

Family Living

The Portland Observer

Corporations team up

Schools Can Participate in Program to Win \$5,000 in School Supplies

Schools today are increasingly faced with budget cutbacks—cutbacks that result in a shortage of basic supplies students need in the classroom. To help lighten the load, Staples, Inc. has teamed up with NBC and the National Football League for their first annual “Staples Coach of the Week” program providing all accredited K-12 schools nationwide the chance to win a \$5,000 Staples gift certificate.

A winning school's name will be drawn weekly during the NFL season beginning November 5 and announced every Sunday during the NFL on NBC.

The winning school name will be announced in conjunction with the

“Staples Coach of the Week” in which a panel of NFL representatives choose the best football coach's performance from that week's games. In addition to the \$5,000 Staples gift certificate being awarded, the school also will win a visit from the head coach of their local NFL team.

“The financial burdens on schools today are real, and Staples has formed a unique partnership with NBC and the NFL to help ease that burden,” said Thomas G. Stemberg, chairman and CEO, Staples, Inc. “When Staples introduced a similar program two years ago in Massachusetts and other select markets, we received a tremendous response from schools. In total we awarded over \$100,000 worth of school supplies—everything from pens, pencils and paper to software, computers and photocopiers.

Based on the program's impact, Staples is now rolling it out nationally so more schools have a chance to benefit.”

Here's How Area Schools Can Participate:

Anyone can enter their favorite K-12 school for a chance to win a Staples \$5,000 gift certificate redeemable either in store or by catalog, along with a visit by their local NFL team head coach.

All you need to do is print your name and address, the name of the school, and the name of your local NFL team on a 3"x5" postcard and mail to: “Staples Coach of the Week” Sweepstakes; P.O. Box 2242; Framingham, MA 01702.

Schools can be entered multiple times, and all entries must be postmarked by December 16, 1996.

Local students see D.C.

While the political professionals are going over the results of the national elections and its impact on the next four years, 80 Lake Oswego and Beaverton high school students and teachers from three high schools will travel here next week (November 10-16) to learn, first hand, how American government operates.

The students will be participating in the Close Up Foundation government studies program for high school students. The high schools include: Lake Oswego, and Beaverton and Aloha both in Beaverton.

During their week in Washington, the students will attend seminars with members of Congress, and meet with a representative of the Washington press corps, lobbyists, government officials and political figures to learn

more about the federal process. Time will also be allowed to tour the city, to visit local universities and for cultural activities.

The students will be mixed with students from other areas of the country in workshop groups where they will have daily discussions and activities on current events and on the governing process.

“We offer the students the opportunity to see Washington as a living city by taking them into the buildings they often see only on television and then questioning law- and policy-makers they may only read about. Through the experience we have found that they return home with an interest in both national and community affairs. They want to become involved,” said Steve Janger, president of the Close Up Foundation.

Janger said that one of the main goals of the program is to show the students that one person can have an impact on the community.

A teacher from each of the Oregon schools will accompany the students not as a chaperone but as a participant in a program designed to acquaint them with issues and newer educational methods.

Close Up provides fellowships for teachers and for low-income students which have been provided by a Congressional appropriation and matching funds from The David and Lucile Packard Foundation.

The Close Up Foundation, now celebrating its 25th anniversary, is a nonprofit, nonpartisan organization that provides first hand opportunities to learn about the democratic process and the role of the individual.

Be careful with homemade herbs and vegetables in oil

BY CAROL SAVONEN

Garlic-in-oil mixtures, sold in jars in grocery stores, are popular with the busy cook. But making your own garlic, herbs or hot peppers-in-oil mixtures can be hazardous to your health.

Bacteria that cause botulism can grow in such mixtures, according to Carolyn Raab, food and nutrition specialist with the Oregon State University Extension Service.

It is important to keep food safety in mind when storing low-acid vegetables like garlic, mushrooms and chili peppers or herbs in oil, Raab said.

“These low-acid foods can be a source of ‘Clostridium botulinum’ bacteria,” said Raab.

