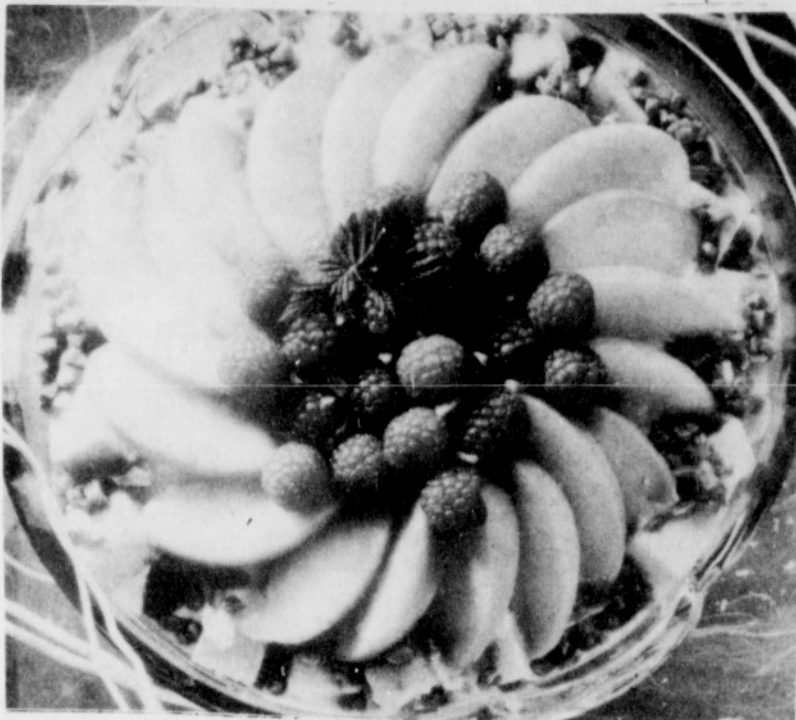


FOOD & NUTRITION

The Portland Observer

Peach & Raspberry Trifle



- 1 4-serving size package instant vanilla pudding mix
- 2 cups milk
- 1/2 cup dairy sour cream
- 1/2 package Heath Bits 'O Brickle
- 1 10 3/4-ounce frozen loaf pound cake, thawed and cut into 1/2-inch cubes
- 1/4 cup strawberry preserves or seedless raspberry jam
- 1/4 cup sliced peaches
- 1 cup fresh raspberries
- 1 fresh peach

Prepare pudding mix according to package directions, except use 2 cups mild and 1/2 cup sour cream. Reserve 2 tablespoons of the Heath 'O Brickle into the pudding mixture.

Place half of the cake cubes in a 2-quart souffle dish or serving bowl, then dot with half of the preserves. Spread half of the pudding mixture over the preserves. Then, layer slice peaches and half the raspberries over the top. Repeat cake, preserves and pudding layers. Cover surface with clear plastic wrap. Chill 6 hours or overnight.

Just before serving, peel and thinly slice peach. Arrange with remaining raspberries around the top. Sprinkle the reserved Heath Bits 'O Brickle around the edge. Store the trifle in the refrigerator. Makes 6 servings.

Metro 4-H Advisory Committee Seeks Members

The OSU Extension Service is organizing an overall Metro 4-H Youth Development Advisory Committee. A steering committee, which has been guiding and directing the Metro 4-H program for the past two years, is seeking adult and youth members to serve on the new advisory committee. Adults and youth not involved in 4-H, as well as all volunteers and 9th-12th grade youth who are involved in 4-H, are eligible to apply for committee membership. Metro 4-H includes all 4-H members, volunteers, and families in Clackamas, Multnomah, and Washington counties. The Metro 4-H Advisory Committee is charged with responsibility of advising on the full spectrum of 4-H programs and activities in the entire Metro area. "This is a real opportunity for anyone interested in the future and education of youth to get in on the ground floor, to be a part of a very exciting and rewarding effort to make a difference in the lives of youth and their families," says Lynn Hilbert of Schools, current chair of the Metro 4-H Steering Committee. Applications and committee position descriptions are available upon request from OSU Extension Service offices in Portland, Hillsboro, and Oregon City. Applications are due to the Oregon City office by July 9. Oregon State University Extension Service offices educational programs, activities, and material without regard to race, color, national origin, sex, age, or disability.

cooking for ACTIVE APPETITES AND BUSY SCHEDULES the microwave way

(DM)—Microwave-baked Beef-Vegetable Stew can satisfy extra-active appetites anytime of the year. You can use this recipe even in hot weather, because microwave cooking keeps the kitchen cool. It is also ideal when the day's schedule of activities limits meal preparation time.

