

Put The Halloween Candy Away

After halloween, parents may wish to set a time-line for how long trick-or-treat candy remains in the house.

Make a deal with your kids that Halloween candy will be removed after about a week," said Dr. Janice Stuff, a nutritionist at the USDA/ARS Children's Nutrition Research Center at Baylor College of Medicine in Houston. "After that time, pick special times to give candy to your kids. Tasting it occasionally will help them satisfy their sweet tooth."

Eating too much candy on a regular basis can sometimes cause children to develop bad eating habits.

"Consuming too many sugary foods can affect a child's appetite," said Stuff, a Baylor assistant professor of pediatrics. "If they do not have a good appetite, they may not regularly eat the fruits, vegetables, and meats they need to grow up healthy and strong."

Treats, other than candy can be given to children when they come knocking at the door. There are plenty of goodies one can scare up to give trick-or-treaters.

Small boxes of raisins, granola bars, peanut butter crackers, low-fat cookies, and sticks of sugarless gums are good. Other "non-food" items, such as, crayons, small puzzles, pencils, and erasers will also work.

"It's important to let children have fun on Halloween," said Stuff. "But it is also important to make sure after the ghosts and goblins disappear for another year, that children are "goblin" up healthy foods.

Business and INDUSTRY

Wal-Mart invests with American State Bank

Retailer becomes major customer in minority-owned banks

'Wal-Mart is committed to developing business partner relationships throughout the company that reflect our diverse base of customers and associates,' according to Wal-Mart Vice President and Treasurer Terri Bertschy.

Wal-Mart stores has entered into a revolving line of credit agreement that makes the retailer a major customer of 38

minority-owned banks in 19 states and the District of Columbia, including American State Bank in northeast Portland.

Gateway Bank, the only African-American owned bank headquartered in Missouri, formed the consortium that created the \$72.5 million credit facility for Wal-Mart, the nation's fourth largest corporation and the nation's number one private employer.

"This is the largest credit facility ever put together by a minority-owned bank," said Sharnia "Tab" Buford, Gateway's president and chief executive officer. "I want to congratulate Wal-Mart and every bank in our consortium for forming a partnership that strengthens the ability of minority-owned banks to invest in our communities."

"Wal-Mart is committed to developing business partner relationships throughout the company that reflect our diverse base of customers and associates," according to Wal-Mart Vice President and Treasurer Terri Bertschy.

"The opportunity to partner with minority-owned financial institutions was as important to Wal-Mart as the quality of the proposal Gateway presented," Bertschy said.

Wal-Mart Stores, Inc. operates 2,329 Wal-Mart stores and 442 SAM'S Clubs across the United States and employs over 700,000 associates.

Wal-Mart also operates in Argentina, Canada, Puerto Rico, Brazil, China, Indonesia and Mexico.

Black Women March Boldly - Don't Atone Or Apologize

BY PROF. MCKINLEY BURT
Everyday, I'm getting more input about the "Black Women's March" indicating that its purposes and structure may be radically different from its male counterpart two years ago.

My interpretation of 'the scene' in last week's article seems to be holding up rather well as outspoken black women are quoted by the Associated Press and other national media. "...To see what they can do as a collective effort...develop programs for teenage African American girls, women leaving prison and those entering business or politics.

It doesn't sound to me as though there will be much time left for wallowing around in the murky waters of a "search for identity." These people pretty well know who they are and what they are about. Secure, indeed, they have announced, "men and women of all races are welcome"; Reassuring indeed.

A sister from Chicago with whom I had a number of lively Fax exchanges was coming through highly indignant over the electronics: "I just wish one more stupid turkey would ask me if I'm traveling 1200 miles to atone for something -- why, what have I done to anybody?" The lady waxed on eloquently, then finally calling me and "letting it all hang out".

