

Salem Hospital donates to local nonprofit

By **Jolene Guzman**
The Itemizer-Observer

DALLAS — Help & Hope to Others (H2O) in Dallas was given a helping hand last week through a donation from Salem Hospital's orthopedics unit.

Nurses in the department commemorated "Nurses Give Back Week" by collecting and donating food and medical supplies to the nonprofit.

"We have a lot of staff who live out here (in Dallas) and a lot of clients," said Courtney Schmidig, a nurse with the unit. "It's a local organization, so we can give back to our community."

The unit also gave H2O a \$400 check, courtesy of the Salem Hospital Foundation. Schmidig said nurses began collecting donations in June and the delivery was made on July 6.

This is the second year the orthopedic department has donated to the organization. Schmidig said H2O was asked what it needed most and nurses tried to match those requests through the collection.

This year, the donation consisted of a car load of nonperishable food, paper



JOLENE GUZMAN/Itemizer-Observer file

Cesar Villanueva places crutches into a cart to haul into H2O in Dallas. The crutches, other supplies and food were a donation from Salem Hospital's orthopedic nurses.

products, soap and "durable medical equipment" such as crutches and shower chairs.

All of the hospital's units participate in the program, selecting organizations to

benefit from collections. Schmidig said the foundation provides a check on behalf of each department, as well.

Jetta Chrissakis, H2O's executive director, was

thrilled to see the much-needed donation.

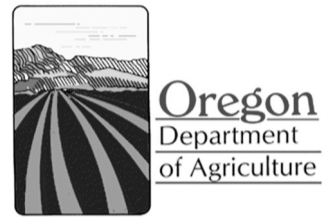
"This county has a lot of low-income people ... so you would be surprised how fast we will go through this," she said.

ODA offers food safety tips for summer meals

Now that summer has arrived, Oregonians are likely to do a lot more outdoor cooking and eating. Proper food handling and preparation is never more important as families flock to picnics, barbecues and campouts. The Oregon Department of Agriculture's Food Safety Program offers seasonal advice on how to enjoy a problem-free summer of eating.

"The number of food-borne illness outbreaks typically goes up in the summer because people are cooking outside, eating outside, and changing their habits a bit," says ODA Food Safety Specialist Susan Kendrick.

When the cooking and eating takes place outdoors, people lose the convenience of a sink with running water or a refrigerator to keep foods cold. Nonetheless, most of the same rules for food handling, preparation, and storage apply for



both outdoors and indoors.

Outbreaks of E.coli and salmonella in raw produce in recent years should not deter people from enjoying fresh fruits and vegetables this summer.

"We'd like to emphasize that you wash the produce when you get it home," says Kendrick. "Even if it's a cantaloupe — you aren't going to eat the exterior rind, but you are going to slice into it. So it's still a great idea to wash the whole cantaloupe before eating it."

When melons are cut, the knife may transfer bacteria to the inside of the fruit.

The cook needs to be certain that raw meat is thor-

oughly cooked.

"It's a good idea to thaw a product like hamburger in the refrigerator prior to cooking," says Kendrick. "You want to make sure you don't have a pocket inside the hamburger that is still frozen and may take longer to cook. The entire burger needs to be cooked evenly and thoroughly."

Ideally, a thermometer should be used to make sure the proper cooking temperature of the meat on the grill is reached. But that isn't always practical. At the very least, cutting into the meat, or close to the bone in the case of chicken, will ensure there isn't any pink inside. Cooking temperatures should reach at least 165 degrees Fahrenheit.

Any time raw meat and fresh produce are both part of a meal preparation, cross-contamination is always a possibility. When handling

any raw meat product — either taking it to a barbecue or another preparation area — make sure any tongs, spatulas, scoops, and the platter carrying the meat are all exchanged with a fresh, clean utensil or platter to carry the cooked product back to the table. Cutting boards used in food preparation are also a potential source of problems. Using the same board to cut up chicken and then to chop salad ingredients should be avoided. Of course, a good cleaning and sanitizing of the cutting board after chopping up raw meat products will minimize the risk.

Handwashing is not as practical in the summer, but it is just as critical as other times of the year. While waterless hand sanitizers are available, nothing beats the old-fashioned method of using soap and running water to mechanically remove bacteria from hands.

