

FOOD & NUTRITION

**CONSIDERING THAT WE
REDUCE FIGURES FOR A LIVING
THIS OFFER SHOULD
COME AS NO SURPRISE.**

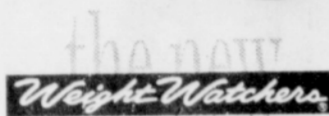
If it's a smaller figure you're after, we've got one. With this terrific offer, it's a great time for you to join Weight Watchers and get one of your own.

You'll learn how to eat real foods right away. Handle real-life challenges. And develop permanent habits that won't just help you reach your goal weight. They'll help keep you there.

So take advantage of our great offer today. While your smaller figure may last forever, ours won't. So hurry and join Weight Watchers today.



Join by May 8th and Save more than 50%
EVERYONE JOINS FOR ONLY \$13.00



Call Collect
503-297-1021
Weekdays 8:30 am to 5:00 pm

REGULAR FIRST MEETING FEE \$27
(\$17 registration plus \$10 weekly fee)

NOW THROUGH MAY 8th \$13 ONLY
(combined registration and weekly fees)
Subsequent weeks \$10 (this offer good only in Area 083)

Join Class Anytime

Tillamook Park Bldg.
2108 N.E. 41st Ave.
Mon 7:00pm
Tues 7:00pm
Wed 9:30am & 5:00pm
Thurs 7:00pm
Fri 9:30am

Northminster Presbyterian
2823 N. Portland Blvd.
Fellowship Hall
Tues 7:00pm

University of Portland
5000 N. Willamette Blvd.
Columbia Hall
(Enter from Portsmouth)
Wed 5:00pm

Temple Baptist Church
1319 N.E. 7th
Fireside Room
Tues 12:15pm

Emanuel Hospital
2801 N. Gantenbein
Room 2055, 2nd Floor
Mon 11:30am

Maranatha Church
4222 N.E. 12th
(Enter on Skidmore)
Sat 9:30am

Nationwide Insurance
919 N.E. 19th Ave.
Wed 11:30am

As people vary, so does individual weight loss and results.
Fee for subsequent weeks \$10.00. Offer good from 4/19/93 through 5/8/93. See receptionist for details.
Offer available in participating areas only. Cannot be combined with any other offer. © 1993 WEIGHT WATCHER INTERNATIONAL, INC., owner of the registered trademark. All rights reserved.

Raw Milk Product Allowed Back On Shelf

The Oregon Department of Agriculture has announced that Thomas Jersey Dairy of Tigard will be allowed to resume retail marketing of raw milk immediately. The action comes after the department and the Oregon Health Division found no evidence of E. Coli 0157:H7 in milk samples and limited fecal samples taken from the dairy.

The department's Food and Dairy Division issued a recall of raw milk produced and distributed by Thomas Jersey Dairy last week after the Oregon Health Division linked six cases of E. Coli 0157:H7 infections with Portland area residents who had consumed the raw milk product.

As a condition of the resumption of retail marketing, the Oregon Department of Agriculture will increase its sampling and inspection of the Thomas Dairy for the next six months to assist the dairy in minimizing any risk to public health. Samples will be taken from the dairy every two weeks and on-site inspections will take place once a month.

In addition, the department will conduct sampling and testing of product from all raw milk dairies in the state for the presence of E. Coli.

The Oregon Department of Agriculture continues to recommend that consumers who wish to minimize their risk to pathogens consume only pasteurized milk and discourages the consumption of raw milk.

