

Concordia sets King Teach-In

Concordia College's Minority Affairs Office will feature its third annual Martin Luther King Teach-In on January 14th. The events include lectures, films and group discussions focusing on his teachings and philosophy. Concordia presents the activities in remembrance of Dr. King's birthday and his contribution to civil rights in America.

Beginning at 9:45 a.m. Rozell Gilmore, Director of Minority Affairs, will lecture on "The South as Black Americans Saw It, Before the Civil Rights Struggle". The Reverend Gilmore has been on Concordia's staff in his present position for four years and is currently president of the Albina Ministerial Alliance.

At 1:30 p.m. a lecture titled "Martin Luther King Non-Violence and Some Allusions to His Place in American History", will be presented by Dr. Richard Hill, Director of Concordia's Independent Learning Center. Dr. Hill received his Doctor of Philosophy degree

from Emory University of Atlanta, Georgia, and lived in the South for eight years.

Gilmore stated concerning the Teach-In, "It provides a means for students, faculty and the community an opportunity to remember and reflect upon the great man Dr. King was and his stand on non-violence in a very violent society."

Another feature of the day will be an open house and dedication of Concordia's Intercultural Center located at 6431 N.E. 30th Avenue. Present for the dedication ceremony, beginning at 12:00 noon, will be clergy from the Black Community and the newly elected President of the NAACP, the Reverend John Jackson. The center is sponsored by the Minority Affairs Office. Its purpose is to provide a facility that is available for small group activities, especially events that focus on Blacks and other minority cultures.

Gilmore and Concordia extend an invitation to the public to participate on this important day in American History.

Boys Choir seeks singers

The Oregon Boys Choir is now auditioning. This is an opportunity for boys from eight to twelve years of age.

This organization was started in 1969 by Joseph Correa, the founder-director of the Oregon Boys Choir and the Oregon Girls Choir. He is a graduate of Lima Conservatory of Music in Lima, Peru.

The boys have recently returned from a trip to Monterrey, Mexico where they attended the American Boys Choir Federation. They had a wonderful time with boys choirs from all over the United States and Mexico. Correa is Vice President of this Federation, and as such was in charge during those four days. The choir also travelled in southern California, putting on several concerts.

The Choir travels all over Oregon. And they represent Oregon very well when they travel to other states. They are planning a trip to Japan and possibly to Hawaii this summer. In 1978 they are planning to go to Europe.

This is an opportunity for music lovers. For an appointment for an audition or for more information, call Mrs. Criswell at 232-5700 or write The Oregon Boys Choir, Box 20392, Portland, Oregon 97220.

Educational Center schedules varied classes

The Educational Center, 4815 N.E. 7th has opened registration for winter term courses. Registration will continue through January 21st without a late fee penalty. Anyone may register if they are over 16 years old. Veterans may also receive benefits for enrolling. The fees for courses are still only six dollars per class, and these classes carry the same credit as regular PSU courses too!

This quarter more courses are being offered than ever before. As usual the center is concerned with everyday life situations at all encounter. Some of these situations have to do with work, education, health, citizenship and consumerism. Therefore, various courses are offered in these areas. They are:

Consumer Buying: This course is designed for people interested in getting the most for their money and understanding their rights.

Intro. Administration of Justice: This term we will discuss the courts in the justice system.

Pre-Algebra: Addition, subtraction, multiplication and division of whole numbers, fractions and percents.

Elementary Algebra: Review of whole numbers, fractions, integers, factoring and simplifying equations.

Introduction to Algebra: real numbers, addition, subtraction, multiplication, and division of equations.

Math for Elementary Teachers: required for Elementary Teaching Certi-

fication.

Business Math: discussion of various problems in the business field.

Monterey Reading: Has reported growth in students diagnosed as poor readers after attending 24 individual sessions of 15 minutes each.

Writing: Students will practice putting together sentences, paragraphs and an opinion paper.

Intro to Black Literature: Course will look at some central concerns in the tradition of Afro-American literature.

South Africa: Course will focus on Africa's struggle against the dominant regimes of Europe, and the struggle in South Africa, Rhodesia and southwest Africa.

Intro. Black Studies: Provides students with an overview of the critical issues affecting Black people in America.

Accounting Principles: Designed for anyone with a desire to increase their knowledge of bookkeeping or accounting.

Budget Nutrition: Presents essentials to a balanced diet.

Korean Karate: Develops good character and physical conditioning.

Old Testament Law & History: Study of places, people, prophets, the attitude of God, gods and man are included.

Personal Psychology: Areas to cover are: communication between partners, assertiveness, tension reduction, study habits or self concept development and

weight reduction.

Rational Assertiveness Training: helps students learn assertive behaviors.

Race & Ethnic Issues: A survey of where society stands on race economically, politically, and educationally.

Human Development: How infants and children learn, toilet training, feeding, affection, etc. How to solve problems like thumbsucking, bedwetting and others.

Practical Parenting: Is concerned with communication, direct and indirect guidance and discipline.

Small Business Operations: Focuses in on site selection, building choice, capital and other financial considerations to be made by the business person.

Personal Shorthand: Easy to learn, easy to write and easy to use; very helpful on the job, too.

Economics for Artist: Topics include finding work, writing resume, copywriting, writing contracts, legal help available and more.

Civil Service Exams: Prepares people for upcoming civil service exams.

Modern Business Letter Writing: Trains students to write business letters which meet the standard of modern business correspondence.

For more information call Lucious, Mildred, or Nepeleon or Pat at 229-3864. The center is open from 8:00 a.m. to 9:30 p.m. Monday through Thursday and from 8:00 a.m. to 5:00 p.m. on Friday.

