



Members of Mt. Gilliard Missionary Baptist Church receive loan check from V.F. Booker, President of American State Bank. Reverend Hampton Calloway, pastor; Marian Scott; Diane Lewis; Deacon Hillary Kelly, and Cleveland Elliott.

Forum marks Women's Day

Portlanders will commemorate International Women's Day 1977 at a conference March 5 and a picket line March 8. The conference, with a format of open panel discussions is at King Neighborhood Facility, 4815 N.E. 7th. Morning topics, beginning at 9:30 a.m., include the history of International Women's Day; minority women; the Equal Rights Amendment; women and socialism; and gay rights. A 1:30 panel will address topics of aging; women and labor; child care; men in the women's movement; abortion, contraception and forced sterilization; and rape and household violence. Entertainment follows, at 3:30. The conference is free of charge and open to all women and men. Speakers come from numerous political and community organizations. They include Nedra Bagley (moderator); Ruth Haefner (aging); Deata Hamilton (minority women); Gretchen Kafoury (ERA and legislation); Susan Shepherd (gay rights); Laura Gardner (rape and household violence); Carolyn Eckle (women and fertility); Muffy Sunde (women and labor); Em Baldwin (childcare); and a speaker from the men's resource center (men in the

Community college students learn oil spill techniques

Oil spills in the news create interest in special technology that already exists at Portland Community College. As part of the marine engineering technology students learn about handling oil spills in a course called pollution control. Department Chairman John Lipney explained that the pollution control course is only one of many that interrelate in the school's transportation program. He has spent years putting together classes for students to take advantage of learning one skill that relates to others. Take the oil spills. Last week the students enrolled in the pollution control class spent lab time with chemistry instructor Jim Anderson learning about gas chromatography. "This is a form of fingerprinting oil spills," Lipney said. Lipney explained that one function of the Coast Guard is to identify specific oil in the water to discover who caused the spill. One method to speed the identification process is gas chromatography, another is infrared spectroscopy.

The students are tested on their knowledge and skill regarding the use of contaminant booms, dispersants, and absorbents in handling oil spills when they complete the four credit hour pollution control class. "A lot of people are paying attention to developing this type of curriculum," Lipney pointed out. One approach is a conference scheduled in New Orleans in March devoted entirely to oil spill. That conference will be an opportunity for educators and others working in the marine industry, to hear technical reports about prevention, behavior, control and cleanup that can then be used in curriculum design, Lipney reported. Lipney views the total transportation picture for PCC with enthusiasm. "There is so much opportunity for expansion," he said. With the advent of the new drydock the Coast Guard marine inspection program will increase. That inspection program alone demands a number of technical approaches, Lipney said, which includes the knowledge about pollution control.

Community Calendar

The State Set-Aside Program is not working, was the minority contractors complaint Thursday evening at a meeting held at the Coast Janitorial Building. The results of the program are serious due to the fact that not one minority contractor in the Portland Metropolitan Area has been awarded a State contract under this program. Contractors will meet on Thursday, March 3rd, to determine a plan of action.

The Northwest Assassination Group will show slides, presenting new evidence in the murders of Martin Luther King, Jr. and President John F. Kennedy. On Saturday, March 5th from 3 to 5 p.m. at 801 S.W. 10th Avenue. On March 6th from 3 to 5 p.m. at the American Friends Service Committee, 4312 S.E. Stark.

Benson Polytechnic High School will hold its annual Tech Show and exhibition on Friday and Saturday, March 4th and 5th from 7:30 to 10:30 p.m.

The Saint Mary of the Valley and Jesuit High School Departments of Theatre have joined to present the all-singing, all-dancing, all-anything musical production, Irene. It will be presented March 10, 11, 12, 13 and 14 at 8:00 p.m. and March 13 at 2:30 p.m. in Saint Mary's Kelly Auditorium, 4440 148th Avenue, Beaverton. Admission is \$2.50 for adults and \$1.50 for students. Reservations may be made by calling 644-9181 ext. 55. For further information feel free to contact me at 292-2963.

