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The Portland Observer

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Poppy Seed Muffins



Sharon Stone's acting credits include a Sprite TV commercial, the TV series Bay City Blues and the movie Total Recall. But she is probably best remembered for her starring roles in Basic Instinct and this past summer's hit thriller, Sliver.

2 cups flour
1 tablespoon poppy seeds
1/4 teaspoon baking soda
1 cup sugar
1/2 cup unsalted butter
2 eggs
1 teaspoon vanilla
1 teaspoon shredded lemon peel
1 cup plain yogurt

Preheat oven to 375 degrees. Mix flour, poppy seeds and baking soda together, and set aside. Combine the sugar and butter, beating until the mixture gets fluffy. Beat in the eggs, vanilla and lemon peel. Add the flour mixture and yogurt. Stir. Pour the mixture into a greased muffin tin and bake the muffins for 20 minutes.

Red Robin To Open Lloyd Center Restaurant

Red Robin International, Inc., the restaurant chain known for its legendary gourmet burgers served in an upbeat, spirited atmosphere, opened Lloyd Center Red Robin Burger & Spirits Emporium restaurant on September 6 according to Bill Baker, President of the Irvine, California-based company.

As the chains 111th restaurant, the 6500-square-foot Red Robin Burger & Spirits Emporium will seat 275 guests and create approximately 70 jobs at its Lloyd Center location.

In addition to its full menu selection for lunch and dinner, the newest eatery will hold true to the successful

blend of ingredients—great food, a seemingly endless list of creative non-alcoholic "Mocktails," as well as an endless list of creative cocktails, a festive environment and affordable prices—that have helped make the restaurant chain among America's favorite casual-dining restaurants.

As a highlight to the grand opening ceremonies, Red Robin will be making a \$500 donation to Emanuel Medical Center Foundation.

Born in the late '60s as a hamburger and beer tavern frequented by Seattle's University crowd, Red Robin Burger & Spirits Emporiums have become synonymous with quality and

value-priced dining, the company strives to maintain uncompromising quality, while continually offering a menu that reflects society's changing tastes—as evidenced by its recent addition of lower calorie entree such as the "Amazing Meatless Burger," and delicious non-alcoholic beverages.

Red Robin International, Inc. is the parent company to the 100+ corporate and franchised Red Robin Burger & Spirits Emporiums locations across 15 states and several Canadian Provinces. The company is privately held.

The newest Red Robin Burger and Spirits Emporium is located at

1139 N.E. Grand—Lloyd Center—in Portland (503) 231-9223. Dale Simonton is the General Manager.

A few millennia ago people believed that the color blue helped defend babies against evil spirits, since blue was the color of the heavens. So, little girls were dressed in other colors and left to fight their own battles, since ancient people didn't think baby girls were as important as baby boys.

Household Tips

- * To replace sour cream, try using a tablespoon of white vinegar and mixing it with a cup of plain yogurt.
- * To remove ink spots from your clothing, spray a little hairspray on the spots before washing the clothes.
- * If you are in a hurry and need to iron your permanent press clothes, place the clothes in the dryer along with a moist towel to steam the wrinkles out.
- * For removing pet stains from carpet, a little vinegar applied directly to the stain usually does the trick. To make sure the vinegar won't damage your carpet, apply a little bit to a hidden area of the carpet first.
- * If you accidentally set off your smoke detector, hold a moist towel up to the detector to keep the smoke away from the sensor while you air out the house.
- * To stop your doors from slamming shut behind you, put a small hand towel in the space above the door.

Making Healthy Children

by L. Ron Hubbard

"Possibly one of the most aberrative actions above the level of unconsciousness is striking a person suddenly when he does not expect it. Slapping children particularly when they are not alert to the fact that they are about to be slapped, tends to give an individual a distrust of all motion and even when they become of an age when a slap would be the last thing they would expect, they still continue to distrust motion."