COMMUNITY CALENDAR

Unique party will be held at 7506 North Hereford (corner of Lombard) from 290 - 400 on Friday, January 21st. Admission for senior citizens: one baby picture (up to 10 years) to be entered in a Senior identification contest. Prizes will be awarded Seniors matching the most pictures with guests.

Alameda Mothers singing group will entertain, after which refreshments will be served with dance music supplied by pianist Cliff Nelson and Fred Grant on drums. A good time is promised for senior citizens attending.

Concordia Community Association, 2811 N.E. Holman, January 19th, 7:30 p.m.

Sabin Community Association, 4013 N.E. 18th, 7:30 p.m. January 24th.

Boise Improvement Association, 620 N. Fremont, January 24th, 7:30 p.m.

Reading Workshops - Saturday mornings, beginning January 15th. New ways to make reading and spelling fun for all - for the whole family! Augustana Lutheran Church, 15th & Knott (sponsored by the Reading Trees and others - call 286-6174)

A second public meeting to discuss establishing a community mental health center for North and Northeast Portland will be held at 7:30 p.m., Thursday, January 20 in the Cascade Center Auditorium of Portland Community College at 705 N. Killingsworth.

Purpose of the meeting is to gather information regarding mental health needs of the community and to begin planning neighborhood workshops.

The meeting is open to professionals in mental health agencies, those working in human service related organizations, school officials, representatives of neighborhood organizations and other interested persons.

It is sponsored by the department of psychiatry at the University of Oregon Health Sciences Center School of Medicine, which received a one-year planning grant from the Department of Health, Education and Welfare for the project.

For further information, please contact the UOHS psychiatry department.

Thursday, January 20th: Planning Commission hearing on Proposed North Portland Arterial Streets Policies. 6941 N. Central Street 7:30 p.m.

Tuesday, January 25th Planning Commission hearing on All Proposed Arterial Streets Policies. Room 200, City Hall Annex. 7:30 p.m.

Thursday, January 27th Planning Commission/PDC Joint Hearing on 3rd-year HCD.

Planning Commission review of draft "density" guidelines for the siting of Residential Care Facilities has been rescheduled from January 4 to February 1, 1977. Room 200 City Hall Annex, 12:30 p.m.

Public Forum

PANEL DISCUSSION ON THE DEATH PENALTY

JANUARY 20, 7:30pm

Mallory Avenue Church 126 N.E. Alberta

PANEL:

Reverend John H. Jackson; Nathan Proby, United Minority Workers; Charles F. Hinkle, ACLU; Reverend Dale Stitt, Ecumenical Ministries of Oregon; Student Coalition Against Racism representative; Ruth Frankel, WILPF

The social, legal and moral implications of the Death Penalty - including the Gilmore case - will be discussed.

Sponsors: (Initial list) Student Coalition Against Racism; United Minority Workers; Urban League; Women's International League for Peace and Freedom; Portland Committee to Reopen the Rosenberg Case; Socialist Workers Party; Clergy and Laity Concerned; John Reed Bookstore; Fellowship of Reconciliation; Young Socialist Alliance; Gretchen Kafoury; Wally Priestley; Phoebe Friedman; Human and Legal Rights Committee of Multnomah County Democratic Central Committee.

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2ND BIG WEEK SAFEWAY BRAND STOCK UP!

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Rib Pork Chops 1/2 lb. 51¢ Loin Pork Chops 1/2 lb. 51¢ Beef Stew Meat 1 lb. 51¢ Swift Sausages 1 lb. 89¢	Corned Beef 1 lb. 51¢ Armour Hot Dogs 1 lb. 79¢ Beef Shanks 1 lb. 68¢ Bar-S Smokies 1 lb. 98¢	Sausage 1 lb. 89¢ Sliced Bologna 1 lb. 79¢ Lunch Meats 2-oz. 89¢ Meat Pies 4-oz. 41¢	Butter Clams 1 lb. 98¢ Fish Fillets 1 lb. 52¢ Shrimpburgers 1 lb. 51¢ Shrimpmeal 1 lb. 52¢

KNOW YOUR FOOD

WHAT ABOUT THIAMINE?
Q. I'm reading a lot about the key nutrients such as proteins, carbohydrates, fats, calcium, vitamins A and C. But how about nutrients such as thiamine? What does thiamine do for me and what are its sources?
A. Thiamine helps body cells obtain energy from food and helps keep nerves in healthy condition. It also promotes good appetite and digestion. Some important sources are lean pork, heart, kidney, liver, dry beans and peas; whole grain and enriched cereals and breads, and some nuts.

Q. What can you tell me about the function of riboflavin?
A. Riboflavin helps cells use oxygen to release energy from food and helps keep eyes healthy. It also keeps skin around mouth and nose smooth. Important sources are milk, liver, kidney, heart, lean meat, eggs, and dark leafy greens.

Q. How about the importance of niacin?
A. Niacin helps maintain health of skin, tongue, digestive tract and nervous system. It also helps body cells use oxygen to produce energy. Important sources are liver, yeast, lean meat, poultry, fish, leafy greens, peanuts and peanut butter, beans and peas, and whole grain and enriched breads and cereals.

Q. How important is iron?
A. Iron combines with a specific body protein to make hemoglobin. Hemoglobin is the red substance of blood that carries oxygen from the lungs to muscles, brain and other parts of the body. Iron also helps cells use oxygen. Some important sources of iron are liver, kidney, heart, oysters, lean meat, egg yolk, dry beans, dark-green leafy vegetables, dried fruit, whole grain and enriched breads and cereals, and molasses.

Source: University of California Extension - adapted from Key Nutrients, PA-601, Federal Extension Service USDA

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