

Nero Awarded Contract

Nero and Associates, Inc. has been awarded the contract to furnish facility engineering, operation and maintenance services at the Army's Yuma Arizona Proving Grounds, according to David M. Nero, C.E.O. of the Portland firm. The Yuma contract is for \$1,067,737 for fiscal 1986 with three option years resulting in a total contract value of \$7,440,331 Nero announced.

Portland based Nero and Associates, Inc. with 34 offices in 14 states specializes in Engineering Management, Operation and Maintenance of Government, military, municipal and private sector plants and facilities. Nero stated that Services provided by Nero and Associates, Inc. includes fire protection, security, vehicular operation and maintenance, waste and waste water sewage treatment plants, buildings and structures.

Sickle Cell Anemia Benefit Scheduled

The Portland Sickle Cell Anemia 2nd Annual Musical will be held 6 p.m., Saturday, April 26 at Maranatha Church, located at 4222 N.E. 12th. Featured will be Emanuel Apostolic Church, Bremerton, Washington, Time Sound, The Psalms, Alpha, Bethel A.M.E., Maranatha Inspirations and many other groups and choirs! Come and worship and help others at the same time! For more information, call 249-1399. Proceeds to Portland Sickle Cell Anemia Foundation.

A Late-Night Supper

That's Sure To Please

Something light, something easy — that's the sort of food called for after an evening out at a movie, concert or night game. And this menu fills the ticket nicely, thanks to the special flavor of convenience foods that make something special out of simple inexpensive ingredients.

Be a star after any event with a late supper featuring this easy entree. Spaghetti Carbonara is delicious and simple, made with ham, cheese and perfectly assembled Italian style vegetables — a treat anytime, late night or not.

Antipasto Salad
Spaghetti Carbonara
Crusty Italian Bread
Red Wine
Coffee Tortoni
Antipasto Salad
1 package (16 oz.) farm fresh broccoli, green beans, pearl onions and red peppers
2 ounces salami, cut in julienne strips (½ cup)
4 ounces provolone cheese, cut in julienne strips (1 cup)
½ cup prepared Italian salad dressing
Run cold tap water over vegetables in colander to thaw completely; drain. Combine vegetables, salami, cheese and salad dressing; toss lightly. Chill. Makes 4 cups or 4 servings.

Spaghetti Carbonara
3 ounces spaghetti or vermicelli, broken in half
Boiling salted water
6 bacon slices, diced
½ cup water
1 package (10 oz.) Italian style vegetables with a seasoned sauce

1 egg
½ cup light cream
Cook spaghetti in boiling salted water until just tender — about 8 to 10 minutes. Drain. Meanwhile, saute bacon in skillet until crisp; drain on absorbent paper. Pour off bacon fat, reserving 1 tablespoon. Add ½ cup water and vegetables to bacon fat; bring to a full boil over medium heat, separating vegetables with a fork and stirring frequently until sauce cubes are blended. Reduce heat; cover and simmer 3 minutes. Add cooked spaghetti and bacon. Beat egg well; blend in cream. Add to vegetable mixture and simmer until slightly thickened — about 2 minutes. Makes 4 cups or 4 servings.

Coffee Tortoni
2 teaspoons caffeine free instant coffee
¼ cup milk
2 egg whites
½ teaspoon salt
1 cup sugar
2 tablespoons almond liqueur*
1 teaspoon vanilla
1/3 cup finely chopped toasted almonds
1 container (4 oz.) whipped topping, thawed

*Or use ¼ teaspoon almond extract.
Dissolve instant coffee in milk. Beat egg whites with salt until foamy. Gradually beat in sugar and continue beating until mixture will form stiff shiny peaks. Blend in coffee mixture, liqueur, vanilla and almonds. Fold in whipped topping. Spoon into individual soufflé dishes. Sprinkle with additional almonds, if desired. Freeze until firm, about 5 hours. Makes about 3 cups or 6 servings.

