

Arts & ENTERTAINMENT

If Montel's Lasted For 500 Shows Then He's More Than A Pretty Face!

On November 30, 1993, Montel Williams celebrated a major milestone in his television history:

He celebrated his 500th television show as a nationally syndicated talk show host.

Distributed by Viacom Enterprises in New York City, the Montel Williams Show is broadcast in 133 major U.S. television markets covering 87% of the U.S. television markets covering 86% of the U.S. and continues to gain in audience appeal and rating strength. He is the first African-American male to achieve such national acclaim and cross-over acceptance as a television talk show personality.

A brainy and brawny Black male figure, Williams is more than a television talk show host:

He represents a classical American success story with an African-American twist, complete with barriers and obstacles buffeted with a steadfast determination to leave neighborhoods where it was not uncommon for classmates either to be killed, hooked on dope or to languish in jail.

Williams grew up in the Cherry Hill section of Baltimore, one of the



Montel Williams

largest Black ghettos of the era. Although he was not from a middle-class home, he was fortunate to have been born to loving parents who dreamed of a better life for their children.

"We lived three blocks from the dump," the 36-year talk show host said.

"My parents were poor, but they worked very hard to give us the ap-

pearance of a lower-middle class lifestyle." His parents still live in Baltimore where his dad is Baltimore's Fire Chief.

And he says that they were also very strict and demanded nothing but the best for him and everyone in the family. The realization of that dream meant that he and his siblings had to work hard and get an education. And that meant that they had to take advantage of every opportunity and break that came their way.

For Williams, the ticket to success was a full scholarship to the U.S. Naval Academy in Annapolis. And success for a young Black man at that school meant that he had to be twice as good as his white classmates.

His success at the U.S. Naval Academy was not extraordinary, not unless one considers that his enrollment at the school was delayed when he followed his guidance counselors' advice: They advised the 1974 senior class president of a predominately white school, Andover High School in Linthicum, MD, to pursue a votech career.

He did, and after service as a U.S. Marine, a short stint in boot camp,

and the U.S. Naval Academy Prep School in Newport, Rhode Island, he was finally admitted to the U.S. Naval Academy, where he graduated in 1980 with a B.S. in engineering and studied international security affairs and Mandarin Chinese. He would later master Russian at the Defense Language Institute in Monterey, California.

"I was shooting to be an Admiral," he still admits.

After fulfilling his military obligations, Williams enjoyed early success as a motivational speaker. His career as a motivational speaker began when he was asked to lecture high school children about being responsible for their own lives.

His reputation for his ability to warmly communicate with others while being tough but never intimidating soon spread.

The turning point in his motivational speaking career came when he was asked to guest-host a public affairs television program for 4,000 in Jacksonville, Florida. When he won the Best of Gannett Award for that show, the requests for speaking engagements rolled in. From there, his

success as a television talk show host was ensured.

That same honest, no-nonsense warm style of communication that was responsible for Williams' success as a motivational speaker to more than 2 million high school youngsters is responsible for his increasing success as a television talk-show host. He is not afraid to tackle difficult subjects such as rape, child molestation, drug abuse, and serial killers. Nor does he retreat from any topics that describe various human dysfunctions. His only goal in crafting each show is to open up communication between people so that there will not be so many problems and misunderstandings in the world. He does not inspire to be the average talk show host—he wants to help solve people's problems instead of inflaming misunderstanding and hatred.

The stakes were high in the competitive day time talk arena, but he wants to be King of that hill. Not a bad dream for the former child of a Baltimore ghetto.

Dr. Lauren Kessler & Dr. Homer Yasui Lecture & Booksigning At OHS

"Spacious Dreams", the fifth lecture in the series on Issei Pioneers of Oregon will be presented by Dr. Lauren Kessler and Dr. Homer Yasui. The lecture will be based on Dr. Kessler's new book about a family of Issei Pioneers in Hood River, of whom Dr. Yasui is descended.

Dr. Lauren Kessler is a Professor of Journalism at University of Oregon and author of the book *Stubborn Twig: Three Generations in the Life of a Japanese American Family*. She will be available for booksigning after the lecture.