"And I am expressing the opinion of 90% of the black women I know when stating there's no rhyme, reason or time for discussions about 'apologies, reparations or restitution...take your sack cloth and ashes and shove it. We are demanding equal access, education and respect. A contingent of black women from here were echoing the President of the AFL-CIO at the working Women's Conference, Equal Pay is No.1"

Two women engineers from Boston are hot on that issue of motivating teen-age African American girls, both stating that at an early age they

read and were motivated by my book "Black Inventors of America." Wanted to know if I had additional material on black women scientists cited in my "Base Line Essay" material developed for Portland Public Schools (but deliberately omitted in final publication).

There was "Shirley Ann Jackson, Ph.D from MIT and a Bell Labs physicist (Lucent Inc.), world-renowned in atomic field; Dr. Wynetta Spencer, mathematician and design engineer at the Los Alamos Scientific Laboratory". Several of the black women making presentations at the 'March' are from this group and still actively engaged in motivating young black women to enter the sciences.

Another met recently with a group of women scientists who heard author Andrea Gabor speak about her book "Einstein's Wife: Work and marriage in the Lives of Five Great Twentieth Century Women" (Physicist Caroline Herzenberg, physicist; Ruth Beck, director of the "Global Climate Change program" and initiator of the "Women in Science and Technology Program" at Argonne National Laboratory. Viking Press, \$12.95 pb.)

Several local women who plan to attend called to thank me for all the past "citations of the wonderful contributions of African American Women" and wanted to know if I had made any "late finds" they could use in their Philadelphia presentation. And it is absolutely amazing how far afield you must go to collect "evidence of our progress" as E.F. Richey would put it.

I encountered the following tid bit while reading a book on the origin of the herbalist, "Homer mentions the Egyptian Queen and Physician, Polydamma who gave Helen a drug which would sooth every grief and pain and abate anger" (Odyssey, IV 238). This was an Ethiopian Dynasty. Concluded next week, with bibliography.

Education

Older Adults Help Children

The Experience Corps program, a national demonstration project recently received funding for an additional two years to help elementary schools in need to improve literacy among their 1st, 2nd and 3rd graders.

The Experience Corps program consists of older adults (55+) working in teams to organize projects embracing the needs of elementary schools and their communities. The teams help fill critical gaps opened up by school funding cuts and the increased needs of youth. Our goal is to match older Americans whose con-

siderable experience constitute an extraordinary repository of help for our children. With their energy and enthusiasm they can create service activities that include: school fund raisers, improving academic achievement, strengthening Parent-Teacher Organizations, and developing and implementing after school programs.

The Experience Corps program received funding from two sources to continue its effort to help elementary schools. The Meyer Memorial Trust granted \$150,000 to help with Lent, Kenton, and Atkinson elementary schools, while the Corporation for

National Service granted \$220,411 allowing MFS to expand the Experience Corps Program, which will help three more elementary schools: Woodlawn, Vernon and Humboldt. The first grant from the Meyer Memorial Trust is to continue the current program model-supporting a wide range of activities at Lent, Kenton and Atkinson. The second grant is from the Corporation for National Service, a federal agency. The "Seniors for Schools" grant challenges Experience Corps members to improve reading levels at Humboldt, Vernon, and Woodlawn. Inspired by Presi-

dent Clinton's "America Reads" initiative, this grant aims to ensure that every American child can read well and independently by the end of the third grade. Portland is one of nine states nationwide.

Metropolitan Family Service's Experience Corps hopes to demonstrate that the rich and mostly untapped resources of older adults will bring promise to our elementary schools in need. We encourage you to join the Experience Corps Program and learn more about the investment older adults are making in our future.

Free Class For SAT Test

The Urban League of Portland's Whitney M. Young, Jr. Education & Cultural Center is offering a series of free review sessions for the Scholastic Aptitude Test (SAT) and the General Equivalent Diploma (GED).

