

Mike Hill studies in Africa

Lenwood G. Davis, acting Director of Black Studies at Portland State University, recently announced that Michael Hill, lecturer in Black Studies, left last week to study and travel in Africa. Mr. Hill received a fellowship from the African-American Institute. Hill left New York July 3 and will return to the United States August 11. Hill will travel and study in East African and visit several East African countries.

Mr. Davis stated that the Black Studies Center and PSU were glad to know that one of their faculty members was awarded the fellowship. The

Director declared, "Mr. Hill's travel and study in East Africa will greatly enhance our Black Studies Program."

Mr. Hill is the second Black American from the Black Studies Center at PSU to study in Africa. Mr. Davis, the Director, studied and traveled in West Africa in 1969. While Hill's area is Black American oriented, Mr. Davis' is African oriented. Davis has done extensive research and writing on African History, including several book reviews which have been published in Africa, Switzerland, England, Masteru, Lesotho, Southern Africa, and Kenya.

Jordan campaigns for House

State Senator Barbara Jordan, the first black state senator in Texas since 1883 and the first woman to ever hold that position, is the Democratic Party candidate for the United States House of Representatives.

Born 36 years ago in Houston, Ms. Jordan graduated from high school in the top 5 per cent of her class and graduated magna cum laude from Texas Southern in 1956 with a BA in political science and history. She earned her law degree at The Boston University School of Law in

1959.

She was employed as an administrative assistant to the Harris County judge. In 1966 she was elected to the state senate from Houston.

Ms. Jordan was the first black ever to preside over the Texas senate.

Ms. Jordan opposes the bombing and mining of North Vietnam and favors an immediate end to the war. She advocates welfare reform, health care and creation of jobs by the federal government.



Walter Ricks shoots pool at Senior Adult Service Center open house. Ricks was honored by the Lions Club for his outstanding community service.

Decision favors Indians

U.S. District Judge Robert C. Belloni ordered an additional 60 day extension of an injunction against federal construction on three Columbia River Dams. The U.S. Corps of Engineers and Bonneville Power Administration plan modifications on the Bonneville, The Dalles and John Day dams that would raise the pool behind the dams.

The extension, which will last until August 30, is to permit more time for the government to answer the complaint and to allow time for a settlement.

A suit was filed in federal court by a group of Indians who claim the changes would adversely affect fish runs. The Indians were guaranteed perpetual fishing rights by Treaties with the United States government. The Indians also claim that their main fishing base, Cooks Landing, will be flooded. Cooks Landing was given to the tribes in exchange for their traditional fishing

grounds at Celilo Falls. Celilo had been the fishing place and the home of Columbia River Indians for more than 5,000 years before it was flooded by The Dalles dam.

Society meets

Families of the Portland Open Door Society will gather for a picnic at Blue Lake Park, Tuesday, July 18, 4:00 p.m. For further information, contact Dave Elle, president, at 646-3517.

"Help me to help myself"

By Elizabeth Ann Churchwell

When you first look at this man you probably will wonder just who he is and what he stands for. Well, I'll tell you like this: The man is Mr. Dick Lang, Jr., a job counselor from the WIN program (Work Incentive Program).

About two years ago today, I was thinking very hard about why I had to suffer on the little money welfare gave me and let my little son suffer too, because he couldn't have some of those nice things other kids had and this really hurt me as a young Black mother. So I called welfare up one day and asked them to refer me to a agency for help. Yes, there are times when we all feel to proud to ask for help. But in my case, I couldn't allow myself to be deprived of the things I know I should have out of life and try to raise my son with the Ghetto attitude of "no one cares about our people." We've got to care about ourselves first, before we turn to others.

After two weeks of Orientation, I started losing interest in the whole thing, but I had to try anyway. I had gone this far already. I met Dick one day during the last couple of days of Orientation, and I was truly impressed with his conversation because he knew just what to say and why. I asked him would he help me and that's just what he did. He became



DICK LANG

sort of an inspiration to my ego. Yes, I do mean that as a Black woman referring to a White male. I never judged Mr. Lang by his color, only his work and understanding in helping me to want to help myself. He fussed at me sure, we had our ups and downs. But more than anything, when a lot gave up on me he still stuck by my side because he believed in me strongly, and knew I could make it if I only applied myself. And now that I'm out of the program and have a good job at the U.S. Forest Service, I can only think of my past experiences and thank God that someone cared enough to help me make it in life. No, WIN is not only a Program, but it is a place where people are deeply concerned with all Welfare people and others to who might need help. No matter whether you're Black, White, Chinese, etc., they will help for sure. But the first step to success is the step from your door to theirs. To Mr. Dick Lang, Jr., from my heart I say only this, Thank You for caring!

and makes it possible to do something about it.

Credit rating revealed

Have you ever received a bad credit rating against you, and did not know where it came from or who made the report against you? Have you ever attempted to find out and then have a credit rating bureau tell you that they cannot give out such information? And then wonder what you could do about it? The fair credit reporting act was passed by Congress signed into law in April of 1971, and this law gives you the right to receive such information about your credit

and makes it possible to do something about it. In a new series, the Consumer Protection Program will be bringing you full information as to how this law works in your favor and what you can do about it. In the meantime, if you have credit turndowns and cannot find out the reasons for it or who reported it please get in touch immediately with the Consumer Protection Program and we will invoke the above law for your benefit.

