The annual Urban League Careers Day brought together 320 Portland area students with local business representatives at the University of Portland Saturday. The students above listen to Jay Williams, Senior Cargo Sales Representative for United Airlines.

(Photo: Richard J. Brown)

Free blood pressure screening

Another free blood pressure screening clinic sponsored by the American Red Cross will be held every Wednesday at American Red Cross Headquarters, 3131 N. Vancouver Ave. in Portland, from 5:00 to 7:00 p.m. Red Cross volunteer nurses do the screening and will provide patients with health education, counseling and referral. No appointment is necessary.

"If you know you have high blood pressure, you're lucky," says Judy Harris, R.N., Director of Nursing and Health Services, American Red Cross. "Because the sooner you know you have it, the sooner you can start to control it." It is estimated that 60 million americans have high blood pressure.

"We know the results of high blood pressure can be devastating, such as heart attacks, strokes, kidney failure, but it is comforting to know that there is a tremendous amount of preventive information available to control it," says Judy. For those individuals who don't know their blood pressure, the Red Cross is taking an active stance to inform the community about high blood pressure. Presently the Red Cross provides nine free blood pressure screening clinics throughout the Portland-Metropolitan area in conjunction with the Multnomah County Department of Human Services.

On the monthly average, 630 individuals visit the free blood pressure screening clinics to have their blood pressure checked and/or monitored, and to receive counseling on nutrition, exercise, and medication. Of these individuals, 15 - 17 percent are found to have high blood pressure and are referred to their physician.

For further information about this free blood pressure clinic or the locations of other free clinics in the Portland-Metro area, call the Red Cross at 284-1234.

Free weatherization workshops

The Community Energy Project is holding 30 free workshops on home weatherization in inner northeast and southeast neighborhoods through January. Workshop participants learn many low-cost and no-cost ways to lower fuel bills and stay warmer. Income-eligible households receive $50 worth of free weatherization materials including caulking, weather-stripping, and plastic storm window kits.

The workshops are held at various community centers and host homes in Humboldt, Boise, Eliot, Kerns, and Hosford-Abernethy neighborhoods. This project is sponsored by the city Bureau of Community Development and the Community Energy Project.

The next workshops are being held at Alberta Street YWCA, Nov. 19; Abernethy Community School, Nov. 21; and Emanuel Hospital, Nov. 26.

Participants *must* pre-register. To pre-register for the above workshop or to find out about other scheduled workshops, call the Eliot Energy House at 284-7868.

Great Baby hunt resumes at Harlem Hospital

Harlem Hospital Center has again launched its "Great Baby Hunt" to bring back all those born in the hospital. "We want our 'Babies' to come home on Monday, Nov. 25, 6:30 p.m. to help us celebrate our 98th anniversary," Charles E. Windsor, executive director stated.

Each year Harlem Hospital Babies from around the world gather for the gala celebration where special entertainment is offered and each baby is given a personal gift.

"It is quite a distinction to have been born in the world's most famous Black medical institution," Charles E. Windsor stated, "and our babies show up in huge numbers to join in celebration of this experience."

The Great Baby Hunt has turned up numerous luminaries including Sammy Davis Jr., Brock Peters, Tito Puente, Eric Estrada, Bill Miles and Roy DeCaraza. they are joined by hosts of ministers, scientists, musicians, lawyers, educators, writers and thousands of other babies spread out all over the world.

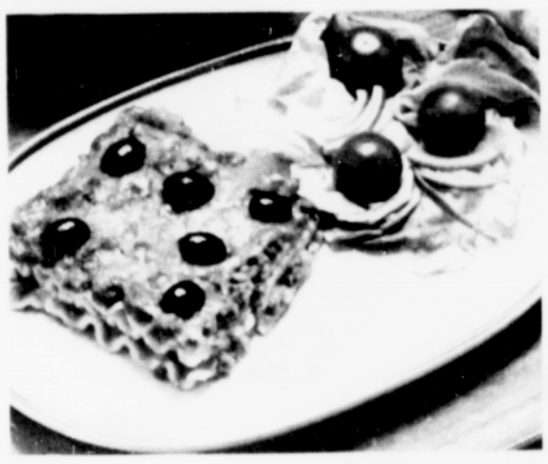
"We are especially looking for our oldest 'Baby' " Windsor stated. "If we found one that was 98 years old, what a victory it would be."

