

Turkey Fryers Called Dangerous

Extreme fire warning issued

Oregon State Fire Marshal Nancy Orr is encouraging Oregonians to skip the popular deep-fat turkey fryers in favor of more traditional cooking methods.

"Propane powered, deep-fat fryers are extremely dangerous," says Orr. "In fact, the Underwriters Laboratories, one of the nation's leading independent testing companies, has not certified any of these fryers because they believe the risk in using them outweighs the benefits."

Common problems with deep fat fryers leading to fires and burns include the fact that the devices can easily tip over, spilling gallons of hot oil. If the pot is overfilled, the oil may spill out when the turkey is added, causing oil to ignite a fire.



Cooking a turkey with a deep-fat fryer can bring delicious results, but also comes with a extreme warning for fire hazards.

Units without a thermostat control can overheat the oil to the point of combustion (most units do not have thermostat controls. If a partially frozen turkey is placed in the hot oil, a spillover effect can occur, causing a fire. The sides, lid and pot handles of the unit all get dangerously hot, posing severe burn hazards.

Orr recommends traditional oven baking as the safer method of preparing your Thanksgiving turkey and to follow these cooking safety tips:

Keep a close eye on what you're cooking and never leaving cooking food unattended. Keep your cooking area clean, including stovetop, oven and exhaust fan. Keep dishtowels and potholders away from stove burners. Cooking oil may ignite quickly. Heat oil slowly and watch it closely. Keep a fire extinguisher in your kitchen within easy reach and know how to use it.

Dear Deanna!

I'm a single parent with a son who's a walking time bomb and I am a nervous wreck. He's mad at the world and he's content only when he plays video games. We're the only two people in the house and I tiptoe, whisper and keep quiet so I can keep the peace. He'll be in high school soon and I worry about how he'll deal with other teens. He gets upset when he doesn't get his way and he's rude. How can I get him ready so he can adjust for this new phase in his life? --Worried Mother; Denver

Dear Mother:

Instead of complaining you need to find his father or a male figure so that he can come from under your weak parenting skills. You should be embarrassed that a child rules your household. Between the video games, no daddy and you being a pushover, your son had no choice but to be a mess. Your solution can begin by obtaining some joint counseling, interaction with family and friends and help your son get new hobbies other than video games.

Dear Deanna!

My boyfriend annoys me by checking out other women in my presence. He knows I'm offended about the comments he makes about other women and I've asked him to stop. When I bring it to his attention, he



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gets upset and accuses me of being insecure and jealous. I don't find this funny and I feel as if I'm being disrespected. I've tried to talk to him but it causes an argument. What do I do? --Disrespected; On-Line Reader

Dear Disrespected:

You need to be firm and make it clear to your boyfriend that you will not tolerate his behavior and if he continues, the relationship is over. He is very immature and if he wants to be with you and takes your relationship seriously, this will wake him up. If not, then he needs to find another girlfriend, grow up or choose to be alone with his visual fantasies.

Dear Deanna!

My husband cheated and had a baby with another woman during our marriage. I can't do anything about it now because the child is 10 years old. I feel betrayed because he kept this secret and has been paying child support. It's time for me to meet my stepdaughter and I'm scared because I feel a lot of hatred. I can't have children and this whole thing feels like a nightmare slapping me in the face. Can you give me some tips on being friendly to this child? --Francine; Toledo, Ohio

Dear Francine:

The first step to heal in this situation begins with your husband. He owes you some answers before bringing his daughter into your life and household. He needs to explain why and when he cheated and what was going on in your marriage. You're entitled to a summary of the past 10 years, and some facts about the child's mother. Once you've decided to forgive him for his actions and feel at ease with this situation, you'll be able to deal with this child.

Ask Deanna is written by Deanna M. Write Ask Deanna! Email: askdeanna1@yahoo.com or 264 S. LaCienega Blvd. Suite 1283 Beverly Hills, CA 90211. Website: www.askdeanna.com

Awaiting Adoption

"Jerry" has enthusiastic smiles and hugs for everyone he greets. He is a very special child with unique needs. Born with cerebral palsy and epilepsy, Jerry has significant developmental delays that will require ongoing care.

But with his delightful temperament, Jerry charms others in a snap. He keeps busy blowing bubbles, going for walks, watching cartoons or playing with toys. He also likes to sing and dance along with his favorite group, The Wiggles.