Tender beef cubes are combined with a lightly seasoned mixture of vegetables in a tapioca-thickened gravy. Water chestnuts add an unusual texture accent. Whirlpool Corporation home economists suggest completing the menu with rolls or fresh sliced bread, seasonal fresh fruit and a scoop of ice cream for dessert.

This recipe freezes well, so you can make it ahead for a quick defrost-and-reheat meal. Or pack it frozen with other food items in the cooler for a weekend trip to the cottage.

- BEEF-VEGETABLE STEW**
(6 servings)
- 2 lb. boneless beef, cut into 1-inch cubes
 - 1 medium onion, cut into chunks
 - 1 cup sliced celery
 - 1/2 teaspoon salt
 - 1/4 teaspoon pepper
 - 1 bay leaf
 - 2 cups water
 - 2 teaspoons instant beef bouillon
 - 4 medium potatoes, cut into chunks
 - 4 medium carrots, sliced
 - 1/4 cup sliced water chestnuts
 - 1/4 cup quick tapioca
1. Combine first 8 ingredients in 3 to 4-quart round glass bowl or casse-



role. Cover. Microwave at HIGH (100%) until simmering, about 8 minutes. Stir. Cover and microwave at MEDIUM (50%) for 15 minutes. 2. Stir in potatoes, carrots and water chestnuts. Sprinkle with tapioca. Stir. Cover and microwave at HIGH (100%) for 25 minutes, stirring occasionally, or until meat and vegetables are tender. Let stand a few minutes. Serve in bowls.

Nutrition Information (per serving)	
Calories	490
Protein	51 g
Fat	15 g
Cholesterol	146 mg
Carbohydrates	36 g
Sodium	514 mg

Whirlpool Micro-Tip FREEZING FOODS FOR MICROWAVE REHEATING: Save freezer space and keep bowls and casseroles available for daily cooking needs. Line a microwaveable casserole, bowl, or plate with foil, plastic wrap, or freezer paper, leaving long ends. Fill with food to be frozen. Cover and place casserole in freezer. When the food is frozen, remove from the casserole. Wrap tightly, label and return to freezer. When needed, unwrap, discard wrappings, and place food in same casserole. Defrost and reheat, using directions provided with your microwave oven model.

No Cow's Milk For Infants Under One Year Old

According to the American Academy of Pediatrics (AAP), infants under 1 year old should not be given cow's milk or low-iron formula, but should receive breast milk for the first 6 to 12 months, with the only acceptable alternative being iron-fortified infant formula. Appropriate solid foods and juices should be added 4 to 6 months.

The statement, published in May's AAP News, said infants who are fed whole cow's milk have low intakes of iron linoleic acid, and vitamin E, and excessive intakes of sodium, potassium, and protein. This illustrates the poor nutritional compatibility of solid foods and whole cow's milk, with the most dramatic effect on iron status.

In addition, the AAP said the high calcium and phosphorous

and low vitamin C in whole cow's milk may prevent other dietary sources, such as infant cereals, from providing infants with iron.

Evidence now suggests the current feeding practice in the U.S. of using iron-fortified cereal does not meet the requirement for iron when whole cow's milk is used during an infant's second 6 months of life. However, using iron-fortified formula and iron-fortified cereal for the first 12 months has proven successful in reducing iron deficiency.

The amount of iron absorbed from infant cereal is, at most, 17 percent of the amount infants require each day.

The AAP also said that infants fed whole cow's milk during the second 6 months of life experienced a 30 percent increase in intestinal blood loss and a significant loss of iron in their stools. These studies clearly show that blood loss will occur in a substantial percentage of infants who receive whole-cow's milk for the first time after 6 months of age.

"Because the mild (or formula) portion of the diet represents 35 to 100 percent of total daily calories and because whole cow's milk and breast milk or infant formula differ markedly in composition, the selection of a milk or formula has a greater impact on nutrient intake" The AAP said.

The American Academy of Pediatrics is an organization of 43,000 pediatricians dedicated to the health, safety and well-being of infants, children, adolescents and young adults.

United Grocers Raises Big Bucks For Children's Hospitals

United Grocers and its member stores surpassed the \$2.6 million mark in a six-year effort to raise money for children's hospitals. Some \$509,285 was raised by United Grocers during 1992 and 1993.