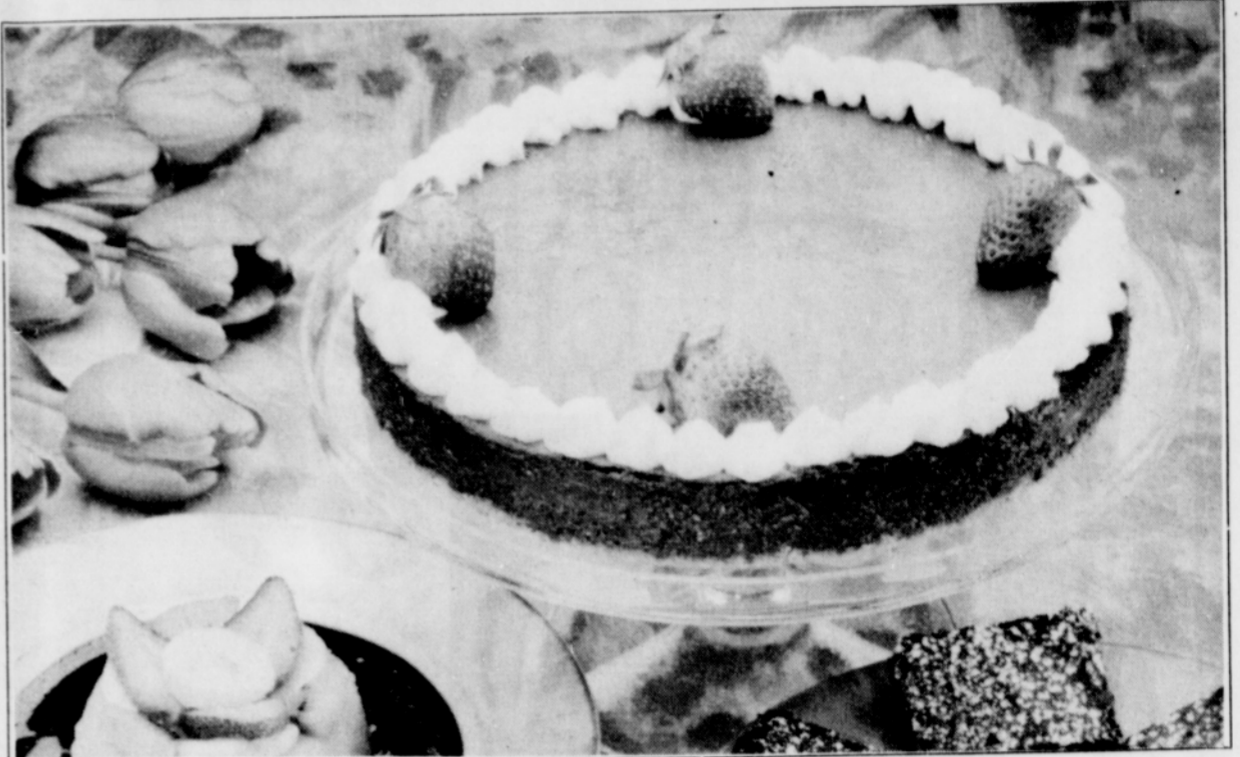
For more information, contact Bruce Pokarney at 378-3773, or Jim Black or Ron McKay at 378-3790.

Kaiser Permanente Offer Health Education Classes

Uncontrolled diabetes can lead to serious health problems. Kaiser Permanente offers several classes where you can learn self-care skills to control your diabetes. The three-session introductory series, "Diabetes Step By Step," will be from 9am to noon on Monday, Tuesday and Wednesday, May 24 through May 26, at Kaiser Permanente's East Interstate Medical Office, 3414 N. Kaiser Center Drive, Portland. Cost is \$15 for Kaiser Permanente members, \$150 for the general public. A spouse or other support person is encouraged to attend at no extra charge.

Ending a love relationship can be difficult. Kaiser Permanente's "Divorce Adjustment" program focuses on adjustments to make divorce less painful. The eight session will be from 6:30 to 8:30pm on Fridays, May 28 through July 23, at Kaiser Permanente's North Interstate Services Building, 7201 N. Interstate Ave., Portland. Cost is \$80 for Kaiser Permanente members, \$140 for the general public (fee includes textbook). Please register at least 10 days before each class begins. For more information please call Kaiser Permanente's Health Education Department at (503) 286-6816.

