

Bob Marley's spirit lives on

by Robert Lothian

Bob Marley's spirit was felt in Portland Sunday night when his wife, Rita Marley, the remaining Wailers and the famous I-Threes singers brought their "Legend: a Tribute to Bob Marley" tour to a hot and smoking Starry Night Club.

With videos of Marley's performances and a tapestry of King Haile Selassie of Ethiopia for a backdrop, the 13-piece band and their 12,000-watt system thundered out the songs that Marley made famous — "Buffalo Soldier," "Stir it Up," "No Woman, No Cry," "I Shot the Sheriff," and "Stand Up for Your Rights."

The group opened with some gospel-like numbers and songs like "Is this Love That I'm Feeling," that have the special stamp of the I-Threes.

The concert was like a religious revival, and it was clear that the spirituality coming across in the performance was that of Rastafarianism. The group's five-week tour of the U.S. concluded in Portland. It was described by Rita Marley as a "mission," permeated with the spirit of Reggae superlegend Marley, "our brother in the spirit, brother Bob." At one point, the group called for 30 seconds of silence in honor of their late leader.

"We are singing for you, singing of freedom, remembering Yah, singing songs of power and joy," said one of the I-Threes, addressing the audience. "May your souls and spirits be lifted, we love you."

The I-Threes, including Rita Marley, Judy Mowatt and Marcia Griffiths, were dazzling as they danced in unison dressed in fringed white gowns and red, gold and green sequined headaddresses.

Bob Marley's identification with the poor and exploited still comes across from the Wailers' music under Rita Marley. What they can't match are Bob Marley's heartfelt and half-tortured renditions of songs like "No Woman, No Cry," a soulful lament for the mothers of Kingston's Trenchtown shantytown. A Marley performance of this song was played on an overhead video during the concert. "Everything's gonna be all right," he sings over and over again, singing right to these mothers.

As the band played, pictures of Toussaint L'Overture, Marcus Garvey, Harriet Tubman, Malcolm X, and Martin Luther King appeared on overhead screens. The concert opened with a performance by the local reggae group Sundance.



Rita Marley (center) and the I-threes singers, together with the Wailers, brought their music of positive power and the memory of Bob Marley to Portland Sunday night. (Photo by Kris Altucher)

Cookbook fights cholesterol

The American Heart Association has released the fourth edition of its best-selling cookbook, containing nearly 600 low-fat, low-cholesterol recipes that can be enjoyed by adults as well as two year olds.

More than 4.5 million copies of the first three editions have been sold in the last ten years, according to Beatrice Kartus Rose, M.D., M.P.H., president of the American Heart Association in Oregon. Dr. Rose is Associate Professor of Community Medicine at Oregon Health Sciences University.

Dr. Rose said revisions in the cookbook reflect the latest science on the diet-heart disease connection, "which supports the theory that re-

ducing saturated fats and cholesterol in the diet can help reduce an individual's risk of heart disease."

Saturated fats are found in most animal and dairy products and some vegetable oils, such as coconut oil and palm oil. Cholesterol, a waxy material, is found in all animal products.

The low-fat and low-cholesterol recipes in the AHA cookbook have been tested for calories, taste, texture, consistency, appeal, ease of preparation and cooking time.

The cookbook contains recipes for appetizers, vegetarian dishes, stews, steaks, vegetable and salad combinations, and desserts. It also

has tips on eating out.

Dr. Rose said the typical American diet — rich in animal fats and dairy products — tends to raise the level of cholesterol in the blood. Excess cholesterol can accumulate in the blood vessels and clog or narrow an artery, reducing the flow of blood. If an artery supplying blood to the heart muscle is clogged or obstructed, the result could be a heart attack. If the same obstruction happens in a blood vessel in the brain, the result could be a stroke.

The hardbound AHA cookbook, published by David McKay Company, Inc., of New York, is available in all major bookstores.

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Zimbabwe dance show

The Shona people of Zimbabwe in Southern Africa have a long tradition of colorful dance, story and song and they bring that tradition to Portland State University's Shattuck Studio Theater, Nov. 30, Dec. 1 and 2, as part of The Contemporary Dance Season.

Gwinyai, an eight-member troupe of dancers and drummers, will sing, tell stories and present traditional Shona dances. The troupe performs at 8:30 p.m. on Nov. 30 and Dec. 1, and at 3 p.m. on Dec. 2.

The colorful costumes, songs and stories, combined with superb traditional African dances, makes for an exciting and stimulating evening.

Tickets for Gwinyai, \$6 general and \$5 students-senior citizens, are available from the PSU Box Office. The Shattuck Studio Theater is located in 212 Shattuck Hall, 1914 S.W. Park, on the Portland State campus.

Following Gwinyai in The Contemporary Dance Season will be the Lar Lubovitch Dance Company of New York, Jan. 18 and 19.

The Contemporary Dance Season is sponsored by Portland State University, the Oregon Arts Commission, the National Endowment for the Arts, the Metropolitan Arts Commission, and Celebrity Attraction. Additional support is being provided by Carl Greve; Hibbard, Caldwell, Bowerman, Schultz & Hergert; Encore Publishing; Rogers Cablesystems; and Dance Togs.

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