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Pointers For Parents

Nutritious Meals For The Fast Track
 What to do when hectic schedules leave little time to cook and staggered meal times tempt you—or the kids—to grab what's handy, whether or not it's nutritious? Part of the solution might be dressing up leftovers (from casseroles and stews to meat and tuna loaves) with the wholesome goodness of part-skim milk cheese, such as Jarlsberg.



Mellow and slightly nutty with deceptively "creamy" consistency, one wedge goes a long way. Or opt for a chunk of new Jarlsberg Lite—even lower in fat, calories and sodium, and it doesn't taste like a diet cheese. Thinly sliced, either makes a terrific instant topping, melts readily and smoothly when food is heated.

Shred over canned soups or to jazz up frozen entrees and side dishes. Jarlsberg mixed with prepared vegetables or browned hamburger meat turns microwaved baked potatoes into a treat—a healthy, nearly complete mini lunch or dinner. Since main course salads are popular year-round, remember that cooked fish, chicken, lean deli meats—just about anything you toss with greens—benefits from the addition of a rich, flavorful low fat cheese—not to say the calcium and protein it brings to the table.

Uhuru Sa Sa's meeting with members of the community.

On September 20, 1991 a meeting was held at the Oregon State Penitentiary, in the visiting room. The meeting's purpose was to address issues concerning the Judicial disparities within the Judicial system, primarily towards blacks, and the Juvenile situations of our at risk, high risk youth. The community supporters in attendance were Ms. Carolyn Leonard and Mr. Dapo Sobomehin, Commissioners on Black Affairs; Ms. Charlette Lewis, Community Artist, and Mr. Bruce Broussard, N.E. Spectrum Talk Show Host. From the corrections department were Mr. Harvey Suwol, Assistant Superintendent, Oregon State Penitentiary and Mr. Fred Williams, the new Afro-American Prison Minister.

The core of the meeting began with Uhuru Sa Sa Member John L. Smith, Sr. presenting the case of how a brother, Cornelius Brown, was placed on death row for murder, without a body or cause of death. The next case was presented by John Dudley Leftridge III, a case where another brother, Anthony Reid, was manipulated into pleading guilty to a crime that scientific evidence proves that he could not have committed the alleged crime. The next

case was presented by Clayton Howard. In this case, another brother, Anthony McDougald, was sent to prison for 50 years with a mandatory 11 year minimum for a crime that never was investigated by the police nor district attorneys office nor was there any evidence concerning another brother's case, Don Odoms. He was convicted of a case even though the victim admittedly lied on the stand about the case and heresy evidence was admitted. His case was reversed on December 19, 1990 but on a totally different issue, but still the same, he is still incarcerated here.

As a result of this meeting, the two members from the Commissioner on Black Affairs stated they will bring this matter to the total commission for consideration in order to establish a Fact Finding Committee, to research the above cases and issues as well as the District Attorneys Office, Public Defenders Office, Grand Jury Proceedings, Police Investigative Process, Judge Trials, Jury Trials, Attorney Generals Office, Appeals Process and the Juvenile Justice Department and Adult Corrections. Mr. Broussard requested that these issues be presented on his

T.V. show. Ms. Lewis stated that it would be a good idea to make a video for the youth at the Portland House of Umoja, so that the young people can see where the wrong road really leads in the end.

These were the high points of the meeting. The low point came when the New Minister, who works at the prison, was subjected to a search by one of his fellow employees because he was black. After this was brought to everyone's attention, at the conclusion of the meeting the Assistant Superintendent who attended the meeting apologized before the body and guests.

It is our hope that when these matters come before different Community Organizations that they will receive the much needed support that it really has to have for any amount of success to be gained by our efforts.

Lastly we would like to thank all of the people who have supported us, and we hope that you will remain strong allies of UHURU SA SA in the future.

Thank you,
 From all the members of the UHURU SA SA Organization
 John Dudley Leftridge III
 Uhuru Sa Sa Business Manager

About half as much hot water is used in the average shower as in the average bath.

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'Faith Walk' to Help Unite Citizens

A faith walk and rally is scheduled for Saturday, October 5th to help unite the efforts of people and organizations committed to stopping the violence in the N-NE Community.

The faith walk will begin at the Safeway Store (5920 NE MLK Blvd.) at 2:00 pm, followed by a rally at the Garlington Center (4950 NE MLK Blvd.).

The rally will include singing, praying and sharing strategy.

John W. Garlington III is organizing the events in the hope of "bringing together the efforts of all pastors, Christians, psychologists, doctors, teachers, political leaders, neighbors and friends who want to make our community a better place." Garlington envisions the events as a catalyst to enlighten, unite, motivate, and mobilize the community to facilitate positive change.

For more information, call 283-3396, or 231-1975.

Rev. Cecil Williams Joins Religious Community In Critical Portland Stand Against Violence And Addiction To Drugs

The urgent need for the church to act immediately in the fight against drug addiction and violence was the focus of a press conference by the Rev. Cecil Williams on Friday, September 27, in the auditorium of the Emanuel Hospital conference center in Portland.

His remarks were made just prior to the beginning of an unprecedented meeting with Williams and dozens of Portland community ministers and other religious leaders. The meeting, focused on the critical role of the church in fighting the devastation of drug abuse and violence, and was sponsored by the Regional Drug Initiative with co-sponsorship by the Ecumenical Ministries of Oregon.

Williams was the keynote speaker of the one day conference to create a community free from drug abuse held the following day at the Oregon Convention Center. Earlier in the week he was the opening speaker at the National Association of Community Health Centers in San Francisco and spoke Thursday (9/26) at the United Methodist Church Conference in Ohio.

Williams is a national leader in the empowerment of the African-American family, the cause of cultural diversity and specificity in America, the fight against addiction and violence, and is Pastor of Glide Memorial United Methodist Church in San Francisco.



Philip Morris Doesn't Want Kids To Smoke

One of the most trying aspects of being a parent is encouraging your child to make the right choices — not just to follow along. In today's complex society, growing up involves more pressures and choices than ever before. Studies show that young people do things because their friends do. Smoking is one of those things.

We don't want children and teenagers to smoke.

That's why the tobacco industry is offering a booklet aimed at helping parents meet the challenge of providing their children with the tools to resist peer influence. The booklet, "Tobacco: Helping Youth Say No," is designed to keep parents and children

communicating about important issues like smoking.

To continue its longstanding commitment that smoking is not for young people, the tobacco industry also has strengthened its marketing code and is supporting state legislation to make it tougher for young people to buy cigarettes. We are also working with retailers for strict compliance with state laws prohibiting sales of cigarettes to minors.

For your free copy of "Tobacco: Helping Youth Say No," return the coupon today.



"A Human's Right"

In this Land of Milk and Honey
 A Land of Greatness Based on Money

People move swiftly with an eye of cautions of need as well as a greed we call money.
 Greatness is a Blessing a gift by all Rights which come from a Heaven, can

it be an ignorance, a Blindness or just an oversight of our desire for riches that we forget our Human Rights,
 If this be so tell me dear nation where will we go. For what has been given can be taken.

Let's not hesitate or merely speculate this is a nation a great and good nation, which must work together for all Salvation.

by Yvonne Austin Junior

We need you.

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