



VANGIE WARREN

Warren enters teen contest

by Pat Lasley

The fifth annual Miss Black Teenage World Pageant is open to girls between the ages of fifteen to seventeen.

Representing Oregon in this pageant is Vangie Warren, sixteen. The Pageant will be held in Columbia, South Carolina, July 16th through the 24th.

There was no local pageant for Vangie to enter, so, she was accepted as a contestant at large. No other contestants are entering from Oregon, to her knowledge.

Miss Warren recently finished her second year at Concordia Lutheran High School. Her activities include basketball, track and drama.

Last summer her activities were equally as busy as this summer shall be. She graduated from Wendy Ward Modeling School and she won the title of Miss Merry Christmas this past winter. Vangie has appeared in the Junior Miss Black Oregon Pageant and is very active at First Vancouver Avenue Baptist Church, O.B. Williams, Pastor.

The Miss Black Teenage World Pageant is not a pageant, in the traditional sense, for no points are given for looks, size or shape of the contestants. Concern is directed to the total development of Black teenagers; talent, creativity, ability to articulate, and leadership, are heavily emphasized.

There will also be competition in sports wear, evening wear and personal projection. The pageant winner will receive a \$50,000 scholarship.

When Vangie returns from her exciting trip, she plans to go to camp, counseling and training at West Wind.

Some are cheaper

by Tod Hamilton

The assumption that all convenience foods are more expensive than those prepared at home is not entirely true.

Tests show that many processed potato products are cheaper than homemade; all processed orange juice (frozen, canned or bottled) is cheaper than fresh; and many canned processed berries and fruits are less costly than home processed items. Also, canned frozen peas, cut corn, and spinach are less expensive than their home-prepared counterparts.

However, cheese foods in aerosol cans are three times as costly as regular cheese, and "cholesterol free" egg products are twice as expensive as scrambled eggs. Generally, foods cheaper to prepare at home than to buy include all meat dishes, frozen and chilled baked goods and desserts, pizza, rice dishes, soups, and baby foods.

Student honored

Cheri Henderson, recent graduate of Mt. Tabor Elementary School, received the school's First Annual Max E. Beckford Citizenship Award. Cheri's name will be inscribed in the plaque which will be displayed at the school. She was selected by the school faculty.

Cheri also was voted "8th Grade Girl with the Best Personality" by the 8th grade students, and was given special recognition for chorus and for "Outstanding Pianist."

Cheri is the daughter of A. L. Henderson and Verna Henderson.

Hot line activated

The Oregon State University Extension Service is offering a "food preservation hotline" to answer questions about canning, freezing, pickling and drying. Residents of the tri-county local calling areas may call 238-9768 or 238-9769 between 8:30 a.m. and 5:00 p.m. Monday through Friday until October 8th.

Rising food prices and an increasing interest in gardening, has created renewed interest in food preservation. The "old" techniques of food drying are again popular as well as familiar processes of canning, freezing and pickling. The beginner as well as the experienced homemaker can find answers to questions concerning food safety, preservation equipment and methods.

Get answers to your food preservation question by calling the OSU Extension Service Food preservation Home Economist.

Summer '70 plans activities

Do your kids complain of "nothing to do" when summertime comes? This year there are many community programs being offered to youth in N.E. Portland. There are more than thirteen locations in N.E. Portland where "Summer 70's" programs will offer various activities.

1. The Community Schools, Sabin Community School, 4013 N.E. 18th, 288-6538; Irvington Community School, 1320 N.E. Brazee, 288-6401; Fernwood Community School, 3255 N.E. Hancock, 281-0089; Alameda Community School, 2732 N.E. Fremont, 288-6307.

