



Theresa Davis serves a house special—Borgia—to a regular customer. Borgia is made with espresso, scalded milk, chocolate, whipped cream, shaved chocolate and five chocolate covered espresso beans.



Coffee Man offers comfort and atmosphere along with delicious refreshments. (Photos: Richard Brown)

## Put variety in your cup at Coffee Man

by Harris Levon McRae

For coffee drinkers who like to sip their java in a warm friendly atmosphere, The Coffee Man at 811 N.W. 21st is a fine coffee house in every sense of the word.

The surroundings are spacious and comfortable, perfect for gathering with friends or just relaxing with a book. The artwork on the walls is provided by local artists and you can relax out of the rain to some mellow music while drinking your coffee with that special or soon-to-be-special someone.

Though The Coffee Man offers over twenty-five coffee drinks, their excellence doesn't end there. They have teas, Italian sodas, and milkshakes as well. Good food too: fresh soup made daily, one of the best-stocked salad bars in Portland and a delightful selection of homemade desserts, ranging from the chocolate chip cookies and cinnamon rolls to poppyseed cakes and chocolate fudge masterpieces, in addition to other goodies of the highest quality.

"We feel obliged to serve only high quality ingredients prepared

with the strictest attention to excellence," says Lewis Peters, owner of The Coffee Man. "If we are to call ourselves a coffee house and be honest in the name, there is no other choice." No other choice indeed as the fine quality of the restaurant keeps it constantly filled with happy faces. Lewis Peters adds: "The serving of fine coffee is a blending of science and art which results in far more than simply a cup of warm, brown water. Our desire is to provide an experience worthy of your time—and The Coffee Man can."



## OLD TOWN MERCHANTS

### Saturday Market begins 1982 season

We're back! Portland Saturday Market begins its ninth season on Saturday, April 3. Over 300 craft, food, and produce booths will set up under the Burnside Bridge in Old Town to sell handmade, homegrown goods in the Market's unique style.

On Saturday, April 3, celebrate our opening with music by the Caribbean Superstars, a steel drum band. They'll play from 1-3 pm. On Sunday, April 4, Wholly Cats will play swing from 12:30-2:30 pm. Clowns will hand out balloons on both days, and street musicians will add to the festivities, as always.

The Market's phenomenal growth and popularity in the community has made it the largest market of its kind in the country. All products offered at the

Market are made by the seller, and over 1,000 craftspeople sell their work here each year. Woodwork, glass, jewelry, pottery, clothing, and leatherwork are among the dozens of crafts sold. Fresh Northwest produce, Oregon wines, honey, plants, and foods from around the world are also available. The festive atmosphere is enhanced by performing artists of all kinds and with special events, like our

Champagne Brunch, held throughout the year. The ever-changing crowds and vendors make each Market day a special one.

Saturday Market will be open every weekend until Christmas. Saturday hours are 10-5; Sunday hours are 11-5.

SAM J. SPOZITO'S  
**LIGHTING SPECIALTIES** 226-3461  
MON - FRI 8:00 - 5:30 P.M.  
SATURDAY 8:00 - 1:00 P.M. 78 N.W. COUCH AT 1ST

**Buzz's Couch St. Place**  
101 N.W. 2nd (& Couch)  
Fine beer, wines & light dining  
Hours: 11:30 am-1 am (except Sunday)

**Buzz Willits**  
announces the opening of his tavern/restaurant

**Introductory Prices**  
Chicken basket with potato wedges & salad,  
¼-chicken \$2.65, ½-chicken \$3.95  
a-la-carte with chips, ¼-chicken \$1.75, ½-chicken \$2.95  
Hot Foot Chili Bowl with chips \$2.50  
Salad Bar with our spicy house dressing \$1.75, refill \$1.00  
Great Nacho! (Feeds 1-3) \$3.50

The **Coffee Man** CAN...

FRESHLY ROASTED COFFEE BEANS  
AND FINE TEAS

CAPUCCINO BAR  
PRINCE PUCKLER ICE CREAM  
SALAD BAR

811 N.W. 21st  
Portland  
**224-0815**

*The House Of*  
**EXODUS**  
*Alcoholism Educational and Treatment Center*  
1639 N.E. Alberta  
PORTLAND, OREGON 97211  
284-7997

**Quadripartite  
Mental Fitness**  
by Tom Boothe

In order to make the best decisions you must consider the following four Elements as baseline foundations.

1. Consider your Position, as it relates to the positions of others.
2. Consider your Temperament or (mood), as it relates to the Temperament of others.
3. Consider your Personality, appearance and behavioral attitude; as it relates to the Personality of others.
4. Consider your Performance of true Ability to act upon your objectives or goals; as it relates to the performance or the ability of others and the reality of what you are proposing to do.

Clear decision making is a major part of mental-fitness. Knowing and understanding these four decision making elements are in part what Quadripartite Mental-Fitness is all about.