

# FOOD & NUTRITION

The Portland Observer

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**Free Health Screening For Seniors**

Legacy Visiting Nurse Association is offering during September Health Screening for adults 55 and older. The free screening may include general physical assessment, nutrition testing, blood pressure check, foot care evaluation, dental check, medication review, pulmonary functions, cancer education, and vision, glaucoma, and hearing tests. Blood tests are optional at \$5 fee. Appointments are necessary and may be made by calling the following screening sites:

- Sept. 17; OASIS; City Center Meier & Frank (10th floor); 621 SW 5th Ave.; 10am to 1pm; 241-3059
- Sept. 24; Bethel AME Church; 5828 NE 8th; 9am to noon; 288-5429

Legacy VNA's Senior Health Screening program conducts 25 screening a year at senior and community centers located throughout the Portland metropolitan area. The screening team includes registered nurses, respiratory therapists, podiatrists, dentists, pharmacists, medical laboratory technologist, ophthalmologists and dietitians. For more information about the Senior Health Screening program and dates and locations of future screening, call 241-3478.

Legacy Visiting Nurse Association is a member of Legacy Health System, which also includes Emanuel Hospital & Health Center, Good Samaritan Hospital & Medical Center, Holladay Park Medical Center, Meridian Park Hospital, Mount Hood Medical Center, and CareMark/Managed HealthCare Northwest PPO.

**Volunteers Needed For Floral Gardens**

The Oregon State Fair Floral Gardens is looking for volunteers to help during the twelve days of Fair. Volunteers are needed to serve as greeters in the floral Gardens. Volunteer greeters must be available to answer questions, give directions and make fairgoers feel comfortable.

There are four shifts available to choose from. Each shift is three-hours and the first shift begins at 10am. For more information contact the Oregon State Fair Floral Department between 10am and 4pm at 378-5045.



503/281-8696

**Tropicana Restaurant**

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**LS Bookkeeping**



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**Hawaiian Pineapple Boats Make A Stylish, Quick Dessert**

(DM)—Fresh pineapple from Hawaii is available year-round and always adds a special touch to any meal. Here's an Island dessert that's exciting, colorful—and so quick and easy to prepare.

The delightful tangy-sweet flavor of Hawaiian fresh pineapple is even more delicious when the fruit is marinated in a blend of brown sugar and rum, then broiled and topped with a snowy "Cheese Crème" sauce.

"Hawaiian Pineapple Boats" make a stylish presentation at a brunch, luncheon or dinner party. Perfect for the family too, when you want to add a festive ending to an everyday meal.

**BROILED HAWAIIAN PINEAPPLE BOATS**

- 1 medium Hawaiian fresh pineapple
- 3 tablespoons amber rum\*
- 3 tablespoons brown sugar (packed)

Mint springs for decoration  
Cheese Crème

Twist off crown and cut pineapple in half lengthwise. Cut each half into 3 wedges. Trim off core and free fruit from shell. Leaving fruit in place on the shell, cut in to bite-size wedges. Arrange pieces in staggered pattern. Set pineapple boats on rack in shallow pan. Drizzle fruit with rum and sprinkle with brown sugar. Refrigerate an hour or two. Drain and save syrup from marinating pineapple. Broil pineapple, 4 or 5 inches from heat, until warm, about 5 minutes. Decorate with mint sprigs and serve with Cheese Crème. Makes 6 servings.

\*Or, omit rum and sprinkle pineapple with brown sugar. Add 1 teaspoon rum extract to drained syrup before broiling.

Cheese Crème: Beat 2 (3 oz.) packages cream cheese with ½ tea-



spoon vanilla and ¼ teaspoon grated lemon peel until soft. Beat in 2 tablespoons of the syrup drained from marinating the pineapple. Fold in ½ cup heavy cream, beaten stiff. Makes about 1½ cups.

**How to Pick the Perfect Pineapple**

There are a lot of myths about picking out a fresh pineapple. It's really very easy. Just remember that pineapple from Hawaii is always ripe and ready to eat. Here are a few dos and don'ts that will help you select your own perfect pineapple.