2. Piedmont Friends Church, 5736 N. Albina, 289-0833.

3. Meek Community School, 4039 N.E. Alberta Court, 288-7617.

4. Mallory Avenue Church, 126 N.E. Alberta, 288-5173.

5. N.E. YWCA, 126 N.E. Alberta, 288-5173.

6. Irving Park Teen Center, 831 N.E. Fremont, 281-0608.

7. Housing Authority of Portland, (office) 1605 N.E. 45th, 249-5544 and 249-5580.

8. Highland Community Center, 4635 N.E. 9th Avenue, 287-9623.

9. Salvation Army Youth Center, 711 N.E. Dekum, 289-2930.

10. Jefferson High School, 5210 N. Kerby, 287-2631.

11. Berean Baptist Church, 4822 N. Vancouver, 281-0530.

12. Portland Tennis Association at Portland Parks NE, 3325 N.E. 67th, 281-7186.



HAIL TO THE CHIEF - Riding on a palanquin borne through the streets of Cape Coast, Ghana, West Africa, is the chief of the Oguwa Traditional Area. Nana Kodwo Mbra V i the Omanhene, or principal chief. The occasion is the durbar (gathering of chiefs) which culminates a religious festival in honor of the harvest from land and sea

Ghana beckens US visitors

Cape Coast, Ghana, West Africa - In this old city, set between wide Atlantic beaches and thick forests pressing in from the interior, the people celebrate every year their catch from the sea and the produce from their fields.

They allot seven weeks to the "Fetu Afahye" Festival, from the last Saturday of July to the first Sunday of September. It is partly an historical ritual and in part a religious occasion to express thanks and honor ancestors. It is also an occasion to parade in one's best ceremonial finery and it is, finally, a great street party with drums, gongs and dancing.

Visitors should plan to participate - the great moving throngs make it impossible to be simply an observer - in the durbar, or gathering of chiefs. Held the first Saturday of September, it marks the end

of the ritual celebration and is a time of great merriment.

But not everything about the festival is old and traditional. Before church services on Sunday conclude the celebration, there is a state dance Saturday night at which a Miss Fetu Afahye is selected.

Visitors may reach Cape Coast in a few hours on the paved coastal highway from Accra or from Takoradi-Secondi, both served by large western-style hotels. The seacoast in this region is dotted with large castles and fortresses left by European powers since 1482 in their quest for gold or slaves. The principal castle in this region is at Cape Coast, from which the British ruled until 1876 when the seat of government was moved to its present site, the Christianborg Castle in Accra.

AT HOME

by Cal R. Williams

If the family's linens and clothing come out of the tub looking dingy, give them special treatment to restore their original color, then use proper laundering techniques to keep them that way.

Discoloration may be caused by left-in soil and body oils, the nature of the fiber, the effect of chlorine bleach on certain finishes, or minerals in the wash water.

Some fibers, such as polyesters, have a tendency to yellow due to a natural affinity for oils. So wash them frequently. Pretreat stains and soil lines on collars and cuffs by dampening the area and rubbing in a liquid detergent or paste of detergent and water. If necessary, use a packaged home dye color remover.

Nylon fibers tend to pick up soil and certain dyes from the wash water. Wash white nylon garments only with other white items. Wash colored nylon garments separately.

While chlorine bleach is helpful in removing some stains, it should not be used indiscriminately. Bleach should never be used if the discolored garment contains any silk, wool, or spandex fibers. Some permanent press finishes turn yellow as a result of bleaching.

If you are in doubt about the safeness of bleach for particular fabric, mix one tablespoon of chlorine bleach and one-fourth cup of water. Dab a small amount of bleach mixture on a seam or inconspicuous hem area. If there is no observable color change, the garment may be bleached. Follow the dilution instructions on the container.

Oxygen bleaches are generally safe for washable garments and do not yellow man-made fibers or permanent press finishes. The oxygen bleaches contain perborate or potassium monopersulfate. Used regularly, they maintain whiteness; however, they are most effective at high

temperatures which are not recommended for some man-made fibers.

Iron or manganese in the water supply may cause brown or yellow stains on laundered articles. If either of these minerals is present, do not use chlorine bleach. It will cause staining on the fabrics.

Commercial rust removers that can be used on fabrics are available in some supermarkets. Follow the stain removal treatment with a thorough laundering.

