

Kaiser Permanente Sets Dates for N Portland Flu Shots

(Portland, Ore.)- Beginning Monday, Oct. 4th, and continuing through Friday, Oct. 29, all Kaiser Permanente members in north and northeast Portland can receive free flu shots in Conference Room LLb on the lower level of the HMO's Central Interstate Medical Office,

3600 N. Interstate Avenue.

The immunizations will be given on a drop-in basis Monday through Friday from 8 a.m. to 6 p.m. They will also be given in the same location on Saturday, Oct. 9 from 9 a.m. to 1p.m.

The vaccine against

pneumococcal pneumonia will be given next door in the East Interstate Medical Office's nurse treatment room on the lower level.

For more information, please call Kaiser Permanente at 813-2000 or from outside Portland (800) 813-2000.

Food Loss...And How To Prevent It

Too often, too many families are tossing perfectly good food into the garbage can. Edible food is also lost in staggering amounts at restaurants, grocery stores, and even on the farm itself, according to a recent federal report. In Oregon, some progress has been made in recovering usable food from restaurants, wholesalers, and retailers. But there is much room for improvement in the home.

All this has prompted the Oregon Department of Agriculture to issue some general consumer tips on how to waste less food.

"Our food supply is very cheap and readily available," says Ron McKay, administrator of ODA's Food Safety Division. "It is easier for a consumer to discard something than it is to take steps in preserving it. We would like to see preservation steps taken, not so much to save pennies, but to save food."

It is true that the U.S. enjoys a diverse and conveniently well-stocked pantry of food. Americans spend a smaller share of their disposable income on food than people of any other country. That might explain why it's so easy to throw food out, even before it's time.

But like so many other things, food is a terrible thing to waste—especially in a country and a state where there is still a significant hunger problem.

The U.S. Department of Agriculture's Economic Research Service estimates about 96 billion pounds of food—27% of the 356 billion pounds of the edible food available for human consumption in the U.S.—were lost in the system in 1995, the latest year statistics were compiled for the study.

The report says, "some loss oc-

curs in storage due to insect infestations or mold, deterioration, or improper transportation and handling." At the retail level, fresh produce, dairy products, and other perishable items make up the bulk of food losses.

But it is at the consumer level that ODA is directing its attention.

"The normal customer purchases groceries maybe once a week and is not shopping every day," says McKay. "Therefore, the purchases can be extensive and possibly not all used up during the week."

The USDA report notes that it isn't table scraps that account for most of the lost or wasted food. It is such things as large quantities of single food items, entire heads of lettuce, half-eaten boxes of crackers, and sprouted potatoes that account for the largest share of household food loss. Fresh fruits and vegetables accounted for 19% of consumer and food service food losses, according to the report. That's an estimated 18 billion pounds discarded annually. An additional 16 billion pounds of fluid milk—about a third of a glass of milk per person each day—is also thrown out.

"The consumer at home can make some good choices and save some product before it goes bad," says McKay. "But in the case of produce, one of the ways to stop the waste is to be more conservative in your buying practices. Buy just what you need. If possible, buy more often and use it up before you return to the store."

There are many foods that can be retained by being put in the freezer. Obviously, produce is not one of those foods. But most meat products can be stored for several months

in freezing temperatures and still be just fine for consumption.

Storage of food at home can make a huge difference in what must be thrown out. Keeping the refrigerator between 35 and 40 degrees Fahrenheit is a good start. Tightly closing the bag on chips, bread, and other packaged products can keep those foods fresher longer.

Even some products that show age can be used. A block of cheese that might have a small amount of mold on the outside can be salvaged simply by trimming away the mold.

There is also a misconception that dated food products are hazardous to your health. That's not always the case. Consumers often confuse the sell-by date printed on the package as a food safety issue.

"There is nothing magical about the sell-by date," says McKay. "It is used on a variety of food products—some not perishable. The dates are stamped on so there can be a rotation of stock within the warehouse or within the retail store. A box of cereal with a sell-by date isn't going to go bad if you haven't consumed it before that date."

On the other hand, meats should be consumed or frozen by the sell-by date.

In Oregon, strides have been made in utilizing food that would otherwise be discarded by retailers and restaurants—food that would be sent to the landfill. More often than before, that food is ending up as part of the emergency food network that provides meals to the one of every eight Oregonians who need food assistance. More than 401,000 emergency food boxes were prepared in Oregon last year, another 2.6 million pounds of food delivered on site. Much of that came from donations made by consumers, retailers, wholesalers,

Clinic Provides Specialized Care To Patients At Risk For Blood Clots

After Carol McLaughlin, 54, suffered a heart attack and kidney failure in November of 1998, her physician prescribed an anti-clot medication called Coumadin. The drug is a lifesaver for millions of patients predisposed to clots because it thins the blood; however, even a slight lifestyle change can cause the blood to become too thin creating internal bruising and, potentially, excess bleeding.

