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Teen Weight Management Class To Be Held

Kaiser Permanente's "Health Counts for Teens" is the only current weight-management program in the Portland area for overweight-management program in the Portland area for overweight adolescents age 12 to 16 and their parents or adult support person.

The 10-week course starts July 8 and runs through Sept. 16. Meetings are Mondays from 5:30 to 7 p.m. at Kaiser Permanente's Bess Kaiser Medical Center, 5055 N. Greeley, in Portland. Cost is \$150 per family for Kaiser Permanente members, \$180 per family for the general public. To register, call Kaiser Permanente's health education department message recorder at (503) 286-6880.

Public Announcement

The Grant High School Class of 1981 will have its 10th reunion, August 16-18, 1991. Former teachers, coaches, students (who transferred after attending) and 1981 graduates are encouraged to attend. We are looking for "missing" alumni, so parents and friends who read this are encouraged to forward addresses of the Class of 1981 to class representatives Marcella Loprinzi or Maura White.

Friday, August 16 will be an alumni-only get together at the Blitz Weinhardt Tasting Room; Saturday, Aug. 17 will be an hors d'oeuvres buffet and dancing at the University of Portland Commons; and Sunday, Aug. 18 will be a picnic and softball game at a local park.

For more information, please contact Marcella Loprinzi, 12920 S.W. Foothill Drive, Portland, Oregon 97225 or Maura White, 6823 N.E. Hancock, Portland, Oregon 97213.

PPI Employee's Volunteer For Community Energy Project

On May 18th, Pacific Power and Light employees volunteered their time to help others by weatherizing the homes of senior citizens and disabled persons. The Community Energy Project provided the free weatherization materials and the training of the volunteers.

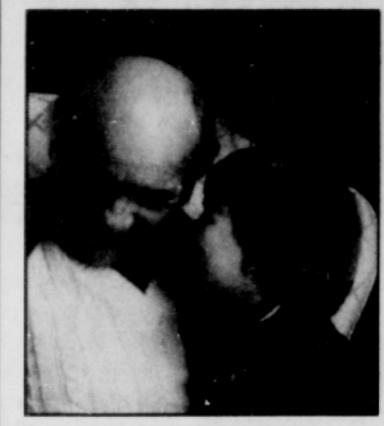
The volunteers weatherized homes serviced by PP&L in Northeast and North Portland. The volunteers installed inside storm windows, weatherstripping around doors, caulking, wall gaskets, insulated hot water heaters and pipes, and talked to the senior or disabled person about energy conversion. The weatherization work that was made to the seniors' homes will help keep the seniors warm and save money on their utility bills. These savings can be used for food, clothing and medical needs. Since many of the senior and disabled persons are home bound, Meals-on-Wheels may be their only visitors. The volunteers are welcomed visitors in to these persons' homes.

One of the seniors that was helped is Mr. William Russell, in north Portland, who was unable to do the work himself. He benefited greatly from the weatherization work.

If you have any questions or would like more information about the Community Energy Project or the volunteers please do not hesitate to call 284-6827. Ask for Jill Lane, Project Coordinator.

We're getting into the graduation mode. If you have someone who has "made it" let them know how proud we are of them. Education is a precious tool. Let our young men and women know that we support them in their efforts. At least say Congratulations!

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USDA'S HOTLINE OFFERS TIPS ON SAFE BARBECUING

Home economists who staff the U.S. Department of Agriculture's Meat and Poultry Hotline are making the season safer for consumers with tips on safe barbecuing.

Helping people manage outdoor cooking to avoid illness is critical since foodborne diseases peak in the hot summer months.

Here are tips to help consumers enjoy the cookout season safely:

- Marinate foods only in the refrigerator, and in a non-metallic container.
- Remove visible fat from meat to avoid flare-ups and charring.
- When partially cooking meat or poultry before grilling, put the food on the grill immediately after partial cooking is completed.
- If cooking ahead, cook food thoroughly, then refrigerate it in small containers for quick cooling and later reheating before serving.
- Cook red meat and fish to 160 degrees F; poultry to 180 degrees. When done, poultry should not be pink and all juices should run clear. Fish should flake with a fork.
- Serve food from the grill on a clean platter. Never serve from a platter used to hold raw meat before cooking, unless the platter has been washed thoroughly with soap and hot water. Residue and juices from raw meat could contain potentially harmful bacteria.
- Keep cold foods cold until just before serving.
- Serve hot foods quickly and only after the food has been thoroughly cooked.

For answers to other questions about grilling and warm-weather food handling, call USDA's Meat and Poultry Hotline at 1-800-535-4555.

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Correction!!

In last week's issue of the Portland Observer, page 5 a small announcement was ran for a child's birthday. Bre'ana Lashay Green Mack. This announcement ran with an error.

Mr. & Mrs. A.C. Green Sr. are not the child's grandparents. The Portland Observer sincerely apologizes for this mistake.

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