

Successful Jefferson High School alumni are depicted in the home-grown book '100 Years of Excellence.'

# 100 Glorious Years

continued **▲** from Front

Rogers says, "but it was the scholars who really stood out. We learned about people we hadn't known anything about. It was just fascinating."

The book includes the following:

Edward Perkins, a career ambassador who helped broker the end of the racial apartheid system in South Africa.

Dr. Walter Reynolds, the first African-American graduate of what is now the Oregon Health and Sciences University.

Carl Talton, the first African-American chair of the Portland Development Commission.

Industrialist Art Riedel.

George Azumano, interned in a detention camp with other Japanese Americans during World War II, who founded one of the city's leading travel agencies.

Duncan Campbell, self-made timber tycoon who used his wealth to create the non-profit Friends of the Children, together with other good works.

Reporter Anne Sullivan.

Distinguished choreographer Patti Benson.

Muralist Isaka Shamsud-Din.

Jazz guitarist Norman Sylvester.

Attorney and congressman Wendell Wyatt

Nancy Ryles, a Republican state senator so well-respected

that, for her final term, she ran unopposed.

Tony Hopson, a sports star who went on to co-found the non-profit Self-Enhancement, Inc., together with fellow alum Ray Leary.

Ancer Haggerty, a Vietnam War Silver Star honoree who became a state and federal court judge.

Actress Virginia Ann Patton Moss, who played James Stewart's sister-in-law in the film "It's a Wonderful Life."

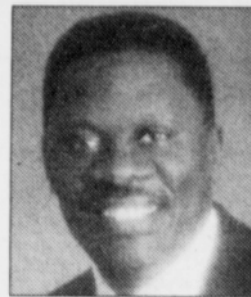
Nobel Prize winner Warren Washington.

And let us not forget Charles Washington, the publisher of the Portland Observer.

The sheer numbers of worthy nominees, and in some cases the lack of available information, meant that some good candidates weren't included. "We're keeping track of them," Rogers says. Many of those who were included "not only gained prominence in their field, but really made major contributions to society and the world," she says.

In addition to the three principal authors, many other people lent a hand in the book's production. "It took longer than we thought it would, but it was a great job by a lot of people," Rogers says.

"100 Years of Excellence" is available at Ainsworth Drug and Gifts, 4027 N. Interstate Ave., or online at jeffersonalum.com.



Dr. Billy R. Flowers

## THE SPINA COLUMN™

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### Part 34. Osteoporosis and Bone Loss Reversal

**Q**: Could my golf swing hurt my back?

**A**: People who exercise regularly and perform stretching and strengthening exercise are less likely to injure their backs. Their supporting muscles, such as their stomach, hamstrings, and gluteals are stronger and more flexible from regular conditioning.

However, people who play golf or racquet sports are more prone to injuries because of the frequent twisting and bending motions. And casual athletes could be more at risk for injuries as well; depending on their level of fit-

ness. Most injuries of these types respond well to conservative chiropractic treatments. A chiropractor can show you how to prevent these injuries with proper conditioning and technique.

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### PORTLAND'S AFRICAN AMERICAN LEADERSHIP FORUM

— HOSTED BY THE NORTHWEST AREA FOUNDATION

You are cordially invited by the Portland African American Leadership Forum to learn about potential perspectives on addressing inequities in Portland's African American community.

- ▶ What should Portland's African American leaders' collective steps toward racial equity and justice look like?
- ▶ What is *Transformational Change* and how might it look in Portland's African American community?

**Our honorary guest speaker for this event is Dr. John Powell from the Kirwan Institute for the Study of Race and Ethnicity at the University of Ohio.**



**Dr. Powell is an internationally recognized authority in the areas of civil rights, civil liberties, and issues relating to race, ethnicity, poverty and the law.**

**DATE: THURSDAY, APRIL 22, 2010**

**TIME: 5:30 TO 7:30 PM**

**LOCATION: SELF ENHANCEMENT, INC.  
3920 NORTH KERBY AVE.  
PORTLAND, OR 97227**

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