Health Watchers: Try These Lo-Cal Desserts



The merry month of May brings thoughts to many of shaping up for the (dreaded!) bathing suit and shorts season just around the corner. Cheer up--fat fighters can still have delicious chocolate desserts!

You can "have your cake, and eat it, too" with these luscious (but reduced fat) and easy to prepare, chocolate desserts. They're made with cocoa, a deep dark chocolate baking ingredient that contains less than one gram of fat per tablespoon.

Cocoa is also very low in sodium, and is cholesterol-free food. And it's the only chocolate baking ingredient allowed by the American Heart Association and the National Cholesterol Education Program.

Cocoa comes in two varieties; both are easy to use. European style "dutch" cocoa has a dark color and mellow chocolate flavor, unsweetened cocoa has a rich, deeper chocolate flavor.

These lighter chocolate desserts

have a bonus because they are also easy to prepare. "Trimmed Down Chocoberry Cheesecake" uses nonfat cottage cheese, Neufchatel light cream cheese, and frozen strawberries for a mixture that's so delicious that you won't miss the fat! (Watch this page next week for two additional great cocoa recipes.)

Trimmed Down Chocoberry Cheesecake

Graham Bottom:

Stir together 1/2 cup graham cracker crumbs and 1 tablespoon melted butter or margarine; press onto bottom of 8-inch springform pan.

Cheesecake:

- 1 cup nonfat cottage cheese
- 1 package (8 oz.) Neufchatel cheese (light cream cheese), softened
- 1 cup sugar
- 1/3 cup Hershey's European Style Cocoa or Hershey's Cocoa
- 1 package (10 oz.) frozen strawberries in syrup, thawed & drained

1/3 cup frozen egg substitute, thawed

1. Heat oven to 325 F. Prepare Graham Bottom
2. In food processor, place cottage cheese; process until smooth. Add Neufchatel cheese, sugar, cocoa and strawberries; process until smooth. Stir in egg substitute. Pour gently onto graham mixture in pan.
3. Bake 55 to 60 minutes or just until almost set in center. Cool completely in pan on wire rack. Refrigerate; serve cold, topped with whipped topping and strawberries. 14 servings.

Nutrition Per Serving
(1/14 of Cheesecake)

- 160 Calories
- 5 gm Protein
- 23 gm Carbohydrate
- 5 gm Fat
- 15 mg Cholesterol
- 150 mg Sodium
- 25 mg Calcium

(Don't forget to watch this page next for two additional recipes.)

8th Annual Food Drive Gathers Momentum

Newspapers in every corner of the state will be inserting special food collection bags inside their newspa-

pers during the eighth annual Let's Bag Hunger food drive on May 3 to May 21, while First Interstate Bank branches stand by to collect the food for hungry Oregonians.

KIWANIS CLUBS SPONSOR CAMPAIGN TO GET KIDS IMMUNIZED BY AGE 2

(DM)—Contagious childhood disease can be crippling, even deadly. Yet, according to studies by the Centers for Disease Control, in some urban neighborhoods less than half the children under two years old are fully immunized against polio, diphtheria, measles, mumps, and several other vaccine-preventable diseases.

Infant immunization is so important that some public health agencies offer free shots. But even when these vital vaccines are provided at no cost, many parents still don't take advantage of this service. Some may lack convenient transportation, and many don't want to take time off from work.

But most of all, say experts, there is a need for more public education.

"Many parents don't realize how important proper immunization is for small children," says William L. Lieber, president of Kiwanis International. "And most parents simply don't know what shots their children need, and when."

To help solve this problem, Kiwanis clubs have launched a major, multi-media public education program. The Kiwanis campaign is built around the slogan, "All Their Shots, While They're Tots," to

emphasize the point that children should be fully immunized by age two.

The Kiwanis campaign includes billboards and posters, radio and television spot announcements, and public-service ads in magazines and newspapers. In addition, payroll inserts and postage meter imprints can be provided to businesses, and a 14-minute videotape is available for viewing in physician and clinic waiting rooms.

