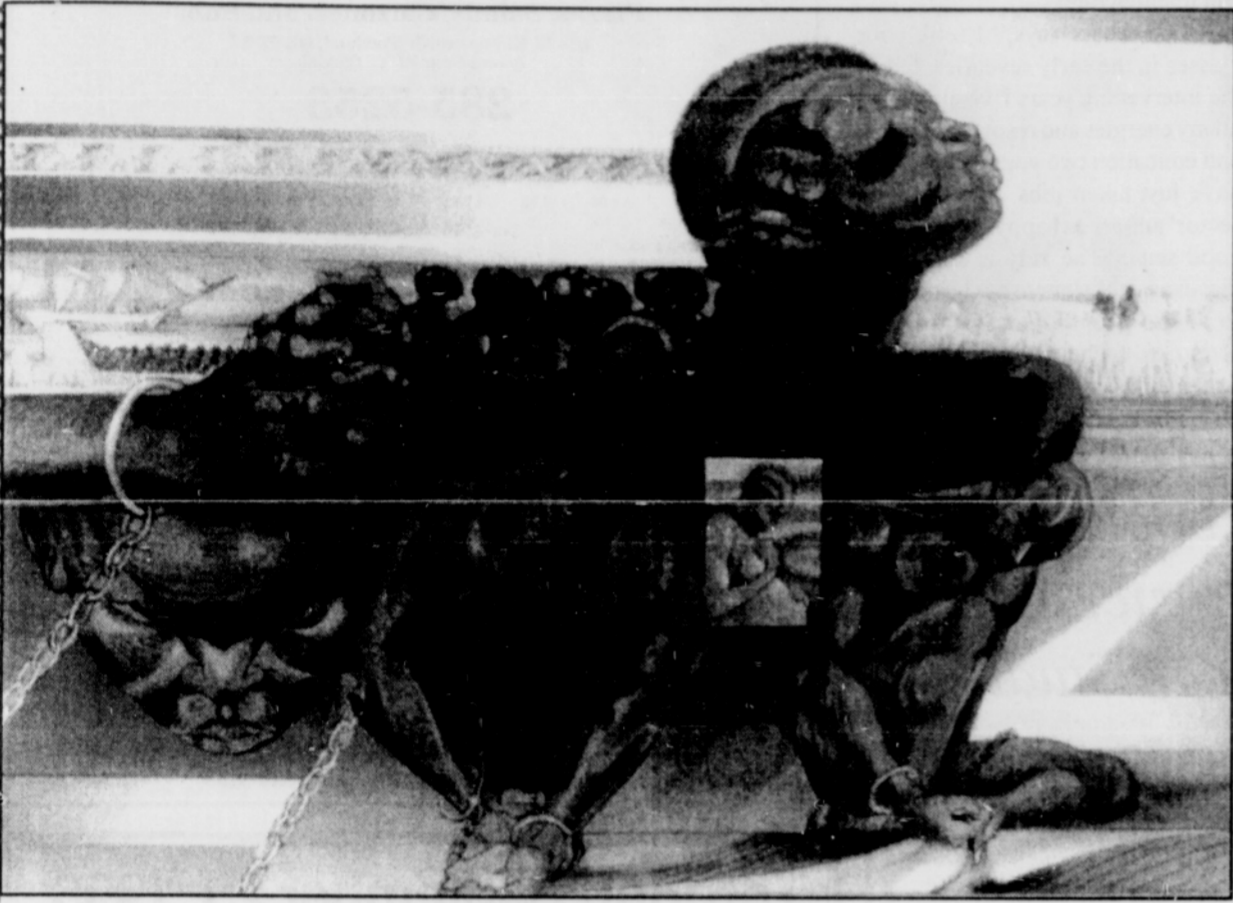


# Family Living

The Portland Observer

## Book Recounts Passage Of Slaves



Most Americans have an image of slavery as that of a poor African American man or woman who worked from sun-up to sun-down in terrible conditions for generation after generation and that of course is true.

But few people, African Americans or others, visualize the people who become slaves after being kidnapped from their original country and culture.

How were they taken as slaves? What was their torturous journey aboard the slave ships really like?

