

FOOD & NUTRITION

The Portland Observer

Lawry's Celebrates Kwanzaa With Savory Cornbread Dress



Savory Cornbread Dressing, whether featured as a side dish or used as stuffing for turkey and Cornish hens, will enhance festivities of all kinds this holiday season.

Lawry's Foods, Inc., celebrates the holidays with Savory Cornbread Dressing, a delectable side dish that is featured in "A Taste For All Seasons" cookbook.

Cornbread dressing, used in many dinner celebrations during Kwanzaa, enhances the magnificent meal that is the climax of festivities. Beginning the day after Christmas, Kwanzaa ends

SAVORY CORNBREAD DRESSING

1/2 cup chopped onion
1 cup seasoned stuffing mix
OR 3 slices toasted whitebread
1/2 cup chopped celery
1/2 chopped green bell pepper
2 eggs
1 pound pork sausage, crumbled
2 tbs. sage
1 tbs. Lawry's Seasoned Pepper
1 tbs. Lawry's Seasoned Salt
2 to 3 cups chicken broth
2 nine-inch pans of cornbread (for best results use old, refrigerated cornbread)



on New Year's day, culminating with a lavish feast (the Kwanzaa Karamu) on December 31. The Kwanzaa Karamu features a variety of cuisines from the Caribbean, Africa, South America--wherever African cooking has a strong influence--as well as traditional United States dishes such as turkey and cornbread dressing. Celebrants complete the feast with song, dance and reflections.

"Food itself an expression of culture, is usually the center of attention at family dinners and other holiday gatherings," says Teri Lim, consumer communications manager at Lawry's Foods, Inc. "In 'A Taste For All Seasons', we highlight some of the dishes that have united people for years."

Kwanzaa, meaning "first fruits of the harvest" in Swahili, joins many other holidays, including Thanksgiving and Christmas, in its celebration of food.

Created by Dr. Maulana Karenga in 1966 and now observed by more than five million African-Americans and others of African descent, Kwanzaa has become a major celebration in some cities. Its seven principles, or Nguzo Saba, are Umoja (Unity), Kujichagulia (Self-determination), Ujima (Collective Work and Responsibility), Ujamaa (Cooperative Economics), Nia (Purpose), Kuumba (Creativity) and Imani (Faith).

Savory Cornbread Dressing, whether featured as a side dish or used as stuffing for turkey and Cornish

hens, will enhance festivities of all kinds this season.

In medium skillet, saute onion, celery and bell pepper. Add sausage. Brown; drain fat. In large bowl, crumble cornbread, add remaining ingredients except broth; blend well. Add meat mixture and broth, one cup at a time, to get a moist consistency; blend well. Pour into 3-quart casserole dish. Bake in 350 F. oven 30 minutes or until brown and heated through.

Makes 8 Servings

Presentation: Garnish with sage leaves if available.

Hint: Stuff a 12 pound turkey or two (1 1/2 pounds each) Cornish hens with stuffing. Place bird in roasting pan and surround with extra dressing. Brush fowl with melted butter and sprinkle on Lawry's Seasoned Salt and Seasoned Pepper. Roast, uncovered, in 325 F. oven about 15 minutes per pound for turkey and 45 minutes total for hens. Cover if dressing begins to dry.

A collection of more than 60 family recipes, from the time-honored to new renditions of old favorites, Lawry's "A Taste for All Seasons" cookbook was produced as a fundraising tool for Lawry's school partners and non-profit community partner organizations. To order your copy of the cookbook, send a check or money order for \$4.00 to: Lawry's "A Taste For All Seasons" Cookbook

P.O. Box 2897
Culver City, CA 90231-2897

Gresham Annual City Hall Holiday Bazaar

It's not too early to begin thinking (aargh?) about holiday shopping, and we have just the event for you.

Back at Gresham City Hall, by popular demand, is the upcoming 4th Annual City Hall Holiday Bazaar, scheduled for Saturday, November 27, from 10am to 4pm at Gresham City Hall at 1333 N.W. Parkway.

The bazaar, which will benefit the Gresham Lions Supper Club Sight First Campaign, is sponsored by the City of Gresham employees and the Lions Supper Club. It will offer a wide variety of gift and draft items and decorations, as well as entertainment and fun for all.

Proceeds from the vendors who rent tables at the event will go directly toward the internationally-sponsored Sight First Campaign, which was established to raise \$200 million to help people, particularly those living in third world countries, who are blind or losing their sight. The Gresham Lions Supper Club hopes to raise \$3,700 to contribute to the campaign.

If you have any questions call Crime Prevention Specialist Joe Anderson, who is coordinating the event, at 669-2332.

Public Service Announcement

You can give a gift that strengthens families--time. Telephone counselors are needed to provide support and referral information and sometimes intervention on the Parent Helpline and the Child Abuse Hotline. Day, evening and weekend shifts are available. Complete training is provided. Help build stronger families. Call Kris at 238-8819 for more information.

Community Information

Congressman Wydan will be holding town meetings throughout the Third District to discuss key issues such as: job creation, controlling health care costs, and fighting drugs and crime.

