



Family Living

15th Annual Dr. Martin Luther King, Jr. Memorial Blood Drive

Did You Know?

- Every three seconds someone needs blood
- 1 out of 3 people will need a blood transfusion in their lifetime
- One blood donation can save up to three lives
- You cannot get AIDS or any other diseases by giving blood
- Giving blood is safe and easy and it makes you feel good about yourself
- Actual blood donation time is only 10 minutes
- African Americans are nearly seven percent of Portland's population, yet only about one percent of Red Cross donors are African American
- There are far more African Americans needing blood than those that are donating
- Our region struggles to collect type O and type B blood, the types which are commonly found among African Americans
- African American donors provide the best hope of survival for African American patients with rare blood diseases such as sickle cell anemia, leukemia, cancer and kidney diseases, offering the least likelihood of physical reactions.
- Many African Americans have rare blood types such as U-negative, which is unique to the African American community
- Portland's own Damon Stoudamire has taken the message of the Red Cross to the streets in the African American community encouraging blood donation from youths ages 18 to 25
- Donating blood is in keeping with African Americans' rich tradition of giving. African Americans have championed many medical contributions:
 - Dr. Charles Drew was the first blood bank medical director and created the blood/plasma separation process.
 - Dr. Nathaniel Hale performed the first open heart surgery
 - Dr. Jerome Holland promoted the Red Cross commitment to biomedical research and development that is now embodied in the Red Cross research facility that bears his name: The Holland Lab
- To be eligible to donate blood you must be 17 years of age or older, weigh at least 105 pounds and be in good general health
- You can save a life on Monday, January 17th by recognizing that "The Power Is In You"

Local poet honored for her inspirational work

contributed story
for The Portland Observer

Ruth Glass, a local poet and author, has been selected to have her work published by the International Library of Poetry's "America At The Millennium: The Best Poem & Fiction of the Twentieth Century."

Glass, who has lived in Portland for the last 11 years, is the author of "If Trees Could Talk (What Would They Say?)" and "And the World Was."

She has been published in New Voices in American Poetry for four consecutive years (1980-83) under her maiden name Ruth McMahan. She also has been published in Kumber International Poets Society on their Internet Hall of Fame and also in their Outstanding Poets and Celebration of Poets 98. She is seeking to publish her new book, "Inspirations Thru the Years."

Glass is the mother of 8 children 4 boys, 4 girls all born in California, 37 grandchildren, 7

great-grandchildren. She is a member of Mallory Church of Christ, Afro American Poetry Workshop and the Boise Neighborhood Association.



Happy Millennium Birthday

To My Grandmother

Mrs. Frankie Lee Anderson

Known to most as "Moma" or Miss Frankie, who's turning "92" on January 13, 2000.

We thank God for you, him giving all of the Honor Glory and Praise for blessing us with you.

Love,

Your Granddaughter

Billie Lou Moore



Seven for safety

Seven tips for a safe year:

1. Enroll all members of your household in an American Red Cross safety class. Courses are available for ages eight to adult.
2. Assemble a disaster supplies kit. Start with a flashlight, radio, batteries and non-perishable food.
3. Store a three-day supply of water for cooking, drinking and hygiene-- that's one gallon per person per day.
4. Keep an American Red Cross first aid kit easily accessible and well stocked.
5. Discuss with your family where you would meet if you were separated during a disaster and identify an out-of-state emergency contact person.
6. Hold regular fire drills and practice your household's fire escape plan.
7. Post local emergency numbers- doctor, police, hospital, fire, veterinarian and pharmacy- near each telephone.

Tell Them There's Help

If you know someone

whose gambling is out

of control, putting their

family and job at risk, talk

to them. Tell them

help is available and confidential

and treatment is available

throughout Oregon.



Problem gambling treatment is nonjudgmental and nonthreatening. And it works. To start the healing process, call - 1-800-233-8479.

**Tech. Sergeant
Anna K. Stokes**
Goodfellow Air Force Base
San Angelo
Joined June 18, 1984
Served in Japan
and Desert Storm
Congratulations
from your
Mother
Alexis Revels



Advertise in
The Portland Observer



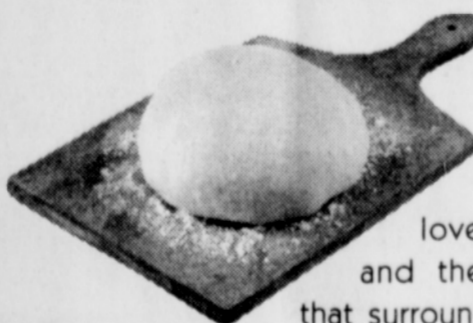
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OR CALL FOR A
SCHEDULE OF CLASSES

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Cooking School

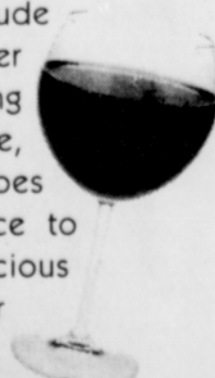


Nature's
Cooking
Schools
reflect our
love for food
and the traditions
that surround preparing
and sharing meals together.

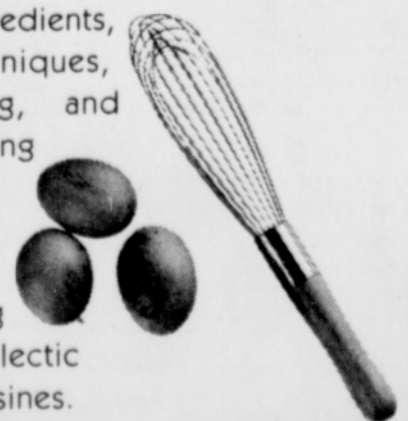


Our classes are taught by
our professionally
trained store chefs
and guest chefs
from some of
the Pacific
Northwest's
top restaurants.

Classes include
sampling, beer
or wine tasting
as appropriate,
plus the recipes
and confidence to
create delicious
food in your
own kitchen.



Learn about ingredients,
cooking techniques,
flavor building, and
menu building
from the basics
to advanced
concepts in
classes featuring
traditional to eclectic
recipes and cuisines.



WHERE THE GOOD THINGS ARE