



Family Living



On Wednesday, December 22, forty residents of the King neighborhood volunteered to host a holiday dinner for youths at the Boys & Girls Club, located at 5250 NE MLK Blvd. Some of the volunteers included officers from the NE Precinct and Natures Northwest who served a traditional holiday meal of turkey and all the trimmings to 100-200 young residents of the King Neighborhood in NE Portland.

Get ready for ice! Tri-Met offers tips

CONTRIBUTED STORY FOR THE PORTLAND OBSERVER

Winter weather could be here as early as Monday, so now is the time to get ready. Each year when snow and ice arrives, Tri-Met welcomes 20 to 30 percent more riders who want to avoid the stress of foul weather driving.

To find out about bus routes in your area, call now at 503/238-RIDE; TTY 503/238-5811, from 7:30 a.m. to 5:30 p.m. on weekdays, or visit the Tri-Met website.

During bad weather, Tri-Met will

be at major transit centers to assist riders.

Please use these additional resources to learn if your bus is on a snow route before leaving home:

- Call Tri-Met's Snow & Ice Line at 503/231-3197 for around-the-clock recorded updates on route changes

- Immediate snow and ice route updates at www.tri-met.org/detour.htm. A new feature this year, check this website for the latest information before you leave home.

- Listen to radio or watch TV for updates

Foul weather tips:

- Dress warmly.

- Expect some delays: Like other vehicles, Tri-Met vehicles travel slower and more cautiously in snow and on ice. More people may also be boarding vehicles.

- Buses may not be on their regular schedules, but Tri-Met tries to keep them evenly spaced so they serve each stop regularly.

- If your stop is at the top of a hill, walk to the bottom.

- Be cautious: Buses can slide when coming to a stop. Customers should stand on the curb until the vehicle comes to a complete stop.

Minimum wage rate stays put in 2000

CONTRIBUTED STORY FOR THE PORTLAND OBSERVER

A lot of things are due to change in 2000.

But Oregon's minimum wage is staying the same at \$6.50 per hour.

The bureau's technical assistance for employers' information line has received a dozens of calls and e-mails during the past weeks asking if the minimum wage were increasing to \$7 per hour. "We have the general impression that many think that the minimum wage is due for one more

incremental increase," said public information officer, Joan Stevens-Schwenger. "After three consecutive years of increases, many do not seem to be sure about what happens next."

Oregon's voters mandated a three-step minimum wage increase in 1996. The rate jumped from \$4.75 to \$5.50 per hour in 1997, to \$6 per hour in 1998 and to \$6.50 January 1, 1999. There are no increases slated for 2000. Although Congress has discussed raising the federal minimum wage \$1 to \$6.15 per hour, such an increase would not affect Oregon employers who must pay the higher state rate.

Are your pipes ready for Y2K?

CONTRIBUTED STORY FOR THE PORTLAND OBSERVER

Each year, tens of thousands of families are victims of a preventable disaster—frozen pipes. During an average winter, State Farm, the nation's leading home insurer, will pay out about \$57 million for water damage claims related to pipes that freeze and burst. With Y2K, this figure could possibly go up.

Every winter, it is homeowners who have the most control over whether life goes on as normal or whether they face the chore of cleaning up when a frozen, burst pipe sends water cascading into their house.

Homeowners can avoid frozen pipes by having adequate insulation where pipes run along outside walls, floors and ceilings. They can disconnect outside garden hoses, wrap exposed pipes with insulating sleeves or tape and seal foundation cracks that let arctic air freeze pipes in crawlspaces.

But there are a couple of simple tasks that may take homeowners only about two minutes but can help protect pipes and homes when a severe freeze is predicted:

- Open cabinet doors to allow heat to get to piping under sinks and vanities near exterior walls.

- Run a small trickle of water at vulnerable cold and hot faucets.

The destructive power of an open water pipe should not be underestimated. State Farm claim records show damage into the hundreds of thousands of dollars in some homes that fall prey to a single frozen, broken pipe. A one-eighth-inch (3 millimeters) split in a pipe can spray

more than 250 gallons (946 liters) of water a day—ruining floors, soaking carpets and furniture, and possibly destroying irreplaceable personal belongings like family photos and heirlooms.

For more information on avoiding the preventable disaster of frozen

pipes, contact State Farm Public Affairs or see our Web site: www.statefarm.com.

A satellite video feed in English and in Spanish is available from 12:00 p.m. to 12:15 p.m. P.T. Satellite: Telstar 4 (C-Band), Transponder 6, Audio 6.2, 6.8 (both feeds.)

