



Master Puppeteer Rick Manning brought, *Abiyoyo*, a traditional Zulu folktale to life at the Interstate Firehouse Cultural Center. The production, part of the Firehouse's 10 Annual Student Matinee Series, featured four-foot-tall hand carved marionettes, elaborate sets and lively South African folk tunes incorporated with jazz and rhythm and blues. Manning carves and costumes his own string marionettes then manipulates them from behind the scenes. It is live theater that has existed in various forms around the world but is disappearing due to its complexity.

Photo by Duane Lewis

## Breakfast On The Weekend

"Breakfast on the weekend." They are words that conjure up vision of delicious food and the luxury of time to enjoy. But a weekend breakfast is more than a sweet dream. It's becoming a popular, pastime, whether it's something special cooked at home or a social occasion at a favorite restaurant. Savvy restaurateurs are capitalizing on the morning bonanza with

menus that go far beyond the basic toast-and-eggs fare. Diners can start the day with frittatas or cheese omelets with out-of-the-ordinary additions or whole grain breads with herb and fruit-flavored butters. For an ethnic accent, Mexican chorizo or Italian polenta are popular side dishes.

Eating out is great, but you may rather keep your slippers on and en-

joy a weekend breakfast with all the comforts of home. To make the most of the occasion, choose a recipe that gives maximum satisfaction, yet lets you ease into the day. Berry-Topped Blintz Bake is rich with the flavors of the traditional blintz -- dairy sour cream cottage cheese and cream cheese, accented with grated lemon peel -- but is much easier to make.

### Berry-Topped Blintz Bake

- 4 ounces cream cheese, softened
- 3 eggs plus 1 egg yolk divided
- 1/2 Cup plus 1 table spoon flour, divided
- 3/4 cup sour cream or sour half and half
- 1/4 cup (1/2 stick) butter, melted
- 1 teaspoon baking powder

Preheat oven to 350 F. Butter an 8-inch square baking dish with 2-inch high sides. For blintz, place cream cheese, cottage cheese, egg yolk, 1 tablespoon sugar, 1 tablespoon flour and vanilla in blender container. Blend on low speed until smooth, stopping and scraping down sides of container once. Transfer cheese mix-

ture to bowl; set aside. DO NOT WASH BLENDER. Place 3 eggs, the sour cream, milk butter and lemon peel in blender container. Blend on medium speed until smooth. Pour half of the batter into baking dish. Drop small spoonfuls of cheese mixture in evenly spaced rows on top of batter. Pour remaining batter on top

bake until puffy and edges begin to turn golden, about 45 minutes.

For topping combine 1 cup fresh berries and 3/4 cup blackberry or blueberry syrup in small saucepan. Heat over low heat until warm, stirring occasionally. Cool blintz on wire rack 5 minutes. To serve, cut into squares and top with berries. Serves 6 to 8.

- 1 container (8 ounces) small curd cottage cheese
- 1/4 cup plus 1 tablespoon sugar, divided
- 3/4 teaspoon vanilla
- 1/4 cup milk
- 1 teaspoon grated lemon peel

## Summer Series For Kids

Zany comedy, environmental resourcery, charming marionettes and more are headed to Blue Lake Regional Park for the 12th annual Especially for Kids summer series. Discovery and learning through interactive entertainment are emphasized in programs for children ages 4 to 9 years. The series, sponsored by Metro Regional Parks and Greenspaces, runs from 2 to 2:45 p.m. Wednesdays, June 26 through August 14.

An important goal of the program is to provide youngsters with experiences and messages that are

inspiring and meaningful. "We focus our programming on nature and cultural awareness and performing arts themes to accomplish that goal," said Julie Weatherby, program manager. "We hope that children take with them an experience that guided them in a positive direction."

The series starts with traditional Latin American Folk melodies on June 26. Peter and Lucy recount their adventures in the mystical land of Narnia in the Lion, Witch and the Wardrobe July 3. On July 10 kids can explore the unique characteristics of

snakes. Master storyteller Will Hornyank spins funny fishing stories July 17. The Dr. Wilderness Show brings environmental wizardry on July 24. Comedy and rock 'n' roll accompany the Multnomah County Bookmobile July 31. The Oregon Puppet Theater presents a marionette play on August 7. The series ends with an OMSI show on how solids, gases and liquids change from one state of matter to another.

