

Meeting to Discuss Possible New 33rd & Killingsworth Grocery

By LEE PERLEMAN

With some critical pieces of the puzzle falling into place, Nicholson Development is ready to discuss its plans for a new grocery store at Northeast 33rd Avenue and Killingsworth Street. Dan Taylor, representing the Kirkland, Wash., development company, will appear at the next Concordia Neighborhood Association land use committee meeting, 7 p.m. Tuesday, April 27, at Kennedy School, 5736 N.E. 33rd Ave.

Nicholson proposes to build a Rite Aid pharmacy, a grocery store of about 20,000 square feet, and additional retail on the site, Taylor says. A development agreement with Rite Aid has been reached, he says. There have been discussions with potential operators of the grocery store, "but nothing we can talk about publicly at this point," he says. There are no agreements yet with other potential retail operators.

Nonetheless, Nicholson's proposal appears to be the most solid effort to return a grocery to the

site, at 5322 N.E. 33rd Ave., since the Wilshire Park Sentry Market closed in 1994.

In 1996 the city rezoned the property to CS, a designation that would allow large retail uses but places severe restrictions on how new buildings are designed. Nicholson feels it can work within these restrictions.

The property includes a satellite parking lot across Northeast Emerson Street from the main site. After it acquired the property following Sentry's closure, United Grocers sought to close the street in order to create a large enough parcel to build a new store. At the 1996 rezoning hearing, commissioner Charlie Hales and two other City Council members made clear they would oppose any such move.

Hales is still of the same mind, according to aide Jillian Detweiler, but he is willing to try an alternate strategy. The street could be moved to the south edge of the property, she says, maintaining access to Northeast 34th Avenue but enlarging the parcel Nicholson would have to work

with. The change would create an irregular intersection at 34th that could discourage through traffic, which would be appropriate, Detweiler says.

Catherine Brown, the Concordia Neighborhood Association's land use committee chair, says the association has discussed the proposal with Taylor. However, she says, "We haven't gotten enough of a reaction from neighbors yet to take a position. We're playing a liaison role."

Past proposals by United Grocers to re-establish a grocery on the site have had strong support from the Concordia neighborhood as a whole, but have encountered opposition from some residents on Northeast 34th Avenue. Both Brown and Taylor say they plan to use Tuesday's meeting to acquaint the public with the project and assess their reaction to it.

"We want to see where we will need to do additional work," Taylor says. Ultimately, he says, "We are convinced we can make this work."

OSU Attracting More Minority Students

CORVALLIS - Minority students are showing a greater interest in Oregon State University according to recent statistics released by the university's office of Admissions and Orientation.

The number of freshman African American students who have been offered admission to Oregon State University this fall has increased 64 percent compared to 1998 and there has been an increase in admission offers for other under-represented minority populations as well.

According to Bob Bontrager, director of Admissions and Orientation at OSU, 64 freshman African American students have been offered admission to the university compared to 39 last year. Admissions offers to freshman Latino students have jumped from 120 to 176, an increase of more than 46 percent. OSU also saw increase of more than 20 percent in the number of Native Americans and Asian American freshman who have been offered admission for the fall of 1999. Bontrager said the statistics were based on applications and admission offers through the end of March.

Bontrager said the number of freshman African American and Latino students who have applied for admission to OSU has increased nearly 40 percent compared to 1998. OSU has also seen an increase in the number of Asian American and Native American students applying to the university.

Bontrager said just over half of the students who were accepted to OSU traditionally enrolling the fall and that the increased interest minority students encourage him have shown OSU.

Third Annual Jackson Symposium Set

The Cascade Campus Community Center of Portland Community College is glad to once again celebrate African American history with the Third Annual Jackson forum Symposium on Thursday, April 29 at 6 p.m. at the cascade Campus, 705 N. Killingsworth.

The symposium, which is free and open to the public, features four pre-

"OSU has one of the strongest, most comprehensive programs related to multicultural issues of any university in the country," Bontrager said. "We have not always done a good job of communicating that to students of color, so in the last two years we have tried to do a better job of sharing that information."