Dr. Homer Yasui is the youngest son of Masuo Yasui, on whom Dr. Kessler's book is based. The Yasui family pioneered the Hood River area. He will give a walk-through of the exhibit after the lecture.

The lecture is offered in conjunction with the exhibit *In This Great Land of Freedom: The Japanese Pioneers of Oregon* running through January 16, 1994.

The lecture will take place on Thursday, December 9, 1993 at 7:30pm in the Madison Room at the Oregon History Center. The Oregon History Center is located at 1200 SW Park Avenue, Portland.

PORTLAND OBSERVER
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Celebrate The Holidays With Healthy Foods

This Christmas, black Americans can eat healthy and stay true to their African-American heritage.

"People tend to overindulge in food and drink during the holidays, increasing their risk for high blood pressure," said Dr. Addison Taylor, a professor of medicine and chief of the hypertension section at Baylor College of Medicine in Houston.

But many families who celebrate the African holiday, Kwanzaa, opt for fresh, naturally seasoned foods derived from many African cultures. Kwanzaa is a seven-day ritual to celebrate the year's first harvest and reinforce family values.

Eating a Kwanzaa meal consisting of low-fat, high-fiber foods like brown rice, fruit, vegetables and fish prepared without salt is a good way to avoid high blood pressure and other problems in the long run.

A high-salt diet is a major risk factor for high blood pressure, or hypertension. Studies have shown

that many blacks suffer from salt-sensitive hypertension as a result of eating traditional "soul foods" such as sweet potato pie, greens with salt pork, cornbread dressing and ham.

If Kwanzaa is not for you, Taylor suggests preparing traditional holiday foods that are "heart-friendly."

"Fried foods, fatty eats and dairy products like butter can aggravate high blood pressure," said Taylor, who is also an investigator at Baylor's DeBakey Heart Center. "Lower your salt intake and use margarine, lemon and herbs instead of oil and butter."

According to the American Heart Association, one out of every three African-Americans suffer from hypertension—a "silent killer" because it usually appears without symptoms. The disease strikes black men the hardest, affecting them earlier in life than their white counterparts.

Taylor said that hypertension is seven times worse in patients with diabetes and often leads to a heart

attack, kidney failure or stroke if left untreated.

Diabetics and people who are overweight are especially vulnerable to complications associated with the disease," he said. "If you are obese, you should add regular exercises to our health plan to reduce your cholesterol level and keep your weight down."

For heart-healthy holiday celebration, Taylor recommends the following:

- Drink alcoholic beverages in moderation—one or two a day at the most. At parties, designate a driver.
- If you haven't been checking your blood pressure monitoring.
- Consult a physician if your blood pressure exceeds 120 over 80. a low-fat diet, regular exercise and antihypertensive drugs may be prescribed.
- If you are on medication, take it regularly. Pack an ample supply if you are going out of town for the holidays.

Send For Free Holiday Tree Care Tips

The National Christmas Tree Association estimates that over 35 million families will enjoy a real Christmas tree this holiday season. A few simple care tips will enhance the enjoyment of your Christmas tree and keep it fresh and fragrant throughout the holiday season. The National Christmas Tree Association provides free holiday safety information pamphlets. To receive a copy, please send a self-addressed, stamped business size envelope to:

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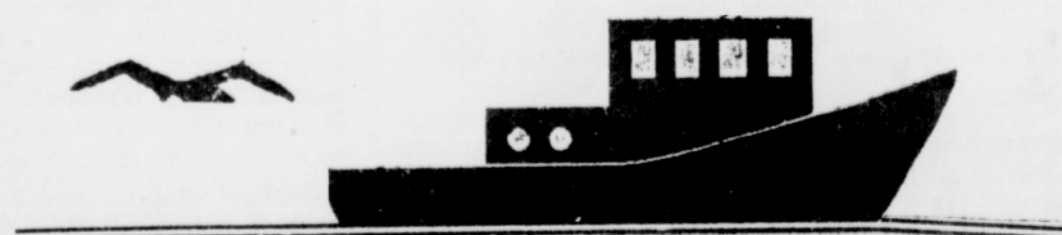
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