



Need A Family Doctor?

Jewel L. Crawford, M.D. announces the opening of
THE OPTIMUM FAMILY HEALTH CLINIC
 4722 N.E. Glisan Street
 Portland, Oregon 97213

- ♥ FREE 10-minute get-acquainted visit by appointment
- ♥ Evening hours available
- ♥ Easy access off I-84 (eastbound, take 58th Ave. exit; westbound, take 43rd Ave. exit)
- ♥ Close to Providence Medical Center
- ♥ Member of selected health plans
- ♥ Nutrition evaluations

Please call to schedule appointments:
 232-5879



Complete medical care for children and adults

Grace Collins Memorial Center

Day Care

"Since 1952"

- Kindergarten
- Pre-School

'Latch Key Program'

Children 6 wks. to 11 yrs.

- Breakfast
- Hot Lunches
- Snacks

Call

281-6930

128 N.E. Russell St.



3 Years - Writing ABC's



2-1/2 Year Olds - Learning Shapes



4 Year Olds - Making Cookies

Grace Collins Memorial Center

Day Care



5 Year Olds - Reading First Grade Books

PORTLAND OBSERVER

"The Eyes and Ears of the Community"

288-0033

Get a good taste of Beaverton Lodge this Saturday.



Not sure moving is your cup of tea? Maybe all you need is a taste of Beaverton Lodge.

A deliciously decadent taste...of dessert and complimentary English tea. This Saturday afternoon, any time between 1 and 4 p.m.

While you're here, you'll be able to take a leisurely stroll through the Lodge. Look into our spacious one and two bedroom apartments--the ones with patios and decks. Check out the pool and health club. Hear about our homecooked meals and special activities. Get a good taste of what living here is really like. All for one reasonable monthly rent.

Sound like we're pouring it on too thick? Maybe. But so far more than 100 residents have come for a taste...only to discover that Beaverton Lodge really is their cup of tea.

BEAVERTON LODGE

Retirement Residence

12900 S.W. Ninth Street • Beaverton • Phone: 227-7645
 Off Main St. between Farmington and Allen Blvd.



Complimentary English Teas will be served every Saturday during the Spring.

NAPFE APPLAUDS APPOINTMENT OF SAMUEL GREEN, JR. REGIONAL PMG

WASHINGTON, D.C.--Robert L. White, National President of the National Alliance of Postal and Federal Employees, issued a statement applauding the appointment of Mr. Samuel Green, Jr. as Regional Postmaster General for the U.S. Postal Service's Eastern Region. As Eastern Regional Postmaster General, based in Philadelphia, Green will direct policy for all postal operations in a 11-state area including the District of Columbia.

Mr. Green succeeds Mr. Johnny F. Thomas who resigned from the position. President Robert L. White, who heads the nation's largest and oldest black led labor union said in a statement to Postmaster General Anthony M. Frank, "...we salute you for selecting him as a replacement for Mr. Johnny Thomas, who was also a Black career postal employee with many years of service. However, the action taken in this instance, as noble as it is, still does not irradiate the position of National Alliance of Postal and Federal Employees, that race was a factor in the decision to remove Mr. Thomas as the Eastern Region Postmaster General."

"Also", President White continued, "let me assure you that this assertion is not made against you, our latest Postmaster General. In reality, racial discrimination permeates throughout the Postal Service as well as the Federal Service, in many different ways. It did not just start in recent years, and it is very unlikely to disappear in the foreseeable future. Nevertheless, let me express our appreciation for your favorable intervention, in this instance."

"However, let me again say for the record, that racial discrimination is still alive and rampant throughout the USPS and still there is not enough being done about it"

VOTING RECORD OF CBC

WASHINGTON - The Black members of the 100th Congress, the most recent, voted better on "World Order" issues than the Congress as a whole. The Congressional Black Caucus members achieved an 89% rating compared to 54% for the entire House according to the Global Statesmanship ratings of the Campaign for UN Reform.