DON'T worry about shell color. The shell color of a sun-ripe pineapple from Hawaii may range from green to golden. Optimum ripeness is determined by field testing for sweetness—not by shell color. DON'T thump the pineapple or pull leaves from the crown. These old wives' tales are not an indication of ripeness. DO look for a bright, fresh crown and plump firm fruit and avoid pineapples with large brown spots or bruises. DO refrigerate your pineapple if you do not plan to use it immediately after purchase. Unlike most fruit, pineapple will not ripen once it has been picked, since it has no starch reserve to convert to sugar once it is harvested.

PORTLAND OBSERVER  
Office: (503) 200-0033  
Fax #: (503) 200-0015

**Free Cholesterol Checks**

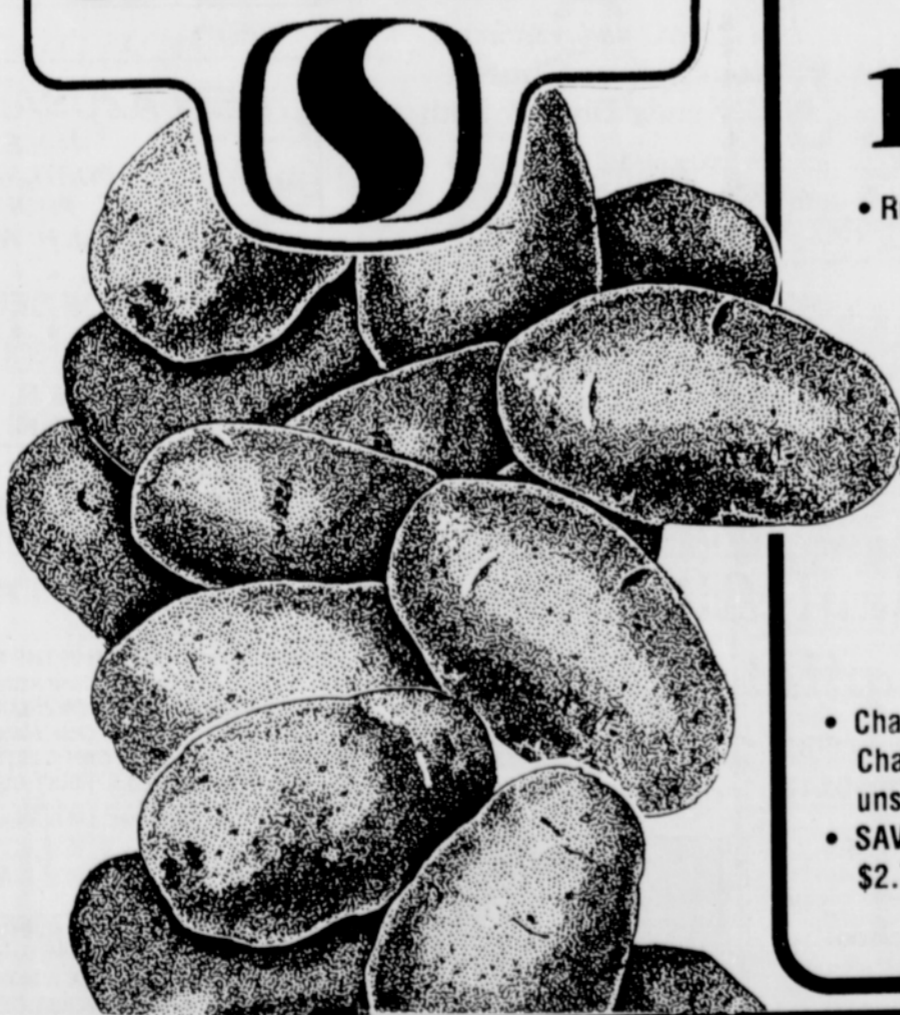
Portland Adventist Medical Center's Healthvan will be at Waterfront Park on Wednesday, September 1, 11am to 3pm, providing free non-fasting cholesterol checks. The free screenings are being offered in conjunction with United Way's Day of Caring. The brightly colored Healthvan will be parked near the Tom McCall restaurant.

This valuable community resource, made possible by the generous support of individual donors and foundations, provides Portland area residents with convenient opportunities to learn how to make positive lifestyle choices. For more information about the Healthvan and/or to schedule it for your next community event, please call (503) 251-6100.

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