

# A visit to Uhuru

by Shirley Taggart



Southeast team for the independent business division of the 1972 Crusade Against Cancer includes, from left, Terry A. Iverson, Terry Landston, Derbigny and W.P. Frawley, shown with Lee Anthony, second from left, movie and television star in Portland for crusade kickoff, and a former Portlander himself. The independent business team pictured are all members of the U.S. National Bank staff. Frawley is vice chairman of the Multnomah County crusade and chairman for the independent business division.



Northeast team for the trades and industries division of the 1972 Crusade Against Cancer includes, from left, David G. Love, Sam Bell and Joe McKeown, shown with Lee Anthony, second from left, movie and TV star in Portland for crusade kickoff, and himself a former Portlander. The trades and industries team pictured all are employees of U.S. National Bank.

The Uhuru Brothers held their meeting at 7:00 p.m. in the Oregon State Penitentiary visiting room. They read the minutes from the last meeting and had election of officers. They discussed such items as the workshops, which consists of various programs such as, legal services, education, public relations, creative arts, political workshops and contemporary problems.

During the meeting one of the visitors, Mr. Turane was declared officially a member of Uhuru after being sworn in under oath.

After the discussion of old and new business, time was called for a break during which the Brothers talked with visitors and each other, sang songs and played music, both of which they do with "Soul Superiority".

While talking with some of the Brothers, they emphasized their dislike for the PSU (psychiatric security unit), a phase of testing which the Brothers say is harmful to the brain tissue and further state that they are forced to take these tests.

QUESTION: Are these brain tests really necessary, and if so, what is the purpose of the testing? Is this test required

testing? Is this test required for all inmates or is it just required for the Black inmates?

It was stated by the Brothers that the impressive factors do not lean too much toward the physical aspect: thumbs down on the mental gain.

The Brothers are forced to bend and break, and being Black automatically put them in trouble. It would not be advisable to have too much Black expression at the penitentiary or else they are denied such things as passes, visitation and school program participation. The White power structure is capable and willing to destroy every Black man in the penitentiary.

NEWGATE COLLEGE PROGRAM

It was stated by the Uhuru Brothers that the Newgate College program is funded and run by OLEO money, whereby they are allowed to go to the college of their choice within the confines of Oregon School Release. In order for this program to function, it must have a 10% minority, but even after having a 10% minority, 10% have not been allowed to take advantage of the school release program.

One brother stated that he had been involved in the school release program for three years, but was brought back to the penitentiary for breaking a work release rule. He stated that he has a GPA average of 3.5. He further stated that Whites are not brought back for breaking institution rules, but only when they break direct State Law and even in this case, they are given help to re-enter the school program. He stated that percentage wise, 50% of the Brothers have graduated, while only 10% of the Whites have made it thus far.

It was further stated that data can be supplied from 1968-1972 which will prove racism at the penitentiary. It was further stated that racism is not denied by authorities in charge.

FINAL ANALYSES

Our brothers are paying for their crimes by being locked up behind bars. I personally don't feel that we Brothers and Sisters who are on the outside should sit back while the White Supremist impose inhuman acts of treatment upon our brothers, treating them like guinea pigs rather than human beings.

We can see that the penal institutions do not practice racism at the cost of our Brothers and Sisters. We must become concerned with what is going on behind these prison walls and see that while Black men and women are paying for their crimes, they are allowed to do so with certain inalienable rights and these rights are Black Pride and Human Dignity.

Let us as Black Brothers and Sisters unite in love and understanding so as to abolish the defiled authority of the White Supremist.

## It's Your Navy

Did you know -- that in January the Navy launched a destroyer escort named after a black officer, Ensign Jesse L. Brown of Hattiesburg, Mississippi, a Naval aviator who distinguished himself during the Korean conflict. It will be

the third ship named for a black American. The other two were named after Mess Attendant 3rd Class Leonard L. Harmon, who won the Navy Cross at Pearl Harbor and died at Guadalcanal in 1942; and George Washington Carver, the well known agricultural scientist.

Today's question comes from a sister, Mary K., and she wants to know: "You dudes are always rapping about what the Navy has for men, what about things for sisters?"