The most prominent example has been a series of community events held in African American, Asian American and Latino communities around the state. Bontrager said the concept of those events has been to recognize that bringing students of color to OSU involves the development of a relationship with not only the students but also their families and communities.

Last fall, nearly 400 families attended the "Si Se Puede," event sponsored by OSU in Hillsboro Jim Garcia, coordinator of OSU's Casa Educativa, said the event helped to illustrate to Latino students and their families that there is a strong support system at the university for minority students.

"The Latino community expects a reflection of their cultural experience on campus and they find that OSU has the community and institutions that serve their needs," Garcia said.

Paul James, coordinator of OSU's Ujima Education Office, said the university has worked extensively with community service agencies and high school counselors in Portland's African American community the past two years to develop relationship and show prospective students that OSU is a viable option. James said the university has begun a new

student orientation program for African Americans and African American recruiters educate prospective students about OSU.

"I think we've sent the message to service agencies and to high school counselors that Oregon State University is about more than just handing out promotional brochures," James said. "OSU has actively created a sense of community for African American students, which is communicated by current OSU students to potential students."

Phyllis Lee, director of the Office of Multicultural Affairs, said OSU's success in attracting and retaining more minority students can be attributed to an understanding that it's a university-wide endeavor.

"OSU is moving forward very intentionally in its mission of being educational institution accessible to a broad constituency," Lee said. "We keep in touch with the communities that are sending us their kids. It's not an accident that these numbers are improving. For example, it's important to understand that we're changing the campus to be more welcoming, supporting and inclusive, thus improving both access and the environment for learning."

Lee said OSU has had difficulty in the past attracting minority students but instead of ignoring the problem the university has attacked it head-on.

"OSU hasn't answered all its problems related to minority recruitment," Lee said. "But instead of ignoring or running away from them we have admitted our shortcomings and tried to address them."

be served prior to the presentations in Terrell Hall, Room 112. The public will also be given the opportunity to interact with the presenters at a brief reception following the ceremony.

This year's Jackson Forum Symposium, named for local minister and civil rights activist Rev. H. Jackson, is sponsored by Washington Mutual.

Appliance Thermometers

One of the critical factors in controlling bacteria in food is controlling temperature. Pathogenic microorganisms grow very slowly at temperatures below 40 °F, multiply rapidly between 40 and 140 °F, and are destroyed at temperatures above 140 °F. For safety, foods must be held at proper cold temperatures in refrigerators or freezers and they must be cooked thoroughly. But how would a consumer know if the refrigerator was cold enough, or if the oven was heating at the proper temperature?

Appliance thermometers are specially designed to measure the temperature of the air in either the refrigerator/freezer or the oven. Some refrigerator thermometers have long metal probes and are similar in appearance to food thermometers. Other refrigerator thermometers, and most oven thermometers, are designed to hang from a wire rack or sit on a shelf.

Whether they measure the temperatures in the oven or refrigerator/freezer, most appliance thermometers are either liquid-filled or bimetallic-coil thermometers:

Liquid-filled Thermometers, also called "spirit-filled" or "liquid in glass" thermometers, are the oldest types of thermometers used in home kitchens. As the temperature increases, the colored liquid (usually an alcohol solution) inside the thermometer expands and rises to indicate the temperature on a scale.

Bimetallic-Coil Thermometers contain a coil made of two different metals with different rates of expansion that are bonded together. The bimetal element is coiled, fixed at one end, and attached to a pointer stem at the other end. As the temperature increases, the pointer will be rotated by the coiled bimetal element to indicate the temperature.

Using Appliance Thermometers

Refrigerator/Freezer Thermometers

Refrigerator/freezer thermometers are specially designed to provide accuracy at cold temperatures.

For safety, it is important to verify the temperature of refrigerators and freezers. Refrigerators should main-

tain a temperature no higher than 40 °F. Frozen food will hold its top quality for the longest possible time when the freezer maintains 0 °F.

