

## Portland Area Host Families Needed For Foreign Teens

Foreign high school students will be arriving soon into the Portland area for academic semester and year homestays, and the sponsoring organization needs a few more local host families.

According to Pacific Intercultural Exchange (P.I.E.) Executive director, John Doty, the students are all between the ages of 15 and 18 years, are English-speaking, have their own spending money, carry accident and health insurance, and are anxious to share their cultural experiences with their new American families. P.I.E. currently has programs to match almost every family's needs, ranging in length from a semester to a full academic year, where the students attend local high schools.

P.I.E. area representatives match students with host families by finding common interests and lifestyles through an informal in-home meeting. Prospective host families are able

to review student applications and select the perfect match. As there are no "typical" host families, P.I.E. can fit a student into just about any situation, whether it be a single parent, a childless couple, a retired couple or a large family.

Families who host for P.I.E. are also eligible to claim a \$50.00 per month charitable contribution deduction on their itemized tax returns for each month they host a sponsored student.

For the upcoming programs, P.I.E. has students from Spain, Germany, Poland, Russia, Finland, Argentina, Brazil, Colombia, Paraguay, Australia, New Zealand, Croatia and many other countries. P.I.E. has also been invited to participate in a special government-funded program to bring scholarship students from the Newly Independent States of the former Soviet Union to the United States. P.I.E.

is a non-profit educational organization that has sponsored more than 18,000 students from 23 countries since its founding in 1975. The organization is designated by the United States Information Agency and is listed by the Council on Standards for International Educational Travel (CSIET), certifying that the organization complies with the standards set forth in CSIET's Standards for International Educational Travel Programs.

Portland area families interested in learning more about student exchange or arranging for a meeting with a community representative may call P.I.E., toll-free, at 1-800-631-1818. The agency also has travel/study program opportunities available for American high school students as well as possibilities for community volunteers to assist and work with area host families, students and schools.

## State Park Day-Use Fee Season Begins

Day-use permits will be required in 24 Oregon State Parks beginning May 14.

Daily permits costing \$3 or seasonal permits at \$20 are required through Sept. 25. The daily permits are sold at affected parks, either by staff at an entry booth or dispensed from a ticket machine that accepts \$1 or \$5 bills.

The seasonal permit is available from local private vendors around the state, as well as all G.I. Joe's and Wal-Mart stores. Vendors may charge a 50-cent handling fee. State Parks and Recreation Department offices and staffed state park day-use fee areas and campgrounds with registration booths will sell the seasonal permit.

A \$5 extra vehicle permit may also be purchased at these locations.

The day-use fee will be charged seven days a week all hours the affected 24 parks are open. "With less than 10 percent of state general fund revenue, the Oregon Parks and Recreation Department is asking users to increase their support to maintain their state parks," said Bob Meinen, director.

A current state park campground receipt will also allow free day-use access.

Meinen encouraged frequent day-use visitors at these parks to take advantage of the seasonal permit for a summer of enjoyment. "We think these parks offer many recreational opportunities and a good return on the \$20 investment," he said.

