

Portland Profile

by Linda Thompson

After a short period of mental and physical rejuvenation in Louisiana, Mississippi and Texas, I am now back in the City of Roses to resume my weekly column.

With what appears to be a nationwide racial reoppression for Blacks I am convinced that it is twice as important to continue to present to the Black youth of Portland Black role models that would not and will not accept the fact you cannot succeed in any career area you choose, despite the many obstacles you will encounter.

The role model for this week combines excitement as well as economical security in his chosen occupation. He proves that "stick to it" and dedication must be combined to succeed.

A "true" web-foot, Edgar Lynch is a native of Portland. He attended and graduated from Boise Elementary and Jefferson High School. Af-

ter one year at Portland Community College, he joined the U.S. Army and spent two years there as a quartermaster in the States and in Korea.

Returning to civilian life, he became an employee of Northwest Packing. As you follow his steps upward you will see how his "stick to it" paid off. His first position was that of clean-up guy; from there to lift-truck driver; from lift-truck driver to jam and jellie maker; from jam and jellie maker he went into his present position; truck driver. As truck driver he is responsible for the transportation of raw materials between Washington, Oregon and California.

An interesting note is that Lynch's entire career has been spent with this one company.

The very quiet, conservative and very personable Virgo enjoys traveling, carpentry, painting, dancing and car racing.

He is married to one of Portland's most qualified Black nurses Joan Lynch, they are the proud parents of

two children Lisa and Douglas.

With a genuine beautiful smile, Lynch has this to say about being successful.

"I compare building a successful career to that of the lifestyle of an ant. Take your time and continue to build. While building you may, like the ant, run into many obstacles. These obstacles, however, can make you stronger for the next obstacle. In no way should you let these obstacles obstruct your view and stop you from reaching your goal.

"It is also important that you know what these goals are as early in life as possible and again, like the ant, stick to accomplishing that goal. There are going to be many many interferences but again I say, 'stick to it.' The rewards will be great."

Until next week remember: Your mind is the most important element of the body, don't dull it by excessive drug use, let it grow and mature as the other parts of your body do.

Seamen offered CG commissions

The Coast Guard is offering commissions to qualified Merchant Marine officers to serve in Marine Safety and related fields. Qualifying officers will be commissioned as Lieutenant or Lieutenant junior grade in the U.S. Coast Guard and serve much as Merchant Marine officers have served in the Bureau of Marine Inspection and Navigation which became a part of the Coast Guard in 1946.

Basic requirements for application for a commission as Lieutenant are: be under 38 years old; hold a license as Chief Mate (unlimited) or Master and First Class Pilot (Great Lakes) or First Assistant Engineer (any horsepower); and three years service aboard U.S. merchant vessels with at least six months service under the qualifying license. For Lieutenant junior grade the basic requirements are: be under 32 years old; hold a license as Second Mate (unlimited for oceans or coastal) or First Class Pilot (unlimited Great Lakes) or Second Assistant Engineer (any horsepower); and two years service aboard U.S. vessels.

People interested in this opportunity should contact: Commandant (G-PMR), U.S. Coast Guard, Washington, D.C. 20590 or the local Coast Guard Marine Inspection Office.

Preservation help ready

A "Food Preservation Hot Line" will again be available to answer questions about canning, freezing, pickling and drying. This service which will be available July 2nd to September 28th is offered by Oregon State University Extension Service. Residents of the tri-county local calling areas may call 238-9768 between 8:30 a.m. and 12:30 p.m. and 1:00 to 4:30 p.m. Monday through Friday.

Rising food prices and an increased 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, food spoilage, preservation equipment and methods.



She's unmarried. She's pregnant. She needs help. She should call

221-0598 Birthright

free confidential counseling for pregnant girls
Mayer Building at 1130 S.W. Morrison

friend to friend help

WORKS 24 HOURS A DAY.

