



While the NBA season has ended, the summer season has begun battling the boards. Below, Duane Dorsey kept his body in shape by working at Olympian Fitness Center.



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Freezing Highlights Fresh Fruit Flavors

No wonder freezing is the most popular method of preserving food: for a minimum of time and energy, it pays great dividends. Beyond the benefit of having a year-long supply of delicious produce, freezing helps retain fresh flavors, textures, nutrients and colors, qualities often altered during canning or drying processes.

Capitalize on the bounty of fresh fruits available in produce departments, roadside stands, or in your own garden or orchard with the following ideas from the makers of Ziploc® heavy duty freezer bags.

Preparation

— Select firm, ripe fruits at their flavor peak. Freezing will help preserve, but not improve the quality of fruits. Plan to freeze them as soon as possible after picking to hold fresh flavors.

— Sort, removing blemished and over-ripe fruits. Wash quickly and gently in cold water and drain immediately; soaking in water can make fruits mushy.

— Peel, trim, pit or hull fruits and cut in uniform pieces if desired.

— Select heavy weight freezer bags specifically designed to withstand freezer temperatures. Zipper-top bags will allow you to remove virtually all air — a major source of freezer burn. Transparent bags make it easy to identify freezer contents and stack more conveniently than cumbersome plastic containers.

Cookbooks offer several techniques for freezing; the syrup and loose-pack methods are often preferred because they are quick, easy and result in fruit that is ideal for many uses.

Loose-Pack Method

This method involves freezing berries and fruit pieces individually in the freezer on cookie sheets or trays. When fruit is nearly solid, transfer into Ziploc bags and place in freezer. Remove as much air as possible from the zipper-top bags before sealing. It will be easy to remove contents as needed and reseal.

No sugar or other sweeteners are added to loose-pack fruits, an advantage for health-conscious people.

Syrup Method

Sugar enhances the taste of most fruits and is a preferred technique for freezing those with abundant juices, or that bruise or discolor easily.

A syrup is made by dissolving sugar in water, thoroughly cooling and mixing with fruit before it is sealed into a Ziploc freezer bag. The concentration of sugar to water varies; a light syrup (30 to 35 percent solution) has less sugar and is commonly used for sweet berries; heavy syrup (60 to 65 percent solution) has more sugar than water and may be used to freeze tart fruits such as peaches that will serve as filling for pie, pastry or meringue shells.

Whole, flavorful raspberries, frozen with the loose-pack method, are featured in the following recipe for Raspberry Nut Muffins. The Strawberry Peach Pudding Pie makes the most of fresh peaches and

strawberries frozen in a syrup method in freezer bags.

Raspberry-Nut Muffins

- 1 cup fresh red raspberries
- 1 Ziploc® freezer bag, pint-sized
- 1/2 cup milk
- 1/4 cup oil
- 1 egg, beaten
- 1 1/2 cups all-purpose flour
- 2/3 cup sugar
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 1/2 cup chopped pecans

To freeze berries:

Wash raspberries and pat dry. Place on a cookie sheet; freeze until firm. Store in pint-sized Ziploc freezer bag in freezer until ready to use.

To prepare muffins:

Combine milk, oil and egg. Stir in flour, sugar, baking powder and salt just until moistened. Quickly and gently fold in frozen raspberries and pecans. Fill 12 greased muffin cups two-thirds full.

Bake in 400°F oven 20 to 25 minutes or until toothpick inserted in center comes out clean. Immediately remove from pan. Cool thoroughly and store individually in Ziploc® storage bags. Makes 12 muffins.

Strawberry-Peach Pudding Pie

- 2 cups strawberries, frozen in 50 percent sugar syrup*
- 2 cups peach slices, frozen in 50 percent sugar syrup*
- 2 Ziploc® freezer bags, quart-sized
- 1 cup apple juice (approximately)
- 1/4 cup quick cooking tapioca
- 1 1/2 cups all-purpose flour

- 2 tablespoons sugar
- 2 teaspoons baking powder
- 1/2 teaspoon cinnamon
- 1/4 teaspoon salt
- 1/4 cup butter
- 1 cup milk
- 1 egg, beaten

Freeze fruit in syrup in Ziploc freezer bags.

To Prepare Pie:

Defrost strawberries and peach slices just until thawed, but still cold. Drain and set aside; reserve juices. Add enough apple juice to fruit juices to make 2 cups liquid. Combine juices and tapioca in small saucepan. Let stand 5 minutes. Bring to boiling and boil 1 minute, stirring constantly, or until mixture is thickened. Cool to lukewarm. Arrange drained fruit in 8-inch square glass baking dish. Pour thickened juice mixture over fruit; spread evenly.

