



Italian Thanksgiving: *Baked Ziti*

BY JAYMEE R. CUTI/THE PORTLAND OBSERVER

When holidays kick the kitchen into high gear, my family ditches the cookbooks and relies on oral tradition for nostalgic nourishment. Baked ziti is a favorite for its simple preparation and versatility as a side for turkey buffs or a main course for vegetarians. This cheesy baked pasta dish pleases Grandmas and company alike. Also complements Christmas ham!

INGREDIENTS: 1 pkg. (1 lb.) ziti (tube macaroni); 2-3 jars tomato sauce (or follow sauce recipe below); 1 lb. shredded mozzarella cheese.

DIRECTIONS:
 • Preheat oven to 325 degrees
 • Cook ziti al dente (slightly underdone) according to box
 • Combine ziti, sauce and cheese in an oven-safe casserole dish or disposable aluminum tray for easy cleanup

• Cover with aluminum foil and bake for 45-50 minutes, or until cheese is melted

Makes one tray. Combine with salad and bread or Thanksgiving sides for 8 to 10 hearty eaters. Sprinkle with crushed red pepper and parmesan cheese to taste.

Bonus: Homemade Tomato Sauce

1 1/2 large onion, chopped; 3 cloves garlic, minced; 2 Tbsp. olive oil; 1 large can crushed tomatoes; 2 small cans tomato paste; 2 paste cans of water; 2 tsp. sweet basil; 1/2 tsp. salt; 1/4 tsp. black pepper

Heat olive oil over medium heat in a large pot. Sauté garlic and onions. Combine all ingredients and cook to a light boil. Simmer over low heat for one hour, to blend all flavors.

Dear Deanna!

My ex-boyfriend's a drug dealer that's been in jail for 13 years and getting ready to be released. I got married shortly after he was put in prison because I had to go on with my life. He'll be out after Thanksgiving and he called me and said he's coming to my house and he's going to kick my door down and throw my husband out. I don't know what to do. --Keyona; Patterson, NJ

Ask



Deanna!

Real People, Real Advice

--Tonya M.; Norfolk, VA

Dear Tonya M:

Holidays are for families even if yours is from a Jerry Springer movie. If dinner is at your house, purchased with your money, then you make the rules. Instead of keeping him away, be firm and let him know he has to come sober or he can stay at home and eat a microwave meal.

Dear Deanna!

Thanksgiving is sad for me because I lost a friend in a drunken driving accident. I have a hard time dealing with the holiday because of this. I feel guilty because I didn't take his keys and I'm driving myself crazy thinking of what I could have done differently or how I could have stopped him. What can I do in his honor so I can have joy when this holiday rolls around? --Anthony; Tulsa, OK

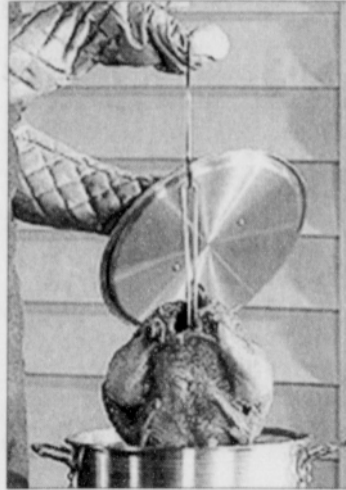
Dear Anthony:

Unfortunately, death is also a part of life. You must go on for your sake as well as your friend. Remember the good times and realize that when God calls, there's nothing we can do about it regardless of the manner He removes his people from the earth. The best way to honor your friend is by educating others about the dangers of drunk driving so lives may be spared and statistics of alcohol related deaths can be reduced.

Ask Deanna is written by Deanna M. Cuti. Write Ask Deanna! Email: askdeanna1@yahoo.com or P.O. Box 88847, Los Angeles, CA 90009

Turkey fryers make delicious meals but must also be used carefully to avoid serious injuries.

Turkey Fryer Safety Urged



Thanksgiving isn't a holiday most people associate with burn injuries, apart from minor burns suffered while wrestling a just-out-of-the-oven Butterball onto a carving platter.

But the latest turkey-cooking craze using fryers poses fire and burn hazards - heightened by the fact that Thanksgiving often involves houses crowded with visiting relatives and active children.

American Medical Response Northwest is dedicated to injury prevention and suggests following the tips from the Burn Institute to help you and your loved ones prevent serious injuries during the holidays.

Never leave turkey fryers unattended and always use them outdoors. Keep fryers away from combustible materials and place them on a flat, stable surface.

Never overfill the fryer or heat the oil above the recommended temperature. Always follow the fryer manufacturer's recommendations and use a thermometer to gauge food temperature. Always thaw your turkey completely before placing it in the fryer.

Never move the fryer once it is in operation and keep children away from the unit at all times. Make sure the oil is completely cooled before removing it from the fryer.

In case of fire, immediately call 9-1-1. Do not attempt to extinguish the fire with water!

Army Veteran Guilty in Sniper Case

continued ▲ from A2

tank at a Manassas gas station. He was also found guilty of conspiracy to commit murder and use of a firearm in a felony.

The victim's brother Robert said he believes Muhammad deserves the death penalty: "I must say that I can't think of too many more heinous crimes than this one."

Fellow suspect Lee Boyd Malvo, 18, is on trial separately in nearby Chesapeake for the killing

of FBI analyst Linda Franklin at a Home Depot in Falls Church. He also could get the death penalty. Malvo's attorneys are pursuing an insanity defense, arguing that the young man had been "indoctrinated" by Muhammad.

In all, the two men were accused of shooting 19 people - killing 13 and wounding six - in Alabama, Georgia, Louisiana, Maryland, Virginia and Washington, D.C., in what prosecutors said was an attempt to extort \$10 million from the government.

Tupac's Mom Brings His Dream to Life

continued ▲ from A2

her son's life, this is the first to have a major theatrical release.

"I think from the time it's released, it will always be the reference material that anybody uses about Tupac," his mother says. "And that's because this is a documentary feature film that has Tupac talking about Tupac."

Indeed, the most remarkable aspect of the movie is that the

slain rapper serves as narrator of his own short life. Filmmakers created this eerie effect by poring over more than 40 interviews, then splicing them together to create one seamless narrative.

"It was just very important for the story to be told in his own words," says Sue Pelino, re-recording engineer for the film, who spent a year editing the interviews. "The only way it could have been better if he had been sitting there next to us."

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