

CULVER CITY Health Expo '99

HEALTH EXPO '99 RETURNS TO FOX HILLS MALL

Free blood pressure readings, glucose testing, spinal and cholesterol screenings, nutrition and fitness tips and information on vision and dental care, as well as free giveaways, will be among the highlights at the Culver City Chamber of Commerce Health Expo '99 set for Saturday from 10 a.m. to 3 p.m. in the Center Court of

Westfield Shoppingtown Fox Hills Mall.

The seventh annual Health Expo '99 by the chamber is being sponsored this year by Brotman Medical Center, Friendly Hills Medical Center — Fox Hills, Kaiser Permanent and Westfield Shoppingtown Fox Hills Mall.

In addition to the above sponsors,

more than 25 other health care professionals are expected to serve more than 2,000 visitors and shoppers in the relaxed, casual atmosphere of the mall's Center Court.

The Health Expo '99 is free and open to the public. For more information, please call the Culver City Chamber of Commerce at (310) 287-3850.

KAISER OFFERS LEADERSHIP AND EXCELLENCE

As modern health care becomes increasingly specialized, it also becomes more complex. To meet this challenge, Kaiser Permanente has brought physicians and staff together from every field of medicine to form a single, integrated system of care. This system includes specialized programs so advanced that they distinguish us in modern health care. We call these our Programs of Excellence.

Since Kaiser Permanente set up practice more than 50 years ago, a number of our medical programs — in vital areas such as cardiology, childbirth, addiction treatment and cancer research — have developed into Programs of Excellence. Our programs combine the latest technology with the expertise of highly trained physicians. The result is efficient delivery of specialized, innovative medicine.

But this isn't the only reason why so many individuals and businesses choose Kaiser Permanente. Our

physicians are among the most qualified in the nation and include graduates of Harvard, Yale, UCLA and Stanford. And our physicians' board certification rate is one of the best, high above the national average.

In the Westside area, we have four convenient facilities to serve our members: the Kaiser Permanente West Los Angeles Medical Center and the Culver Marina, Inglewood and Playa Vista Medical Offices.

Kaiser Permanente knows it takes more than good health care to keep a community healthy; it takes commitment, participation, and support. That's why we dedicate a percentage of our income and resources to help make this community a better place to live. We sponsor scholarships and grants, school and neighborhood health care clinics, services for children and teens, and community revitalization projects.

Look for us at the Culver City Health Expo '99 on Saturday at the Fox Hills Mall.

FLANIGAN FARMS ADDS TO ITS PRODUCT LINE

Culver City's own natural foods packaging company, Flanigan Farms announces the addition of three new products for the convenience of customers.

The first is Blanched Hazelnuts (Filberts). So often we get calls asking how to blanch hazelnuts. For the uninitiated, this means taking those brown skins off. It can be done at home by dry roasting, and then rubbing them, either in your fingers, or in a towel, but it is time-consuming. Now to save time, you can buy them already blanched.

The next is Sliced Natural Hazelnuts (Filberts). The distinctive

taste of hazelnuts, can be added to many dishes in a very convenient way by having them already sliced for you. In this case, the skins are left on to add a little more color to the dish. Use them in pasta dishes, on cakes, in cookies and remember to gently dry roast to bring out the flavor.

The third new item is Chopped Macadamia Nuts. Now you don't have to try to chop those round nuts. It will be easier for the customer to use them in cookies, to coat fish or chicken or maybe a cheese ball. Since these nuts are round and very firm, it has always been a chal-

lenge to chop them evenly, especially in small quantities. Now you can buy them already in pieces, which makes a little of this elegant nut go a long way.

All of these new items are available in the Flanigan Farms display at most major supermarkets plus many smaller chains such as Gelsons, Bristol Farms and many independents.

If you have any questions, see Patsy Flanigan at the Flanigan Farms table at the Culver City Chamber of Commerce Health Expo at Fox Hills Mall on Saturday from 10 a.m. to 3 p.m.