Tom Feelings, an African American illustrator and award winning author, has searched his history, his feelings and his heritage and has taken an unbelievably painful journey through his imagination to recreate in magnificent black and white illustrations what the journey from the docks of Africa to the shores of the New World (The Middle Passage) must have been like for

his and all African American ancestors.

The result will move you in the most profound way.

Creating images which are long and narrow, so that the view gets a sense of the paucity of space in the holds of the ships, Tom has called forth from the mist of memory the despair and pain of the slaves and translated this holocaust into a work of art which transcends the horror of this historical event.

A subtle use of shading and a slight fuzziness of image also forces the reader to concentrate more closely on the content of his scenes.

The creation of the book took over 20 years, being put aside from time to time to focus on other projects.

Phyllis Fogelman, the ever-patient publisher of The Middle Passage, has said, "This is the most important book I have ever published or ever will publish."

## TV Reports Discourage Minority Hiring

Crime reports on local television newscasts may discourage white employers from hiring blacks, authorities on inner city employment say. But TV news executives and some small business owners dispute that view.

"The local evening news is just a killer. It's awful," said James Lewis, research director of the Chicago Urban League, an agency that finds jobs for minority applicants.

Lewis said lead stories on local news broadcasts focus disproportionately on crimes or disasters that occur in black neighborhoods.

"The main message is that these are crime-prone people, unstable, and I can't believe this doesn't insinuate into people's minds, particularly those who don't have contact with Afro-Americans," Lewis said.

He recalled that at his previous job some officials asked him to find Asian-American job applicants to fill their quotas for minorities because they did not want to hire blacks.

"Without a doubt employers get a negative image (from TV news) of Afro-Americans," said Paul Weill, director of economic development and employment of the Milwaukee Urban League.

"A lot of (civil rights) people believe that the media tend to focus on deviant behavior in the inner city and that colors the perceptions of white (employers) in the suburbs," said

Bruce Rankin, research coordinator at the University of Chicago's Center For Study of Urban Inequality.

Michael Ward, news vice president at WMAQ-TV in Chicago, strongly denied that his station "disproportionately" aired minority crime reports.

"Our coverage of crime arrests would be fairly true to the (racial) statistics of Chicago. Murders in the suburbs draw our attention equally or to a greater degree than the inner city," he said.

To avoid negative stereotyping, he noted, "We are focusing in on stories about people of color who are not perpetrators of crimes or victims but who are useful, productive (and) entrepreneurial."

## Salmon, Tomatoes, Corn and Orzo

Here's a recipe using the tomatoes and fresh corn from the garden for a delicious dinner. It's possible to find alternatives from October to July, but the substitutes are pale copies of the seasonal versions.

With salmon for richness and ginger, cumin and garlic for spice, you'll want to make this dish several times before summer is over.

- 8 ounces whole onion or 7 ounces chopped, ready-cut onion (1-2/3 cups).
- 1 teaspoon olive oil
- 3 ears of corn or 2 cups frozen corn kernels
- Enough fresh or frozen ginger to yield 1 tablespoon, coarsely grated
- 1 teaspoon cumin
- 1 cup orzo
- Pan spray
- 10 ounces salmon filet
- 1 and a half pounds of ripe tomatoes
- 1 large clove garlic
- A few sprigs of oregano to yield 1 tablespoon chopped.

1. Bring water to boil in large covered pot.
  2. Chop whole onion.
  3. Heat nonstick pan over high heat until it very hot. Reduce heat to medium-high and add oil and onion. Saute until onion begins to soften.
  4. Shuck corn and scrape kernels from cobs; grate the ginger.
  5. Add the corn kernels, cumin and ginger to the onion and continue to cook until the corn is done, two or three minutes.
  6. Cook the orzo.
  7. When onion-corn mixture is cooked, spoon into a serving bowl. Wipe out the pan and spray it lightly with pan spray. Saute the salmon in the pan, following the Canadian rule: Measure fish at the thickest part and cook 8 to 10 minutes to the inch.
  8. Wash, dry, trim and quarter the tomatoes and halve them. Squeeze out some of the seeds and juice, and cut the tomatoes into small dice.
  9. Mince the garlic; wash, dry and chop the oregano and stir into the tomatoes. Add to corn mixture.
  10. When orzo is cooked, drain and stir in. When salmon is cooked, cut into bite-size pieces and carefully stir in.
- Yield:** 2 servings. Approximate nutritional analysis per serving: 615 calories, 11 grams fat, 25 milligrams cholesterol, 130 milligrams sodium, 35 grams protein, 95 grams carbohydrate.