Combine flour, sugar, baking powder, cinnamon and salt in mixing bowl. Cut in butter with pastry blender or two knives until mixture resembles coarse crumbs. Combine milk and egg. Stir into flour mixture only until ingredients are moistened and a dough forms. Turn dough onto lightly floured board. Roll into 8-inch square, about 1/4-inch thickness. Cut into strips. Cross strips to make lattice over fruit. Bake at 375°F for 25 to 30 minutes, or until top is lightly browned and flaky. Makes 8 servings.

*Note: To prepare sugar syrup for fruit, combine 4 cups sugar and 4 cups water to make a 50 percent (heavy) syrup. Bring to boiling; cook until sugar dissolves. Chill.



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Scientists Question U.S. Involvement in Interpol

Suppose there were a private organization which had access to the secret files of most governments in the world.

With no checks on its operations, it could gather information on individuals within a country — without the knowledge or consent of the individuals — and use that information in whatever manner it chose.

The information gathered could concern the most sensitive and intimate matters of government officials and private citizens. The threat this would pose to our basic freedoms would be immense.

The organization exists. Moreover, its president is an American.

The International Criminal Police Organization (Interpol), headed by U.S. Secret Service Director John Simpson, is a conduit for all information available in the files of 136 member countries. Interpol's members include such totalitarian states as Iran, Algeria, Yugoslavia, Rumania, Libya, Chile, Nicaragua and Syria.

By its membership, the United States consents to the viewing of files on its citizens by fascist, communist and terrorist nations.

Concerned about the threat Interpol poses to personal freedoms, the Church of Scientology began investigating Interpol in the early 1970s. In 1974, the Church began publishing its findings. Our disclosures created an international scandal for the private agency.

Church researchers discovered that during World War II the Nazis used Interpol's massive collection of dossiers to blackmail Europeans into performing criminal acts for the Nazi Party.

Interpol's files were routinely used to track down Jews. As a conduit for the Nazis, Interpol's magazine ran wanted notices naming thousands of Jews as "criminals" sentenced to death by the deadly Nazi SS.

SS Gruppenfuhrer Reinhard Heydrich, chief of the dreaded German security police, was president of Interpol from 1940 until his assassination in 1942. As Interpol president, Heydrich was responsible for bringing together the top Nazis who mapped out the "final solution to the Jewish problem" on January 20, 1942.

Ernst Kaltenbrunner, Heydrich's successor, was Interpol's president until his execution as a war criminal in 1946 in Nuremberg.

As the Church unraveled Interpol's hidden Nazi past, it discovered that, contrary to Inter-

pol's representations, its Nazi affiliations had not been severed at the end of the war.

Church of Scientology researchers discovered that Paul Dickopf, president of Interpol from 1968 to 1972, was an SS officer during World War II. The researchers provided meticulous documentation, including Dickopf's SS number (SS #3372959) and a photograph of him in his SS track suit, to U.S. Congressional hearings concerning Interpol in 1975 and 1977.

Not surprisingly, in tracing false information on the Church of Scientology in an article printed in the German magazine, *Neue Revue*, the Church found that the source of the magazine's disinformation on the Church was Interpol. Tracing this further, the Church discovered that Interpol was disseminating this false information — completely undocumented, unverified and unfounded — to other member countries as well.

The Church also recently uncovered information that indicates Interpol is disseminating reports on private citizens who have no criminal record whatsoever. A Congressional investigation of this matter has been requested.

In the Declaration of Independence, Thomas Jefferson expressed the conviction that Americans have "certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness."

The Church of Scientology believes in these rights, and in the freedoms guaranteed all American citizens under the Bill of Rights.

While Interpol's constitution specifically forbids its involvement in matters of a political, military, religious or racial character, a review of Interpol's history shows that it has grossly violated the rights and freedoms of thousands of individuals. Its funneling of information on private citizens today undermines some of our most cherished freedoms.

The Church believes that an organization such as Interpol has no place in a free society. It was a tool of oppression 40 years ago, long before the computer age. In the hands of ill-intentioned masters, with massive computers at their fingertips, Interpol could become a vehicle for something far more frightening than the Gestapo.

Americans' hard-won rights and precious freedoms are endangered when such an organization is supported by our own government.

For further information, call: Toll-Free 1-800-367-8788
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