Father James Sinnott, a Maryknoll missionary in South Korea for 15 years until he was expelled in 1975 for criticism of the Park Government, will speak Friday, March 4th at 7:30 p.m. at St. Andrew Community Center, 4940 N.E. 8th. The appearance of Father Sinnott at the Friday Night Special at St. Andrew is co-sponsored by the American Friends Service Committee and the St. Andrew Social Action Commission. Father Sinnott, a 1960 graduate of Maryknoll Seminary, went to South Korea as a medical missionary and he became the founder and director of Sacred Heart Hospital in Korea. He also served as vicar general of the Incheon Diocese. The Maryknoller has become an internationally known speaker on human rights and has testified before the House of Representatives Subcommittee on International Organizations about human rights violations in South Korea. There is no admission charge and the public is most welcome to hear Father Sinnott.

The North Portland Branch of the Multnomah County Library has scheduled a special St. Patrick's Day movie, *Granny Lives in Galway* on Thursday, March 17 at 4:00 p.m. Children of all ages are invited to attend. The North Portland Branch is located at 512 N. Killingsworth Street. Admission is free. Please call 284-5622 for further details.

Foreign Students from 23 countries will take part in a March 5th International Relations Forum-Luncheon at the Westminster Presbyterian Church (1624 N.E. Hancock) which will be open to the public. Professor Kenneth H. Pierce from the Lewis and Clark Business and Administrative Studies Department will be the luncheon speaker, offering casual observations about Iran. The cost of the event is \$3.25. Advance reservations are necessary, and may be obtained by calling the AAUW Office, mornings, or Miss Grace Spacht.

Maranatha Church will hold its monthly Pre-Service Concert on Sunday, March 6th at 6:30 to 7:00 p.m. Ministering in music will be the "Warren Family". Maranatha is located at 1222 N.E. Skidmore Street.

The Poor People's Network will hold a community meeting on Wednesday, March 9th, 7:30 p.m. at Matt Dishman Center to discuss reorganization of PMSC and restructuring its board.

There will be free admission to the zoo for children under age 16; and train rides for children under age 16. The Polar Bear will greet all children. "DoDo" the clown will be "clown of the day" and there will be other clowns, too!!! Free "ICE CUBES" for the first 2,000 children. Music, fun and gaiety all day!

"What you long for in youth, you get aplenty in old age." Goethe

"The best way to cheer yourself is to try to cheer someone else up." Mark Twain

Tomato Catsup 79¢ Del Monte "Sweet Pack" 32-oz. Plus 28-oz. Btl. Reg. 32-oz. Plus Extra 6-oz.
Peaches 58¢ LADY ELBERTA Del Monte Lady Elberta Yellow Freshness 28-oz. or Below Can
Fruit Cocktail 3 \$1 Del Monte Makes a Tasty Fruit Cup Dessert 17-oz. Can
Sweet Peas 389¢ Del Monte A Hot Side Dish or Cold in Salads 17-oz. Can
Vegetables 4 \$1 Del Monte * Cut or Shred Green Beans, 16-oz. * Cream or Natural Corn, 17-oz.

Tomatoes 38¢ Large Vine-Ripe Slicers Sliced Perfect lb.	Grapefruit 898¢ Cochello Valley Ruby Reds lb. Bag	Zucchini 38¢ Fancy Tender Green Squash Slices & Butter Fry, or Stuff & Bake lb.
Sweet Anjou Pears 4 \$1	Fresh Spinach 2.49¢ By a Fresh Market	Roasted Peanuts 59¢ Unsalted 1 1/2-lb. Bag
Delicious Apples .29¢ Some Honey Bunches	Salad Dressing 1 \$1.00 "Better" Italian Dressing, 12-oz. Pkg.	Lunch Box Raisins 6.66¢ Sweetened 1-lb. Pkg.

SAFEWAY MARCH STOCK-UP

UNCONDITIONALLY GUARANTEED TO SATISFY

BEEF ARM ROAST 89¢
U.S.D.A. Choice Beef Chuck ... Pot Roast lb.

Stew Beef 91¢
Lean Cubes, Choice Beef lb.

Short Ribs 68¢
Beef Ribs, Photo Cut lb.

Beef Sausage 3 \$1.30
Breakfast Sausage 3 roll

PORK STEAK 89¢
Blade Cut Pork Shoulder Steak lb.

Beef Franks 64¢
or Safeway 12-oz. Pkg. 64¢

Bacon 91¢
Semi-Cured Sliced 1-lb. Pkg.

Beef Roast 51¢
Boneless Tip lb.

Beef Heart 69¢
Great with Dressing lb.