United Grocers and their members are the single largest contributor for pediatrics at three hospitals. Over \$273,125 of the money raised this year will benefit Doernbecher Children's Hospital at Oregon Health Sciences University in Portland. Some \$162,183 will benefit pediatrics programs at Rogue Valley Medical Center in Medford. The remainder will go to pediatrics at Sacred Heart Hospital in Eugene.

Hatfield Seeking Examples Of Outstanding Productivity, Service

Senator Mark Hatfield is seeking applications for the 1993 Senate Productivity Award for Agriculture and or Service.

The Senate Productivity Award was established in 1982 to foster productivity awareness and to honor companies with outstanding productivity programs. Senators present an award to an organization in their state which has produced a product or performed a service in a particularly efficient or effective manner. Past winners include Country Coach, a recreational vehicle manufacturer in Junction City, the Glen A. Walters Nursery in Cornelius, and Praegitzer Industries in Corvallis.

Applications will be evaluated based on employee relations, actual productivity improvements, and other areas. The deadline for filing an application with Senator Hatfield is July 31, 1993. For more information, contact:

Senator Mark O. Hatfield
One World Trade Center
121 Salmom St. Suite 1420
Portland, Oregon 97204
503-326-3386

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OHS Salutes Rock Music History With Tribute To "Louie Louie"

The Oregon Historical Society will sponsor a tribute to the rock standard "Louie Louie" on Friday, July 2, 1993, at the Portland site where the original version was recorded, 415 S. W. 13th Street. The 6:30pm ceremony will include the installation and dedication of a commemorative plaque in the sidewalk adjacent to the former studio site. "Louie Louie" was recorded in 1963 by The Kingsmen, a local rock group.

Special guests on hand to take part in the song's 30th anniversary salute include "Louie Louie" composer, Richard Berry; Broadcast Music, Inc. executive Rick Riccobono; Oregon Historical Society Executive

Director Chet Orloff. Original members of The Kingsmen will also be on-hand including the group's spokesperson Lynn Easton. "Louie Louie" was recorded at Robert Lindahl's Northwestern Sound Studio.

Once listed as number #2 on the "Billboard Magazine" charts for six weeks running, "Louie Louie" has become a standard for generations of young people. Today, the song holds special meaning for people of all ages. For the Oregon Historical society and its sound and music recording archive, the song represents a part of Portland's musical history. OHS sound and music collections include a broad spectrum of musical styles.

Toni's Restaurant

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Fri/Sat. 7:00 am to 4:00 am
Sun 9:00 am to 9:00 pm

Upcoming Event Information

Attraction: Jeff Lorber and Band
Special Guest: Dennis Springer
Venue: Roseland Theater

Event Date: Friday, July 30, 1993
Time: 9:00 PM

Produced By: Double Tee Promotions
Tickets: \$10.00 advance and \$12.00 door
(Does not include service charge)

Outlets. All FASTIXX Outlets in the following selected Fred Meyer stores: Beaverton, Stadium, Tigard Tualatin, Oak Grove, Gresham, Gateway, Hollywood West, East Salem, Mill Plain, Johnson Creek and Walker Road. Now available at Music Millennium on East Burnside, N.W. 23rd. Also in Eugene At the Hult Center box office. For more ticket information, call 224-TIXX or 1-800-992-8499.

On Sale Date: Now
Special Information: Between 1980 and 1985, Portland, Oregon was the center of a revolution in contemporary jazz. The Jeff Lorber Fusion set

the world on its ear with an amazing and completely original blend of Funk, R&B, Rock and electric Jazz. The band featured a young sax player by the name of Kenny Gorelick and pumped out some of the funkier and most melodic jazz of it's time. Since then, Lorber has directed much of his energies toward producing albums for the likes of Eric Marienthal, Chaka Khan, Bruce Hornsby, Luther Vandross and Prince. His triumphant return as a solo recording artist, Worth Waiting For, is just what it's title claims. Jeff Lorber is back where he belongs. 21 and over please.

Schizophrenia— In Brief

Schizophrenia is a genetically influenced mental illness involving hallucinations, delusions, withdrawal and disorderly thinking. No one knows what causes it, but it may involve neurotransmitter abnormalities in the brain where thought and emotion are processed. Patients may imagine that people on television and in magazines

are talking to them directly and personally. They may become isolated and withdrawn and hear aggressive voices that can sometimes tell them to commit suicide—or, on rare occasions, to kill someone. Some experts say that homicidal violence occurs when child abuse and brain damage are also part of the picture.