Although Jerry's needs are great, his heart is huge and warm - he will be a blessing for the right family.

He is one of approximately 300 Oregon children available for adoption through the state, generally because of abuse and neglect. For more information on the availability of this child or how to become a foster or adoptive parent, contact the Special Needs Adoption Coalition at 503-542-2392 or the Department of Human Services at 1-800-331-0503.



Jeremiah, age 6

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Gospel Mission to Serve 1,500 Meals

Imagine preparing 1,500 traditional Thanksgiving meals. That is what Union Gospel Mission is preparing to serve on Thursday, Thanksgiving Day. The menu consists of 100 turkeys, 450 pounds of mashed potatoes, 60

gallons of gravy, 2,000 dinner rolls, 225 pies and much more.

A tent will be set up directly in front of the mission at 15 N.W. Third Ave. In the kitchen food will be warmed and set out by the first group of volunteers. At 10 a.m. the

tent will be opened and meals will be served by over 200 volunteers. During the event there will be live music and plenty of traditional Thanksgiving meals for those who are homeless or in need of a meal. The event concludes at 2 p.m.

Community Thanksgiving Feast

You and your neighborhood friends are invited to a free Thanksgiving feast that also includes vegetarian friendly fare on Thursday, Nov. 22 from

noon until 4 p.m. at Po' Shine's Café De La Soul on North Denver Avenue and Kilpatrick Street.

The 7th-annual event is sponsored by People Reaching Oppressed People Expecting Restoration (PROPER), Celebration Tabernacle and Po' Shine's Café De La Soul.

Call Georgina Lazo at 360-609-5163 for more information or to sign up to volunteer.

Seniors Find Free Legal Advice

continued from Front

tion to senior centers or initial visits at a residence for low-income homebound seniors, the Senior Law Project provides an open access point to empower seniors in all types of civil issues that can be difficult to handle by oneself.

In more complex cases like wills, legal assurance depends on making sure to take all of the necessary steps. "There are some legal options out there, but they're quite complicated, so the best thing to do is to work with an attorney," Lloyd says.

Determining the cause of increasing problems for seniors remains a more difficult issue to tackle, an issue that even lawyers hesitate on. One common theory blames society's crumbling safety net combined with a shaky economy in

making conditions perfect for tempting scammers.

"Of course with the predatory lending going on, the seniors' ability to protect themselves has become really important," Lloyd says. "There are more and more examples of possible senior abuse, and it's always hard to determine what's going on, what's the biggest factor."

The work is just about helping people get what they deserve for Kearney, who was inspired to a law career by undocumented-worker abuse and got his start representing death-row inmates in Texas before starting his own elder-law practice in Portland two months ago. After his first Senior Law session at the Urban League center on northeast Martin Luther King Jr. Boulevard recently, Kearney realized how many seniors sit one document away from substantially im-

proving their lives.

"It happens to a lot of people; if you don't pursue it like Ms. Ingram did or find someone else to help you follow up with that claim, they win by default," Kearney says.

"It's like putting a group of people in a category," Ingram adds. "They more or less automatically think, well, if you're that old, you've got to have Alzheimer's or you're just not quite with it."

Having taken care of one issue, Kearney and Ingram now are preparing to make sure that Social Security pays its due. Confident in a satisfactory outcome, she says, "Even if I had to be referred to another attorney, he would give me an idea as to where to go."

To make an appointment or to get more information, call Legal Aid Services of Oregon at 503-224-4086 and ask for the Senior Law Project.

Thanksgiving is a family holiday...

No one understands the importance of family more than us. We are a family, serving families... and that goes a long way toward appreciating what a holiday like Thanksgiving means. As your family gathers this holiday season, remember to give thanks for these precious moments together.

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Part 32. Associated Pain

Q: Is my leg pain related to my recent back injury?

A: Sharp pain radiating from your back down one leg can be a result of a pinched nerve in the spine. Herniated discs and bone spurs are two of the most pinched nerve in the spine. Disc in the spine function like shock absorbers; and they can become damaged from an injury or normal use.

Your leg pain is likely related to a problem in your lumbar spine, although it is hard to pinpoint exactly what triggered your pain. You might have had a pre-existing condition made worse by a recent injury. The good news is

this type of pain often resolves on its own or with chiropractic treatment. If the pain lasts longer than a few weeks, or if you have noticeable weakness in your leg or foot, talk to a doctor about getting an MRI.

Flowers' Chiropractic Office

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