

High School Student Apprenticeships Available

The Oregon Regional Primate Research Center (ORPRC) Beaverton, announces its 1986 Edward S. West Summer Science Apprenticeship Program, and 1986 Minority High School Student Research Program. Designed to give graduating high school seniors the opportunity to work in a research laboratory before they enter college, the program encourages students to consider careers in science. The nine week program runs from June 16, to August 15, 1986.

The apprenticeships are open to students completing their senior year in high school, and who live within com-

muting distance of the Primate Center. Participants will work and study full-time during the nine week program, and will be paid \$3.35 per hour. Students will work under the auspices of a host scientist from the ORPRC staff. In addition they will be expected to read scientific literature in their assigned field, and to attend special seminars highlighting other areas of biomedical research. Participants will be selected on the basis of scholarship, local and national test scores, experience, career plans, and recommendations of science teachers.

Funding for the Minority High School Student Research Apprenticeship Program is through a grant from the National Institutes of Health. Remaining awards are funded by the Medical Research Foundation of Oregon, and the Edward S. West Summer Science Apprenticeship Program.

Deadline for application is April 4. Forms are available from high school counselors, science teachers, or from the Primate Center, 505 N.W. 185th Avenue, Beaverton, OR 97006. For more information contact Mary Tobias at the Primate Center 645-1141.



(L-R) Mrs. Billye Aaron, Area Development Director of the United Negro College Fund and wife of noted baseball player Hank Aaron and Mr. Tom Cordy, President of AMC Mechanical Contractors are named co-chairs of the 7th Annual Martin Luther King, Jr. Memorial Drum Major for Justice Awards Dinner by General Chairperson, and convener of SCLC/WOMEN, Mrs. Evelyn Lowery. (Photo by Renard Southall).

The longest professional football run from scrimmage was accomplished on January 3, 1983 when Tony Dorsett of the Dallas Cowboys ran 99 yards to score a touchdown.

In Lake Huron there's an island called Manitou Island. On it, is a lake, Manitou Lake. In that lake are several islands.

Tempting TV

Suppers

Let's face it, we all like to relax in front of the TV with supper from time to time. So, this week why not make it a family affair? Just check the television schedule, set aside the night, then set up the snack trays. Now all you need is a convenient meal that travels easily into the TV room.

Well, here's the easiest of suppers, the one-dish dinner. Everything — vegetables, meat and starch — goes together in one dish, so preparation is simple and cleanup is a snap. Try Spinach-Meat Pie teamed with a tossed salad and beverage. It's all you need to make this family night a success. Or maybe they'd prefer something tangy like Beefy Potato Salad, prepared with horseradish or a hearty casserole like Pork-Noodle Bake. All are tempting one-dish dinners that serve up quickly so you won't miss a minute of action.

Spinash-Meat Pie

1 1/3 cups rice
1/2 teaspoon butter or margarine
1/2 teaspoon salt
1 1/3 cups boiling water
1 egg, slightly beaten
1/4 cup grated Parmesan cheese
1 package (9 oz.) creamed spinach
1/2 pound ground beef
1/2 teaspoon salt

1/8 teaspoon pepper
1 small onion, sliced
1/2 teaspoon Worcestershire sauce
3 eggs, beaten

Measure rice, butter and 1/2 teaspoon salt into 9-inch pie pan. Add boiling water and stir. Cover with aluminum foil; let stand 5 minutes. Stir in 1 egg and the cheese. Press into bottom and up sides just to rim of pan.

Place vegetable pouch in bowl of hot water to thaw partially. Season meat with 1/2 teaspoon salt and the pepper; brown well with onion in skillet. Remove from heat. Mix in spinach, Worcestershire sauce and 3 eggs. Spread in rice-lined pan and sprinkle with additional grated Parmesan cheese, if desired. Bake at 400° for 30 minutes, or until set. Let stand at least 5 minutes before cutting. Makes 6 servings.

Pork-Noodle Bake

8 ounces egg noodles
Boiling salted water
1 can (10 3/4 oz.) condensed cream of celery soup
1 package (10 oz.) mixed vegetables
1 cup milk
1 teaspoon Worcestershire sauce
1/2 teaspoon curry powder (optional)
6 pork chops, 3/4- to 1/2-inch thick
1 envelope Shake 'n Bake seasoned coating mix for pork

Cook noodles 3 minutes only in boiling salted water; drain. Combine soup, vegetables, milk, Worcestershire sauce and curry powder; add noodles. Spread evenly in greased 13x9-inch baking dish. Coat pork chops with seasoned coating mix as directed on package. Arrange on noodle mixture. Bake at 425° for 35 minutes; or until chops are tender. Always cook pork thoroughly. Makes 3 servings.

Beefy Potato Salad

1 package (10 oz.) green peas and pearl onions
3 tablespoons water
1/2 cup mayonnaise
2 tablespoons sour cream
1 1/2 tablespoons prepared horseradish
1/4 teaspoon salt
1 1/2 cups diced cooked potatoes*
4 ounces (1 1/2 cups) slivered cooked roast beef

*Or use 1 can (16 oz.) small whole potatoes, drained and diced.

Cook vegetables as directed on package, using 3 tablespoons water and omitting the butter; drain. Combine mayonnaise, sour cream, horseradish and salt. Add vegetables and potatoes. Chill about 2 hours. Spoon salad in center of serving platter; arrange roast beef around the salad. Garnish with capers, if desired. Makes 3 1/2 cups plus beef or 3 servings.



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