

Family Living

Sunshine Division Receives Food Donations



From Left to Right: Doug Walter, marketing director for Sentry Supermarkets; Karl McDade, Portland Police sergeant; Mike Terry, advertising coordinator for Thriftway; and Jim Francesconi, Portland City Commissioner

United Grocers' member stores and Western Family Foods presented a check today, worth more than \$73,500 to The Portland Police Bureau's Sunshine Division culminating the sixth annual Have A Heart Food Drive.

Police Sergeant Karl McDade accepted the check on behalf of the Portland Police Bureau. Portland City Commissioner Jim Francesconi was on hand to ex-

press his thanks, on behalf of the city of Portland, to all the community and corporate supporters who made this year's drive a success.

The Have a Heart Food drive began back on January 27 and will officially end this coming Sunday, February 15. donations have been accepted at 59 participating United Grocers' stores in the Portland area and it is expected that more than 100,000

lbs. of food will be gathered by the end of the drive.

United Grocers is best known by the names of its advertising groups—Thriftway Stores, Sentry Supermarkets and Select Markets—or by independent operators such as Kienow's, Price Chopper, Ray's Food Place, Wizer's, Food Valu, Hank's and many other fine independent grocers.

POPEYES
10 PCS
CHICKEN
\$8.99

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Triple Play
\$3.99

LOVE THAT CHICKEN!
POPEYES
CHICKEN & BISCUITS

3 legs, 3 thigh & 3 Biscuits
Spicy or Mild

Present coupon when ordering. One coupon per visit. Void where prohibited. Not valid with any other offer. Good at participating Popeyes only. 1998 AFC Enterprises, Inc. Offer Expires: 3/29/98

Happy Birthday
Memory Ann
Garnett - Taylor
From Your Mom and
Charles We Love You!

Become a Professional Childbirth Assistant

- help increase women's comfort in labor
- help women avoid unnecessary cesareans
- earn income for you and your family

Portland training:
May 15-17, 1998
Contact: Emily Bernhardt,
(503) 827-4329

ASSOCIATION OF LABOR ASSISTANTS & CHILDBIRTH EDUCATORS
PO Box 382724 • CAMBRIDGE, MA 02238

Our Early Ancestors Hold Secret To Losing Weight

(DM)—Winter pounds got you down? If holiday splurges and too many fast food meals have expanded your waistline, you can draw comfort knowing that you're not alone. A study published by the *Journal of the American Medical Association* shows that over one third of adult Americans are overweight, up from one quarter just 15 years ago. And a U.S. Department of Agriculture survey found that compared to the late 1970's, Americans' eating habits today include 200 percent more snack food, and 115 percent more processed food, like fast food pizza, lasagna and tacos.

Here lies the central cause of Americans' battle with the bulge, says Michael Faulhaber, president of OtheA Foundation. "The human animal's digestive system was never meant to handle highly processed foods," explains Faulhaber. "Our early ancestors ate food in its natural state, and didn't mix foods of different origins at one eating. Today's highly processed fast foods — with their mixtures of fats, protein, sugars and other carbohydrates — are the absolute antithesis of how we should be eating."

The mixture of fat, protein and refined carbohydrates presents a particular problem if you are trying to lose weight. While the digestion of proteins and fat barely change the insulin level, carbohydrates require lots of insulin to control the blood sugar level. The excess glucose (blood sugar) is converted to and stored as fatty tissue. A diet high in processed foods not only adds pounds but can result in a permanent overproduction of insulin which, in some cases, can lead to diabetes.

The key to losing weight, says Faulhaber, is to eat foods separately according to their origin, thereby aiding proper digestion and avoiding insulin overproduction.

SAFEWAY FOOD & DRUG

Look For Your Safeway Weekly Shopping Guide
In Your Oregonian FOODday in the Portland Metro Area...and save more shopping at Safeway

Enjoy Extra Savings With The **SAFEWAY EXTRA In-Store Savings Guide**

Available at your Safeway store.

Visit Safeway's Web site at www.safeway.com

PRICES EFFECTIVE MARCH 1998						
Sun	Mon	Tue	Wed	Thur	Fri	Sat
1.5	1.0	1.7	1.1	1.2	1.3	1.4

Prices Effective Wednesday March 11, 7am thru Tuesday March 17, Midnight

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SAVE MORE AT YOUR SAFEWAY!

Beef Rib Eye Steak
Bone-in. Valu Pack.
4 or more steak per package.
SAVE up to \$2.01 lb.

2.98 lb.

Smaller packages, \$3.18 lb.

SAFEWAY VALU PACK

Case Sale
Safeway SELECT Soft Drink

Buy four 6-packs (1 case) or Two 12-packs (1 case). Assorted varieties. Plus Deposit in Oregon. Limit 4 cases with coupon.

2.97

One coupon per customer. Coupon valid 3/11/98 thru 3/17/98 at your Oregon Safeway Stores (except Milton-Freewater) and S.W. Washington stores serving Washouakum, Clatsop, Clark, Skamania and Klickitat Counties.

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Thompson Seedless Grapes
Imported from Chile.
SAVE up to \$1.20 lb.

79¢ lb.

NOBODY DOES IT BETTER FOR LESS.