Blue Lake Regional Park is located on Blue Lake Road between Marine Drive and 223rd Ave.

## PAL Organizes Summer Camps Programs

The Police Activities League is preparing for summer programs and spreading the message and no and low-cost summer programs are available for low-income kids through PAL, and through other community groups as a tool in providing a safe and livable community, as well as preventing youth from heading toward gang involvement and other negative behavior.

"Keeping kids active during the summer is the key to having a healthy summer for all community members," said PAL's Nicole Johnson. "PAL is excited to be able to provide positive opportunities for youth.

The free 7th Annual PAL Summer Sports Camp for kids 8 to 16 will be June 24-28 at the PAL Youth Center at 424 NE 172nd and at Centennial Middle School 17650 SE Brooklyn. Police Officers and community volunteers coach over 14 sports to 500 youth. Transportation will be provided from some areas.

Another free program, National Youth Spots Program, will be Monday-Friday, July 15 through August 16 from 7:15 a.m. to 2 p.m. at Portland State University, for low-income youth 10 to 16 provides sports instruction, educational enrichment, meals, and more to expose youth to

higher education in a structured environment. Transportation will be provided from some areas.

The Pal Tennis in the Parks program is June 17 through August 9 at Alberta, Sellwood, Rose City, Mt. Scott, Lents Park, Peninsula and Columbia parks. The cost is \$10, (\$5 if on reduced lunch). There is a \$10 fee for the PAL-Bud Monnes Youth Center, of Safety. Programs for 8- to 16-year-olds will run July 1 to August 30, Monday through Friday from 10 a.m. to 6 p.m.

The center is located at 424 NE 172nd Summer. Call 823-0250 for summer programs.

## PGE Camps Close Proximity To Portland

Campers and recreationists won't have to travel far this summer if they are going to a Portland General Electric park or campground. PGE is the owner and of nine scenic recreation areas, seven of which are within a 40 mile range from the Portland metropolitan area.

All are located near lakes or rivers which allow visitors to enjoy fishing, boating, site-seeing and bird watching.

"Our recreation areas really address the needs of campers and recreationalists of the 90's," says Deb Shallert, PGE Park and Recreation Specialist. "With the exception of Pelton and Round Butte, travel time from Portland is less than an hour-and-a-half, all sites

are compact and well designed for easy access, and we have all the amenities families look for such as boat rentals, fishing tackle, shelters with electricity, and grocery stores!"

### The PGE projects are:

- **River Mill Park**, near Estacada, is open for day use, boating, fireplaces. Faraday Lake, near Estacada, is open for day use, and is stocked regularly for bank fishing.
- **Promontory Park**, near Estacada, is open for overnight as well as day-use and has showers, electric cooking facilities, fishing boating and rentals.
- **Harriet Lake**, near Oak Grove, is a small campground with boating, fireplaces tables and toilets.

- **Timothy Lake**, 25 miles east of Government Camp, has 200 campsites with fishing, boating and horseback riding.

- **Roslyn Lake Park**, near Sandy, is open for day use with boating and fishing.

- **Round Butte Observatory**, in the Deschutes River Canyon near Madras, is for day use with picnic facilities.

- **Pelton Park**, near Warm Springs, is open overnight and for day use with boating and fishing.

- **Trojan Park**, near Rainier, is a day-use facility for hiking, biking and bank fishing with a play field and picnic area.

Reservations can be made by calling 464-8515.

The Portland Observer welcomes

## THE KOREAN AMERICAN GROCERY ASSOCIATION OF OREGON

**Alberta Street Market**, 915 N.E. Alberta  
281-6388

**Boston Market**, 726 N.E. Killingsworth  
282-6776

**Ainsworth Market**, 5949 N.E. 30th  
281-0479

**Prescott Corner Market**, 1460 N.E. Prescott  
284-7418

**King Food Mart**, 3510 N.E. MLK Blvd.  
281-0357

**Dekum Food Market**, 800 N.E. Dekum  
Owner: Sonny Kim  
283-1240

285-8006  
**KC2 Food Market**, 1301 N.E. Dekum  
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