



**Each one teach one**

Laubach Tutor-training Workshop sponsored by Oregon Literacy, Inc., for persons interested in learning to be a volunteer tutor to teach American non-reading adults to read and write using the Laubach method, will be held August 19, 22, 26, 29, 7-10 p.m. each session.

Call Oregon Literacy for further information. Pre-registration is required and there is a registration fee.



You don't have to speak the language to know that "ole!" is the right word of praise for this delicious Mexican fiesta.

**It's Fiesta time**

Bursting with color and excitement, Mexican food, like the country itself, reflects a love of life and joy of celebration. And you don't have to speak the language to know that "ole!" is the right word of praise for this delicious outdoor fiesta menu from south of the border. A city terrace, your screened porch or backyard patio — any such place sets the scene for casual eating this summer. Here's an exciting menu to make it happen.

- MEXICAN FIESTA**  
 Easy Beef Tacos  
 Mexican Red Beans and Rice  
 Fresh Melon with Lime  
 Sangria Punch

For Mexican fiestas and special occasions, tacos are a favorite treat. Filled with meat, these family pleasers are easy to serve — just let everyone help themselves to their favorite topping. Mexican Red Beans and Rice is the perfect companion. Then, for a delightful refreshing wine beverage, enjoy Sangria Punch.

**EASY BEEF TACOS**

- 1/2 cup chopped onion
  - 1/4 cup chopped green pepper
  - 1 tablespoon butter or margarine
  - 1 pound ground beef
  - 1 teaspoon chili powder
  - 1/4 cup barbecue sauce
  - 6 prepared taco shells
- Suggested toppings: grated cheddar cheese, shredded lettuce, chopped tomatoes, chopped onion, sour cream, sliced ripe olives, avocado cubes

Saute onion and green pepper in butter in skillet until tender. Add ground beef and chili and cook until meat is lightly browned. Stir in barbecue sauce and heat. Fill each taco shell with beef mixture. Top with cheese, lettuce, tomatoes, and other toppings, as desired. Makes 2 1/4 cups meat mixture or 6 servings.

**MEXICAN RED BEANS and RICE**

- 1 can (16 oz.) red kidney beans
- Tomato juice
- 1/2 cup chopped onion
- 2 tablespoons butter or margarine
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 1 1/2 cups instant rice
- 1/2 cup grated cheddar cheese

Drain beans, measuring liquid; add tomato juice to make 2 cups. Saute onion in butter in saucepan or skillet until tender. Add salt, pepper and the measured liquid. Bring to a boil; stir in rice. Cover, remove from heat and let stand 5 minutes. Add beans, heat thoroughly and stir in half of the cheese. Sprinkle with remaining cheese. Makes 4 cups or 6 servings.

**Students participate in summer research**

This summer several high school, college and graduate students are involved in OHSU research and education programs investigating careers in the health sciences.

Ten students are participating in the Minority High School Student Research Apprentice Program observing, participating and assisting in labs, and often conducting their own research projects.

The Northwest Portland Area Indian Health Board is sponsoring a six-week program for high school and college age Native Americans interested in nursing careers. Six students are studying and working with a nurse in a clinical unit at the OHSU or in another health care setting.

Nine college and graduate students are working with scientists on a variety of heart-related research projects through a program offered by the American Heart Association.

**New book helps consumers locate records**

Vital records are just that... vital. In this age of bureaucratic documentation, everyone has need of copies of records of birth, death, marriage or divorce. An application for benefits from the Veterans Administration or Social Security or for a passport or marriage license must have the information contained in these records and sometimes copies of the records themselves.

Under the alien amnesty program now in Congress it will be important to prove U.S. birth or residence in this country for the past few years.

These records are stored permanently by municipalities, counties, states and the Federal government.

The Consumer Education Research Center (CERC) found that there was little uniformity on where the records were available. In some states birth records are kept by the city and some by the county. To further complicate matters, often older records are held in a different place than current ones.

The non-profit consumer group found many people had great difficulty in locating the records they needed. In many cases it was necessary to make expensive long distance telephone calls just to find out where to write. For that reason CERC is publishing a book entitled *Guide to Locating Vital Statistics*. This book contains a state-by-state listing of the

addresses and telephone numbers of where each record can be found, the cost of a copy of the document and sample form letters containing all the information needed to get these and other vital documents.

For those whose records are in foreign countries, there are instructions on where to write for birth and death records of U.S. citizens as well as birth records for alien children adopted by U.S. citizens.

To obtain a copy of this useful book, send \$4, including postage, to CERC-Documents, 429 Clark Street, South Orange, N.J. 07079.

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