

Community Directory and profiles
 Ads On This Page Are Of Local Businesses That Are Helping Build A Better Community
 Pick up a copy of the Portland Observer at any of the businesses listed below

AUTO JENKINS AUTO SERVICE Complete engine overhaul Quality service guaranteed 3846 N. Williams Portland, Oregon 284-8081		MRS. C'S WIGS Hats-Scarves & Accessories Styling 707 NE FREMONT 281-8625		STEWART CLEANERS We do quality work Alterations • Drapes M-F 8 a.m. - 8 p.m. Tues. - Fri 8 a.m. - 8 p.m. 2701 N.E. 7th Portland, Oregon 97212 281-4372		KNOTT ST. GROCERY Grocery-Cold Beer and Wine 284-7490 2709 NE 7th		PRMC CLINIC PHARMACY Prescriptions • Counter supplies Ample parking facilities available 16 N. Morris St. Portland, Oregon 97227 281-9831		PEGGY'S HIWAYAY Come in and shoot a game of pool, relax or just enjoy the music! 2 N. Killingsworth Portland, Oregon 97217 281-4240		NATURAL FURNITURE Ready to Finish 284-0666 900 NE Broadway Portland, OR Quality at affordable prices		Travel Roberts 3415 N. E. Broadway Portland, OR 97232 ROBERT A. BUTLER Telephone 981-2811		JASPER L. AMBERS ATTORNEY AT LAW General Practice 716 N. Alberta Portland, Oregon 503-284-0804	
JACKSON'S AUTOMOTIVE Complete body, fender repairs & wheel alignment, painting, auto glass & frame repairs. Insurance approved Drive in estimates 2106 N. Killingsworth Portland, OR 97217 286-7338 <i>Curt Pieren Glenn Olson</i>		FRIDAY'S BEAUTY SUPPLIES Wholesale and Retail "We carry products that are seen in Jet and Ebony Magazine." Open 9 a.m. - 8 p.m. 3512 NE 16th • 249-0363		ACME CLEANERS & CUSTOM TAILORS Mon-Fri 7am - 6pm Sat 10am - 6pm We clean on Saturdays 1001 N. E. Broadway 284-7647		CGI STORE Your dollar buys more and more here! Cold beer and wine Open all holidays 8:00-10:00 M-F 1460 N.E. Prescott Portland, Oregon 284-3837		WOODLAWN PHARMACY Prescriptions We accept All Medical Cards Pets & Veterinary Supplies "WE CARE" 289-3311 NE UNION & DEKUM		Vacuum Cleaner Sewing Machine Sales and service Eureka Electric Co. 1804 N. E. Union Portland, OR 287-9420		THE VILLAGE COBBLER Shoe repair • Leather repair Vinyl repair • Shoe dyed Free pick-up & Delivery 1912 N. E. 122nd Portland, OR 97230 254-9333		Dr. Samuel J. Brown Jr. & Dr. Carlos L. Weekly, DENTIST Family and preventive dentistry 8-8 M-F, 9-3 Saturday 2209 NE Killingsworth Portland, Oregon 97212 282-7643		BOOKERT LEWIS, JR. D.D.S. If unable to keep appointment, kindly give 24 hours notice 3133 N. E. Prescott Portland, Oregon 97211 281-3010	
ROTH & MILLER AUTOMOTIVE Complete body, fender repairs & wheel alignment, painting, auto glass & frame repairs. Insurance approved Drive in estimates 3900 N. Mississippi Ave. Portland, Oregon 97227 288-8244		SPORTSMAN'S Hair Design Center 3806 N. Williams Portland, OR 97227 249-3865		SAM and OLLIE'S Restaurant & Market Open: 9:00 A.M. 1144 N. E. Prescott 284-8485		TERRY'S PHARMACY Serving your pharmacy needs with diligence, quality prod- ucts and service. Call or visit us today! 1719 N.E. 16th 288-4646		VARIETY CHARLEY'S "Where the best in weather hangs out, 10% off with coupon 1061 Lloyd Center Portland, Oregon 97232 284-4086		PHIL REYNOLDS MEDICAL CLINIC Walter C. Reynolds, M.D. Kalpana H. Rajdev, M.D. Physicians & Surgeons 15 N. Morris St.		VANN'S MORTUARY There is no doubt When you call Vann, With us, courtesy is a tradition. 8211 N. Williams Ave. Portland, Oregon 97217 281-2838		Kenneth C. Dixon ATTORNEY AT LAW Reliable • By appointment or call 3536 N. Williams Ave. 503-281-6566			