Dates:

Tuesday, November 30
7:30am - 9:00pm
Southwest Uplift
3534 SE Main
Portland

Thursday, December 2
7:30pm - 9:00pm
Luther Memorial
Lutheran Church
4800 NE 72nd
Portland

If you have any questions, please call Nancy Bennett or Josh Kardon at (202) 225-4811

Prices good 5 days...Friday, November 26 through Tuesday, November 30 at Safeway.

SAFEWAY



Safeway
OPEN
Until 3 PM on
Thanksgiving Day.

All stores will be
Open Regular Hours
Friday, Nov. 26, 1993



Enjoy our selection and famous low prices every week at Safeway...

Ovenjoy
Fresh Breads

- Choose from white or wheat bread
- 22.5-Oz
- FIRST 3

• SAVE UP TO 87¢ on 3

3 for 89¢

Nalley
Mayonnaise

- or Nalley Whip Salad Dressing
- 32-Oz.

• SAVE UP TO \$1.00

99¢ ea

Enjoy Extra Savings With The
New 'In-Store'
Safeway Shopping Guide
Available at your Safeway store.

The Information Highway: Got A Map?

By PROFESSOR MCKINLEY BURT

The word "information" has one of the most expansive definitions in Webster's Ninth New Collegiate Dictionary. We are advised No. 1, "The communication or reception of knowledge or intelligence"; and No. 2, "knowledge obtained from investigation, study or instruction". And that's just the beginning of a potpourri.

Like myself, the readers are bombarded night and day by hundreds of reports (information?) on the planning or construction of new highways and byways for the transmission of news, pictures, voices, data bases, libraries, books, research, whatever, that can be digitized (reduced to binary bits, one or zero) and sent over a wire or transmitted by coaxial cable, fiber optics, lasers, radio waves, infrared (newspapers to your living room).

And who all is preparing to become major players in what promises

to be a trillion dollar game in a few years. Try this partial list of electronic moguls for openers: telephone companies (baby bells), cable companies, television networks, newspapers, movie studios, car phone systems, educators, publishing houses, computer/CD Rom manufacturers, government agencies, and many other. Wow! The highway sounds crowded already, doesn't it? Don't worry, some new lanes are being opened (frequencies, satellites).

As you're probably aware I wrote some articles here earlier this year on the use of the new electronics by the office worker or business person who operates from the home. Many firms and their employees are expressing great satisfaction with the 'office-at-home arrangement which seems to facilitate a number of things from reduced overhead at the plant to the saving of child care costs for the employee. For the business person in the same circumstances, the advan-

tages are growing exponentially, when we consider either the direct mail vendor or the information specialist.

Now, add to this mix, the "Interactive Component" which has become a force of its own, driving the entire system in some cases. Consider "Video conferencing" and its many adaptations for instance. Think beyond the fact that company executives in far flung locations around the state, country or world can now have a 'virtual' conference around the 'same' table and save all that airfare--a 'one-too-many' mode enables a single instructor to reach hundreds or thousands of students around a state or the country. I'm sure you've observed this phenomenon on our cable channel 31, "Mind Extension University", or on the Community College Channel.

As the quality of transmission improves and universally the cost goes down I see some tremendous opportunities for even us 'little guys'. A

Beaverton company recently conducted a video conference with its branch in Australia at a rate of \$200 an hour; it is much more meaningful if you can see the body movements, the facial expressions and hear the person speaking. You walk away from that feeling that you communicated and it was understood on both sides. On the telephone you don't do that."

Now, that got my attention, for in my research on African inventions and technology, I have called contacts in Africa and Europe a number of times; with mixed results, though a decided improvement over correspondence in respect to getting attention (Fax is not too shabby). From experience, I am confident enough in my own abilities and persona to use this sophisticated component of the 'Communications Highway' to achieve some important breakthroughs in the retrieval of Key African History at over seas museums and universities. And you cut down on the risks and

expense of travel in many of these places.

Knowing me, I'm sure you won't be surprised when I conclude by making reference to the African contribution to the Communication Highway. Since the recent collision of the trains over in Washington is still fresh in our minds, let us begin with Granville T. Woods, the African American Engineer who patented over 90 inventions, many of which were to make railroading a safer enterprise: so-called "Westinghouse Air Brake (No. 701,981); Electric Railway Systems (385,034-667,110 & 678,076) But, particularly we would refer to his 'Communication' inventions: Railway Telegraphy (388,803); Telephone system and Apparatus (371,241). All done at or before 1900.

We would also note that these inventions enhanced the safety of railroading by either operating the semaphore signals beside the track or by passing a minute current through the

track and the wheels of the train to a receiving set inside the moving cars. Now, we don't know yet exactly what happened in the Washington crash, but we do know that one crew became aware of the other train too late--didn't see the red stop signal beside the track, presumably because of the inclement weather.

Interestingly, I received a letter from a former student citing a black man in Iowa (1922) who invented an electric signaling system which would operate a semaphore within the cab of the engine, getting around the viability problem. I have located the patent and am following up. Absolutely incredible.

But, then, consider this: Plato said that Africans invented communications i.e. letter/language. Also mathematics where we find that they invented the binary system which makes digital codes and computers possible. (see Gillings, "Mathematics In The Time of The Pharaohs", Dover, 1982)