

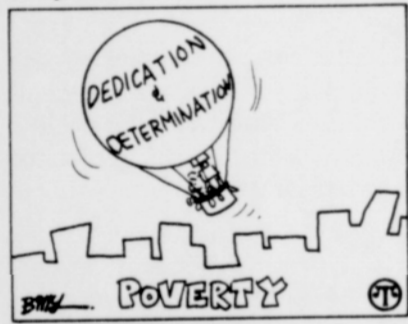


DINNER TRIBUTE BENEFITS JACKIE ROBINSON FOUNDATION -- Comedian Bill Cosby (center), master of ceremonies at the 1990 Jackie Robinson Foundation Awards Dinner in New York City, evokes laughter from Rachel Robinson, Jackie's widow, and August A. Busch III, chairman of the board and president of Anheuser-Busch Companies, at a reception prior to the fund-raising gala held at the the Waldorf-Astoria Hotel. The dinner, chaired by Mr. Busch, was attended by more than 1,000 business leaders, civic and sports figures and raised over \$300,000 for Foundation programs that provide educational opportunities and leadership development skills for aspiring minority youths. The Jackie Robinson Foundation, founded 17 years ago by Mrs. Robinson, perpetuates the memory and achievements of baseball great Jackie Robinson.



**Angel Echevarria—
A Story Of Dedication**

The rise of Angel (Angie) Echevarria from the grinding poverty of New York's Spanish Harlem, where he was raised, to the president of a multi-million dollar business with growing global interests, is a story of dedication.



Dedication and determination enabled him to rise above the poverty of his childhood.

That financial success turned into a dedication to improving the lot of deprived and handicapped children. Increasingly, Echevarria, president of the Los Angeles-based Somma Mattress Co., has devoted greater parts of his time in reaching out to help all creeds and races.

In 1987, he was recipient of the City of Hope "Humanitarian of the Year" award where he established the Angel M. Echevarria Research Fellowship to fight children's diseases.

Who Will Catch My Tears

by Mr. Eric Churchwell

When I cry,
Who will catch my tears
So hurt am I
From my childish fears
Save me from myself
And my hear that lies
Who will catch my tears
When they hear my cries?

Stopped by fate,
Chosen in war
Who will catch my tears,
When my eyes grow sore?

With no regret,
Yet still remorse
Who will catch my tears?
Not me, of course

Send me a satchel,
One that is pure
To carry my tears,
For time they must endure.

"A dedicated poem for Lattie McGee & Cornelius Abraham" torture and murder in Chicago--child abuse how long must it continue in this world. So much pain ever single day--even at home in Portland, Oregon. Some reported, some hot, but death cannot be called back, it is always the final chapter.

PUBLIC NOTICE

The Portland Observer newspaper is owned and operated solely by the Exie Publishing Company of Portland, Oregon. Exie Publishing Company has no affiliation with any other publication in Oregon and the public should be aware that any notices or statements by parties or individuals claiming such affiliation is unauthorized. Questions pertaining to the aforementioned should be directed to the business office of the Observer at 4747 N.E. Martin Luther King Jr. Blvd., Portland, Oregon, 97211. Telephone (503) 288-0033 or FAX (503) 288-0015.

ONE on ONE Tax Service

- Have Your Return Prepared by a former IRS Agent.
- Reduce Your Taxes To The Lowest Level.
- Professional 1040 Computer Generated Individual Return.
- Corporate, Partnership and Payroll Tax Returns. At ONE on ONE Tax Service YOU Receive Personal Prompt and Courteous Service!

Phone: 289-0851
317 NE Killingsworth

Valerie Currie,
Tax Consultant

Taste Tickler

Portland's Greatest Sub Since 1971

1704 N.E. 14th (& Broadway)
(503) 282-3681

We Love Phone Orders

SJOERD CLOO

Happy Easter!

OF NUTRITION

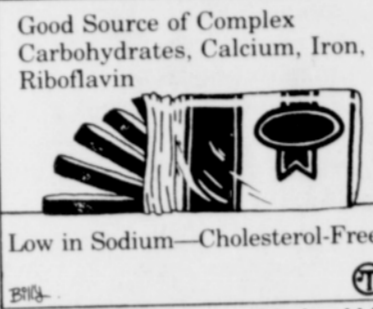
The statistics are startling—many American children are off the track when it comes to nutrition and fitness habits that lead to healthy adulthood. Consider these facts:

- more than half of our kids have at least one risk factor for heart disease;
- 50 percent of American children aren't getting enough exercise to develop healthy hearts and lungs;
- 83 percent of children between ages 7-14 show fat streaks in their arteries.

Concerned parents can make a tremendous difference in their children's lifelong health by teaching them about good nutrition and involving them in activities that produce fitness. For example, the four food groups—meats, dairy products, fruits and breads—are still important. Teach your children the groups and encourage them to eat foods from each group daily.

Also, be sure your child is involved in some form of regular physical activity—not just the physical education class or football team, where they may spend a lot of time sitting or waiting. (The "lifetime" sports of swimming, biking and running are good, aerobic activities.)

Colonial and Rainbo Bakeries,



Enriched white bread helps kids get important nutrients like complex carbohydrates, iron and riboflavin—and it's cholesterol free.

bakers of cholesterol-free enriched white bread, offer a program that can help parents teach their children about nutrition, fitness, health and well-being. Their three-part Colonial/Rainbo Bread IronKids program, targeted at youngsters 7-14, includes a series of triathlons for children, held in 13 cities this year. There's also a children's club with a free bi-monthly newsletter on health and fitness, "Proudtalk," and an education program, free to teachers of grades 2-8.

For a free booklet on children's nutrition and fitness, or more information on the Rainbo and Colonial IronKids program, write: Rainbo/Colonial IronKids, P.O. Box 660217, Dallas, TX 75266-0217.

MEET THE MAN WHO WILL TAKE A STAND FOR YOU!!!

You are invited to meet Ed Washington, hear and discuss the issues affecting district 19, NE Portland & the state as we go into a new legislative era. Please RSVP: 284-1743 (this is necessary for security clearance onto the base). THANK YOU. AND REMEMBER TO VOTE ON MAY 15th!!!

**KIENOW'S
SLICED BACON**



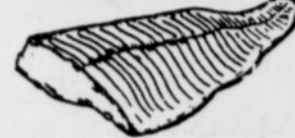
BAR-S
SAVE 40%
12 oz. PKG. **99¢**



OYSTERS
FRESH PACIFIC
MEDIUM SIZE

10 oz. JAR **\$2.29**

FRESH RED SNAPPER FILLETS



\$2.39

SEAFOOD FLAKES
(IMITATION
CRAB MEAT)

POUND **\$2.39**

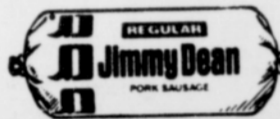


HILLSHIRE FARMS SAUSAGE

SMOKED or POLISH
Regular or Lite

POUND **\$2.19**

JIMMY DEAN SAUSAGE



ROLLS
LINKS
PATTIES

12 oz. PKG. **\$1.59** EACH

Specials Effective TUES. thru SUN.
APRIL 10 thru 15, 1990

**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 almost 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.

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 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 what 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.

