

Soul Foods Gain Newfound Respect, Popularity

Rich culinary heritage celebrated for Black History Month

Black History Month is a time when the nation celebrates the many cultural, scientific and humanitarian contributions of African-Americans, including a rich culinary heritage.

Soul food, a term that is most often associated with African-American cuisine, traces its origins to the indigenous foods of Africa and to the Southern slave plantations. Its varied menu includes such distinctive dishes as greens, which were once considered throwaway food on the plantation.

Today, soul food is gaining a newfound respect and popularity, as scientists have discovered that many of these foods contain compounds that can be

and zeaxanthin, which studies have shown may reduce the risk of age-related macular degeneration, a common cause of blindness in adults over the age of 60. The finding that lutein and zeaxanthin are present in greens is based in part on research by University of Maryland chemist Frederick Khachik, Ph.D., whose work on these compounds has been published in the Journal of Agricultural and Food Chemistry.

Black-eyed peas - like other varieties of beans, black-eyed peas are a good but under appreciated source of antioxidants, chemicals that are believed to reduce the risk of cancer, heart disease and aging. In general, beans may provide health benefits similar to some common fruits, including grapes, apples and cranberries. Studies have found that black and red beans, which are common in many ethnic dishes including soul food, were particularly high in antioxidants. In general, beans are also good sources of protein, carbohydrates, folate, calcium and fi-



A vegetarian side of collard greens and cornbread are some of many of the contributions of African-American cuisine that contain compounds that can be good for your health, targeting diseases such as cancer, heart disease and blindness.

Corn and its byproduct grits are a well-known breakfast treat and a host of soul food dishes are made from corn like cornbread and corn pudding.

good for your health, targeting diseases such as cancer, heart disease and blindness.

Several examples of soul food and its possible benefits are listed below, courtesy of recent research publications and conferences of the American Chemical Society, the world's largest scientific society.

Greens, such as collard, kale and mustard, are a rich source of lutein

ber.

Sweet potatoes are a source of beta carotene, a precursor of vitamin A, which is known to promote healthy vision. However, because sweet potatoes are often eaten as candied yams or sweet potato pie, if you have diabetes and are watching your glucose levels, you may want to cut down on the sugar or use a sugar-substitute when preparing them.

Corn and its byproduct grits are

a well-known breakfast treat and a host of soul food dishes are made from corn like cornbread and corn pudding. Researchers at Cornell University who studied sweet corn found that heating corn significantly raises the level of naturally occurring compounds that help fight disease, including cancer and heart disease.

Tomatoes are used in a wide variety of ethnic dishes worldwide. Tomatoes make up a cornucopia of food products that are used in soul food dishes as well as salads, stews, barbeque sauce and ketchup. Lycopene, a compound found in abundance in tomatoes and tomato-based food products, may help fight prostate cancer, particularly in black men, suggests a recent clinical study conducted by researchers at the University of Illinois in Chicago.

Black men as a group have the highest incidence of prostate cancer in the world. Prostate cancer is the second most common form of cancer among U.S. men.

Catch a game of high school hoops or call the plays yourself at the chess board. Attend a nearby concert or make your own music on our piano. At Irvington Village our sensitive assistance helps you remain independent.

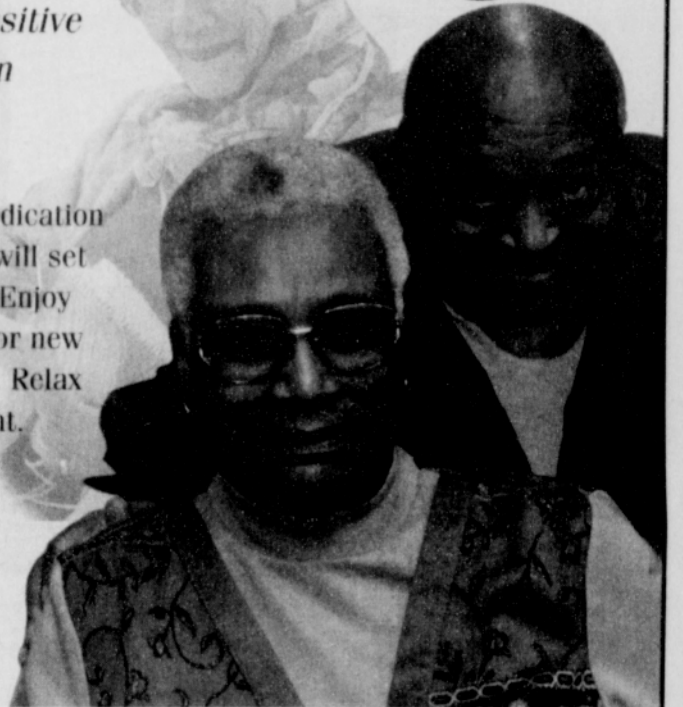
Help with daily activities like medication management and housekeeping will set you free to live life in a big way. Enjoy our life enriching programs. Savor new friendships over delicious meals. Relax in the security of our commitment.