If your water supply contains iron, use a non-precipitating water conditioner (such as Calgon, White King, Spring Rain) that will help hold the iron in suspension.

It is easier to keep white clothing white or colored clothing bright than it is to restore dingy clothing. The first guide for laundering is to sort carefully. Begin by sorting the garments according to white, colorfast, or noncolorfast. Then further divide each group according to fiber such as white cotton and linen, white man-made fibers and permanent press, and white delicate fabrics. Do the same with colorfast. The noncolorfast garments should be grouped according to colors. Clothing which is extremely soiled should be pretreated and washed separately.

Avoid overloading the washer - be sure that articles can move about freely. The amount of detergent required depends on the type of washer (top or front loading), the hardness of the water, and the degree of soil on the clothing. If the water is hard or if the clothing is heavily soiled, increase the amount of detergent.

Thorough rinsing is also necessary to prevent dinginess. If additional detergent was used, additional rinsings or another complete wash-rinse cycle with only a non-precipitating water conditioner will help maintain and restore the original appearance.

**GREYHOUND
RACING
EXCITEMENT
POST TIME
7:30 PM**



NEW!

Air conditioned
4th floor Club Skyview.

Buffet dining on
3rd floor
Fairview Terrace

Post time 7:30 p.m.
Monday thru Saturday
For information
and reservations
call 655-2191

Sorry, no Sunday racing
and no children
under 12

At Fairview Park
NE 223rd and Halsey St.
east out Freeway Banfield
(I-80N)

**MULTNOMAH
KENNEL CLUB**

**O. G. Motor
Company**

5800 N.E. Union

**SPECIALIZE:
CADILLAC-LINCOLN**



**One of the
Biggest Used
Cadillac dealers
in the Northwest**

Phone 281-2039

Open 6 days a week

**2 RARE AND POWERFUL MOTION PICTURES
ABOUT A MAN WHO IS LEGEND IN OUR TIME!**

The story Buford Pusser wanted told...

A BCP Production
**WALKING
TALL**
In Color **R** FROM
CINERAMA
RELEASING



PLUS... ON THE SAME PROGRAM!

BCP presents
PART 2

Open 6:45 p.m.
Show starts 7:00 p.m.

CINEMA 30

3000 NE Alberta

**"BEST
AMERICAN
MOVIE
OF
THE
YEAR"**
-Rolling Stone

282-6366

Citizen of the Week



Ernie Warren is Exploring Executive of the Columbia Pacific Council, working with young people of high school age.

He recently co-directed the Bicentennial Boy Scout Encampment held at Delta Park. He also participated on the "Next Stop" committee, a program to help minority businessmen encourage minority students into various careers.

Warren is a member of the Board of the Urban League of Portland. He is a member of the PTA Board at Oakley-Green year-around school. He has two children, Ernest, Jr., and Thea Michele.

Warren is a graduate of Lincoln High, Oregon State University and Pasadena State. He is a past president of the Albina Lions Club.

*Use all you need
but save all you can . . .*
The People at Pacific Power.



Dallas: \$8.70

You can call Mesquite, Farmer's Branch, Richardson or anywhere around Dallas, and talk for a full 60 minutes for only \$8.70, plus tax.

That's if you call before 8 a.m. or after 11 p.m. and dial direct without operator assistance. Go ahead. Try it sometime.

Pacific Northwest Bell

CANCER Answer line

American Cancer Society

Mrs. M.R. writes: "I sometimes see the word, 'laryngectomy' in the newspapers. What does it have to do with cancer?"

Answer: A laryngectomy is a person whose larynx, or voice box, has been surgically removed, usually because of cancer. Fortunately, laryngectomies can

learn to speak again through a different method of breath usage, or they can depend on a mechanical "voice" device. These people are able to work and communicate, and their ranks include lawyers, policemen and managers. They have an organization called International Association of Laryngectomees.

Contract Management Association Inc.

Business Success Clinic

Tuesday 2:00 pm

Conducted by Tom Booth

288-8469

3933 N.E. Union Portland, Oregon