## Kids Eat Free At Lyon's Restaurants

Promoting family values, all 84 Lyon's Restaurants from Bakersfield, California to Eugene, Oregon are introducing a new kid's menu, new mascot "Roary", giving away mountain bikes and letting kids eat free now through September 4, 1995.

The offer is good on kid's meals anytime, every day of the week. Then beginning September 5, the same offer applies for dinner (5 p.m. - 9 p.m.) and will continue for every Tuesday night thereafter.

All kids 12 and under have to do is dine at Lyon's -- yes, dragging their parents along -- and up to three children per party can eat free as long as one adult purchases a meal. While awaiting the arrival of their entrees, kids can try for another "freebie" by entering a coloring contest. Winners drawn at each Lyon's will receive a new mountain bike.

The featured character in the coloring contest is Lyon's new mascot Roary, who is making his debut along with new kid's menus as part of the kids-eat-free promotion.

"It's the most economical way to beat the summer too-hot-to-cook blues and get out for delicious food and fun for the whole family," says Lyon's President and CEO Hazem Ouf.



"Roary" kicks off kids-eat-free promotion at all Lyon's Restaurants.

Roary's new menu comes on fun-themed place mats in three versions. One side is for coloring and the other features games and puzzles. Kid's menus include a large selection from pancakes, to pizzas, buffalo wings, quesadillas, shrimp, hamburgers and more. Beverages and dessert are not included as part of the

free meal. "So if you're hungry as a Lyon, but your budget has been sapped by summer, the time to head to Lyon's is now while the kid's meals are on us," says Ouf. A chain of family restaurants founded in 1962, Lyon's is headquartered in Foster City, California.

## McDonalds Steps Into Cyberspace

McDonald's Corporation has announced the creation of a family-friendly on-line computer community called "McFamily," marking the company's first step into cyberspace.

McFamily features information about parenting and family life as well as McDonald's information.

Content will include: seasonal ideas for fun family activities such as crafts which parents and kids can do together such as scrapbooks, T-shirts and home-made postcards; block parties, travel games and field trips; and household safety information.

A "Helping Others" section will include information on Ronald McDonald House and Ronald McDonald Children's Charities.

McFamily's "Hey Kids" area will include an online art gallery with "McArt" submitted by kids; games that can be downloaded to a home computer; contests which kids can enter; and information on upcoming Happy Meals.

"We believe McFamily meets a genuine need for many of our customers - a fun, informative family-friendly place to explore in the on-

line environment," said David Green, McDonald's senior vice president, marketing. "At the same time, McFamily will provide us with a new way to communicate and build stronger relationships with our customers."

McFamily will include a "Share A Thought" feature where members can submit their own contributions. To ensure that McFamily remains a family-friendly environment, Green said, all suggestions from users will be reviewed by the McFamily editor before they are posted.

## Black Family Reunion Celebrations 10th Anniversary

Each year, hundreds of thousands of African American families gather together during a weekend in each of several major U.S. cities to make a powerful statement about themselves and their communities. Created to help counteract the pervading negative image of African American families projected in the media, the Black Family Reunion Celebration has more than fulfilled its original mission, according to its founder, Dorothy I. Height, President and CEO of the National Council of Negro Women. The schedule of events which run until early Octo-

ber, mark the Black Family Reunion's 10th anniversary.

Dr. Height, responding to the CBS-TV documentary "The Vanishing Black Family" in 1986, called for an event on the grounds of the National Mall in Washington, DC to draw attention to the historic strengths, traditional values and self-help resources specific to the African-American family. On a Saturday in September, 1986, 200,000 people showed up.

Quickly, the event gathered broad-based support and spread across the country.

The Black Family Reunion Celebration has produced staggering statistics: More than ten million people have attended the weekend activities encompassing 53 separate events without a single police incident.

Held free of charge to the public, the Black Family Reunion has featured concerts by such artists as Stevie Wonder, En Vogue, Lou Rawls, The O'Jays, Al Green, James Ingram, The Winans and many others.

It has also provided access to what many have found to be life-changing information.



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