?

This and other topics will be discussed by Portland-area legal, medical and education professionals, and community activists during a state-wide telecast on the topic of child abuse.

The teleconference will be October 12 at PCC Sylvania Campus, 12000 S.W. 49th Ave. ST Building, Room A1 8:30 to 11:30 a.m., check-in -- 8 a.m. Cost is \$49. Credit: Four continuing education hours.

EdNet will transmit the teleconference. Call 244-6111, Ext. 2596, for participating Oregon EdNet sites.

The teleconference, Child Abuse, is designed to help individuals recognize, report, be aware of legal responsibilities and take positive action against

child abuse in our society.

The conference will be telecast from the host site, Portland Community College, and is designed for paramedics, police officers, nurses, social workers, teachers, school health personnel and other individuals professionally concerned with the physically, emotionally and, or sexually abused child.

Presenters include Keith Meisenheimer, senior deputy district attorney for Multnomah County; Dr. Judith Ann Bays, director of child abuse programs at Emanuel Hospital; Nan Waller, referee for Multnomah County Juvenile Court; Belle Bennett, executive director of community Advocates; and Michael Houston, executive director of the Exchange Club Center for the

Prevention of Child Abuse in Oregon. The Institute for continuing Education of Health Care Professionals (ICHEP), a division of Portland Community College's Open Campus, sponsors the conference with Oregon Ed-Net.



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We need you.