Come see the studio and one-bedroom apartments we offer. Call today to schedule a complimentary lunch and tour. (503) 546-9292.

When you need a helping hand, let that hand be ours.

Developed and managed by Covenant Retirement Communities®

ASSISTED LIVING with the accent on *Living*



IRVINGTON VILLAGE
A Covenant Assisted Living Community

420 N.E. Mason St.
Portland, Oregon 97211
(503) 546-9292

Local Library Hosts New Director

Molly Raphael, Multnomah County's new director of libraries, will attend an informal reception at the North Portland Library on Tuesday, Feb. 17, from 6-8 p.m. The new library director invites members of the community to come enjoy refreshments and to share their thoughts and ideas about

the library.

Raphael formerly served as library director at the District of Columbia Public Library, where she began her library career in 1970 as a children's librarian.

A nationally recognized leader in the library field, she recently completed a term on the American

Library Association's governing board. She holds a bachelor's degree from Oberlin College and a master's degree in library science from Simmons College.

"I look forward to meeting in person with as many Multnomah County Library customers as possible," she said.



Giving our best.™

Valentine's Day is February 14

Attention SENIORS

Safeway Senior Shuttle Service!
Introducing a great new service for our neighborhood senior citizens. FREE grocery shopping "shuttle service" to your nearby Ainsworth & MLK Blvd Safeway Food & Drug... TWICE a Month!
This Service is FREE to seniors age 60 and over. Please Seniors - Grandchildren and others WILL NOT BE PERMITTED on the Shuttle at any time.
LOOK FOR OUR SPECIAL "RAZ TRANSPORTATION" TROLLEY SERVICE SCHEDULE FLYER AT YOUR MLK BLVD SAFEWAY FOR COMPLETE DETAILS!

Sponsored by:
SAFEGWAY FOOD & DRUG
MEMBER OF THE
CHAMBER OF COMMERCE OF OREGON

For More Information Call 503.572.0812

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

Available at Safeway:
METRO UNION TRAILER

PRICES EFFECTIVE FEBRUARY 2004						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
15	16	17	11	12	13	14



Rancher's Reserve Angus Beef New York Steak

Bone-in. Any size package.
SAVE up to \$9.69 on 2
BUY ONE GET ONE FREE
OF EQUAL OR LESSER VALUE LIKE ITEM ONLY.
Safeway Club Price



EZ Peel Lobster Tail
Previously frozen. Average weight 8-oz.

BUY ONE GET ONE FREE
OF EQUAL OR LESSER VALUE LIKE ITEM ONLY.
SAFEWAY CLUB PRICE

Fresh Whole Cooked Dungeness Crab

Subject to availability.
SAVE up to \$5.99 on 2
BUY ONE GET ONE FREE
OF EQUAL OR LESSER VALUE LIKE ITEM ONLY.
Safeway Club Price



Post Cereal

13 to 20-oz. Selected varieties.
SAVE up to \$3.99 on 2
BUY ONE GET ONE FREE
Safeway Club Price



Fresh Strawberries

16-oz. Containers. Great for dessert!
SAVE up to \$3.99 on 2
BUY ONE GET ONE FREE
Safeway Club Price

Now the savings are in the Card!

ALL LIMITS ARE PER HOUSEHOLD PER DAY!