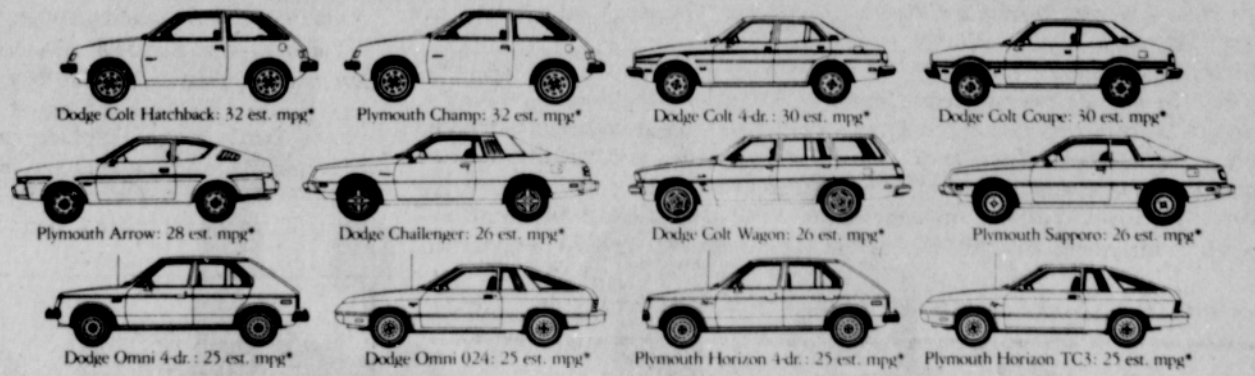


You might nod-off once in a while but your ad in the Yellow Pages never will. It's always wide-awake and primed to deliver your whole sales story twenty-four hours a day, 365 days a year, inside 96% of all homes and businesses. Rest assured.

IT NEVER STOPS SELLING.

Chrysler is No. 1 in gas mileage of the Big 3.

Based on projected 1979 Corporate Average Fuel Economy ratings



According to the 1979 EPA Gas Mileage Guide, Chrysler has more gas models rated at 25 est. mpg and higher than GM or Ford. (Models counted by make and body type.) Chrysler has 12. GM has 4. Ford has 1.

And when comparing models with standard engines and transmissions...

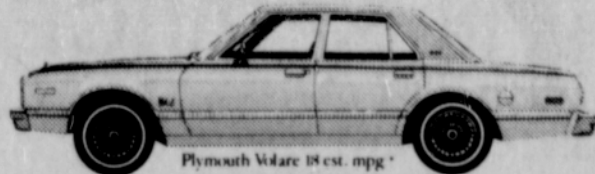
Chrysler has 4 models that top GM's and Ford's best mileage cars.

Chrysler has 12 models that top every one of GM's new "X" cars.

Chrysler has 5 models that top the gas engine VW Rabbit.

Chrysler has 12 models that top Toyota Celica.

And nobody has more 30 est. mpg gas models than Chrysler.



Looking for room and mileage? Dodge Aspen and Plymouth Volare with slant 6-cylinder engine and optional

automatic transmission got better mileage (18 est. mpg*) than comparably equipped Granada or Monarch.



Chrysler LeBaron and Dodge Diplomat with optional V-8 and optional automatic transmission got better mileage (16 est. mpg*) than Ford T-Bird and Mercury Cougar XR-7.

Looking for high mileage? Come to Chrysler Corporation. No. 1 in gas mileage of the Big 3.

Chrysler Corporation. The mileage maker.

*Use EPA est. mpg numbers for comparison. Your mileage may differ depending on speed, trip length and weather.



Monique Renee Burton, "Miss Sugar Ray," is congratulated by Mrs. Pleasant Session and son, Tyrone. In the background is Monique's brother, Cedrick.

Monique was chosen from among sixteen contestants as winner of the Teen Pageant sponsored by the Sugar Ray Robinson Youth Foundation.

The competition is held annually in Los Angeles. Monique is the daughter of Wesley and Myra Burton. Ms. Burton is Mrs. Session's niece.

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CANTALOUPE VINE-RIPENED **15¢ lb.**

CHERRIES NORTHWEST BINGS **39¢ lb.**

LIMESTONE LETTUCE **3 for \$1.00**

STEINFELD'S PICKLES **99¢**

100% HICKORY SMOKED SLICED BACON **79¢ lb.**

SHERIDAN FRUIT Co.
S.E. UNION & OAK 235-9353

POTATOES U.S. No. 1 WHITE SHAFER **10¢ 89¢**

EMPEROR GRAPES lb. **49¢**

ZUCCHINI SQUASH lb. **29¢**

MINI ASSORTED BBQ SAUCES " **69¢**

CHARCOAL BRIQUETS **\$1.29**

HOT DOGS **\$1.29**

ALEX'S BULK POTATO SALAD **59¢**

PRICES GOOD THRU SAT., JUNE 30, 1979