

# FOOD & NUTRITION

The Portland Observer

E&M

Prices Effective:

JULY 1993	21	22	23	24
25	26	27		

Sentry

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## SAVER SHIELD SPECIALS

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Valid July 21-July 27, 1993

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20 Oz. Western Family <b>FABRIC SOFTENER SHEETS</b> 19¢ Each	34 Oz. <b>WESTERN FAMILY MUSTARD</b> FREE	32 Oz. Selected <b>WESTERN FAMILY MAYONNAISE</b> 39¢ Each
5.5 Oz. Selected <b>NINE LIVES CAT FOOD</b> 3 FOR <b>19¢</b>	1 lb. <b>BLUE BONNET QUARTERS</b> 2 FOR <b>39¢</b>	4 Roll <b>MD BATH TISSUE</b> 29¢ Each

## Foodstock Concert July 24 At Laurelhurst Park

The first-ever Foodstock will present some of Portland's top original musicians in a benefit concert for Loaves & Fishes on Saturday, July 24 at Laurelhurst Park.

The concert is part of the Loaves & Fishes Tom McCall Walk & Summer Picnic. The family day of food and entertainment begins at 10:30am with one, three and six mile walks. The picnic is at noon, with musical entertainment from 11 am to 3pm.

The free concert in the park features an impressive lineup of jazz, pop and blues entertainers. Scheduled to appear are: The Jim Mesi Band, Body & Soul, Ron Steen, Shirley Nanette, Mark Bosnian, Leroy Vinegar, Lewis Livermore, Valerie Day, Lee Garrett, Theresa Demarest, Linda Hornbuckle, Jancie Scroggins, Art Chaney, Myrtle Brown, The Arnold Brothers, Norman

Sylvester, Ralph Black, Dan Faehle, Bob Hernandez, Bobby Bradford, Warren Brachen, Malcolm Key, Frank Martin, Eddie Wied, Mary-Anne Mayfield, Dale Van Wormer and Cleve Williams.

"This musical lineup will rival any concert in Portland this summer," said Tom Ohling of Loaves & Fishes. "It's rare to see this caliber of performers all on one stage. Everyone, including the singers, musicians, stagehands, the sound people and security, are donating their time."

Pre-registration for the walk and summer picnic is \$6 per person, or \$8 the day of the event. The entry fee includes walker's bib, commemorative pin and picnic lunch. Mail-in registration available at Loaves & Fishes Centers, Inc., 6125 S.E. 52nd Avenue, Portland, OR 97206. Regis-

tration forms are also available at G.I. Joe's Ticketmaster outlets and area fitness stores.

Corporate sponsors for the 1993 event are Secure Horizons, Willamette Egg Farm and KOIN-TV. Other sponsors include Retired Senior Volunteer Programs and the City of Portland Senior Leisure Services.

Loaves & Fishes is a non-profit organization that provides more than 4,000 meals per day to seniors in the Portland metropolitan area. About 2,800 of the meals are delivered to participants' homes through the Meals-on-Wheels program. The balance are group meals served at 25 sites in the Portland area.

For more information about the Loaves & Fishes Tom McCall Walk and Summer picnic, call Special Events Director Julie Perry, 777-2424.

## Kids Will Get Coached Straight From The Pros

Keebler Brings Its Unique "Snack & Field" Day To Portland

Portland-area kids can learn tricks of the trade and play with celebrity athletes in basketball, soccer, track, baseball and football at Keebler Company's "Snack & Field" day, to be held at the University of Portland on Sunday, August 8.

Day-long sports clinics will be hosted by No. 7 all-time leading NFL quarterback Neil Lomax, University of Portland head basketball coach Larry Steele, the world champion soccer star Juli Veece, Oakland A's all-time leading hitter Carney Lansford and Olympic Gold Medalist Billy Mills (10,000 meters, '64 Olympics).

The day includes fun events for the entire family, such as performances and clinics by local martial arts experts and the Universal Cheerleaders Association, bowling and golf instruction, and additional entertainment, plus lots of food and free Keebler snacks and cookies.

