

## Alberta Street Fair

Do you have a special talent you'd like to share with an appreciative audience?

Can you balance various objects on your head while singing a song and juggling?

Do you have a zany or outrageous outfit in your closet that you've been wanting to wear in public?

Whatever your inspiration, the Alberta Street Fair is looking for performers of all kinds to join its celebration on Saturday May 1st from 11 a.m. to 6 p.m. The fair is an open neighborhood event that will showcase local artist's studios, galleries, shops, restaurants, and community organizations.

We would like to recruit as much talent from the Alberta neighborhood as possible, but anyone who wishes to join us is encouraged to mail a short bio and description of your performance to Alberta Street Fair 1488 NE Alberta St. 97211.

The Alberta Street Fair will showcase the talents and inspiration of all who wish to participate. Along with the performances we have scheduled for the main stage, we would like to display the skills of a range of street performers along the path of the fair.

Come join a diverse array of music and dance performances, artists' demonstrations, children's activities, parades, and other improvisational happenings. We are looking for all levels of volunteer performers to help make this a fun and interactive community event. Don't hesitate to contact Lam Quang at 493-4367 or Sandra LeFrancois at 287-3496x30 if you have any questions or ideas to share. Come help us celebrate Alberta Street and the Portland community!

## The Big Thaw Safe Defrosting Methods for Consumers

Uh, oh! You're home and forgot to defrost something for dinner. You grab a package of meat or chicken and use hot water to thaw it fast. But is that safe? What if you remembered to take food out of the freezer, but forgot and left the package on the counter all day while you were at work?

Neither of these situations are safe, and these methods of thawing lead to foodborne illness. Food must be kept at a safe temperature during "the big thaw." Foods are safe indefinitely while frozen. However, as soon as food begins to defrost and become warmer than 40°F, any bacteria that may have been present before freezing can begin to multiply.

"Foods should never be thawed or even stored on the counter, or defrosted in hot water. Food left above 40°F (unrefrigerated) is not at a

## Two Rallies to Attend!!!

Measure 11 Reform Rally, April 1, 1999 1:30 p.m. Fourth Anniversary, Salem State Capitol Steps. By Citizens to Reform Measure 11. Speakers, stories and march! Bring signs and friends. Gather at 1:00 p.m. For further information, call 503-491-0611

Ray of Hope Rally, Saturday, April 3, 1999, Pioneer Square, Downtown Portland Gather at 6:30pm - March to Justice Center. Bring Friends, family and flashlights!

safe temperature," cautions Bessie Berry, manager of the USDA Meat and Poultry Hotline.

Even though the center of the package may still be frozen as it thaws on the counter, the outer layer of the food in the "Danger Zone," between 40 and 140 of - at temperatures where bacteria multiply rapidly.

"When defrosting frozen foods, it's best to plan ahead and thaw food in the refrigerator where food will remain at a safe, constant temperature - 40°F or below," recommends Berry.

There are three safe ways to defrost food: in the refrigerator, in cold water, and in the microwave.

### REFRIGERATOR THAWING

Planning ahead is the key to this method because of the lengthy time involved. A large frozen item like a turkey requires at least a day (24 hours) for every pound of weight. Even small amounts of frozen food - such as a pound of ground meat or boneless chicken breasts - require a full day to thaw. When thawing foods in the refrigerator, there are several variables to take into account.

Some areas of an appliance may keep the food colder than other areas. Food placed in the coldest part will require longer defrosting time.

Food takes longer to thaw in a refrigerator set at 35°F than one set at 40°F.

## Health News

### Managing Children's Asthma Through Diet

More and more American children are being diagnosed with asthma. But now, kids with asthma have a new weapon against their disease. Providence St. Vincent Medical Center pediatric nutrition therapists recommend those children with asthma eat foods with plenty of calcium and magnesium. Calcium, found in dairy products, and magnesium, a mineral in nuts, legumes, grains, and green vegetables, help relax the bronchial tubes of children with asthma, helping them breathe easier.

### American Kids Not Overweight, Just Inactive

While studies show that American adults are increasingly getting fatter, the weight of children in the United States has stayed the same. Providence St. Vincent Medical Center pediatric nutrition therapists say that weight problems in children generally occurs when young people don't get enough exercise. Overweight youngsters also tend to skip breakfast, or consume too many sugary foods such as fruit juice or cookies that turn into fat if they're not burned off during the day. The therapists suggest parents help overweight children increase their physical activity, and encourage them to eat more fruit and vegetables instead of sugary snacks and beverages.

