

Shopping Locally with Soul

Merchants plan Friday, Saturday showcase

Culturally diverse businesses of north and northeast Portland will lure people into their shops after the Thanksgiving Day holiday for a "Soul of Portland" weekend and a stimulating alternative to typical holiday shopping at the malls.

Always the busiest shopping weekend of the year, many of the merchants along Martin Luther King, Jr. Boulevard, Alberta Street, Killingworth Street and Mississippi Avenue are participating in this North-Northeast Portland Business Association event on both Friday, Nov. 28 and Saturday, Nov. 29.

Special presentations are planned celebrating Christmas, Kwanzaa and Eid, an Islamic feast day marking the end of Ramadan. The area businesses also plan to decorate windows, host workshops, offer special discounts, and provide games and live entertainment.

A horse-drawn trolley and Billy Bus will transport shoppers between the neighborhoods with designated park and ride stations along the route.

"Shopping locally with small businesses creates jobs and circulates the money in the community," said O.B. Hill, owner of Reflections Mirror Image Bookstore.

For more information, contact Bridget Bayer of the NNEBA at 503-998-5121.



University of Portland students and others sit down for both lavish and skimpy meals to reflect on the reality of the world during a unique fundraising hunger banquet at the north Portland college.

PHOTO BY MARK WASHINGTON/ THE PORTLAND OBSERVER

Plates are Full and Near Empty

College event illustrates hunger

In an ironic fundraiser, the University of Portland hosted a banquet to bring attention to people who lack food

at home and in the world.

The volunteer services office for the north Portland college organized last week's event to kickoff hunger awareness week. But instead of gorging themselves on banquet fare while thinking about the struggling hungry, diners were

divided into low, middle and high-income groups, reflecting the world's demographics.

While high-income participants were served nutritious, multi-course meals, the low-income group, 55 percent of the diners, were served only rice.

Other Hunger Awareness Week events included one of the largest and oldest nationwide anti-poverty fasts, which was on Nov. 20. Both events were part of Oxfam America's Fast for a World Harvest movement to end poverty.

Avoiding Thanksgiving Food Surprises

If you're not careful, Thanksgiving can turn into a gathering of unwanted guests of the microbial sort, warns UC Davis Cooperative Extension food scientist Linda Harris.

"It is estimated that there are more than 76 million cases of food-borne illness each year in the United States, and many of those cases are preventable," Harris says.

To make sure you serve up healthy food and good memories, Harris suggests stuffing the turkey only when you're ready to pop it into the oven, or cooking the stuffing in a separate pan; using a meat thermometer to make sure the turkey stuffing is heated to 165 degrees and the turkey is at least 180 degrees; refrigerating or freezing prepared foods or leftovers within two hours.

To prevent the spread of harmful bacteria in the kitchen, always wash hands, as well as utensils and cutting boards, before working with foods and when moving from one food item to the next.

Tangy Recipe Gives Thanksgiving Flavor Burst



It's amazing how the simplest of spices turn the Thanksgiving bird into a punchy burst of flavors that family will remember for years. This tangy recipe has a subtle kick of chili that will leave you wondering how you survived Thanksgivings past without it. To estimate, a fresh or thawed whole turkey of 12 pounds, will take about three hours to cook, and a 20-pound turkey will take about four-and-a-half hours.

Orange Chili Roasted Turkey

Ingredients:

- 1 Whole turkey, fresh or frozen and thawed; 1/2 c. butter; 1/2 c. broth;
- 3 tsp. chili powder; 3 tsp. garlic salt; 2-1/2 c. orange juice, pulp free
- Coarsely ground black pepper

Instructions:

Remove giblets and neck from turkey. Rinse turkey with cold running water and drain well. Blot dry with paper towels inside and out. Preheat oven to 325°F. In saucepan, reduce orange juice down to 1 cup. Melt butter in broth with chili powder and garlic salt. Mix in reduced orange juice. Cool slightly.

Place turkey, breast side up, on a rack in a large shallow (about 2-1/2" deep) roasting pan. Use an injector to inject the mixture into the turkey, especially in the meaty parts of the breast and thighs. Sprinkle inside and out with salt and pepper.

Roast turkey in a pre-heated, 325° F. oven. Loosely cover with aluminum foil to prevent over browning, remove foil during last hour and a half of cooking time. Continue to roast until thermometer registers 180°F. in the thigh, or 170°F. in the breast. Remove turkey from the oven and allow it to rest for 15-20 minutes before carving.



Closing Thanksgiving Day Early at 4:00 pm. Opening Friday 6:00 am.

Happy Thanksgiving

Celebrate the Season with Safeway

Attention SENIORS

Safeway Senior Shuttle Service!

Introducing a great new service for our neighborhood senior citizens. FREE grocery shopping "shuttle service" to your nearby Almsworth & MLK Blvd Safeway Food & Drug... TWICE a Month!

On or around the 4th and 15th of each month. This Service is FREE to seniors age 60 and over.

PLEASE NOTE: Grocery delivery and delivery WILL NOT BE PERMITTED on the Shuttle at any time.

LOOK FOR OUR SPECIAL "RAZ TRANSPORTATION" TROLLEY SERVICE SCHEDULE FLYER AT YOUR MLK BLVD SAFEWAY FOR COMPLETE DETAILS!

Sponsored By: SAFEWAY FOOD & DRUG

MEMBER AMERICAN CHAMBER OF COMMERCE OF OREGON

For More Information Call: 503-872-0812

Visit Safeway's Web site at www.safeway.com

Available at Safeway: WESTERN MONEY TRANSFER

PRICES EFFECTIVE NOVEMBER 2003

Span	Mon	Tue	Wed	Thu	Fri	Sat
			19	20	21	22
	23	24	25	26	27	

SAFEGWAY CLUB

Manor House Turkeys

17 to 23-lb. size range. Frozen. With \$25 minimum purchase not including turkey. Limit 1. **SAVE up to 82¢ lb.**

17¢ lb.

Safeway Club Price

5-lb. Box Satsuma Mandarins

Conveniently packaged. **SAVE up to \$2.00**

3.99 ea.

Safeway Club Price

Safeway SELECT Spiral Sliced Ham

Honey glazed.

1.77 lb.

Safeway Club Price

Sara Lee Pies

Oven Fresh. 37-oz. Selected varieties. Card price: \$2.00 ea. **SAVE up to \$6.38 on 2**

2 for \$4

Safeway Club Price

SAFEGWAY CLUB

Now the savings are in the Card! ALL LIMITS ARE PER HOUSEHOLD PER DAY!