The Ident-A-Kid program will also be on location to take picture ID's, fingerprints and other statistics

for aiding parents and police in the event a child is ever lost or kidnaped.

Keebler is donating gate proceeds plus \$1,500 to the Portland chapter of the Leukemia Society.

"It's a good idea for parents to bring their kids out to an event like this, or any sport event, when you think about the negative influences kids today face," said Carney Lansford, who will conduct the baseball clinics. "I enjoy teaching my batting tips to kids, but I especially like sharing my love for the game."

"We developed the Snack & Field days to promote an active lifestyle among kids," said Ron Tallia, Pacific Regional Marketing Manager for Keebler Company. "Where else can kids spend the whole day with legendary sports celebrities and receive one-to-one coaching?"

Admission for two is free with three Keebler proof-of-purchase certificates from any of Keebler's crackers, snack chips or cookies, including Wheatables, Munch'ems, Pizzarias, O'Boisies, Chacho's, Chips Deluxe and Fudge Shoppe cookies. Paid admission is also available at the gate at

a cost of \$5 per family, or \$3 per adult and \$1 per child under 15.

Additional information can be obtained by calling toll free, 1-800-SNACKS-5.

Keebler Company is one of America's largest food companies, specializing in the manufacture of cookies, crackers and snack foods. The company employs more than 9,000 people nationwide and has annual sales in excess of \$1.7 billion.

### UN COUNCIL EXTENDS MISSION IN ANGOLA

The UN Security Council extended the UN monitoring mission in Angola for 2 months Thursday and condemned the rebel group UNITA as the main culprit in continuing the country's civil war. The council said that it was ready to consider imposing measures, including a mandatory arms embargo, on the UNITA.

Celebrate Diversity

## OPB Holds Contest To Save The Environment

Earthkeeping, and environmental series featured in Oregon Public Broadcasting (date and time to be announced), is conducting a contest to encourage and reward the participation of those who are helping to save the environment.

To enter the contest, an individual or group should produce and submit a one-to-three-minute video about a project or program that is helping to protect, restore, or enhance the environment. Entrants can either document a project they have worked on themselves or a project they are familiar with that's making a difference.

Videos should include shots of people working on a project, interviews, and a discussion of the obstacles that stood in the way of the project and how they were overcome. Videos can be in all production formats (i.e., documentary, music video, drama, comedy or talk show.)

The last day of the contest will be December 1, 1993. Five winning entries will be chosen from all those received, and the winning five will be featured on the last segment of Earthkeeping on OPB.

Each person 16 years old and over who enters the contest will also have his or her name entered in a drawing to win an exciting ecological research expedition with Earthwatch.

The Earthkeeping Take-A-Step Contest is a fun and positive way to get people of all ages involved in protecting our environment.

All entries must be postmarked on or before December 1, 1993, and sent with the necessary forms to:

**The Earthkeeping Take-A-Step Contest**  
Educational Print and Outreach  
WGBH  
125 Western Avenue

Boston, MA 02134  
For contest rules and information call or write to:  
Oregon Public Broadcasting  
Attn: Communications Department  
7140 S.W. Macadam Avenue

Portland, OR 97129  
(503) 293-1904

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## Klamath Rancher Elected Beef Council Chairman

Klamath County rancher Jim Chapman has been elected chairman of the Oregon Beef Council, the promotion, education and consumer information arm of the state's \$409 million beef cattle industry.

Elected vice chairman was John Rosebrook of Beavercreek. Newly-elected treasurer is John Bolbeda, a dairyman from Albany. The action took place during the Council's annual meeting held in Portland.

Chapman was educated at Henley High School and graduated from Oregon State University with a degree in animal science. He is a past president of the Klamath County Cattlemen's Association and a longtime member of the Oregon Cattlemen's Association. He also is a member of the beef advisory committee for the OSU department of animal sciences and serves the industry nationally as a director of the Meat Export Federation.

The new OBC chairman heads Chapman Ranch, a cow-calf-yearling operation outside Klamath Falls. He has served on the Klamath County Board, the Klamath Irrigation Board,

as a 4-H Club leader and is a captain in the U.S. Naval Reserve. He and his wife, Sandy, have three children.