Of the 22 voting Black members, 21 achieved a rating above 80% and 12 a rating above 90%. The top representatives were: Ronald Dellums (D-CA), with 98%; William Clay (D-MO), Charles Rangel (D-NY), Julian Dixon (D-CA), William Gray (D-PA), Major Owens (D-NY), Alan Wheat (D-MO), Floyd Flake (D-NY), John Lewis (D-GA), and Kweisi Mfume (D-MD), each with a rating of 96%; and John Conyers (D-MI), and Mervyn Dymally (D-CA), each with a rating of 90%.

Representative Mervyn Dymally (D-CA), immediate past Chairman of the Congressional Black Caucus and member of the Committee on Foreign Affairs, stated that "the number of Black members in the Congress quantitatively reflected the representation of Black Americans in the general population. I am sure that qualitatively United States Foreign policy would be much more constructive and globally-oriented."

The Campaign based its ratings on how the representatives voted on 12 issues. Five of the issues included votes against cutting funding for international organizations, for limiting atomic testing, for a national oceans policy commission, for a foreign aid program, and for sanctions against South Africa. Also included were votes on various issues which may violate U.S. treaty obligations. These included votes against testing the kinetic-kill vehicle, against assembly of binary chemical weapons, against aid to the Contras, against reducing funds for international organizations, for a convention against ocean dumping, for compliance with the ABM Treaty, and for terminating the Strategic Defense Initiative.

The Campaign for United Nations Reform promotes efforts to give world organizations the structures, authority, and funding necessary to create a peaceful, orderly, and more just world. It advances a 14-point U.N. reform program, rates the House and Senate on "world order" issues, endorses globally minded candidates, and supports U.N. improvement legislation in Congress.

HOW ONE CHURCH DEALS WITH THE CRACK EPIDEMIC

SAN FRANCISCO (UMNS) -- When the area surrounding Glide Memorial United Methodist Church here became "infested" with crack addicts and dealers, the church's pastor, the Rev. Cecil Williams, knew something must be done.

A year ago, the church began its own program dealing with the crack cocaine problem. Mr. Williams is now instrumental in organizing a national conference here April 11-14 on "The Black Family/Community and Crack Cocaine: Prevention, Treatment, Recovery."

What makes the conference unique, according to Mr. Williams, is that it treats crack as a problem related to public health, not just to criminal justice. Mr. Williams said he considers crack the most destructive force ever to face the black family, "worse than slavery ... worse than the Ku Klux Klan. That's the impact some of us feel."

But, he points out, it is a problem that concerns everyone. "Crack cocaine is moving heavily into the Hispanic community, into segments of the white community and into suburbia," he added. The purpose of the conference is to create a national network and support system to deal with the crack epidemic. Participants will include health-care providers, lawyers, police and probation officers, community activists, students and clergy.

Mr. Williams believes churches in particular should involve themselves in the crisis. "We have the greatest opportunity we have had in a long time to give leadership," he said. When smoked, crack delivers a sudden burst of cocaine to the brain, bringing a feeling of euphoria. But the intense high lasts only short time, which is why addicts seek it constantly.

"The craving is almost unbelievable," Mr. Williams explained. "You're always chasing that first hit." Medical researchers say crack is the most addictive drug ever. The desire is

so strong that addicts are willing to commit crime, sell their bodies and destroy family relationships to obtain it.

Most people involved in the seven recovery groups sponsored by Glide Memorial come when they are "shot to the curb"; in other words, they have nothing left. "The sense of rejection and abandonment is paramount," he said.

While crack addicts get help on the physical part of the addiction from Haight Ashbury Free Medical Clinics or other places, Glide Memorial provides spiritual rebirth and a new will to live through its "family" there.

In fact, the recovery program includes a type of birth process, according to Mr. Williams. Recovering crack addicts "are born into a huge family here and have it for the rest of their lives," he said. "This is their home. They're here every day."

Of the more than 2,000 people who have become involved in Glide's program, he estimates that "30 percent are recovering now."

Issues to be addressed at the conference include the psychological and social impact of crack; its underground economy; the connections with AIDS, sexually transmitted diseases, homelessness and poverty; the impact on women users and their children; and the connection with the criminal justice system.