CHUCK'S CAR STEREO Sales/Service/Installation 630 N. E. Union Ave Ph. 231-8108 Hours 10-6 M-F 10-5 Sat.		BROADWAY EXXON Complete Care Center Atlas Products Towing Service 519 NE Broadway Portland, OR 97213 Brad Morris Station Manager • 284-5050		ROSE CITY AUTO SALES BODY & PAINTING Quality work guaranteed. Call us today and show tomorrow 7205 NE Union Ave. Portland, Oregon 97211 283-4800		WOODLAWN CLEANERS Open 6 days a week 8 a.m. - 5 p.m. We give S&H Green Stamps 806 NE Dekum Portland, Oregon 97211 289-4976		RESTAURANTS FRENCH'S RESTAURANT Family Atmosphere Open 7 a.m. to 10 p.m. Breakfast-Lunch-Dinner 285-3400 7331 NE UNION		ALBERTA SECOND HAND STORE Buy - sell - trade Open 6 days a week. Designed to serve the entire community. 1520 N. E. Alberta 288-8549 or 288-9467		GRACE COLLINS MEMORIAL CENTER Child Development Kindergarten • Hot breakfast & lunch snacks • 8:30am - 8pm 12th NE Russell Portland, Oregon 281-8930					
DEAN'S BEAUTY SALON & BARBER For the best in hair care. Come in and check us out. We satisfy! 213-215 N.E. Hancock Portland, Oregon 282-3379		OREGON RUG & MATTRESS CO. Since 1932 1868 N. Lombard Portland, OR 97217 Ph. (503) 285-9564		JEWELRY PATON JEWELERS Diamonds-Watches-Jewelry Diamond Setting Watch & Jewelry Repair 281-8801 4616 NE Sandy		J.D.'S BAR-B-Q Our food is finger lickin' good! Try it and you'll never eat anywhere else! 3240 N. Williams Portland, Oregon 97212 281-5409		VERA'S HAT BOUTIQUE Beautiful hats and accessories Men • Station & Dobie 1119 N. E. Broadway Portland, Oregon 97232 (503) 282-9463 Vera J. Thomas		TOWN SQUARE RESTAURANT Sandwiches • Buffalo Fish • Breakfast anytime • Specials on lunch. Open 7am-3pm. 4908 N. E. Union		PROJECT STOP Outpatient alcohol treatment for individuals and families special program for women. 1826 Northeast Broadway Portland, OR 97232 (503) 284-9004					
FRIDAY'S BEAUTY SUPPLY Wholesale and Retail. We carry products as seen in Jet and Ebony. 4654 NE Union 287-8256 3512 NE 15th 249-0363		ALBERTA SECOND HAND STORE Buy - sell - trade Open 6 days a week. Designed to serve the entire community. 1520 N. E. Alberta 288-8549 or 288-9467		WASHINGTON SQUARE PHIL'S SCHWINN CYCLERY 701 N. E. Broadway Portland, Oregon 97232 281-4036 PHIL'S SCHWINN CYCLERY		PHIL REYNOLDS MEDICAL CLINIC Walter C. Reynolds, M.D. Kalpana H. Rajdev, M.D. Physicians & Surgeons 15 N. Morris St.		DR. CHARLES TONEY Walnut Park Dental Center Serving the community with quality work / quality service 5315 N. Vancouver Portland, Oregon Ph: 281-8110									
WOODLAWN CLEANERS Open 6 days a week 8 a.m. - 5 p.m. We give S&H Green Stamps 806 NE Dekum Portland, Oregon 97211 289-4976		GOLD EAGLE FISH MARKET Fresh Seafoods • Meat • Oriental Groceries Wholesale Mon. 10-6, Sun. 12-5 5626 N. E. Union (503) 287-2050		ALBERTA PHARMACY Ready to serve all your prescription needs • State welfare • • Portland Metro • Blue Cross • • S&H 2403 NE Alberta 281-8717		HUNAN RESTAURANT Unique Chinese Cuisine • specializing in spicy dishes from the Hunan & Sichuan Provinces. 515 S.W. Broadway Portland, Oregon 97206 224-8063		ELECTROPEDIC OF OREGON 825 N. E. Broadway 249-1761 Best-built electric Adjustable Bed		BARDY TROPHY CO. Trophies • Plaques • emblems Trophies • name plates 1440 N. E. Broadway Portland, OR 97232 282-7787		SUE WICKLUND TRAVEL 1734 N. E. Broadway Portland, OR 97232 KEN TUTTLE (503) 249-8303		NORTH PORTLAND FAMILY PRACTICE & INDUSTRIAL CLINIC Health is our first priority 108 N. Killingsworth Portland, Oregon 97217 286-3323			

Community Calendar

The Southwest Washington Association of Minority Contractors and R-Ten Minority Contractors Association of the Pacific Northwest will conduct an informational seminar, Wednesday and Thursday, March 25th and 26th at Portland's Jantzen Beach Thunderbird Inn. All minority and female contractors are urged to attend as well as suppliers, C-A-P directors and affirmative action officers. Supported by the Vancouver Chapter of the N. Double A.C.P. and the Urban League of Portland Leap Program. This seminar will discuss A.G.C. suits, M.B.E. and F.B.E. participation, Affirmative action goals and problems, the new Federal Administration and more. Register today, dial 1-256-2317 in Vancouver or call toll-free for room reservations at the Jantzen Beach Thunderbird: 1-800-574-8010.