All their shots

IMMUNIZE EVERY CHILD BY TWO

while they're tots

A public service sponsored by your local Kiwanis club

At 6 months, boosters for DTP, hepatitis B, and haemophilus influenzae are needed. Finally, at 15 months children should be immunized for measles, mumps, and rubella (MMR) and get boosters for DTP, polio, and haemophilus influenzae.

Kiwanis is one of the world's leading service clubs. Kiwanis clubs are dedicated to fellowship and community improvement through voluntary service projects. There are almost 9,000 Kiwanis clubs with 330,000 members in 80 nations.

The immunization campaign is just one part of a major Kiwanis service program called "Young Children: Priority One." The program encourages local Kiwanis clubs to create projects to meet the needs of children from prenatal development to age 5.

"During the past year, Kiwanis clubs raised and spent \$11.9 million on Young Children: Priority One projects," says Lieber. "Our members also contributed more than 1.1 million hours of volunteer time. The Young Children: Priority One program is quickly growing into one of our largest and most successful service programs since Kiwanis was founded in 1915."

CENTERS FOR DISEASE CONTROL ADVISORY COMMITTEE ON IMMUNIZATION PRACTICES

ACIP RECOMMENDED SCHEDULE OF VACCINATIONS FOR ALL CHILDREN*						
Vaccine	2 Months	4 Months	6 Months	12 Months	15 Months	4-6 Years (before school entry)
DTP	DTP	DTP	DTP		DTP	DTP
POLIO	POLIO	POLIO			POLIO	POLIO
MMR					MMR	MMR
Hib						
Option 1	Hib	Hib	Hib		Hib	
Option 2	Hib	Hib		Hib		
Vaccine	Birth	1-2 Months	4 Months	6-18 Months		
HBV						
Option 1	HBV	HBV			HBV	
Option 2	HBV	HBV	HBV		HBV	

DTP: Diphtheria, Tetanus, and Pertussis Vaccine

Polio: Live Oral Polio Vaccine drops (OPV) or killed (Inactivated) Polio Vaccine shots (IPV)

MMR: Measles, Mumps, and Rubella Vaccine

HBV: Hepatitis B Vaccine

Hib: Haemophilus b Conjugate Vaccine

* These are the Centers for Disease Control Advisory Committee on Immunization Practices recommended schedule of vaccinations for your child. These schedules may vary depending on our child's physician's discretion and the vaccines used.

Dad's Oil Service

heating oils

Best Cash Prices

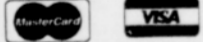
Speedy

Service

Friendly

Call for Quote!

104 NE Russell
Portland, OR 97212
282-5111



KOREAN AMERICAN GROCERY Association Of OREGON

DEKUM FOOD MARKET
800 N.E. DEKUM
283-1240
SONNY KIM, OWNER

BOSTON MINI MARKET
726 N.E. KILLINGSWORTH
282-6776

K C FOOD MARKET
309 N. KILLINGSWORTH
289-7430

ALBERTA ST. MARKET
915 N.E. ALBERTA
281-6388

NU-RITE-WAY FOOD CENTER
3965 N. MISSISSIPPI
282-0247
FRESH GREENS & MEAT

CRAIG'S
106 N. BEECH
280-0434

KING FOOD MART
3510 N.E. MLK BLVD.
281-0357

KNOTT ST. GROCERY
2709 N.E. 7th
284-7490

PRESCOTT CORNER MARKET
1460 N.E. PRESCOTT
284-7418

PHILLY CAFE
445 N.E. KILLINGSWORTH
288-9367

MID-K BEAUTY SUPPLY
5411 N.E. MLK BLVD
335-0271

BARGAIN PLACE SWAP MEET & MAX + KINGS FASHION
710 N. KILLINGSWORTH
287-8082 OR 7788

WE APPRECIATE YOUR BUSINESS AND SUPPORT THANK YOU