Sorry we've been neglecting you but we just haven't had any questions from sisters. To answer your question: First, all pay allowances, privileges and promotion opportunities apply equally to men and women. Now as to the job specialties in which women may work we have 20 different "rates". To name just a few we have: journalists, air controllers, data processing technicians, dental technicians, photographers, and illustrators - draftsmen. There are others and the specific duties of each of these jobs would take more space to explain than is available. So if you'd like more information about what each job entails or what the other specialties are, please write to: U.S. Navy Recruiting Station 4008 N.E. Union Portland, Ore. 97212 Phone: (503) 282-5060

## PCC schedules available

Schedules for spring term classes at Portland Community College are available now at all college centers. Registration for college-credit classes will be held March 27 through March 31 at Sylvania and Cascade Centers. Spring term classes begin March 29.

Community Education schedules are also available. Students are encouraged to enroll as soon as possible to ensure space in the class of their choice but registration may be completed at the first class meeting.

To obtain a schedule or to make an appointment with a PCC counselor to discuss your program, call 244-6111.



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THIS SPACE IS AVAILABLE FOR YOUR BUSINESS MESSAGE!!

## EVERY DAY IS "SATURDAY" AT SAFEWAY DISCOUNT

**FRESH GROUND TURKEY MEAT**  
For Frying, Broiling, Turkey Meat Loaf.  
Serve Some Soon!  
**lb. 69¢**

**CHOICE BLADE CUT POT ROAST**  
USDA Choice Beef  
Pot Roast, Blade Cut Chuck  
**lb. 66¢**

**BAR-S SLICED FANCY BACON**  
Has that Wonderful Smokehouse Flavor  
Lean-streaked  
1-lb. pkg. **69¢**

**WHOLE BODY FRESH FRYERS**  
Strictly Fresh  
Gov't. Inspected  
Plump Fryers  
**lb. 39¢**

**Turkey Thigh Meat**  
Boneless, Extra Lean for Stews, Casseroles, etc.  
**lb. 69¢**

**Turkey Breast Steaks**  
Cubed Breast of Turkey  
**lb. \$1.59**

**Beef Roast**  
Boneless Choice Chuck Roast  
USDA Choice  
Aged Beef  
Thick cut  
Top Sirloin  
Breaded and Pre-cooked  
Tempura Style Batter  
Great for Fish N Chips  
**98¢**  
**\$1.49**  
**\$1.99**  
**98¢**  
**\$1.89**  
**79¢**

**Salmon Roast**  
Baking Size Pieces  
Lean Flavorful  
Loin Portion  
Full 1/4 Loin  
Cut into Chops  
Armour  
Legs & Thighs  
Gov't. Inspected  
Whole Body  
**98¢**  
**64¢**  
**84¢**  
**\$1.69**  
**64¢**  
**29¢**

**Pork Roast**  
Lean Flavorful  
Loin Portion  
Full 1/4 Loin  
Cut into Chops  
Armour  
Legs & Thighs  
Gov't. Inspected  
Whole Body  
**64¢**  
**84¢**  
**\$1.69**  
**64¢**  
**29¢**

**Pork Chops**  
Cut into Chops  
Armour  
Legs & Thighs  
Gov't. Inspected  
Whole Body  
**84¢**  
**\$1.69**  
**64¢**  
**29¢**

**Fryer Parts**  
Gov't. Inspected  
Whole Body  
**64¢**  
**29¢**

**Stew Chickens**  
Whole Body  
**29¢**

**Del Monte Tuna**  
Chunk Style  
Fancy Light  
Meat Tuna  
6.5-oz. can  
**3 for \$1**

**Potato Flakes**  
ORE-IDA  
The quick delicious meal-maker for those potato lovers  
3 1/2 oz. pkg.  
**8¢**

**Empress Jam**  
Canadian Red Raspberry Strawberry  
2-lb. Can  
**88¢**

**Homestyle Bread**  
NEW!  
New Flavor Treat!  
Old Fashioned  
Twin Loaf  
22 1/2 oz. loaf  
**3 for \$1**

**EVERYDAY LOW DISCOUNT PRICES**

- Spaghetti** Porter's Long 22 oz. Pkg. **3 for \$1**
- Tomato Sauce** Town House 8-oz. can **10 for \$1**
- Green Beans** Town House 16-oz. can **5 for \$1**
- 3-lb. Coffee** Edwards Rich Robust Flavor **\$2.29**
- Chocolate Milk** Lucerne 1/2 Gal. 55c **28¢**
- New Ajax** Laundry Detergent 10-lb. **\$1.99**
- Formula 409** Cleaning Miracle 22-oz. Spray Can **79¢**