Models for prevention and recovery for crack addicts also will be discussed. Speakers include Peter Bell, executive director of the Institute on Black Chemical Abuse, Minneapolis; Wade Nobles, executive director of the Institute for Advanced Study of Black Family Life and Culture, Oakland, Calif.; and Dr. Beny Primm, executive director of the Addiction, Treatment & Research Corporation, Brooklyn, N.Y.

Other speakers are David Smith, a physician at the Haight Ashbury Free Clinics; Elaine Johnson, director, Office of Substance Abuse Prevention, Rockville, Md.; Mother Clare and Lorraine Hale, Hale House of Harlem; Willie L. Brown Jr., speaker, California State Assembly; San Francisco mayor Art Agnos and author Maya Angelou. Judy Hunt, a staff member of the Division of Health and Welfare Ministries of the United Methodist Board of Global Ministries, is a member of the conference planning committee.

MAN WHO BLEW THE WHISTLE ON TAWANA BRAWLEY SAYS HIS ATTITUDES TOWARD RACISM WERE FORMED IN VIETNAM

New York, March 23--"I stood up and did what an American should do, black or white," declared Perry McKinnon, who has been criticized by other blacks for casting doubt on Tawana Brawley's charge that she was kidnapped and raped by a group of white men.

In an interview to be published this Sunday in PARADE magazine, McKinnon, who has accused the Rev. Al Sharpton and Brawley's attorneys, Alton Maddox Jr. and C. Vernon Mason, of lying, said he once "thought they were progressive men dealing with black people's problems."

McKinnon, who once worked for Sharpton, said his feelings about racism were formed in Vietnam where a white racist who eventually became his "best friend" was killed.

"Suddenly I woke up one day and realized that we all bleed the same. If I gave a white guy blood, he did not turn black. If he gave me blood, I was still the same. To the enemy we were just targets. Color didn't matter to him. So why should it matter to us?"

"If I would be prejudiced against a racist today, I would be no better than him," McKinnon told writer Wallace Terry. "I learned that I could not hate all whites because one white man called me 'nigger.' After all, there were white people who marched for my freedom too. There was a white guy I loved who had died in my arms. And I don't want Maddox, Mason and Sharpton to make people forget that."

Rally for Reproductive Rights to be held in Portland

"Affirm Women's Lives", a rally for reproductive rights will take place at 1p.m. Sunday, April 9th at Terry Shrunken Plaza. Shrunken Plaza located at S.W. 3rd and Madison in Portland.

WANT TO BUY YOUR OWN HOME? MOVE SIX SPACES FORWARD.

(It'll take just a few minutes to see if you can afford a HUD home!)

1. If you've worked for two years for the same employer (or in the same occupation) and you have a good credit record, move ahead 1 space.
2. Stop here and compute your Adjusted Income. That's your total gross monthly income, less federal withholding taxes. Write your answer here and move on.
3. Multiply your Adjusted Income (from space 2) by 0.38, then subtract \$150 and write the answer here. Then move on to the next space.
4. Add up all your monthly debts (car, loan, credit purchase, credit card, child support and alimony payments you owe every month) and then add \$150. Fill in the total here and go to space 5.
5. You're close to home. Multiply your Adjusted Income (from space 2) by 0.53, subtract the amount on space 4, and write the result here. Now move along.

START

1.

2.

3.

4.

5.

6.

6. Write the smaller amount of either space 3 or space 5 here. As a general rule, that's the maximum amount you can afford for a monthly house payment (including property taxes).

YOU DID IT! If the number in space 6 is more than \$550, then chances are good that HUD has an affordable home for you. Your next move is to call your real estate agent.

Low monthly payments and 3% down!
 Most of our HUD homes are approved for FHA Mortgage Insurance, which makes them more affordable than ever. Plus, HUD's bid process is easy. For listings of HUD homes available now, look for our big real estate classified ad in every Friday and Sunday Oregonian.

HUD
 DEPARTMENT OF HOUSING AND URBAN DEVELOPMENT
 ©1989 by HUD, Portland Office

PLEASE NOTE: Individual circumstances vary as do lenders' requirements for qualifying a prospective buyer for a home mortgage. The formula here is intended only to provide you with a general idea of how a lender may view your financial condition as it applies to a home purchase. For further information on loan requirements, talk to your real estate agent or local lender.