

# Spring for lemony chicken

How many dishes do you know of that are baked in one pan and can be on the table in little more than 45 minutes? If you are still counting and still on one hand, consider Lemony Chicken with Rice.

Chicken has always been a favorite of families and cooks. It is delicious, good for you and lends itself to a great variety of preparation techniques. This fresh-as-spring chicken and rice entree is baked with colorful sliced peaches. Cooked this special way, chicken gets an appetizing glaze and a zesty lemony flavor. As easy as it is fast, it is one of the more economical ways to serve a delicious, wholesome family meal. It is also one of the best ways too of preserving flavor. The fine natural juices are sealed in when the chicken is baked in this tangy coating.

As your meal planning thoughts begin turning to lighter foods, this attractive entree allows you to bring the seasonal change to your table. Simply follow up with a fruit dessert that's "crisp" with toast cubes and you've got yourself a lovely meal-time welcome to spring. The family will look forward to these satisfying and colorful signs of spring.

## LEMONY CHICKEN WITH RICE

- 1 package (3 oz.) lemon flavor gelatin
- 1 envelope seasoned coating mix for chicken, original flavor

- 1 1/2 cups hot water
- 1 1/2 cups rice
- 1 can (16 oz.) sliced peaches, drained

Add gelatin to seasoned coating mix in shaker bag; then coat chicken as directed on package. Place in ungreased shallow baking pan. Bake at 375 deg. for 35 minutes. Move chicken to one end of pan. Combine water, rice and peaches in bowl; pour into pan. Cover rice mixture loosely with aluminum foil and bake 10 minutes longer. Place chicken on platter. Stir rice mixture with pan drippings and serve with the chicken. Makes 4 or 5 servings.



Think Spring! Lemony Chicken with Rice is always satisfying.



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## PCC term begins April 1st

Classes at all Portland Community College campuses begin the week of April 1.

Telephone registration continues through March 28 with hours set from 9 a.m. to 5 p.m. each day. Those registering in this manner should pick up a schedule in advance to have the necessary information prepared before they call to register.

Not all classes allow telephone registration. Others wishing to register may do so during open times starting Friday, March 29, from 8 a.m. to 5 p.m.

Other open registration hours are from 8 a.m. to 8 p.m. April 1 through 4. The last opportunity to register without instructor approval will be April 5 from 8 a.m. to 5 p.m. Students should plan to begin registration procedures at least a half hour before closing times.

Schedules are available at all college campuses, public libraries and most major shopping centers.

## Killing Fields wins Oscar

by Robert Lothian

Dr. Haing S. Ngor, a Cambodian refugee acting in his first film, won the Oscar for best supporting actor Monday night.

Ngor won the prize for his performance as Dith Pran in "The Killing Fields." The movie is about the true-life experience of New York Times reporter Sydney Schanberg and his assistant, Dith Pran, during the takeover of Cambodia by the Khmer Rouge.

Schanberg was able to leave but Pran had to stay. A good part of the film is about Pran's horrifying work camp ordeal and eventual escape.

Ngor, who was a surgeon in Cambodia, was also sent to a work camp. It was a sentence of death for many Cambodians: those who escaped being shot by their Khmer Rouge captors often died of starvation.

Accepting the Oscar, Ngor tearfully recalled the real life experience which made his performance transcend normal acting.

He lost almost his entire family, he said, and his fiancée died in his arms pleading for a spoonful of rice.

"There was such pain, you can't imagine," he said. As if the horrifying memories aren't enough, he carries a permanent reminder of the cruelty of his captors: they cut off the little finger of his right hand.

"The movie was real, but not real enough; true, but not true enough; cruel, but not cruel enough," he said.

An estimated 2 million Cambodians died in a 2-year reign of terror conducted by the Khmer Rouge led by the fanatic Pol Pot. Apparently, the Khmer Rouge felt they could implement their so-called ideal society by wiping out entire segments of the population.

Teachers, professors, journalists and anyone suspected of being sympathetic with the former pro-American regime were sent to the killing fields.

In "The Killing Fields," the suffering in Ngor's eyes as he grinds through his daily work camp routine, watching fellow prisoners get picked off one by one, speaks not only for Cambodians, but for all human beings victimized by cruel politics.

Ngor's is a rare performance, full of humanity. The irony is that he didn't get best actor. He was certainly the star of "The Killing Fields."

Now a job counselor for Asian refugees in Los Angeles, Ngor is studying for an American medical license.

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