

Legislative employees to get holiday

Senate President John Kitzhaber and House Speaker Vera Katz today announced that all legislative employees will have Monday, Jan. 20 off to celebrate the birthday of Martin Luther King, Jr.

This declaration is contrary to the Executive Department's announcement that all state agencies would remain open on Jan. 20.

It is customary for the Legislative branch to follow the directives of the Executive Department in the observance of holidays. However, Kitzhaber and Katz said in their statement that the intent of the legislation passed this year clearly establishes Presidents' Day in February and Martin Luther King's birthday in January as holidays for those employees not under collective

bargaining agreements.

"It is disappointing that the issue with the unions could not have been resolved sooner. But, since the Governor issued his statement, there is no question in our minds that a break with tradition is necessary," Katz said.

"While not all state employees will observe Martin Luther King's birthday as a holiday this Jan. 20, my hope is that, by 1987, his birthday will be a united celebration," Kitzhaber added.

Seeking Big Brothers/Sisters

The North Portland Youth Service is once again conducting a campaign to recruit volunteers for its Big Brother/Big Sister program. Volunteers agree to spend two to three hours per week with a Little Brother or Sister enjoying such activities as hiking, skating, going to the zoo—whatever they decide to do. Sometimes they just hang out at home and talk—what is important is that

they have time together and that the little brother or sister has someone to talk to, someone who cares.

Right now the North Portland Youth Service Center has many children on its waiting list who would love to have an older friend. If you would like to be that friend, call for more information at 285-0627 and ask for Elinor Gwynn.

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Christmas tree has more uses

In the weeks following Dec. 25, many homeowners have a used Christmas tree on their hands.

Ray McNeilan, Oregon State University Extension home gardening agent, cautions those planning to burn the tree that by this time it is well-dried out and extremely flammable. Disposal of the tree by burning can be dangerous, particularly if you decide to burn it indoors in a fireplace or woodstove.

If the tree is to be burned in a fireplace, first cut it into small pieces. Don't burn large portions of the tree's boughs and trunk at the same time. Feed the pieces into the wood stove or fireplace slowly, one at a time.

Besides burning, there are other ways to get maximum use out of a retired Christmas tree around the home.

McNeilan suggests having the tree ground into sawdust if you have access to a mechanical tree grinder. The sawdust can then be used as a mulch around flowers and shrubs in the home landscape.

If a mechanical grinder isn't available, strip the boughs from the trunk and cut it up for firewood. Use the boughs as a mulch around low-growing landscape plants.

A discarded Christmas tree can even be used as a sort of bird feeder for a time after the holidays. Simply set the tree up in the backyard and sprinkle it liberally with bird seed. The neighborhood birds will discover it shortly, bringing their lively cheerfulness to your wintery landscape.

Holding Off Heartburn During The Holidays

Most of the year you're careful, watching what you eat and seemingly going to great lengths not to overindulge. But the approaching holiday season has a not surprising way of changing all that.

During the holidays, the combination of good food, good company, and good cheer can produce more than good times. It can also add up to heartburn, a common condition that afflicts an estimated 25% of the U.S. population.

Heartburn is a term used to describe the unpleasant symptoms sometimes produced by overeating. Generally they include a tightness, pain, or burning sensation in the chest area behind the breast bone caused by a backup of stomach acid into the esophagus.

For those who suffer from heartburn, many physicians recommend an effective over-the-counter antacid preparation such as Gaviscon, which forms a foamy layer on top of the stomach contents that protects the delicate tissue of the esophagus against acid irritation.

Prevention is probably the best course of action. The best way to avoid heartburn is to be aware of your individual limitations and eat accordingly. Here are some other helpful hints to keep in mind during the upcoming holidays and throughout the year:

- Certain foods and beverages — such as chocolate, fried and spicy foods, processed meats, mints, alcohol, and coffee — have a tendency to produce heartburn.
- Eat small bites and chew your food thoroughly.
- Sleep with the head of your bed raised about six inches.
- Don't lie down right after eating.
- Do not wear clothes that are too tight around the waist.

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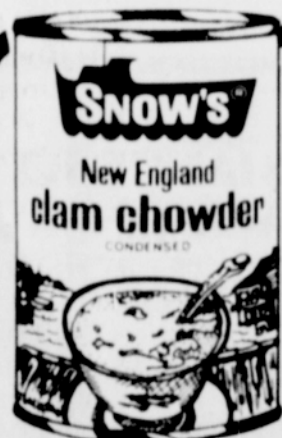


Regular Ground Beef

Approximate
5-Lb. Chub
(Smaller Pkg.
lb. 99¢)

89¢ Lb.

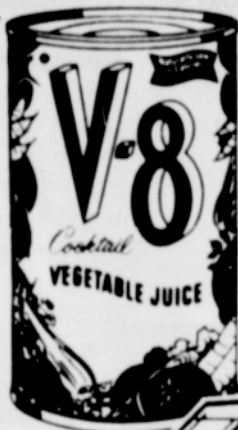
Beef T-Bone Steak \$2.98
lb.



Snow's Clam Chowder

15-oz.
Can

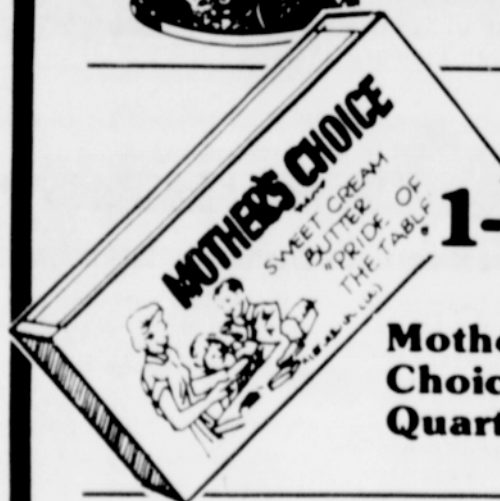
89¢



Vegetable V-8 Juice

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89¢



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