## St. Vincent De Paul

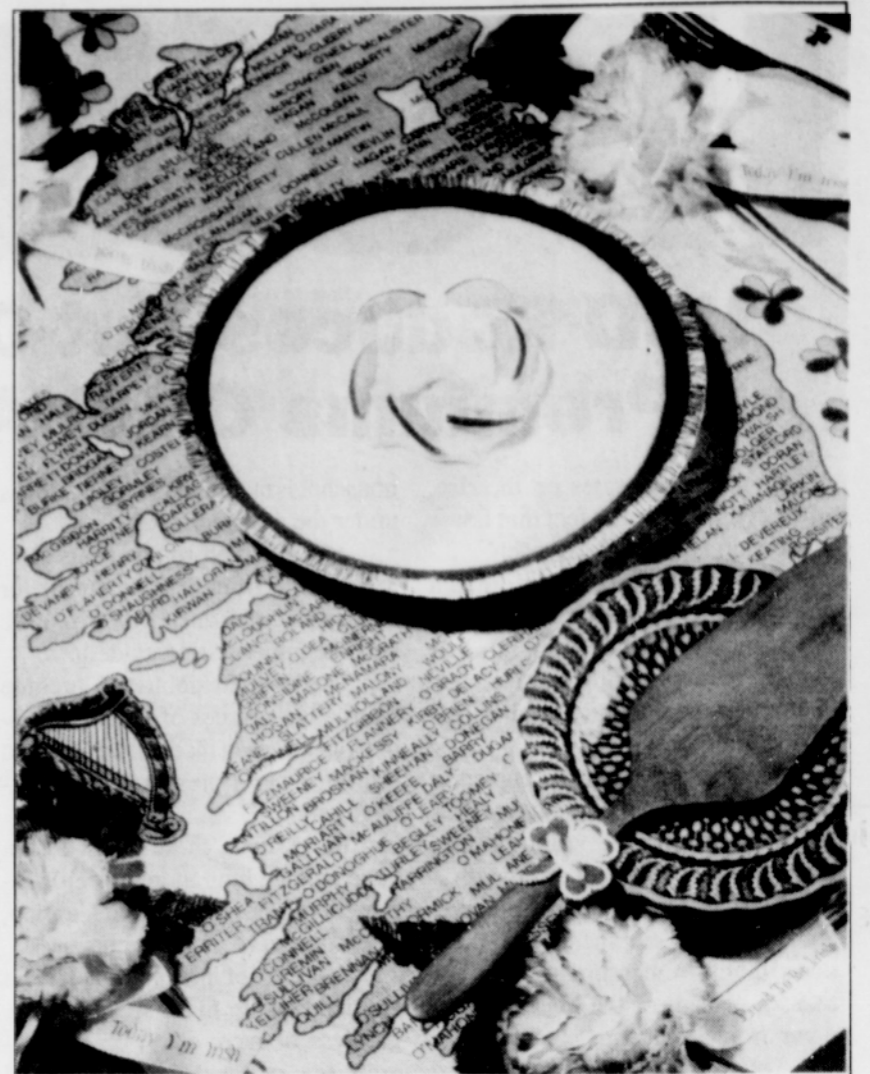
### Stone Soup To Feed The Poor

In recognition of a \$16,000 donation to its food programs from Stewart Title, Inc., St. Vincent de Paul will serve stone soup in Pioneer Courthouse Square Wednesday, May 18, from 11:30 a.m. to 1:00 p.m.

Volunteers from both organizations will distribute stone soup, a new soup mix for sale in St. Vincent de Paul stores. Proceeds benefit St. Vincent de Paul food programs. The stone soup project was made possible by the Stewart Title contribution.

For the third year, Stewart Title, Inc. has assisted St. Vincent de Paul by making a cash donation for every title and escrow placed between January and April 1, 1994.

**Say You Saw It In...**  
The Portland Observer



## Irish Isles Lime Pie

- 14 oz. can sweetened condensed milk
- 2/3 cup low-fat plain yogurt
- 1/2 cup fresh Key Lime juice (6 to 8 limes)\*
- 2 teaspoons lime zest
- 1 pkg. unflavored gelatin
- 1/4 cup water
- 1 Keebler Hershey's Chocolate Ready-Crust pie crust

**Directions:** Whisk together condensed milk, yogurt, lime juice and zest. In a glass container or cup, sprinkle gelatin over cold water. Let soften for 2 minutes and then whisk into the lime mixture. Set the bowl in the refrigerator for 15 to 20 minutes, stirring occasionally until the mixture begins to thicken. Pour into pie shell and refrigerate until set. Garnish the pie before serving with whipped topping or a dollop of vanilla flavored yogurt and additional lime slice.

\*Regular limes can be used

## 30-Day Meal Plan For Diabetics

If planning interesting, varied, and attractive meals for a diabetic sounds like a problem, then Diabetic Meal Planning Made Easy! can be the answer.

Diabetic Meal Planning Made Easy! is not a cookbook, though it does contain some recipes. Based on the American Diabetes Association's food exchange system, it is a complete 30-day meal plan for diabetics-30 different breakfasts, 30 different lunches, and 30 different dinners, plus 30 snack ideas. A variety of nearly 200 foods is used.

Diabetic Meal Planning Made Easy! first published in 1978 by Marilyn White, a diabetic, has been revised in the fall of 1993. It is avail-

able from L & M Enterprises, Box 4352 C, Shreveport, LA 71134 for \$9.95 postage paid.

Mrs. White developed the simple 30-day meal-planning guide for the 14 million people in the United States who have diabetes. Mrs. White has compiled two cookbooks and has written for many publications in the last thirty years.

"One of the biggest problems a diabetic faces is knowing how to plan the food he must eat," Mrs. White said. "Too much food as well as too little food or the wrong kinds of food can cause serious reaction problems."

A new diabetic is diagnosed every 60 seconds, according to the American Diabetic Association."

## IT'S TIME AGAIN!



Miss Black Oregon Michelle Soles 1994

Winner  
Get's Trip To  
Washington, D.C.  
and More

The Rose City's 2nd Annual Miss Black Oregon USA Pageant  
Presented by The Portland Observer  
"Site"

Portland State University; Smith Center Ballroom; November 19, 1994, 7:30 pm

All Contestants  
Deadline For Applications June 30, 1994  
\$25.00 Application Fee  
For Details Call  
Wanda Washington-Pageant Coordinator  
286-7006

## Fundraiser Benefit For Miss Black Oregon Scholarship Pageant

Car Wash \$6.00 Free Hot Dogs  
Saturday, May 14 10am - 5pm  
at The Portland Observer

## Kiki Tales Adventure Day

At The Metro  
Washington Park Zoo  
9:30 a.m. to 6 p.m.

Join Kiki Monkey -- the zoo's newest celebrity -- in being the first to participate in the new ZooKEY program. The keys cost \$2.00 and "unlock animal secrets" at 15 stations around the zoo. Adults that remember a similar key from the '60s and '70s can bring in their old key and receive a new one.

# 1/2 Price SALE

**SAFEWAY**



Prices effective May 11 through May 17, 1994 at Safeway.

Hunt's  
Tomato Sauce

- 8-Ounce
- Save Up To 1.14 on 6

**6** \$ **1.99**¢  
for ea

1-Pound  
Sliced Bacon

- Mello Crisp
- Save Up To 99¢

Fresh Express or Dole  
Salad Mix

- 1-pound Garden Style
- SAVE UP TO 74¢

**74**¢  
ea



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

**This Week**  
MAGAZINE

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New 'In-Store'  
Safeway Shopping Guide  
Available at your Safeway store.