"The recognition of one's size in relationship to the scene in which he finds himself and the objects and organisms of that scene is, in itself, a sense message. It is particularly trying on children, and undoubtedly was on you when you were a child, to be surrounded with objects which were so large. When one is recalling a childhood inci-

dent, he is quite often startled to see how big things appeared to him and how large those giants, the adults, were around him. The feeling of being small in the vicinity of large objects sometimes produces the feeling of inadequacy."

"Slowness or uncertainty of speech, stage fright in part, slowness of computation or thinking, and hesitancy in taking directions stem mainly from being interrupted in physical actions during early youth."

"The child, because he may bring danger upon himself, is continually interrupted in his physical actions. He reaches for something and is turned away from it, not simply by words, but by being removed from the object or having the object removed from him. He is kept out of spaces he wishes to enter by being pulled back. He is

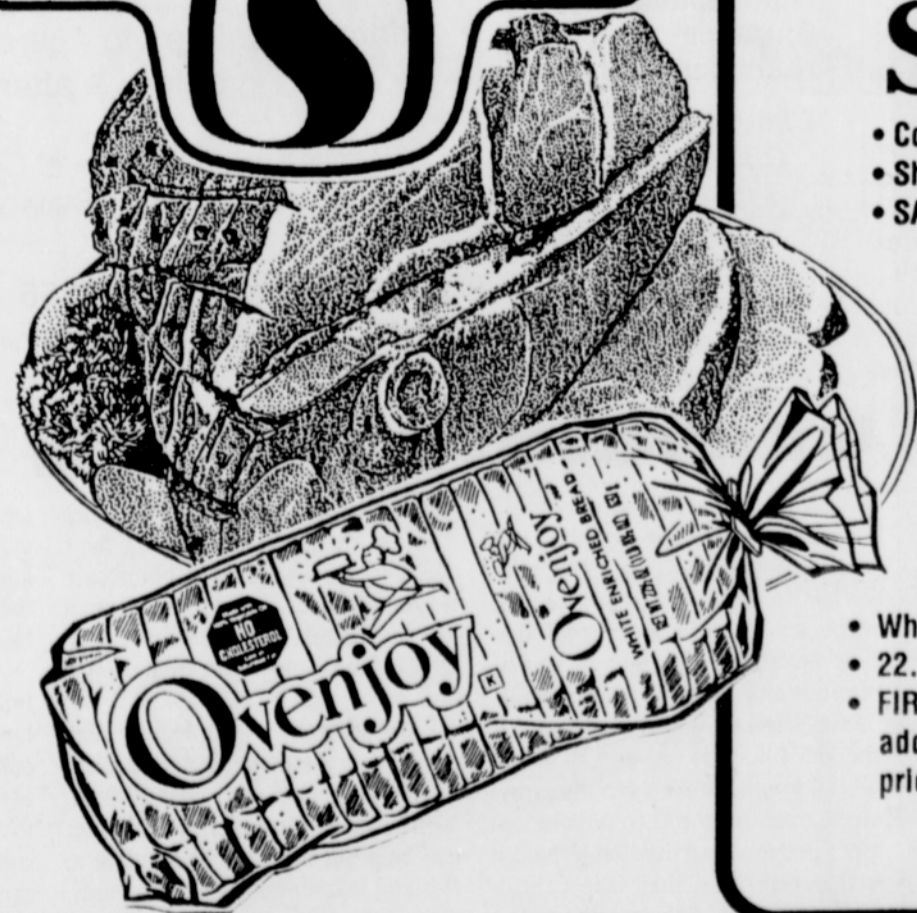
given one thing when he wants another. His desire to do for himself and efforts to control physical objects is continually interrupted. From these early interruptions, the child builds up a long chain of experiences of interruption, not simply by speech, but by barriers and obstacles in the physical universe.

"If he has not been thoroughly interrupted when a child, he can analytically access later interruptions. But if he has been handled and denied so as to interrupt him, when he was young, his power of decision is inhibited, to say nothing of his power of speech and thought."

"It is not possible to 'spoil' a child with love and affection. Whoever decided that was true, did so out of bad data and no observation. A child needs all the love and affection he or she can possibly get."

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