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PDC
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COMMISSION

Commission Meeting

Date: January 9, 1991
Place: Portland Building
1120 SW Fifth Ave., 11th Fl.
Portland, OR
Time: 9:30 a.m.

Commission meetings are open to the public. A complete agenda is available at PDC. Call 823-3200.

PDC is the City of Portland's urban renewal and economic development agency.

Washington Square Wedding Show Case

A must-see wedding showcase for all brides-to-be will be at Washington Square, Thursday - Sunday, February 21 - 24, 1991, throughout the mall. Over forty exhibitors from every aspect of planning a wedding will be on hand to answer questions and assist you in making your day a little more special. Brides-to-be may register to win over \$2500 in gifts including a Honeymoon Weekend at Salishan Lodge.

Steamed Milk Drinks Warm Winter Meals

Frothy, foamy and soothing, steamed milk by itself or with additional flavors makes wonderful cold weather drinks. They can be made with skim or low-fat milk for extra calorie savings without any sacrifice of flavor.

Steamers are sold at cookware, department and specialty stores. They range from small cork and tube assemblies that fit into lidless tea kettles to expensive espresso machines. New on the market are electric steamers designed specifically for hot milk drinks.

All work in a similar way. Steam, built up within the machine, is released by the operator into cold liquid to heat and/or froth it. Pressurized steam can be dangerous, so you must operate the machines as directed in the manual.

Basic directions are as follows. Fill the compartment of the steamer with recommended amount of water, close steam tube, heat until steam pressure builds up.

Fill a deep, narrow, heat-resistant cup or pitcher halfway with milk. Put the tip of the steam tube about halfway into milk, then open valve to release steam. It will take about one minute to heat a cup of milk. To create foam, bring tip just to the surface of milk and hold there until milk is frothy.

Mocha steamed-milk drinks begin with 1 1/2 - 2 tablespoons of chocolate flavored drink powder or chocolate syrup added to cold milk. Instant coffee powder and spices such as cinnamon, nutmeg, cardamom or allspice are then added to the cup and all are steamed together. Steamed chocolate milk is an even easier way to please your family.

Liqueur-flavored drinks are a simple way to serve an elegant but low calorie dessert. Each non-alcoholic drink contains only 90 calories when made with skim milk. Use 1/4 - 1/2 teaspoon of rum, almond, brandy or other flavorings per

cup. For liqueur-flavored drinks, add 2 tablespoons of any liqueur to the cold milk, then steam and froth it. Garnish with lemon peel.

There are other creative ways to make steamed milk drinks. Look below to find recipes for, White Velvet, Black Forest Steamers, and Mocha Toddie Mix.

And if you don't have a steamer...heat your spiced and flavored milk in the microwave or on the stove top, then garnish with whipped cream. Any way you make them, steamed milk drinks are a great way to warm your winter days.

White velvet
6 ounces milk
1 tsp. white or brown sugar
1/4 tsp. almond flavoring
Mix ingredients in a cup or mug; steam until hot and frothy. Top with toasted almonds. Makes one serving.

Black Forest Steamers
4 ounces milk
2 ounces strong coffee
1 Tbsp. chocolate syrup
1 tsp. maraschino cherry juice
Combine milk, coffee, syrup, juice; steam until hot and frothy. Drop a maraschino cherry into the cup, garnish with shaved dark chocolate. makes one serving.

Mocha Toddie Mix
3 cups non-fat dry milk
1 1/2 cups instant coffee
2 tsp. cinnamon
1 1/2 cups boiling water
1 can (16 oz) chocolate syrup
1 tsp. vanilla

Place dry milk, instant coffee and cinnamon in a bowl, add boiling water and mix until dry ingredients are dissolved and a thick syrup is formed. Add chocolate syrup and vanilla to the milk mixture, blend thoroughly. Store, covered in refrigerator. For each serving, blend 3-4 tablespoons mocha syrup with 1 cup milk. Steam until hot and frothy.

World Beat Reggae House Rap Blues Soul Gospel Folk Jazz



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Free Vision Exams Available

Oregonians who cannot afford vision care may receive it free from Doctors of Optometry in March.

VISION USA, a project of the Oregon Optometric Association (OOA), provides exams and follow-up care to those who have not had a vision exam in at least a year and who do not have health insurance.

Interested Oregonians must sign up during January, 1991. They can call their local Salvation Army for eligibility screenings or call toll-free at 1-800-766-4466.