That's why Providence St. Vincent Medical Center in June of 1997 began its Anticoagulation Clinic. The clinic employs four pharmacists who regularly monitor about 350 patients every month.

McLaughlin of Milwaukie, Ore., for example, visits the clinic for 15 minutes once or twice a month. A pharmacist inquires about McLaughlin's diet, stress level, exercise routine, and any new medications, then pricks her finger to analyze the factors in her blood and ensure it is in a safe range between too thick and too thin.

"I'm feeling so much better," says McLaughlin, who has battled heart disease for the past four years. "It gives me real peace of mind to know that someone is looking out for me and updating my physician about my progress. I know

and the food service industry as well as farmers involved in field gleaning projects.

"We are interested in salvaging that food so it doesn't go to waste," says Jerry Tippens, chairman of the Oregon Food Bank. "It's a shame there is still that kind of food loss and, of course, there isn't much that can be done with a consumer's wilted lettuce in the refrigerator. But maybe if the consumer better utilized the food they purchased, they would have some money left-over to donate to the food bank."

There will always be food loss at all marketing levels. But growing concern over hunger, the environment, and the economics of wasting food have given rise to a new effort to conserve and better utilize safe and nutritious food.

For more information, contact Bruce Pokarney at (503) 986-4559.



Photo Dave Lawton

BLOOD ANALYSIS
Providence St. Vincent Medical Center Pharmacist Charlene Bechen (right) finger-sticks anticoagulation Clinic patient Vicki Brewer to ensure her blood is in a healthy range between too thick and too thin.

other people on Coumadin who don't get this kind of service and I've heard some real horror stories."

Physicians also appreciate the anticoagulation Clinic. "I used to do all of the anti-coagulation control for my patients from my office," says Peter Block, M.D., associate director of the Provi-

dence Heart Institute and a cardiologist at Providence St. Vincent. "In the past year, I've completely transitioned all my patients' anticoagulation care to the clinic. The clinic is very efficient, communication with the patients has been enhanced and, ultimately, my patients are getting even better care."

Papa Murphy's
TAKE 'N' BAKE PIZZA

LARGE PEPPERONI PIZZA \$4.99

Valid through Oct. 1999

OPENING IN NOVEMBER
On 15th & Fremont!

41st & Fremont
503-281-6833

71st & Fremont
503-287-5520

Three-Sequence Course In African American Literature Offered

The English Department of the PCC Sylvania Campus is proud to announce the development of a new three-sequence course in African American Literature. In the past, we have only offered Eng. 256, but now we will offer Eng. 256 in the fall, Eng. 257 in the winter and Eng. 258 in the spring quarter. Eng. 256 will focus on the African American literature from 1746- 1865, while incorporating the international history and influences of people of African Descent on American and world literature from as far back as the Sixth Century B.C. The Eng. 257 course will focus on the Literature of Reconstruction to the Harlem Renaissance, 1865-1919. Finally, Eng. 258 will focus on the Literature of the Harlem Renaissance (1919-1940), Realism, Naturalism, Modernism (1940- 1960) The Black Arts Movement (1960-1970) and Black Contemporary Literature (1970- present).