If you are an unregistered Harlem Hospital Baby contact the Public Relations Office at Harlem Hospital Center, (212) 491-1151 immediately.

National Association for the Advancement of Colored People
284-7722
A Public Service of the *Portland Observer*

FABULOUS FARE FOR THE FOOTBALL CROWD!

A Sunday afternoon group of friends or a mob of hungry teenagers? What's fast, filling, and nutritious? Turkey lasagna and turkey chili fit the bill with fix-ahead ease and a break with the budget. Prepare it early in the day, refrigerate, and it's ready for a feast! It handles the big appetites, yet appeals to those keeping an eye on calories. With ground turkey, fewer calories still mean more flavor. Hearty football fans won't even know, because ground turkey tastes just like other delicious ground meats when used in favorite family dishes.



TURKEY LASAGNA

- 8 ounces lasagna noodles
- 2 tablespoons vegetable oil
- 2 3 cup chopped onion
- 1 pound ground turkey
- 1 2 teaspoon salt
- 1 8 teaspoon pepper
- 1 2 teaspoon garlic powder
- 1 can (14 ounces) tomato sauce
- 1 4 cup chopped green pepper
- 1 4 cup Parmesan cheese
- 1 2 teaspoon oregano
- 1 teaspoon garlic powder
- 2 cups tomato juice
- 3 4 cup cottage cheese
- 3 4 cup grated mozzarella cheese
- Sliced ripe olives as garnish, optional

Cook noodles as directed on package. Saute onion in oil. Add turkey, salt, pepper and 1/2 teaspoon garlic powder. Brown turkey. Add tomato sauce, green pepper, Parmesan cheese, oregano, 1 teaspoon garlic powder, and tomato juice. Cover and simmer 20 minutes. Place one-third cooked noodles in bottom of oiled casserole. Cover with half turkey sauce. Place second layer of noodles over sauce. Spread with cottage cheese. Cover with remaining noodles and remaining turkey sauce. Top with mozzarella cheese. Bake at 350° F. for 30 to 40 minutes. Garnish with ripe olives, if desired.

Makes 6 servings.

TURKEY CHILI

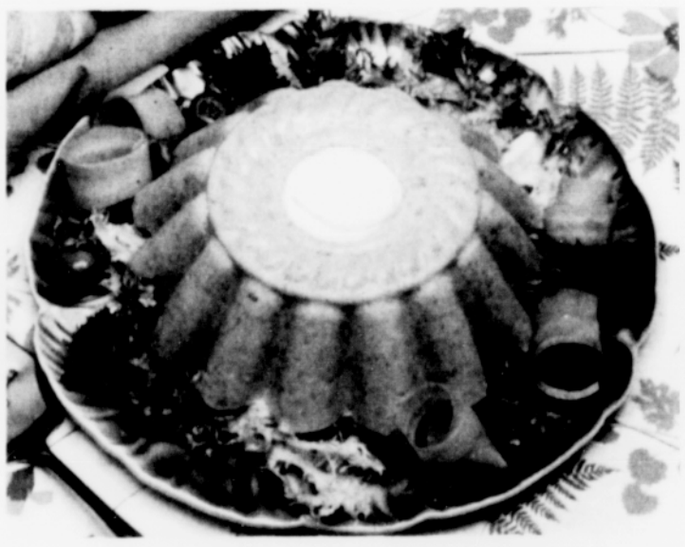
- 2 pounds ground turkey
- 1 2 cup chopped onion
- 2 tablespoons vegetable oil
- 2 garlic cloves, minced
- 2 tablespoons chili powder, or more to taste
- 2 teaspoons ground cumin
- 1 tablespoon paprika
- 1 can (28 ounces) tomatoes
- 1 teaspoon salt
- Freshly ground black pepper, to taste
- 1 can (15 ounces) red kidney beans
- 1 can (15 ounces) pinto beans

Cook turkey and onions in oil until brown. Add garlic, chili powder, cumin, paprika, tomatoes, salt and pepper. Cover. Bring to a boil over high heat; then reduce heat and simmer for at least 1 hour. Add beans and heat through. Best when prepared a day ahead and simmered one hour just before serving.