Clostridium botulinum produces a toxin that causes botulism, a cause of fatal food poisoning. Because these bacteria are found naturally in soil, water and air, they could be found in any low-acid food and begin to grow and produce toxin.

“Commercial garlic-in-oil mixtures are acidified to prevent bacterial growth,” she said. “Most of these store-bought products can be stored safely at room temperature. Look for storage instructions on the label.”

Unfortunately, do-it-yourself acidification of homemade herb or vegetable-in-oil mixtures is risky, because not enough research has been conducted to know what levels and types of acidity will prevent botulism, Raab said.

Raab recommends the following hints for safely making and using herb, vegetables and garlic-in-oil mixtures:

- If you make homemade vegetables or garlic-in-oil mixtures, refrigerate them and don't keep them any longer than three weeks. After three weeks, of refrigeration, the increased number of bacteria will become a

food safety hazard.

- Remove the vegetables after flavoring the oil and the bacteria will not have a food source for growth.

- Use dried vegetables, garlic or herbs to flavor oil. These do not contain enough water to foster bacterial growth. Dried vegetables, garlic or herbs-in-oil mixtures can be stored safely at room temperature. Refrigeration may delay acidity.

- Tomatoes-in-oil mixtures are safe, as tomatoes are high in acid and will not foster botulism-causing bacterial growth. Refrigeration may delay acidity.

Nellie Oehler, home economic

agent with the OSU Extension Service offers a safe recipe for garlic, vegetable or herb flavored oils:

- 2-3 heads (bulbs) of finely chopped garlic, or 3 cups of finely chopped vegetables or combination of vegetables and herbs or loosely packed, coarsely chopped herbs.

- 3 cups of good quality olive or other vegetable oil.

Heat the oil over medium heat until you see a few bubbles rise from the bottom of the pan. Add the flavoring ingredients and reduce heat to low and let steep for two hours. Use a candy thermometer to regulate temperature, which should be kept around

170 degrees. Do not allow oil to get too hot or it may develop a bitter flavor.

After two hours, remove the pan from the heat and strain the hot oil and vegetables or garlic through a paper coffee filter into a heat-resistant container. Let the oil cool to room temperature for about 30 minutes.

Restrain the oil into clean storage jars with new paper coffee filter.

For more information, contact local county offices of the OSU Extension Service for information about nearby Master Food Preserver Programs.

Multnomah County non-profits benefit from Day of Caring

The to-do lists of over 50 health and human care agencies in Multnomah County were severely cut with the help of hundreds of volunteers from United Way's Day of Caring. The annual event matches volunteer teams with hands-on projects at agency sites throughout

Multnomah, Washington and Clackamas counties in Oregon and Clark County in Washington. Over 2,200 volunteers completed hundreds of projects at 106 sites over two days, providing 6,600 hours of free labor valued at close to \$80,000.

“The volunteers were highly motivated and required almost no guidance,” says a representative from The Parry Center for Children. “The benefit for volunteers is immense. A volunteer from Willamette Industries said the event, “I liked working for a good cause and the work was badly needed.”

Adopting Babies from China

The Northwest China Council will present a seminar entitled Americans Adopting Babies from China: Process and Cultural Issues, on Saturday, November 16, 1996 from 1:00-4:00 p.m. in room 212 of Portland State University's Shattuck Hall, 1914 SW Park. The program features presentations by adoptive Portland parents on the procedures and challenges of adopting a Chinese baby, and on larger social and cultural

issues. Admission is \$15 per individual, \$25 for two people; children are free. Walk-ins welcome; preregistration is encouraged because space may be limited. To register or for more information, call (503)725-4567.

Adoption of Chinese babies by American parents is a growing trend and more babies from China have been adopted into Oregon than the rest of the United States combined.

This program gives people who are considering adoption an overview of the process and the issues involved. Adoption agencies who are involved in China adoptions will be on hand.

The China Council is not an adoption agency. The Northwest China Council is a non-profit educational organization dedicated to increasing public understanding of Chinese culture, contemporary affairs, and business.

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