### Parents: Don't Give In To Picky Eaters

Parents with children who sit at the table only pick at their food sometimes break down and feed their kids almost anything to make sure they eat something. Problem is, the foods picky eaters like most are often low in nutritional value. Providence St. Vincent Medical Center pediatric nutrition therapists tell parents not to worry too much if their child misses a meal because they don't like what's being served. Parents should try to work with picky eaters by coaxing children to take a bite of food they don't like; followed by a bite of food they do like.

### Avoid Fatigue During Switch to Daylight Savings Time

Losing an hour's sleep when we switch to Daylight Saving Time (on April 4, 1999) won't make much of a difference to the average person. But to shift workers or people traveling that weekend into a different time zone, springing forward an hour can really throw off the body's circadian rhythm. To help the body quickly re-adjust, Providence St. Vincent Medical Center sleep disorder experts suggest you try to get 30 minutes of sunlight on your face, eat bland foods light on grease and spice, and ingest plenty of fruits, vegetables, and grains.

## Go Smoke- Free Through PCC

If nicotine and cigarettes own you, Portland Community College wants to help you break free, with Stop Smoking in April and May at the PCC Metropolitan Workforce Training Center, 5600 N.E. 42nd Ave.

Each of the two non-credit sessions has a Friday evening introduction meeting, a Saturday "quite day" and three Wednesday follow-up maintenance sessions.

The first course is offered on Friday, April 9 from 7 to 9 p.m. and Saturday, April 10 from 9 a.m. to 3 p.m. The maintenance sessions are slated for April 14, 21 and 28 from 7 to 9 p.m. The Friday and Saturday classes will be held in Room 132 of the training center. The maintenance sessions will be held in room 105.

The second offering is on Friday, May 7 from 7 to 9 p.m., and Saturday, May 8 from 9 a.m. to 3 p.m. in Room 132. The maintenance sessions will be held on May 12, 19 and 26 in Room 105 of the training center from 7 to 9 p.m.

Tuition for Stop Smoking is \$36. Call PCC Community Education at 978-5143 for details.

## High School Science Program At OSU

The College of Science at Oregon State University will present its 13th annual "Visual Cascade of Science" on Saturday, April 24, for high school students across Oregon.

The program, which is one part of the university's recognition of National Science Week, is open to students, their parents and teachers. It will begin with registration at 9 a.m. in Gilfillan Auditorium, at Arnold Way and Monroe Street on the OSU campus. It is free, and the morning session is open to the public.

OSU faculty who will be making presentations during the morning on some of their recent research or courses they teach include:

-Thomas Roberts, assistant professor of zoology, "The Biomechanics of Frog Flight."

-Linda Ciuffetti, assistant professor of botany and plant pathology, "Fungi and Toxins: Vehicles of Destruction."

-Steve Giovannoni, associate professor of microbiology, "Life in Extreme Environments."