EDAC Meeting Notice: The Economic Development Advisory Committee (EDAC) for the City of Portland will meet on Wednesday, March 18, 1981 at 7:30 a.m. in City Hall, Room 106.

First United Methodist Church
 welcomes worshippers & members of all races.
 1838 S. W. Jefferson 228-3195
 WORSHIP 10:00 AM

ALLEN TEMPLE CME CHURCH
 Corner of 8th and Skidmore
 Sunday School 9:30am
 Sunday Worship 11:00am
 Christian Youth Fellowship 6:00pm
 (second and fourth Sundays)
 Reverend Thomas L. Strayhand, Minister

THE ARK OF SAFETY CHURCH OF GOD IN CHRIST
 "A warm spirit of fellowship always"
 The Honorable Bishop U. V. Peterson, D.D.
 "The Holiness Preacher," Pastor

Sunday	9-15am	Bible Band, Jr. Church	7:30pm
Sunday School	11-15am	Wednesday	
Morning Worship		Choir Rehearsal	7:00pm
		Friday	
"Showers of Blessings Broadcast"	3:30-4:30	"The Pastor Speaks"	7:30pm
KLIG 1290			
YPAWV	6:30pm		
Evangelistic Worship	8:00pm	84 NE Killingsworth	
Tuesday-Friday	Noon Day Prayer	281-0499	

The Leisure Hour Golf Club invites you to our first Spring golf "Grudge Play" tournament and pre-Easter host Cocktail Dance, April 11, 1981 at Glendovees Golf Course. Price \$20 and does not include green fees. Pre-Easter dance, April 11, 1981, from 9 p.m., until 1 a.m., at Sherton/Airport, 8235 N.E. Airport Way. Price \$5.00. Band: Dennis Springer and his Quintet. Dance tickets may be purchased at Stevens & Sons - Lloyd Center.

Laubach Literacy Tutor-Training Workshop, Martin Luther King Center, 4815 NE 7th, March 30, April 2, 6, 9, Mondays and Thursday, 7:00 to 10:00 p.m. Pre-registration is requested. The registration fee is \$12.50 which includes workshop materials and a set of Laubach books to use in your tutoring. For more information call the C.R.I.B. 249-8501.

Educational Workshop: March 14, 1981, 9:00 a.m. - 5:00 p.m., Lewis & Clark College, Templeton Hall. Speakers will include Dr. Authur Flemming, Chairman of the U.S. Commission on Civil Rights, Cong. Norman Y. Mineta and Dr. James K. Tsujimura, National JAACL president. Sponsored by the Portland Chapter - Japanese American Citizens League.

Militant Bookstore Forum will present a slide show and talk on "Revolution in Grenada." The speaker will be Donald Massey, a member of the Young Socialist Alliance who visited Grenada in December 1980. The forum will be Sunday, March 22, 1981, at 711 N.W. Everett Street. For more information call (503) 222-7225.

Minority Business Enterprises Suppliers Seminar, sponsored by the Oregon Department of General Services and the Department of Transportation, Friday, March 20, 1981, 9:30 a.m. - Noon, at the Matt Dishman Community Center, 77 NE Knott. To confirm attendance call 1-800-452-7813. Ext. 31250. No charge to public.

The Concordia Neighborhood Association will sponsor a Candidates' Fair on Thursday evening, March 19, 1981, at 7:30 P.M., at Concordia College Fine Arts Building, N.E. 27th at N.E. Highland to hear City Council and School Board Candidates.