Recycle your Christmas tree for a 'mulch' healthier environment

CONTRIBUTED STORY FOR THE PORTLAND OBSERVER

Don't treat your Christmas tree like garbage—recycle it and support a non-profit community organization at the same time. See the attached list of drop-off and pickup services available in your community. Last year nonprofit community groups and recycling businesses recycled nearly 60,000 trees into compost, mulch or chips used for walking paths and landscaping.

Metro Recycling Information has a list of approximately 160 drop-off sites and pickup services operated by nonprofit community groups and business throughout the metropolitan region. Group will collect trees during

several weekends following Christmas; Dec. 26, Jan. 1-2, 8-9 and 15-16.

The small fee or donation requested supports activities of groups including Boy Scouts, Girl Scouts, and Future Farmers of America, churches and schools.

Nonprofit organizations provide Christmas tree recycling as community services and to earn money for projects. Some groups will accept wreaths, swags and flocked trees; check with Metro Recycling Information for locations. Dumping trees when site is closed creates a hardship and reduces the profit for these groups.

Call Metro Recycling Information, 234-3000, to learn more about tree recycling options. Hotline hours are 8:30 a.m. to 5 p.m. Monday through Saturday

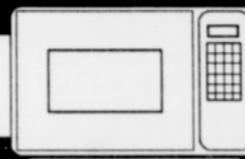
Community Alliance of Tenants

Having Problems with your Rental Housing because of Mold or Mildew? Talk to county and city officials and learn about your rights and available resources at a free workshop sponsored by the Community Alliance of Tenants on Tuesday, January 11th at 7:00 to 8:30 pm at 2710 NE 14th Avenue in Portland. This event is bus and wheelchair accessible and childcare can be arranged in advance. Call 460-9702 for more information and to register.

cooking

IN A COOL KITCHEN

the microwave way



(DM)—Chili can be a year-round recipe, especially when you utilize the benefits of the microwave oven to simmer the mixture while keeping the kitchen cool. The recipe for Texas-Style Hot Chili calls for two meats and seasonings you can adjust for personal preference—less for mild and more for "fire hot." Whirlpool Corporation home economists suggest topping each bowlful with shredded cheese and then a spoonful of sour cream.

TEXAS-STYLE HOT CHILI
(8 servings. Total cooking time: 1 hour, 20 minutes)

- 8 ounces Italian sausage links
- 1½ pounds beef chuck roast, finely cubed
- 1 cup chopped onion
- ½ cup chopped green pepper
- 1 clove garlic, finely chopped
- 1 dried red chili pepper, crumbled

- 1-2 jalapeno peppers, chopped
- 3-5 teaspoons chili powder
- ¼ teaspoon dried oregano, crushed

- 1 can (12 oz.) tomato paste
- 2 cups water
- ½ teaspoon salt
- 1 can (16 oz.) pinto beans, drained
- Shredded American or cheddar cheese

1. Slice sausage into large microwave-safe bowl or casserole. Cover and microwave at HIGH (100%) for 5 minutes or until thoroughly cooked, stirring 3 times; drain off fat. Stir in remaining ingre-



dients except for beans and cheese. 2. Cover and microwave at MEDIUM (50%) for 45 minutes. Stir in beans. Cover and microwave at MEDIUM for 30 minutes longer. Serve topped with shredded cheese and, if desired, a spoonful of sour cream.

Nutrition Information (per serving): 396 calories, 39g protein, 18g fat, 109mg cholesterol, 19g carbohydrates, 604mg sodium.

Whirlpool Micro-Fact: The use of microwave energy for cooking was discovered in the early 1940's when a researcher found a melted candy bar in his pocket. He was working on a military project with high-frequency radio waves. Subsequent work to confine this form of energy in a metal cavity led to the introduction of home microwave ovens in the 1950's. Not until the early 1970's did the microwave oven become widely available for home cooking.

Editor's Note: Color photos are available upon request, call 630-960-4690.



LOCATED AT THE FOLLOWING NATURE'S NORTHWEST STORES

BOONES FERRY
635 9615
17711 JEAN ROAD

VANCOUVER
360 695 8878
8024 E MILL PLAIN BLVD
(SALON SERVICES ONLY)

AND OUR NEWEST LOCATION
FREMONT
981 3173
3535 NE 15TH

SPA & SALON

FEATURING

THERAPEUTIC TUB

WAXING

MEN'S SERVICES

MAKE-UP ARTISTRY

HAIR SERVICES

SPA PACKAGES

FACIAL THERAPIES

NAIL SERVICES

BODY THERAPIES

FULL BODY MASKS

MASSAGE

VICHY SHOWER

IT'S A WAY OF LIFE