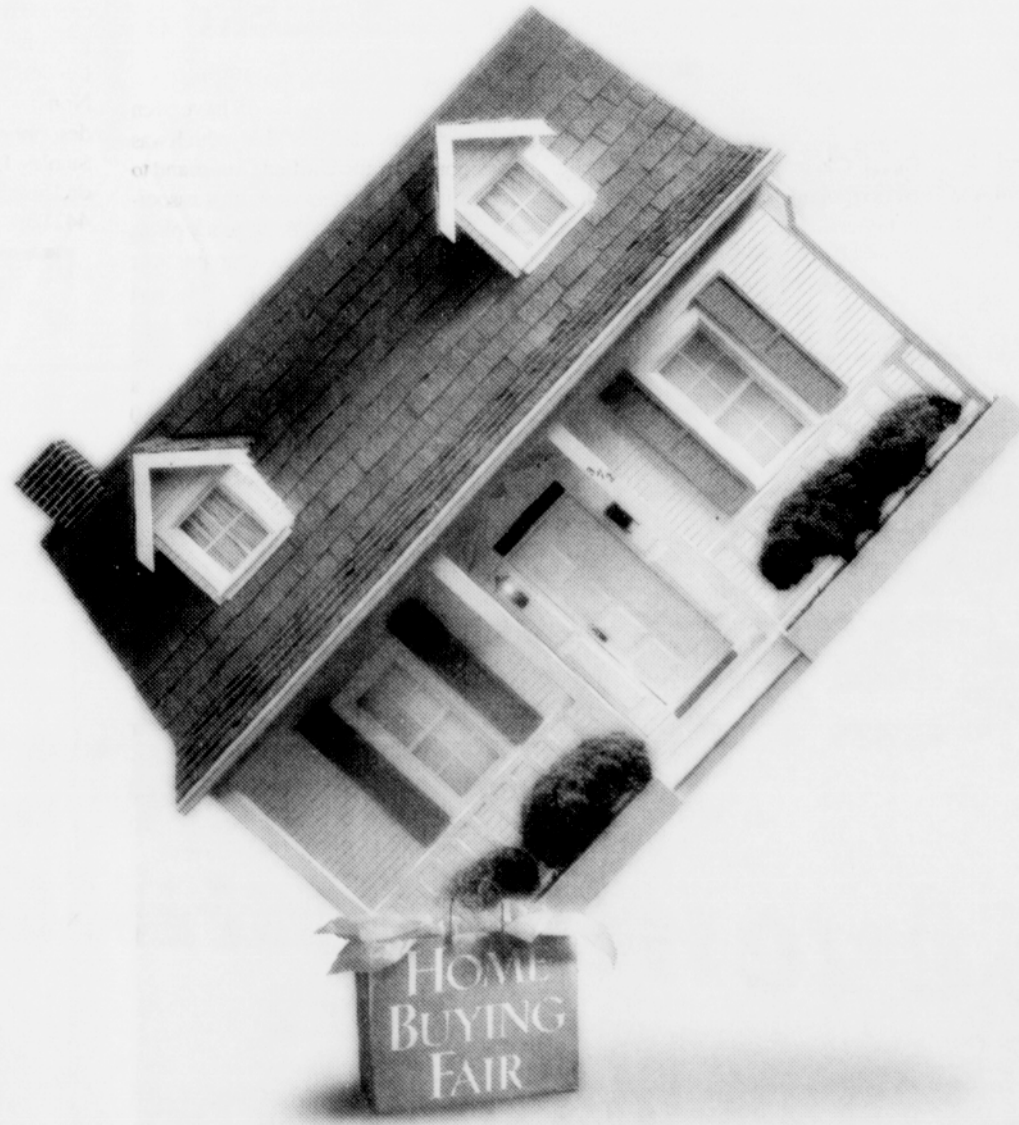
-William Warren, professor of physics, "Making Waves with Music."

-John Ruben, professor of zoology, "What Dinosaurs Did in Cold Blood."

"Our goal is to stimulate interest in science through a morning of highly visual, short presentations of cutting-edge science," said Richard Thies, associate dean of the college. "We try to cover a wide range of science which helps students see new possibilities, and encourage them to consider pursuing careers in mathematics and science."

In the afternoon, students may tour university laboratories that do work in such area as satellite data analysis, molecular graphics, chemical analysis, biomolecules, biomechanics, geographic information, and other fields. A free lunch will be provided to students and teachers.

More information about the program, registration, and activities can be obtained by contacting Thies at 541-737-4811; writing the OSU College of Science, 128 Kidder Hall, Corvallis, Ore., 97331-4608; or accessing the College of Science web page through the OSU web page at [www.osu.orst.edu](http://www.osu.orst.edu).



## GET MORE INFORMATION THAN YOU EVER HOPED TO RECEIVE ABOUT BUYING A HOME.

How long have you wanted your own home but you just didn't know how to get it? Come to the FREE Fannie Mae Foundation Home-Buying Fair where mortgage lenders, credit experts, real estate professionals, and members of community housing groups will answer all of your home-buying questions. It's on Saturday, March 27, from 10:00 a.m. to 4:00 p.m. at the Memorial Coliseum Exhibit Hall. For more information, please call 1-888-752-7170. You may not walk out with an actual house, but you'll finally know how to go about buying one. Besides, the house wouldn't fit in your trunk anyway.

Sponsored by the Fannie Mae Foundation and the Portland Trail Blazers.



FREE Home-Buying Fair, March 27, 10:00 a.m. to 4:00 p.m. at the Memorial Coliseum Exhibit Hall.

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