We are excited about this sequence course because students

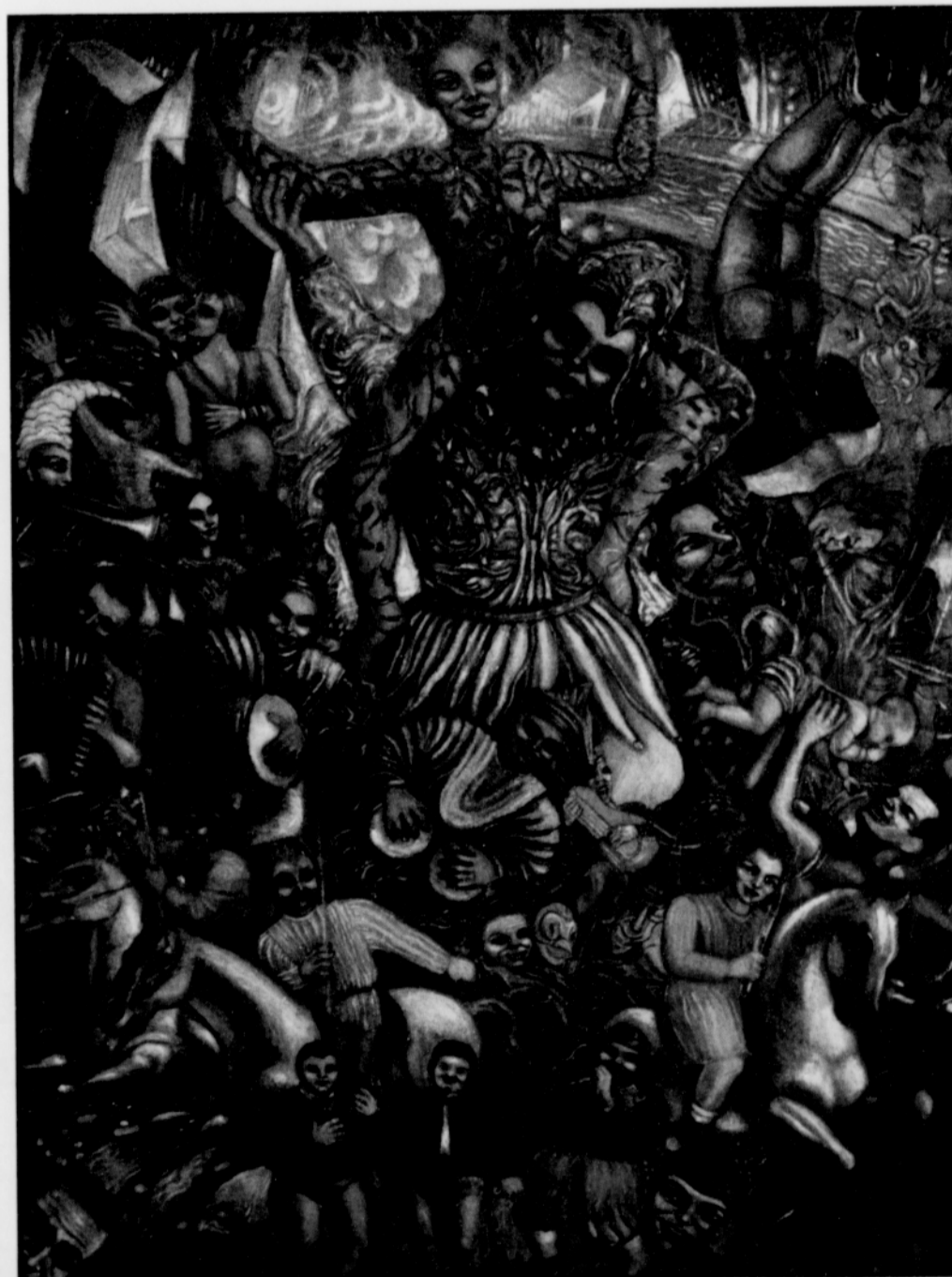
will learn so much about literature, American and international history, politics, sociology, and culture. The department is planning to have several outstanding guest speakers this year. The textbook for all three course will be The Norton Anthology of African American Literature by Henry Louis Gates.

PCC to Offer Orientation to Web-Based Courses

Portland Community College will offer an information and orientation session for its web-based classes on Wednesday, Sept. 15, 6-8 p.m., in the Sylvania Campus Performing Arts Center, 1200 S.W. 49th Ave. This free session, offered for the first time this fall, will include a demonstration and question-and-answer session about

These courses meet the Diversity Requirement and count towards the Arts & Letters Distribution Requirement. The only prerequisite is placement in Wr. 121. The course will be held on Tuesday and Thursday at 9:30-10:50, so register today. Registration Office (503) 977-4933

taking PCC classes over the Internet. In addition information about other distance learning classes at PCC will be available. If this is your first online course or you are interested in enrolling in a distance education class, the Distance Learning department highly recommends this orientation and demonstration session.



Mes De La Hispanidad



Toda La Protección Bajo Un Techo.

© 1999 American Family Mutual Insurance Company and Its Subsidiaries, Madison, WI 53788-0001 www.amfam.com

The Portland Observer

SUBSCRIBE! FILL OUT, CLIP OUT & SEND TO:

THE PORTLAND OBSERVER

ATTN: SUBSCRIPTIONS · PO Box 3137 · PORTLAND, OR 97208

SUBSCRIPTIONS ARE \$60.00 A YEAR

NAME: _____

ADDRESS: _____

CITY/STATE/ZIP: _____

TELEPHONE #: _____