Most refrigerators and freezers can be easily adjusted to run colder or warmer. The temperature control is usually accessible in the refrigerator part of the appliance. Check the owner's manual for specific details on adjusting the temperature. An adjustment period is often required when changing the temperature.

To measure the temperature in the refrigerator:

Put the thermometer in a glass of water and place in the middle of the refrigerator. Wait 5 to 8 hours. If the temperature is not 38 to 40 °F, adjust the refrigerator temperature control. Check again after 5 to 8 hours.

An appliance thermometer can be kept in the refrigerator and freezer to monitor the temperature at all times. This can be critical in the event of a power outage. When the power comes back on, if the refrigerator is still 40 °F and the freezer is 0 °F or below, the food is safe.

UO Offers Free Week's Newspaper Workshop to Minority Students from Oregon High Schools

EUGENE - About 20 minority students from Oregon high schools will produce a newspaper in a week's time during a summer journalism workshop at the University of Oregon School of Journalism and Communication.

The workshop, scheduled for June 13-19, will accept applications through April 30, and participants will be selected soon afterward, according to John Russial, associate journalism professor and the workshop director.

"Students will do all of the reporting, editing, photography and design for the paper," Russial said. "They also will have an opportunity to help produce an Internet version. Participants will attend classroom sessions in the mornings. In the afternoon they will work closely with visiting newspaper professionals and journalism professors."

The workshop, including room and board and transportation to and from Eugene, is free to participants.

Students will stay in a campus residence hall with college-age chaperones. The Oregonian Publishing Co. and the S.I. Newhouse Foundation provide a financial grant to fund the workshop, the fifth conducted by the UO School of Journalism and Communication.

For information and application forms, contact the local high school publications adviser or Russial at the UO School of Journalism and Communications, (541) 346-3750, or send e-mail to jrussial@oregon.uoregon.edu.



HEALTH FOCUS

James L. Phillips, M.D.
Baylor College of Medicine
Houston, Texas

Fight back against prostate cancer

with a family history of prostate cancer, exams should begin at age 40.

A prostate screening should include a prostate-specific antigen (PSA) blood test and a digital rectal exam. PSA levels in the blood are used to determine prostate cancer risk, with higher numbers indicating greater risk.

If your PSA test is elevated, your physician might ask for a follow-up PSA test known as a Free PSA test. The Free PSA test, approved by the Food and Drug Administration in 1998, can help determine if the initial PSA elevations are due to cancer or to an enlarged prostate.

While prostate cancer often spreads without pain or other symptoms, a few possible warning signs include:

- Difficulty beginning or maintain-

ing urinary stream.

- Frequent urination, especially at night.
- Weak or interrupted urine flow.
- Painful urination or ejaculation.
- Presence of blood or pus in urine or semen.

If you have any of these problems, see a doctor. These symptoms may also indicate another treatable condition, benign prostatic hyperplasia, or enlarged prostate.

Standard treatments for prostate cancer that has not spread include surgical removal of the prostate or radiation therapy. The earlier the cancer is detected, the higher the success rate.

Don't let fear of the unknown get the best of you. Make annual prostate exams a regular part of your health care program.

Diversity

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TRI-MET NEWS

Tri-Met growth continues

Combined Tri-Met bus and light rail ridership last month continued more than six years of continuous growth. Westside MAX ridership hit a new high of 24,000 weekday rides. Combined bus and MAX ridership has increased for 74 consecutive months, comparing the month during the previous year. Tri-Met buses and MAX trains totaled 255,200 average weekday rides in February, a 6.9% increase over February 1998. Each time a passenger boards a bus or MAX train counts as a ride.

"These continuing ridership gains show that we're on the right track in providing a viable transportation option," Fred Hansen, Tri-Met General Manager said. "We're now working to expand our system to continue to increase ridership and meet the growing transportation needs of the region." The entire 33-mile MAX line was used heavily on weekends, carrying an average of 42,300 rides on Saturday and 25,700 rides on Sundays. Ridership for the entire MAX line has already exceeded the projected 50,000 average weekday rides expected after one year of operation.

For information about riding Tri-Met, contact 238-RIDE, or www.tri-met.org



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