MI TOWN

It's midsummer in MI Town and we celebrate those cool and breezy early mornings by getting as much accomplished as possible before the afternoon sun is upon us. Dog walking and outdoor work are pretty high on the priority list at our house and give us a wonderful reason to spend as much time outside as possible. Our vegetable garden is doing so well. We'll have plenty to share with others this summer, which makes it all even more fun.

The outdoor concerts give everyone of all ages a wonderful reason to pack a picnic supper and enjoy the very best part of summertime — cooler evenings outdoors.

This evening, Hillstomp will entertain at 6:30 in Main



PATTY TAYLOR DUTCHER
Columnist

Street Park in Monmouth.

There is no charge for this event. Friday at 7:30 p.m., Beth Willis will appear at the Independence Amphitheater.

There is a suggested donation of \$5, and everyone is requested to not bring outside coolers or alcohol for this event. Concessions will be open at 6 p.m.

We are so fortunate to have so many committed local businesses and residents who have contributed funds and their time so that

we can all enjoy outstanding live entertainment right here at home. We can show our thanks and appreciation by remembering to support concert sponsors all year long.

Here's your opportunity to find a new home for all those books taking up space in boxes and closets and other hiding places in nooks and crannies in your house. The Monmouth Public Library's ongoing book sale is in need of good, clean books — especially children's books. Please drop off any donations at the main desk during regular library hours. Your old books can go home with new readers and everybody wins.

Speaking of libraries, Jay Frasier, magician, will ap-

pear at the Independence Public Library this afternoon (July 15) at to entertain patrons of all ages. There is no charge for this event, which promises a good time for everyone.

This week's free movie at the Independence Amphitheater is "When the Game Stands Tall," which will begin at dusk.

Bring your blankets and a picnic and all the family, and enjoy a fun evening right here in MI Town.

"Sky High" is the featured Monmouth Public Library movie on Friday at 2 p.m. Please don't bring any outside snacks or drinks. This event is free to the public, and it's a fun way to keep cool on a hot summer afternoon.

BIRTHS

Castillo

Finley Dean Castillo was born to Gabriel and Natalie Castillo of Dallas at 12:44 p.m. on April 18 at Salem Hospital Family Birth Center.

He weighed 7 pounds, 9 ounces, and was 20 3/4 inches long.

Finley is the couple's first child.

Grandparents are Red and Sherry Fitch of Dallas, Gabriel Sr. and Brenda Castillo of Salem.

Great-grandmother is Shirley Evans of Keizer.

Arreguin

Jordyn Diem Arreguin was born to Vicente and Nadia Arreguin of Independence at 12:47 p.m. on July 1 at Salem Hospital Family Birth Center.

She weighed 7 pounds, 10 ounces, and was 20 inches long.

Jordyn joins Jaelyn, 3.

Grandparents are Mario and Carmen Barba of Independence, and Vicente and Mary Arreguin of Independence.

Music in the Park
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Every Wednesday through August 26 - 6:30pm
MUSIC, FOOD, BEER & WINE GARDEN

Look for Music in the Park Series on Facebook for more information about this year's artists.

Performing Tonight
July 15
Hillstomp
(Blues)

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We will be closed Thurs July 16th and Fri July 17th to get ready.

July 20 - July 25
Monday - Friday 10-6 • Saturday 10-2
50% OFF EVERYTHING!

Belle Adora
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Any Gift Cards need to be used by **Thursday, July 23rd.**
No coupons accepted during sale.
ALL SALES FINAL.
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427 Main St, Monmouth

Dallas Lions Club's 7th Annual DUCK RACE
Start at Levens St. Bridge - Finish at Main St. Bridge

Tickets \$2 PER DUCK
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1st Prize: \$100 Cash

Sponsors include:
• Priority Plumbing
• The Car Doctor
• Grand Ronde Tribes
• King's Pumping
• Dallas Animal Clinic

All proceeds for service projects.
Tickets are available at Wal-Mart all Sundays in July, and at Postal Connections, Dallas on weekdays.

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capitol SUBARU and R & M SERVICE

Performing July 17th Show begins at 7:30
BETH WILLIS

Lawn Seating — Bring blankets & chairs
This Week's FREE MOVIE:
Showing July 16 • 9:30
WHEN THE GAME STANDS TALL

NEXT WEEK Concert: Ted Vaughn Blues Band - 7:30 PM
Movie: Sixteen Candles - 9:30 PM

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