Chapman replaces Heppner rancher, Wayne Evans at the helm of the OBC. Evans, a two-term chairman, retired from the Council after six years of service.

In other action, the Council approved a \$994,700 budget for the fiscal year July 1, 1993, through June 30, 1994. Fifty percent of the budget will be directed to the Cattlemen's Beef Promotion and Research Board to fund national programs while the balance will be used for promotion, education and informational programs related to Oregon's beef cattle industry.

OBC member, in addition to the three newly-elected officers, include Bob Beck, Cove, Bob Forth, Pendleton; Louise Grothe, Lakeview; and Cal Ransom, Richland.

OBC, founded in 1959, is one of the pioneer organizations among 44 state beef councils in America. The beef cattle industry makes up the largest segment of Oregon's \$3 billion agricultural economy.



New Beef Council Chairman  
Jim Chapman

## Overweight? Time To Get Down

BY DONALD E. WESSON, M.D.  
It is a serious health problem that is, pardon the expression, all around us.

Being overweight or obese is one of this nation's most common health problems. An estimated 25 percent of Americans carry too much fat. It is so common that many of us fail to notice it, particularly in ourselves and in loved ones.

African Americans carry too much fat. It is so common that many of us fail to notice it, particularly in ourselves and in loved ones.

African Americans as a group have a greater proportion of overweight people than other American population groups. The National Center for Health Statistics reports that about 35 percent of African American men ages 35 to 64 are overweight, compared to about 28 percent of white men. Even more striking is that more than half of African American women in the same age group are overweight, compared with about 30 percent of

white women. The reasons for these differences are unclear, but socioeconomic, cultural and genetic factors are possible contributors.

Studies have shown that overweight people live shorter lives as a result of health problems that go beyond concerns for appearance. They are more likely to suffer from heart disease, high blood pressure, diabetes and arthritis. Weight loss can reduce or eliminate these risks.

Why are some people more susceptible to becoming overweight? Body fat is made up of calories eaten but not "used up" by the body through physical activity like aerobics. People become overweight when they eat more calories than the body can burn.

The amount of energy your body needs depends on your metabolic rate and your level of physical activity. Although some people have a higher metabolism than others, the best way to avoid gaining too much weight is to balance calorie intake and exercise. If you maintain a sensible

diet and exercise regimen, you can burn extra calories and increase your metabolism.

If you are less active and overweight, limit your intake of high-calorie foods, like pastries, and "fill up" on low-calorie foods like vegetables and fruits.

Before entering a weight-loss program, consult your doctor. Nutrition experts at Baylor College of Medicine state that fad or "crash" diets often provide inadequate nutrition and can be harmful. In most cases, the weight is regained when resuming old eating habits. Also, choose an exercise program that matches your level of fitness. An inappropriately vigorous exercise program can be harmful.

You can successfully lose and maintain your ideal weight by eating well-balanced, low-calorie meals daily and performing moderate exercises, such as walking. Such a strategy can become a life-long habit that will help you achieve your goal while making you feel better and live longer.

## Earn While You Learn!

### Youth Forest Camps Fall Program

August 22 - October 30

The Youth Forest Camp Program (YFC) is an exciting, new, ten-week residential employment/education program for young men and women, ages 15 - 18.

You can earn \$4.25 to \$4.75 an hour for 40 hours each week in an outdoor forest setting. Non-work time is spent combining educational activities, field trips and recreation.

Deadline is July 30th

Applications at Portland Observer (4747 NE MLK) and the Urban League (10 N. Russell) or call 326-2406.

**THE STRUGGLE FOR DEMOCRACY IN ZAIRE**  
On Tuesday, July 20th at 5:30pm on Channel 33 and Sunday, July 25th at 5:30pm on Channel 11, the Fulani Cable Show will feature Lambert Mende Omalanga, the Minister of Communications of the transitional government of Zaire. Please tune in, then join concerned citizens at a forum at the Koinona House, 633 SW Montgomery, on Tuesday July 27th at 7:15pm to discuss the conditions of democracy in Zaire.  
Call The New Alliance Party Of Oregon for more details: 281-6375.

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