Oregon Eye Physicians Offer Help

The Oregon Helpline is open from 8 am to 5 pm Monday through Friday. Other states will be opening at two-week intervals until July 21, when the Helpline will be operating throughout the country.

The program — supported by voluntary donations from ophthalmologists and by contributions from corporations associated with the eye care profession — is sponsored by the Foundation of the American Academy of Ophthalmology and state ophthalmology societies across the US.

The American Academy of Ophthalmology is the world's largest association of eye physicians and surgeons, with nearly 14,000 members. Ophthalmologists provide comprehensive eye exams, prescribe corrective lenses and diagnose and treat eye disease.

The Oregon Eye Care Project Helpline, the medical program to help provide eye care to the elderly, has received 911 calls in its first two weeks of operation.

Of the callers, 652 elderly Oregon residents — 20 of whom have no insurance — have been referred to volunteer ophthalmologists for eye care. Other callers have received free information about eye care.

James R. Waldman, MD, president of the Oregon Academy of Ophthalmology, has encouraged US citizens and legal residents age 65 and older to call the toll-free Helpline — 1-800-222-EYES — if they think they have medical eye problems but do not have an eye physician. Disadvantaged elderly are eligible for medical eye care at no out-of-pocket cost.

Energy Assistance Programs Receive Additional Funding

It has been announced by the Community Action Agency of Portland (CAAP) that six local agencies will receive additional funding to provide energy assistance to low-income people in the Portland area due to recent awards from the City of Portland and the Emergency Food & Shelter Board. On Wednesday February 12, 1986, the City Council approved \$25,000 for emergency fuel assistance in addition to \$18,457 approved by the Council in November. The local Emergency Food & Shelter Board, which oversees funds made available by the Federal Emergency Management Administration, awarded the CAAP service a total of \$56,923.

Low-income persons may apply for emergency assistance by contacting the local CAAP affiliate agency serving their neighborhood:

Agency Area Served Telephone
PACT, SE Portland, 239-4328
Neighborhood House, SW Portland, 246-1663
Burnside Projects, Downtown Portland, 222-9627
NCAC, N Portland, 286-8371
Urban League, NE Portland, 284-2776
NW Service Center, NW Portland, 228-6972

Michael Jans, Executive Director of the CAAP, notes that these emergency fuel monies are coming at a critical time due to the spend-out of monies made available under the federally-funded Low-Income Energy Assistance Program (commonly called LIEAP). Jans also noted that the federal government recently released LIEAP monies which had been temporarily frozen while the Health & Human Services Department (HHS) examined potential cutbacks in

funding due to the Gramm-Rudman Act. "Unfortunately," noted Jans, "because funds were temporarily held by HHS, many low-income people have gotten the impression that money is no longer available. Our affiliate agencies have reported that many people have not shown up for appointments or have gone without heat because they were unaware that assistance was available." Jans also noted that many low-income people do not apply for assistance until they realize they are unable to meet energy bills which have accumulated over the cold months. "As a result, every year we see a large number of utility shut-offs which occur starting about this time of year, thus this money is very important to Portland's poor."



These Feature Grocery Items Are Just An Example Of What You Will Find In Your "Safeway Shopping Guide"

Look In Your "THIS WEEK" Newspaper Today For Even More Selection And Value For Your Dollar At Safeway



Blade Cut Chuck Roast

Safeway "Select" Grain-Fed Quality Beef

89¢ Lb.

Save Up To 99¢ Lb., No Limit!



New 8-Pack

Bath Tissue

Coronet, 2-Ply Decorator Prints

\$1.49

Save Up To 80¢, No Limit!



Post, New All-Natural

Raisin Bran

Nutritional Favorite Breakfast Cereal, 20-Oz. Pkg.

\$1.88

Save Up To 77¢, No Limit!



Sweet Thompson

Seedless Grapes

Imported From South America Especially For You!

89¢ Lb.

Save Up To 40¢ Lb., No Limit!



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