

Blazer Great Scholarship Drive

Honoring the late Maurice Lucas' 70th birthday

As the nation marks Black History Month, the Maurice Lucas Foundation is hosting a scholarship drive in honor of the late Portland Trail Blazers great, which kicked off on Feb. 18 with what would have been Lucas' 70th birthday.

"The funds donated will go to our Howard Hedinger Memorial Scholarship Fund to support Portland students' post-secondary schooling," said David Lucas, son of the late Maurice Lucas and executive director of the foundation. "Dad wore the number 20 when he played for the Trail Blazers. To mark that, we want to raise \$20,000 in 20 days."

The scholarship drive will run until March 9. Anyone who wants to donate can do so at www.ML20.org.

Maurice Lucas was one of the most beloved members of the Portland NBA franchise. It's been 34 years since he last played with the Trail Blazers, 12 years since he served as an assistant coach with the team and 11 years since he passed away.



Maurice Lucas, one of the greatest players in Portland Trail Blazers history, celebrates a past birthday with his family. A Lucas Foundation scholarship drive kicked off on Feb. 18 to honor the date of what would have been his 70th birthday

Lucas was born and raised in Pittsburgh. A 6 ft.-9 in. power forward, he played at Marquette University, and after a two-year stint in the ABA, he joined the Portland Trail Blazers. Lucas was the team's leading scorer in 1977, the year the Trail Blazers won the NBA Championship.

The Trail Blazers retired the four-time NBA All Star's number in 1987. The ABA also named Lucas to its All-Time Team. He passed away in 2010 at age 58 of cancer.

FOOD

Tuna Noodle Casserole



Tuna Noodle Casserole combines flaky tuna and in a cheesy, creamy sauce. It can be prepped ahead of time and baked later, making it perfect for busy schedules. This recipe is great with any simple veggies, like celery, cauliflower, roasted carrots, and the creamy, cheesy, mushroom sauce that will satisfy even the pickiest of palates!

Ingredients

Makes 8-10 servings

- 3 cup noodles
- 1/4 cup chopped onion
- 2 (5 ounce) cans tuna, drained
- 1 teaspoon mustard
- 2 cups shredded Cheddar cheese
- 2 (10.75 ounce) cans cream of mushroom soup
- 1 1/2 cup broccoli (other veggies, like frozen peas, carrots can also be used)
- 1/2 (4.5 ounce) can sliced mushrooms
- 1/2 cup panko bread crumbs
- 1 tablespoon butter melted

Directions

- 1) Bring a large pot of lightly salted water to a boil. Cook pasta in boiling water for until al dente - around 8 to 10 minutes; drain.
- 2) Preheat oven to 425 degrees F (220 degrees C).
- 3) In a large bowl, thoroughly mix noodles, onion, 1 cup cheese, mustard, peas, tuna, soup, mushrooms broccoli, and any other veggies used.
- 4) Combine bread crumbs and butter together thoroughly and set aside
- 5) Transfer mixture to a 9x13 inch baking dish, and top with bread crumb topping and remaining 1 cup cheese.
- 6) Bake for 15 to 20 minutes in the preheated oven, or until cheese is bubbly.

The Portland Water Bureau and regional water providers detected elevated levels of lead in water in some homes in Portland.



Lead is most commonly found in the **plumbing of homes built between 1970-1985.**



Portland's water can be **corrosive to lead**, allowing **lead to get in drinking water** when it sits for several hours.



What you can do:

- 1 **Test your water** for lead. **Free kits** at leadline.org.
- 2 **Run cold water** for **30 seconds to 2 minutes** to flush out lead.
- 3 **Use cold, fresh water** for **cooking** and for **preparing baby formula**.
- 4 Consider **using a filter**. Check whether it **reduces lead**—not all filters do.

We're taking further steps to reduce lead in water:

- ✓ By April, we'll begin operations at the **Improved Corrosion Control Treatment** facility, which will make our water **less corrosive to lead** and other metals found in home plumbing. Learn more at portland.gov/water/lead.

Brought to you by the Portland Water Bureau and Burlington, Lorna, Palatine Hill, Pleasant Home, Raleigh, Valley View, and West Slope Water Districts.

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FOR A ROYAL AFFAIR
TO CELEBRATE

Sir Trevor
Mason Sr.'s
100th
Birthday

Saturday, February
26th, 2022
3:00pm - 6:00pm
Colwood Golf Club
7313 NE Columbia
Boulevard
Portland, OR 97218

Masks are
Required

*A Money tree will be
available for gifts*

