

# HEALTH MATTERS



## FAB LIVING

W/ REBEKAH STAR

### A Delicious Indulgence

One of the big luxuries of living a fabulous life is eating great food. Here in the Pacific Northwest we have so many different places to eat a wide range of delicious dishes. Cheese and wine tasting are becoming the big thing now. And there are so many different cheeses available, so how do you choose a good cheese to pair with your food or wine? As I was looking through one of my favorites magazines, I ran across an article and I'd like to share a portion of it with you. It's an interview with the author of *The Murray's Cheese Handbook*.

Cheese is one of those perfect high-low foods- your favorite might be a nutty Piave you had on a European vacation or the Swiss in your mother's grilled cheese sandwich. The traditional European way to serve cheese is following a meal, but a variety of a few cheeses on a wooden server plate work great for a cocktail party. According to cheese expert, Rob Kaufelt, here's how to put together a great cheese plate for your party:

#### Get Help

"I've never met a cheese seller who wasn't happy to offer a recommendation and a taste. Tell him what you like; mention what other food and wine you're serving and whether you want to be bold." I'm sure your friends' taste buds will truly appreciate that, especially

those who are a little less adventurous.

#### Try New Things

"If your grocery store doesn't have someone knowledgeable, go to a cheese shop, or use your favorite cheese as a starting point for experimentation. If you like cheddar, try both English and American varieties, and work yourself up to a cloth-bound Cabot or a raw-milk English cheddar. As your palate develops, you will be able to taste more flavors." Sounds a bit like wine tasting to me. Fun.

#### Assemble Your Plate

"I put out an odd number of cheeses-three or five; it just works better visually. Choose a sampling of the five different types: Fresh cheeses, such as chevre, tend to be mild and moist. Bloomy cheeses, such as Brie and Camembert, are named for their white, 'blooming' rind and are usually creamy. Washed-rind cheeses are the stinky ones, like Taleggio. Pressed cheese can be semi-soft, like Gruyere or Gouda,

or hard like Parmigiano-Reggiano, depending on how it's aged. The final category is blue. It gets its color from mold and is full of complex flavors- think Gorgonzola or Stilton. A great plate would be a bloomy triple-crème, such as Fromage d'Affinois, a blue like Roquefort, and a crumbly Pecorino."

#### Serve It Right

"Put out a knife for each cheese so you don't mix the flavors. I always remove the label neatly and put it down next to the cheese on the platter, but you can hand-label each one. Good cheese sparks conversation, and people appreciate the information"

#### Pair It Well

"I think a simple sliced baguette is the perfect vehicle. Unsalted nuts and fruits, both fresh and dried, make delicious accompaniments; the idea is to provide a contrast to the richness and brininess of the cheese. Cheddar traditionally goes with apples; Stilton with pears. Quince pastis is wonderful with a sheep cheese

such as Manchego, and honey drizzled over blue cheese balances its flavor and texture"

#### Select the Wine

"Try to pick one that will match the flavor and intensity of your cheese. Light, crisp wines go with fresh cheeses; heavy reds go better with full flavored ones. Overall, more white wines go with cheese than do reds. Their flavor is not as overpowering."

One of the most entertaining things I've done is to host a wine-tasting party. Just as this expert says, people love to learn about what they are consuming. So I'm looking forward to my next get-together to try a little cheese tasting. I think it's time to broaden the horizons a bit- try something new! Are you up for it?

Let me know your thoughts by visiting our Facebook page "Fab Living with Rebekah Star" or email [RebekahLiv@Yahoo.com](mailto:RebekahLiv@Yahoo.com). I'm looking forward to your thoughts. Have a great, prosperous week and until next time- Live Fabulously!

**Maternity Water Workout**-- Helping new moms regain muscle tone, strength, and flexibility, all in the support and freedom of the water. Call 503-256-4000 for more information.

**Senior Aerobics**-- A low-impact workout geared specifically toward seniors. Call 503-449-0783 for current schedule.

**Osteoporosis Screening**-- An ultrasound bone density screening with personalized education; fee \$30. To schedule an appointment, call 503-261-6611.

**Mind Body Health Class**-- Learn and practice techniques to help you

improve your mood, health and wellbeing, including effective ways to manage difficult emotions and chronic stress or illness. Registration is \$70 for Kaiser Permanente members and \$95 for nonmembers. Call 503-286-6816.