**EVERYDAY LOW DISCOUNT PRICES**

- Long Grain Rice** Town House 2-lb. pkg. **48c**
- Lunch Meat** Majesty 12-oz. can **48c**
- Aluminum Foil** Kitchen Craft 25-ft. **28c**
- Peas & Carrots** Walla Walla 10 1/2 oz. can **17c**
- Ritz Crackers** Party Fare 1-lb. **50c**
- Krispy Crackers** Sunshine 1-lb. Box **36c**
- Putnam's Inn** Coffee 1-lb. Can **93c**
- Coffee Mate** Non-dairy coffee creamer 16-oz. jar **88c**

**STAINLESS FLATWARE**  
THIS WEEK'S FEATURE  
**TEASPOON 37¢**  
Choose Your Pattern  
Versailles or Danish  
WITH EACH \$5.00 PURCHASE

**SUGAR SHELL & PASTRY SERVER \$1.49**  
To Complete Your Set No Purchase Required

**LOOK FOR THIS MARK**

When you see an item marked "Super Saver" it means a special temporary savings, even below our everyday low discount price. Also, when we make an exceptional purchase or receive promotional allowances from manufacturers, we have an opportunity to pass such savings along to you.

**Lucerne Party Pride GUEST QUALITY ICE CREAM**  
Vanilla, Coffee, Chocolate, Neapolitan, Macadamia Nut, Butter Brickle, Peppermint, Orange, Daffodil, Ranch Pecan, Rocky Road, Chocolate Marshmallow  
REG. 88¢ HALF GAL. **78¢**

**Snappy Green Crisp Celery** 2 Stalks **39¢**

**Spring Crop Green Cabbage** 10-lb. **10¢**

**Clip-Top Variety Fresh Carrots** 2 lbs. **25¢**

**ASPARAGUS** LARGE SIZE Fresh and Tender Succulent Spears **lb. 39¢**

**Head Lettuce** Crisp & Crunchy 4 for **88¢**

**Ripe Tomatoes** U.S. No. 1 Large Size Vine Ripe **lb. 29¢**

**Yellow Onions** U.S. No. 1 3 lbs. **29¢**

**Tangelos** Minnesota Variety Large Size Right **4 lbs. \$1**

**Delicious Apples** "RED" Northwest Green 7 lb. Bag **\$1**

**Navel Oranges** California Sun-ripened 7 lb. Bag **\$1**

**Anjou Pears** Orchard Fresh Sweet, Firm 4 lbs. **\$1**

**Orange Juice** Safeway Pure Florida 1/2 Gal. **97¢**

**EVERYDAY LOW DISCOUNT PRICES**

- Mayonnaise** Piedmont Creamy Smooth Qt. **49¢**
- Ovenjoy Bread** White or Wheat 22 1/2 oz. loaves **98¢**
- Fresh Butter** Shady Lane 1-lb. Print **77¢**
- Soft Margarine** Coldbrook 1-lb. ctn. **28¢**
- LaMesa Wine** Oregon Stores Only Chablis, Muscat, Tokay, Vin Rose, Burgundy... Gal. **\$2.98**
- Palmolive** Dishwashing Detergent 32-oz. Btl. **92¢**
- Zee Napkins** Colorful Paper Napkins Pkg. 160 **32¢**

**EVERYDAY LOW DISCOUNT PRICES**

- Putnam's Inn** Regular or Elec. Perk 2-lb. can **\$1.57**
- Crisco Shortening** All-purpose 3-lb. can **98c**
- 10-lb. Flour** Golden Heart Family Flour **86c**
- Chefs Delight Cheese** Fishers 2-lb. Pkg. **79c**
- Cole Slaw** or Carrots/Raisin Salad Lucerne 14-oz. **2 for 65c**
- Detergent** White Magic 49-oz. pkg. **62c**
- Fabric Softener** Per Gallon **94c**
- Jell-well Gelatins** 3-oz. pkg. **11 for \$1**
- Butterhorns** Mrs. Wright's 20-oz. pkg. **99c**
- Tomato Soup** Town House 10 1/2 oz. **10c**

**LOW EVERYDAY DISCOUNT AA EGG PRICES**

- Medium** Cream O' The Crop **2 for 79¢**
- Large** **2 for 85¢**
- Extra Large** **each 46¢**

Prices effective Wed., March 15 thru Tues., March 21 at all Portland & Vancouver Safeway's. \*Except Sunday where Meat Sales are prohibited.