Ham Patties 51¢
Safeway 25-oz. Pkg. 9 Patties

Zee Towels 48¢
1 Ply Prints Big roll of 100 Sheets Each Roll

Cold Power \$3.88
Laundry Detergent 16.66-lb. Box 75-oz. Label

Table Syrup \$1.48
Pack 12-oz. Per Pancakes or Waffles 47-oz. Bottle

Red Beans 4 \$1
Kidney Town House 15-oz. Can

Chili 98¢
Town House With Beans 40-oz. Can

BEEF STEAK \$1.48
Choice Beef Round Boneless Tip Steak lb.

Beef Roast 51¢
Boneless Tip lb.

Beef Heart 69¢
Great with Dressing lb.

Ham Patties 51¢
Safeway 25-oz. Pkg. 9 Patties

It's Dairy Stock Up Time

Kraft Singles 98¢
American Pasturized Process Cheese Food. Each Slice is Wrapped 12-oz. Pkg.

Velveeta 51¢
Soft Cheese Spread 1-lb.

Cheese Food 3 \$3.99
Safeway Brand 12-oz. Pkg.

FEATURE OF THE WEEK

SPRINGTIME China Cup 69¢
Imported Fine China

SOUP BOWLS \$3.49
Add to Your Fine Springtime Set Pack of 2

Brach Candy 68¢
Finest Quality Ass'd. Candies in the 4.5 to 6-oz.

Kleenex Tissue 59¢
3-Ply Tissues Box of 500

Mazola Margarine 77¢
1-lb. Pkg.

Mah-O-Wheat Bread 48¢
22-1/2 oz.

PALMOLIVE SOAP 4 \$1
Green Beauty Bar 5-oz. Bars Family Bath Soap 4 \$1

Red Rose Tea 98¢
44-oz. Pkg.

Orange Juice 99¢
Minute Maid 64-oz. Carton

Instant Cocoa 51¢
Nestle's 20-oz. Box

Lipton Noodles 4 \$1
Original Chicken 3-oz.

Seven Seas 65¢
Green Goddess, 5-oz. Salad Dressing

Adorn 51¢
Safeway Add Ingredient 2 1/2

Alka-Seltzer 68¢
Safeway Add Ingredient 2 1/2

Shampoo 51¢
Safeway Shiner Shave Oil & Honey 18-oz.

Pampers 51¢
Disposable Nappies Toddler - 12

KNOW YOUR FOOD

WHAT TO DO IN A PINCH?

How many times have you been in the middle of a recipe and found you didn't have a key ingredient? Here are some common substitutions that you may want to keep handy for the next time it happens to you.

Ingredient Amount	Substitution	1 cup milk	2 tablespoons sifted regular weight dry milk plus 1 cup cream 1 tablespoon water, or 1/3 cup instant nonfat dry milk plus 1 cup minus 1 tablespoon water
1 tablespoon flour (used as thickener)	1/2 tablespoon cornstarch, potato starch, rice starch, or arrowroot starch, or 1 tablespoon quick-cooking tapioca	1 cup buttermilk or sour milk	1 tablespoon vinegar or lemon juice plus enough sweet milk to make 1 cup (let stand 5 minutes), or 1/4 teaspoon cream of tartar plus 1 cup sweet milk
1 cup sifted all-purpose flour	1 cup unsifted all-purpose flour minus 2 tablespoons	1 cup honey	1/4 cup sugar plus 1/4 cup liquid
1 cup sifted cake flour	1/2 cup sifted all-purpose flour, or 1 cup minus 2 tablespoons sifted all-purpose flour	1 ounce chocolate	3 tablespoons cocoa plus 1 tablespoon fat
1 cup corn syrup	1 cup sugar plus 1/4 cup liquid	1 cup butter	1/2 cup margarine, or 1/2 to 1 cup hydrogenated fat plus 1/2 teaspoon salt, or 1/2 cup lard plus 1/2 teaspoon salt
1 cup whole milk	1 cup reconstituted nonfat dry milk plus 2 1/2 teaspoons butter or margarine, or 1/2 cup evaporated milk plus 1/2 cup water, or 1/4 cup sifted dry whole milk powder plus 1/2 cup water	1 egg white	2 1/2 teaspoons flaked frozen egg white plus 2 tablespoons water
		1 egg yolk	2 1/2 teaspoons flaked frozen egg white plus 2 tablespoons water
		1 egg white	2 1/2 teaspoons flaked frozen egg white plus 2 tablespoons water

*The "water" listed is added to or the recipe.

Source: USDA Food and Nutrition Service, University of California Extension

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SAFEWAY