Makes 8 servings.

TURKEY TIPS:

- After defrosting, use ground turkey within 24 hours.
- Due to the very low fat content of ground turkey, the cook has the option of incorporating a small amount of margarine or butter in burger and meatloaf mixtures for added richness.



TANTALIZING TURKEY VERSATILITY!

What's new and tempting, festive enough for even the most sumptuous buffet, yet easy on your budget and your waistline? Ground turkey ham prepared in a lavish ring gives your guests and family alike a flavorful taste treat while giving you the ease and convenience of one of today's hottest new items! Grind a small turkey ham in your food processor or meat grinder and try this tangy tomato-turkey ham duo. A dazzling accompaniment to a lavish buffet.

TURKEY HAM RING

- 1 can (10-1 2 ounces) tomato soup
- 3 4 cup water
- 2 tablespoons gelatin
- 1 2 cup cold water
- 1 package (3 ounces) cream cheese
- 1 2 cup mayonnaise
- 2 tablespoons lemon juice
- 2 teaspoons mustard
- 2 cups ground turkey ham
- 1 cup celery, diced
- 1 4 cup green onions, sliced
- Yogurt

Stir soup and 3/4 cup water together; heat thoroughly. Soften gelatin in 1/2 cup cold water; add to hot tomato mixture and stir until dissolved. Let set 10 minutes. Slowly mix with cream cheese, mayonnaise, lemon juice and mustard; beat smooth with rotary beater or food processor. Chill just until mixture begins to set. Add ground turkey ham, celery and green onions. Pour into oiled 5-cup mold. Chill 3 to 4 hours. Quickly dip bottom of mold in warm water and unmold on salad greens. Fill center with yogurt, garnish and serve.

Makes 8 to 10 servings.

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And bake just for the fun of it!

Choco-dot Cookies

- 1 cup granulated sugar
- 1 cup packed brown sugar
- 2/3 cup shortening
- 2/3 cup margarine or butter, softened
- 2 teaspoons vanilla
- 2 eggs
- 2 3/4 cups GOLD MEDAL* All-Purpose Flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- 2 cups "M&M's"* Plain Chocolate Candies
- 1 cup chopped nuts, if desired

Heat oven to 350°. Mix sugars, shortening, margarine, vanilla and eggs in large bowl; stir in flour, baking soda and salt. Stir in candies and nuts. Drop dough by rounded tablespoonfuls about 2 inches apart onto ungreased cookie sheet. Press 3 or 4 additional candies in each cookie if desired. Bake until light brown, 9 to 11 minutes. Cool slightly; remove from cookie sheet. About 3 dozen cookies.

High Altitude Directions (3500 to 6500 feet): Increase flour to 3 cups. Decrease baking soda to 1/4 teaspoon. Bake 10 to 12 minutes.

GOLD MEDAL*, BETTY CROCKER*, SUPERMOIST* and CREAMY DELUXE* are registered trademarks of General Mills, Inc.

M&M's.* Chocolate Candies is a registered trademark of Mars, Inc.

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Consumer: Limit one coupon per purchase. No other coupon may be used in conjunction with this coupon. Retailer: You are authorized to act as our agent and redeem this coupon at face value plus 8¢ handling, in accordance with our redemption policy. Copies available upon request. Send coupons to: GM - COUPON REDEMPTION, P.O. Box 000, Minneapolis, MN 00000, or our authorized clearing house. Void if copied and where prohibited, licensed or regulated. Good only in U.S.A., A.P.O.s, F.P.O.s. Cash value 1/100 cent upon presentation for payment. 1185 General Mills

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