The SAT is the standard aptitude test taken by high school students interested in attending college. The GED is a high school diploma equivalency exam. SAT review classes take place Mondays and Thursdays from 5-6pm. GED reviews take place Tuesdays and Wednesdays from 5-6 pm. All sessions take place at the center, located at 10 North Russell Street. Participants should pre-register by requesting an application from Daphne Bethel at (503) 280-2645.

The SAT sessions are designed to help high school sophomores, juniors and seniors prepare for SAT exams offered in October/November, December/January and March, May and June. "Many students do poorly on their SAT exam simply because they are unfamiliar with the format," said Urban League Education Director Tracy Williams-Murphy. "The reviews will help students become familiar with the format of the test and learn how to work within SAT time limits."

For more information, contact Daphne Bethel at 280-2645.

OSU Names Chair Of Ethnic Studies Department

An expert in Hispanic culture, history, education and literature has been chosen as the first chair of the Department of Ethnic Studies at Oregon State University.

Erlinda Gonzales-Berry will lead the newest department in OSU's College of Liberal Arts, established last year to provide more educational opportunities for Oregon State University students. The department was led on an interim basis by Kurt Peters, a specialist in Native American culture and history, who will remain on the ethnic studies faculty.

Gonzales-Berry was chair of the Department of Spanish and Portuguese at the University of New Mexico

for five years and had been on the faculty there since 1979. She also was on the faculty of New Mexico State University and Earlham College in Indiana, and taught in public schools for four years in California and New Mexico.

A frequent lecturer at national conferences on ethnic studies, Gonzales-Berry also is a prolific writer. The new OSU professor has published one novel, "Placitas de Guayaba," and just submitted a second manuscript, "Rosebud," to publishers.

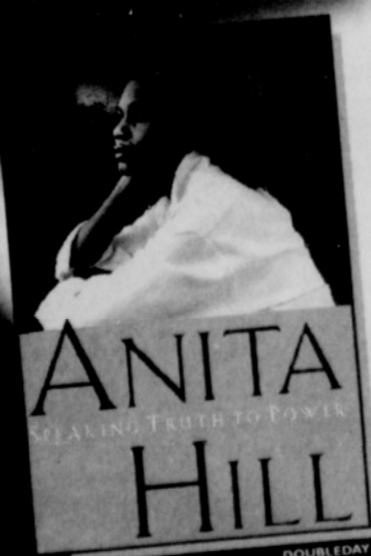
Her articles and book chapters, along with her lectures, have touched on such subjects as the education of Spanish-speaking children in the US, the portrayal of women in Hispanic

literature, and the Chicano movement.

She directed the "Spanish for Native Speakers" program at the University of New Mexico.

Gonzales-Berry received her Ph.D. in romance languages from the University of New Mexico. She received the President's Award for Outstanding Teacher of the Year there in 1983-84, and was awarded a Fulbright Teaching Award to Germany in 1990.

The ethnic studies department faculty also includes Patricia Sakurai, who specializes in Asian-American culture and history. A search is under way for a fourth faculty member specializing in African American studies.



ANITA HILL
SPEAKING TRUTH TO POWER

Here is a vitally important work that allows us to understand why Anita Hill did what she did, and thereby brings resolution to one of the most controversial episodes in our nation's history.

Speaking Truth to Power
by Anita Hill

With remarkable insight and total candor, Anita Hill reflects on events before, during, and after the Clarence Thomas hearings, offering for the first time a complete account that sheds startling new light on this watershed event.

POWELL'S BOOKS
Over 1 million Used & New Books
1005 W Burnside, downtown Portland
503-228-4651
www.powells.com

Thanks to you, all sorts of everyday products are being made from the paper, plastic, metal and glass that you've been recycling.

But to keep recycling working to help protect the environment, you need to buy those products.

BUY RECYCLED.



AND SAVE.

So look for and buy products made from recycled materials. And don't forget to celebrate America Recycles Day on November 15th.

It would mean the world to us. For a free brochure, call 1-800-CALL-EDF or visit our web site at www.edf.org