**Red Cross Certification**-- The Oregon Trail Chapter Red Cross now offers credits to help professionals maintain licensing or certification. For a cumulative list, visit [pdxinfo.net](http://pdxinfo.net).

**Tenderfoot Care**-- Treat your feet with a soak, nail trim, buffing and massage from a licensed nurse at one

## HEALTHWATCH

of six clinics or at your home. Call 503-251-6303 for more information.

**Free Body Basics**-- This physician recommended class is appropriate for all ages and health conditions. Plan to attend this one-session class and learn the simple guidelines for safe exercises, including stretching. Call 503-256-4000 to register.

**Families with Mental Illness**-- A free, 12-week course for people whose family members live with mental illness is offered at Emanuel Hospital, Mt. Hood Medical Center and Providence Medical Center. The course has been described as "life-changing" by former participants. Registration is required by calling 503-203-3326.

**Managing Chronic Hepatitis C**-- Third Wednesday of each month at 5 p.m. The informative session is led by a registered nurse to help you manage side effects of medications and dosage preparations and administration; doctor referral required. To register, call 503-251-6313.

**Better Breathers**-- An asthma educational support group meets on the 1st Tuesday of the month from 1:15 p.m. to 2:45 p.m. at Adventist Medical Center. For information, call 503-251-6830.

**Cancer Resource Center**-- Providence St. Vincent Medical Center and the American Red Cross have joined forces to create the first in-hospital resource center providing books, printed material, computer access and more for individuals and families dealing with cancer. The

center is open Monday through Thursday, 9 a.m. to 4 p.m.

**Lead Poisoning Prevention**-- Learn how to protect your family from lead poisoning. Ideal for folks in live in older homes with children or pregnant women. Qualified participants receive a free kit of safety and testing supplies. Call 503-284-6827.

**Parenting Classes**-- Newborns don't come with instruction manuals but parents and parents-to-be can learn about a variety of topics from pain and childbirth to breastfeeding to infant CPR and much more. For a schedule of events, call 503-574-6595 or visit: [providence.org/classes](http://providence.org/classes).

**Cardiac-Rehab Exercises**-- A medically supervised exercise program for people dealing with heart conditions. For information, call 503-251-6260.

**Stroke Alert Screening**-- Check your carotid arteries with a painless ultrasound to assess your risk. Fee \$40. To schedule a screening, call 503-251-6137.

**Empowerment through Relaxation**-- Free informal meditation classes that address breathing techniques, some gentle ancient African yoga poses and mental balancing techniques-- People have left these classes joyful and with a peaceful view of their lives. We have these sessions bi-monthly-- Call Dr. Marcelitte Failla at 503-228-6140.

**Heart Talk Support Group**-- Meets on the second Monday of each month; from 6 p.m. to 8 p.m. For more information, call 503-251-6260.

**Family Caregiver Support Group**-- This topic-oriented group offers a safe place to discuss the stresses, challenges and rewards of providing care to an older relative or friend. Meets the first Thursday of each month at 3 p.m. at Legacy Good Samaritan Hospital.

**Chronic Pain Support Group**-- Meets the first Wednesday at 4 p.m. to 5:30 p.m. and the third Wednesday of each month, from 7 p.m. to 8:30 p.m. For more information, call 503-256-4000.

**Cholesterol Profiles**-- Get the resources to help you keep an eye on your cholesterol and other indicators of heart health. Educational material provided. For more information, call 503-261-6611.

**Bereavement Support Groups**-- Free, safe confidential group meetings for those who have experienced the death of a loved one offered on various nights and locations. For information and registration, call 503-215-4622.

**Powerful Tools For Caregivers**-- 6-week educational series designed to help family caregivers take care of themselves while caring for relatives or friends with chronic illness. Class size is limited, and registration is required. Call 503-413-8018.

**Leg Alert Screening**-- Check for peripheral arterial disease with this safe, simple screening using ankle and arm blood pressure. The fee is \$40. To schedule an appointment, call 503-251-6137.

**Smoke-Free Support Group**-- Meets Mondays, 7 p.m. to 8 p.m. For information, call 503-256-4000.

## Your Care Our First Priority



**Dr. Marcelitte Failla**  
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