Chicken has highest protein

Chicken is all things to all men. It can come to the table simply broiled or roasted, in the most sedate fashion. Or the bird can combine with a variety of other ingredients and be served forth in an exotic manner. Regardless of your food tastes, chicken is certain to please.

For the dieter, chicken rates special affection. Thanks to the delicate flavor of the meat and its consequent versatility, it always adds zip to the low-calorie count. A three-ounce portion of skinless broiled chicken breast has only 115 calories; even with the skin, the count is only 185.

No other meat has a lower fat content. A three-ounce portion of broiled chicken, without bone, contains only nine grams of fat.

Broiler-fryers are far more generous in the matter of nutrients. The protein in chicken is of the highest quality because it contains all the essential amino acids, the chemical units of which protein is made. A minimum portion of three ounces of broiled chicken, without bone, supplies 23 grams of protein, according to the National Broiler Council.

Once you have the virtuous bird in hand, you have your choice of hundreds of ways to prepare it. One of the most sensational is Chicken Morocco, as exotic as its name implies. The broiler-fryer joins forces with scallions, tomatoes, garlic, eggplant, and thyme. Brown the chicken in butter, add stock and the other pleasant ingredients, and simmer for

about a half hour. The dish is simple enough to make for the family meal, so delicious it will have guests cheering your cooking ability for weeks after the dinner party.

Complement the Chicken Morocco with delicate accompaniments -- rice or cracked wheat, for instance, and a crisp green salad would be perfection.

For dieters and non-dieters alike, Chicken Morocco is an exotic dish that tastes every bit as good as it looks.

CHICKEN MOROCCO

- 1 broiler-fryer chicken, cut in serving pieces
- Paprika
- 2 teaspoons salt, divided
- 1/4 teaspoon pepper, divided
- 2 tablespoons butter or margarine
- 1/2 cup stock
- 1 clove garlic, stuck with food pick
- 1 medium eggplant, peeled and diced
- 4 scallions, chopped
- 2 tomatoes, peeled and sliced
- 1/4 teaspoon ground thyme
- 1 tablespoon chopped parsley

Sprinkle chicken pieces with paprika, 1 teaspoon of the salt and pepper. Melt butter in skillet. Add chicken pieces, skin side down, and cook until lightly browned. Remove from skillet; add stock, scraping brown particles from bottom of skillet. Add garlic, eggplant, scallions, and tomatoes. Sprinkle with remaining salt, thyme and parsley. Cover and simmer 30 minutes. Remove garlic.

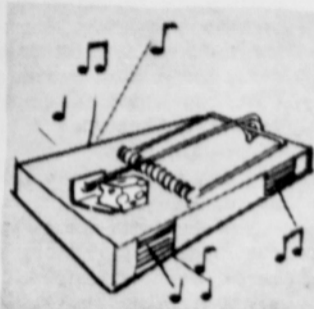
YIELD: 6 servings, 245 calories per serving.

THE FAMILY LAWYER

Better Mousetrap

"Build a better mousetrap," said Ralph Waldo Emerson, "and the world will beat a path to your door."

But the United States Patent Office is not so easily impressed. If your mousetrap is better merely because it is made of better materials, you probably could not get a patent. It must also work in a new and better way.



For example: A man came up with the idea of making towel holders out of plastic rather than metal. The plastic holders did have certain advantages. They were cheaper, for one thing. They were also more colorful.

But these advantages of plastic were already well known. Simply applying them to another product was held not original enough to qualify for a patent.

Even if the change of material means added convenience, that usually won't do. Another would-be inventor put together a map case of lightweight metal, making it easier to carry. But again, a court found no basis for a patent. "(The lightness) may prove beneficial," said the court, "but it is not invention. There must be original thought or inventive skill, not mere mechanical change of what was old."

On the other hand, a change of material might actually change the way the product functions. Take the matter of garter buttons. Originally made out of metal, garter buttons had two major drawbacks. If the clasp was tight, the stocking had a tendency to tear. If the clasp was loose, the stocking had a tendency to slip.

Someone finally hit upon the idea of making the button out of rubber. This solved both problems at once. Stockings neither tore nor slipped, because the rubber button gripped the fabric in a new and better way.

Did this change of material entitle the man to a patent? A court said yes.

"It is this capacity for accomplishing results," said the court, "which has always distinguished success from failure and the inventor from the mechanic."

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Teachers learn science

The Oregon Museum of Science and Industry had the young people interested in science, Portland State University had the teachers interested in teaching science to young people, and that's how a course called Education 509 got under way at PSU.

The course, also known as "Practicum: Science and Children," is a summer term program at Portland State. There are 24 elementary teachers in the class which is taught by Bruce A. Kaiser, assistant professor of education.

The class was held for the first time last year. It is designed to give the teachers attending summer school some new insights into the teaching of science subjects ranging from animal behavior to astronomy, the use of microscopes, the making of blueprints and the printing of film.

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