C.A.G. Construction Co.
 General Contractor
 License & Bond
 Concrete • Curbs • Sidewalk
 Remodeling Basement
 3334 N. E. 41st St.
 (503) 283-5256

HAULING
 ANY TRASH OR METAL
 FIREWOOD
 DUMP TRUCK
 287-6201

ST. ANDREWS CATHOLIC CHURCH
 806 NE ALBERTA STREET 281-4429
 Reverend Bertram Griffin, Pastor

Masses:
 5:00pm Vigil - Saturday
 10:00am Choir - Sunday
 12:00pm Folk - Sunday

ST. ANDREW COMMUNITY SCHOOL
 4919 NE 9th Ave. Phone: 284-1620
 Grades 1 thru 8
 Sr. Kathleen Stupfer, Principal

We extend you a cordial *Welcome* to
New Hope Missionary Baptist Church
 "THE TITHING CHURCH - DESIGNED TO THE GLORY OF GOD"
 3725 N. Gantenbein Avenue, Portland, Oregon 97227
 Church Phone: 281-0863 • Priest and Pastor Phone: 281-8478

Rev. A. Bernard Devers I, A.A., B.A. - Pastor

Sunday School	9:30 A.M.
Morning Worship	10:30 A.M.
Bible Training Union	6:00 P.M.
Evening Worship	7:30 P.M.

Affiliated with the National Baptist Convention of America and the Southern Baptist Convention
 Where all peoples of all races are welcomed to worship.

Professional Services

Carlos Body and Fender Repair

Business 21 years. Body damage
 repairs, complete paint jobs

311 N. E. Shaver St.
 Portland, Oregon 97212
 287-8529

DR. ERNEST GUILLE, D.M.D., M.P.H.
 FAMILY DENTISTRY
 Consultations - Insurance
 accepted. Weekend & Evening
 hours.
 2274 Lloyd Center
 For appointment call
 287-1078

DR. CHARLES TONEY
 Walnut Park Dental Center
 Serving the community with
 quality work / quality service
 5315 N. Vancouver
 Portland, Oregon
 Ph: 281-8110

Ask Aunt Bea

Dear Aunt Bea,

I have a problem. I am a really moody person. When I get into my moods, my whole personality changes, my voice, my attitudes etc. I find it hard to control this "other person" inside of me when these spurts come. My boyfriend has been tolerant and understanding of my problem, but I know that I am running him away from me slowly, but surely. I think my problem is rooted in my childhood somehow, and I don't quite know how to handle it. Should I see a psychiatrist?

Frustrated and unsure

Dear Frustrated,

Moods are one's own feelings of something past, present or future, and you feel yours are from the past. Think about why you feel this and go back and try to find where in the past and possibly why. Decide if it's guilt, desire or need and deal with it there, and leave it there.

Now this won't be easy but work on changing the onset and reactions of your moods, keeping in mind this didn't occur overnight, so it will take time and effort.

Perhaps your boyfriend would also be willing to give support with this effort. Give it all you got (you appear to be quite intelligent in recognizing this problem and wanting to change. This means you can). If this doesn't work, by all means seek professional help.

Aunt Bea

Dear Aunt Bea,

In response to your article last week about the working mother's concern for her children's breakfast. I'd like to add, it is most important that children eat something in the morning. It doesn't have to be your typical breakfast menu, as long as you include the basic four or at least some of them (milk, protein, bread and cereal, fruit and vegetables). It's best to eliminate as much sugar as possible, have whole grain cereals and fruit juices.

I'd rather see a child eat pizza with cheese and meat with a glass of juice, than not have anything at all for breakfast, because breakfast is the most important meal of the day. It's a long time between dinner and lunch or dinner again. No one should go all day without eating. Often we don't have time to prepare and sit and eat breakfast. So put dried milk, water, egg, fruit or juice into a blender. If you don't have a blender use a jar with a tight lid and shake a breakfast. Eat a fresh fruit or dried fruit.

Years ago, our parents and grandparents felt quite comfortable having a piece of apple pie with cheese or ice cream, cake and milk or other kinds of fruit pies for breakfast. Keeping in mind the basic four; hamburger with cheese, with or without bread, maybe even lettuce and tomatoes or other sliced vegetables. Egg nog is very nutritious. Left over macaroni and cheese, spaghetti and meatballs, left over stew with vegetables is also good in the morning. When you make waffles on Sundays, make extras and freeze, pop them in the toaster in place of toast, you get more nutrition and I'm sure more acceptance from the kids.

Make your own instant cocoa with dried milk, coffee cream and cocoa with marshmallows or cool whip and use less sugar, if any at all.

Make fruit ice with real fruit juice popsicle with juice and milk, fruit salad with cream or mayonnaise, peanut butter, even popcorn with cheese added. So you see, you needn't have bacon and eggs with toast to have a nutritious breakfast. Multnomah County Extension Office is a good place to call for free information on nutrition for people with language difficulties, children, expectant mothers and senior citizens. 8 a.m., is a good time to reach someone for information.

A Home Economist
Sandy, Oregon

Send your questions to: Aunt Bea, Box 3137, Portland, OR 97208.