

# FOOD & NUTRITION

The Portland Observer

## The 1993 Multicultural Music And Food Festival

"What's Good In The Hood"

Sponsored by

Neighborhood Outreach Association

Volunteers for the Neighborhood Outreach Association and over 50 professional musicians and dancers have joined forces to draw the Portland community back to the N/NE corridor. In an effort to create bridges in uniting the many diverse cultures in our community, the 1993 Multicultural Music and Food Fest, whose theme is "What's Good in the 'Hood'" will present a colorful two day adventure in jazz, blues, gospel and ethnic music and dance on July 9 and 10. Headlines include Lina Hornbuckle and the No Delay Band, The Norman Sylvester Band, Patrick Lamb and Mario De Priest. Don't worry, you won't go hungry. The down home cooks of the community are whipping up some taste treats you won't want to miss; a wide array of traditional and ethnic fare to delight your taste buds.

designed to meet every family members' needs. On Saturday from noon to 5pm, KIDSPACE will feature mural painting, multicultural crafts, story telling, clowns, jugglers and more. It's an event for the whole family to enjoy. Mark July 9 from 5 to 9 and July 10, from 12 to 9 on your calendars now, you won't want to miss it. Take I-5 to the Portland Ave. exit and head east to Vancouver Ave. where the event is held on the campus of the Holy Redeemer Area School. Adult admission is \$5.00 and children under 13 accompanied by adult are \$1.00 Free food and beverage included w/admission. For more information, call 283-5175 for a recorded message.

Neighborhood Outreach Association is a non-profit organization whose mission is to help the families of the N/NE corridor and to assist in making our neighborhoods a safer places to live

Families are an important part of our neighborhoods and this festival is

### Toni's Restaurant

Phase #2 Catering Concepts

249-TONI

Open 7:00 am to 11:00 pm M/Thursday

Fri/Sat. 7:00 am to 4:00 am

Sun 9:00 am to 9:00 pm



STAND UP  
PORTLAND  
Celebrate Diversity

### Equal Protection Under The Law For Fathers

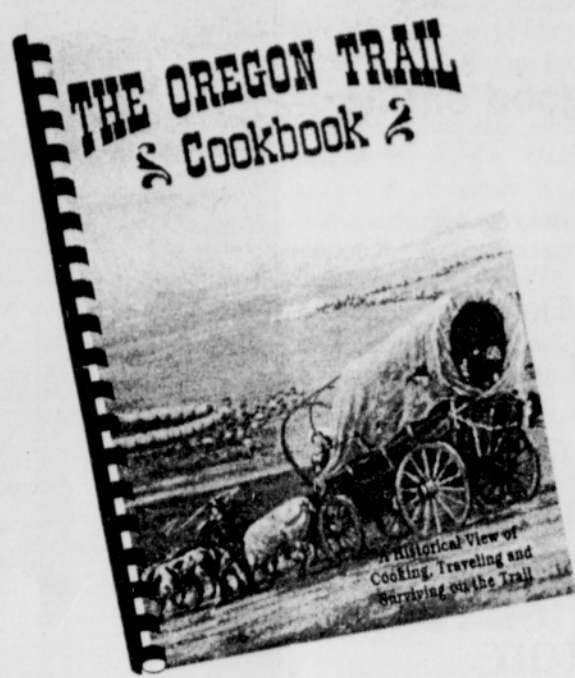
There was a demonstration/picketing outside of the Multnomah County Courthouse on Wednesday, 16 June 1993.

The purpose of this demonstration was to bring some awareness, prior to Father's Day, that there are many father's who love their children but are being denied "equal protection" under the law to exercise their right to share that love and their right to "raise a family" (268 U.S. 390 at 399). In our opinion, we collectively agree that the courts have exercised not only bad judgment in domestic problems such as divorce, but they discriminate against non-custodial parents--most of whom are fathers--but this sort of discrimination is not monopolized by fathers alone. Wives of 2nd families and even an increasing number of women are beginning to experience the injustice of being thrown into the role of 2nd class. We believe also that the nature of the domestic relations court in Oregon is adversarial and one that promotes conflict between divorcing spouses which ultimately victimizes the children in divorce. Our goal is to bring an end to this abuse!

Organizer's for this event were Rick Scheetz of FATHER's and myself, Kevin C. Schaumleffe of the O.C.E. Other key people who have been instrumental in lobbying for these changes will also be present. If you have any questions please feel free to contact Rick or myself at 286-2424/641-8876.

Advertise  
IN THE  
OBSERVER

The Portland Observer  
**BUSINESS SERVICES DIRECTORY**  
To Advertise  
Call 288-0033



## THE OREGON TRAIL Cookbook

A Historical View of Cooking, Traveling and Surviving on the Trail

**B**eginning in 1843 and continuing until the completion of the transcontinental railroad, thousands of pioneers traveled across seven states to their "promised land" in the West. Nineteen ninety-three marks the year of celebrating the spirit of adventure shown by the emigrants who crossed these vast expanses 150 years ago. Discover the flavor of the prairie through the 370 recipes included in *The Oregon Trail Cookbook: A Historical View of Cooking, Traveling and Surviving on the Trail*. This cookbook was published to give today's generation an idea of how ancestors survived the migration to the West. History buffs and cookbook collectors alike will find this 220 page hardback cookbook a keepsake.

**Fresh Washington Blackberry Pie**

5 c. blackberries	2 tsp. lemon juice
2 1/2 c. flour	2/3 c. + 2 T. shortening
1 1/4 c. + 1 T. sugar	1/3 c. milk
1/2 tsp. vanilla	1 T. butter
1/2 tsp. almond extract	salt

Toss blackberries, 1/2 cup flour, 1 1/4 cups sugar, 1/8 teaspoon salt, vanilla, almond extract and lemon juice until well mixed. Sift 2 cups flour, salt and 1 tablespoon sugar. Cut in shortening. Pour in milk. Mix pastry and roll. Fill pie shell with blackberries. Dot with butter. Cover with top crust. Bake at 425° for 40 to 50 minutes or until crust is brown and juice begins to bubble through slits in crust.

Today, eroding wagon wheel ruts serve as a visual reminder of the more than 2000 mile trek traveled 150 years ago. This year, an estimated 3 million tourists will revisit sites along the trail to commemorate an important chapter in American History. Celebrate the spirit of adventure with *The Oregon Trail Cookbook: A Historical View of Cooking, Traveling and Surviving on the Trail*. This keepsake is available from local gift and book stores in locations along the Trail and retails for \$10.95. The cookbook was published by Morris Publishing, a cookbook publishing company located in Kearney, Nebraska, a town with historical significance along the trail. For more information, call or write: Morris Publishing, P.O. Box 2110, Kearney, NE, 68848. (308)-236-7888.

## Nobody does it Better...for less



Ad Prices Good June 16 through June 22, 1993 At Safeway.



### Family Pack Rib Eye Steak

- Bone-in beef steaks
- 4-or more per package

# \$ 2.99

lb

---

### Golden Sweet Corn

# 6 \$ 1

ears for

Look In The This Week Magazine for your Safeway Shopping Guide for a complete list of specials on sale this week at Safeway!



Enjoy Extra Savings With The New 'In-Store' Safeway Shopping Guide Available at your Safeway store.