About 440,000 Oregonians have no health insurance, according to a new report by the state Economic Analysis Department. The same report finds that approximately 23,000 residents work but are not insured by private or government programs. Oregon has approximately 2.75 million residents.

VISION USA occurs on March 6 during OOA's observance of Save Your Vision Week. 115 optometrists around the state are donating their professional services and, in many cases, are providing corrective lenses if needed. Each doctor will contribute eight examinations. Optical laboratories are also donating materials. VISION USA is a nationwide project of the American Optometric Association, of which OOA is a member.

Press Conference Schedule For Anti-Gangs

In December 1989, the State Youth Gang Strike Force, the Financial Institution Task Force, the Metropolitan Human Relations Commission, and the Youth Gang Task Force agreed to jointly develop a public relations program to deal with the youth gang problems. On January 2, 1991 the results of this joint effort will be announced.

A press conference is scheduled on January 2, 1991 at 9:00 AM at Oregon State Police, District I Headquarter, 3700 SE 92nd Avenue, Portland, Oregon. The press conference will highlight a new bus poster and public service announcement as a result of this anti-crime, anti-gang effort.

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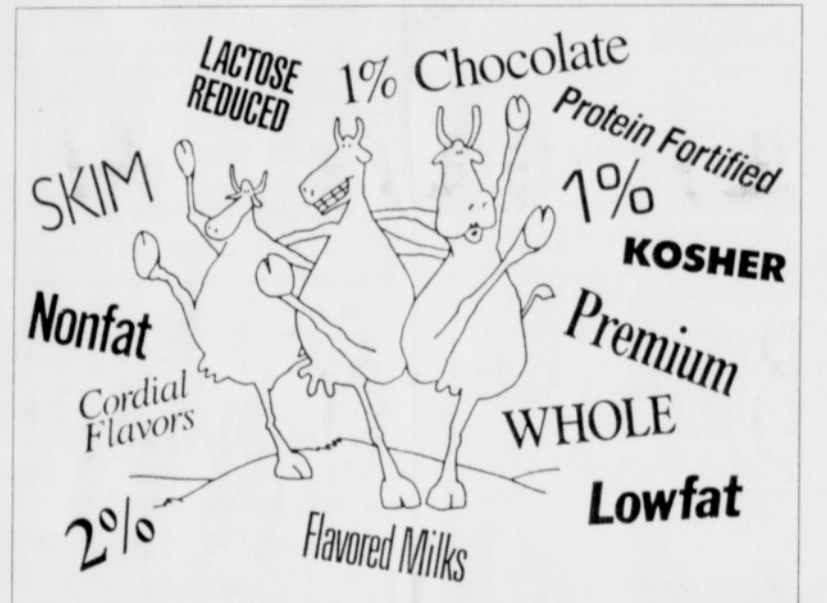
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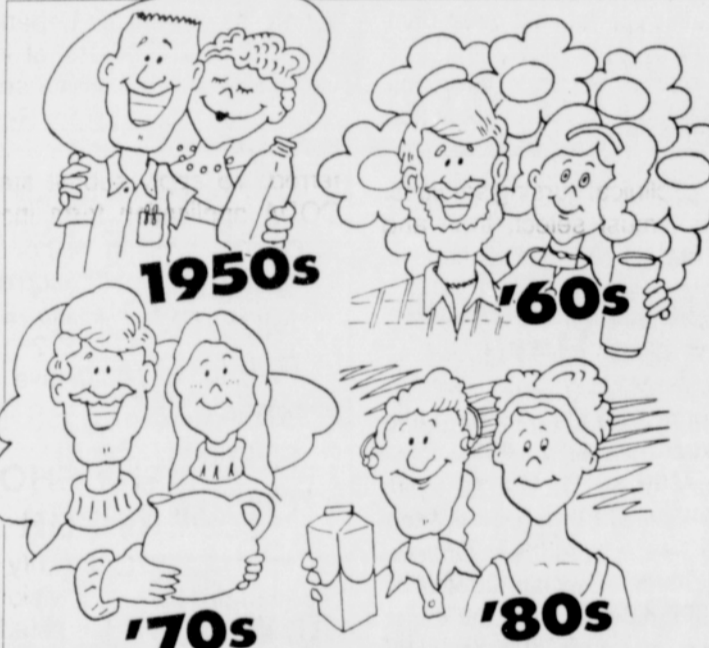
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