



Chicago-Style Steppin

Fun, Healthy Social Dance for Couples and Singles.

Groovin' High Steppers™

Weekly Classes  
www.groovinhighsteppers.com

Denise Johnson 503-819-4576  
Hernandez Williams 206-683-4101  
Co-Founders and Instructors

# FOOD



## Lamb and Butternut Squash Stew

**Ingredients:**

- 8 ounces ground lamb
- 8 ounces 90% lean ground sirloin
- 8 ounces 90% lean ground sirloin
- 1/2 teaspoon kosher salt, divided
- 1 1/2 cups chopped peeled butternut squash
- 1 cup chopped onion 2 garlic cloves, minced

- 1 tablespoon tomato paste
- 2 teaspoons all-purpose flour
- 1/2 teaspoon each ground coriander and cumin
- 1/4 teaspoon each ground paprika and cinnamon
- 1 cup unsalted beef stock
- 3 cups chopped kale
- 2 tablespoons chopped flat-leaf parsley

**Directions:**

1. Preheat oven to 450°.
2. Heat a large Dutch oven over medium-high heat. Add lamb, beef, and 1/4 teaspoon salt; cook 5 minutes or until browned, stirring to crumble.
3. Add all ingredients. Stir in kale; cook 1 minute or until kale begins to wilt. Stir in lamb mixture.
4. Cover and bake at 450° for 15 minutes. Sprinkle with chopped parsley.

# BUSINESS Guide

**A.G. WARDS**  
Auto Body agwards@gmail.com

**Free Estimates**

810 N. Rosa Parks Way, Portland, OR 97217  
503 719 5907 503 544-0947

**sunlan**  
LIGHTING, INC.

web: www.sunlanlighting.com • E-mail: lightlady@transport.com  
3901 N. Mississippi Ave. • Portland, OR 97227  
503.281.0453 • Fax 503.281.3408

**Subscribe!**  
503-288-0033  
Fill Out & Send To:  
**The Portland Observer**

Attn: Subscriptions,  
PO Box 3137,  
Portland OR 97208  
\$45.00 for 3 months  
\$80.00 for 6 mo.  
\$125.00 for 1 year  
*(please include check with this subscription form)*

**\$5.00 TEES**  
CLUBS  
FAMILY REUNIONS  
SCHOOL CLUBS  
BUSINESSES  
SCREEN PRINTING

503-762-6042  
971-570-8214

**Seasonal Clean Up Special!**

E-Waste • Car Towing  
Appliances • Debris  
Scrap Metal • Recycling

ABLE ARM Recycling  
(503) 545-3160

**The Law Offices of  
Patrick John Sweeney, P.C.**

Patrick John Sweeney  
Attorney at Law  
**1549 SE Ladd  
Portland, Oregon**

Portland: (503) 244-2080  
Hillsboro: (503) 244-2081  
Facsimile: (503) 244-2084  
Email: Sweeney@PDXLawyer.com

Name: \_\_\_\_\_  
\_\_\_\_\_  
Telephone: \_\_\_\_\_  
\_\_\_\_\_  
Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
or email subscriptions@portlandobserver.com

**Double J Tires**

New & Used Tires  
Overstock & Used Tires  
\$20 & up Priced To Sell  
All tires mounted & balanced on the car, out the door – no additives.

Free stock wheels w/ purchase of any new or used tire  
*limited to stock on hand 30 years in business*

2 locations to Serve You  
6841 NE MLK, Portland  
503-283-9437  
4510 SE 52<sup>nd</sup> & Holgate  
503-771-1834

Advertise  
with diversity in  
The Portland Observer  
**BUSINESS GUIDE**  
Call 503-288-0033  
ads@portlandobserver.com

**JESUS  
Coming Again  
SOON!!**

**“Dear G-d, Please forgive ALL my sins. I accept Jesus into my heart as my L-rd and Savior, Amen”.**

202-888-5895 JesusIsComingAgain@usa.com  
PO Box 231023, Tigard OR 97281