



The Aztec influence continues to come on strong this spring. Trisha Sayad uses bands of design for a one piece dress of Creslan acrylic fiber for Willis Avenue Bridge Works.

Board elects officers

Mr. Leotis Matthews has been elected President of Albina Family and Community Services' Board of Directors. A board member for the past year, 1975, Matthews was installed as President at the agency's Annual Board Meeting held last month. Matthews is a Deputy District Attorney with Multnomah County and resides in Northeast Portland.

Reverend Dennis Marttala and Mrs. Kathy Runstein were elected to the positions of Vice-President and Treasurer, respectively. Terms for officers of the corporation are for one year. The other members of the Board of Directors are Reverend Rozell Gilmore, Mr. George Rankins, Mrs. Addie Jean Haynes, Mr. Wallace Scales and Mrs. Oz Hopkins. Newly elected to three year terms are

Mr. Dan Boggan and Ms. Wanda Wright. A private, non-profit agency in the community, AFCS offers professional counseling services to individuals and families that are change oriented. Fees are based on ability to pay. A member agency of the United Way of the Columbia/Willamette, AFCS is located at 6329 N.E. Union Avenue.

As stated by the Executive Director, Mr. Ocie Trotter, in his annual report, AFCS looks forward to serving the community's mental health needs in a responsive and creative manner. With the realization that funding is limited, our efforts will be to deliver services efficiently and with dignity. The resulting cost benefit will be increased services to people of the community.

The smelt are running!

Thousands of men, women and children anxiously await the words "The smelt are running!" Although the exact date varies from year to year, it is usually in March when the word is passed from person to person and group to group that the smelt are in. Nets, buckets and other utensils are used to scoop the silvery little fish out of the water. Smelt fishermen, dipping and slipping into the icy water, line the banks of rivers, lakes, and tributaries. These slightly piliated but happy folks continue throughout the night in many areas with bonfires, lanterns, and flashlights illuminating the activity. Commercial fishermen also get into the act by hauling in boatloads of smelt for sale in seafood and supermarkets across the country.

Smelt leave the large lakes and rivers in the early part of the year. They swarm into tributaries on their springtime spawning runs. Their glistening bodies darken the water, making them easy prey for the avid smelters. These tasty little fish provide abundant protein, have a delicate sweet flavor, and contain a pleasant oil which aids digestion. The average size of fresh-water smelt is from seven to eight inches, approximately ten to eleven per pound. Smelt from some

areas, however, are finger-sized, just big enough for two or three bites, and are delightful for eating out-of-hand when crispy.

"For goodness sake, eat smelt," is the advice of both amateur and commercial smelt fishermen. Whether you dip your own or do your dipping at the seafood market, smelt are good to eat and good for you. They are available pan-ready, either fresh or frozen, and may be used in a myriad of cooking styles. An extra bonus is the moderate price.

Cheesy Oven-Fried Smelt is an easy-do method that transforms the smelt into a "the more you eat, the more you want" food. Crusty on the outside with cheese and bread crumbs, tender and flaky on the inside, this is a fun food. So take a fun break, please the family and pamper the budget - serve smelt today.

CHEESY OVEN-FRIED SMELT

3 pounds pan-dressed smelt or other small pan-dressed fish, fresh or frozen.
 1/2 cup milk
 1/2 teaspoon salt
 1-1/2 cups flavored dry bread crumbs.
 1/4 cup grated Parmesan cheese.
 1/2 cup margarine or butter, melted
 Paprika

Thaw frozen fish. Clean, wash, and dry fish. Combine milk and salt. Combine crumbs and cheese. Dip fish in milk and roll in crumbs. Place in a single layer in well-greased baking pans fifteen to ten by one inches. Pour margarine or butter over fish. Sprinkle with paprika. Bake in an extremely hot oven, 500° F., for eight to ten minutes or until fish flake easily when tested with a fork. Makes six servings.

Vet's children receive aid

More than 800 children of Oregon veterans are receiving training with financial help from the Veterans Administration.

Mrs. Donna M. Arndt, director of the Portland VA regional office, said 766 of the children are currently enrolled in college level courses.

"Marriage of the child is no barrier to VA educational assistance," Mrs. Arndt explained. "Generally, the child remains eligible until his 26th birthday."

The VA pays up to \$270 per month to help educate children of veterans who are permanently and totally disabled from service-connected causes or whose parent died as a result of military service. Also eligible are children of servicemen still listed as missing in action.

The children may receive up to 36 months of schooling, or the equivalent of 36 months if enrolled part time. The aggregate entitlement may not exceed 48 months.

If eligible children under eighteen have graduated from high school or are above the age of compulsory school attendance, the VA may begin this schooling before they reach age eighteen. Some handicapped children may begin special vocational or restorative courses with VA financial help as early as age fourteen.

Complete information on eligibility criteria for educational assistance for veterans' children may be obtained from the Portland VA regional office or veterans service organizations.

Vietnam begins Social Programs

by Linda Hiebert

SAIGON, (PNS) - As the Vietnamese near the end of their first year of peace in decades, the story of the million-plus homeless children untouched by the American babylift is becoming clear.

The Provisional Revolutionary Government (PRG), starting with 138 orphanages left from wartime, is building a nationwide system of childcare centers to provide homes for all who need care.

Mrs. Tran Thi My, in charge of four orphanages in Saigon, told PNS that the PRG is asking "neighborhood administrations to locate, feed and clothe" children still on the streets until enough childcare centers can be built. Thousands of children are already in orphanages.

In addition, the PRG is pushing a program to help unemployed people move out of Saigon to settle in "new economic areas" in the countryside. Many families, impoverished by the war, gave up their children because they could no longer feed them. The PRG hopes the new program will enable these families to care for their children again.

At the childcare centers now in operation, most of the pre-PRG directors and staff are still at their jobs. But Mrs. My explains that they are being trained to change their attitude from one of simple care for the children to one of personal responsibility, taking the role of second mothers.

Despite the new program, the effects of the war remain ever present. The government, short of funds, can supply only rice and clothing. Milk, meat, medicine, equipment and furniture must come from the Red Cross and other donors.

At Mrs. My's Nha Tre orphanage, four-and-a-half pounds of meat has to be divided among 192 children, and there is only enough milk to give each child one glass a day. The roof leaks, and three children share two beds.

Mrs. My and the Red Cross say the orphanages also face shortages of soap, antibiotics, eye and skin medicines, vitamins, beds, chairs and clothes.

[Linda Hiebert, who worked in Vietnam for two years with the Mennonite Central Committee, visited North and South Vietnam recently. Now stationed in Vientiane, Laos, she reports frequently on Indochina.]

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