

Potts successful with 'Going Against the Grain'

by Frank Jordan
Staff Writer

All those who have ever had aspirations of publishing their own piece of writing can now take inspiration from a woman who works in the college library.

Phyllis Potts has written a cookbook which is unique in the fact that all of the recipes in the book use substitutes for wheat and wheat flour.

"I got started with this little project mainly because of my

many of the ones that may have held some promise, but she wasn't quite sure until she tried them herself.

"I had to play with almost all of the recipes until I came up with some combinations that actually worked," Potts said. "I experimented a lot, and used my family as guinea pigs. The book is basically a collection of those recipes that actually could work."

However, the most interesting facet of the cookbook for Potts may not have been the reci-

an idea for a book, but she didn't know how to get started. One of the first people that she talked to was Craig Lesley (Clackamas English instructor and the author of two books). Lesley referred her to a few different people who could help her with the project.

The group that gave Potts the most help was the Northwest Association of Book Publishers, who helped her with mainly the most technical aspects of getting a book published, like the binding, the publishing and the printing. Also, helped her with copyright laws and how to get a number registered with the Library of Congress.

"They were also very helpful with giving hints on how to market the book, how to get distribution set up, how to advertise and how much all these steps in the process would cost," Potts said.

"One lady that I talked to said that I should get in touch with Cable News Network (CNN), because they have segments on home life and cooking and stuff like that," Potts said. "So I did, and last summer, a camera crew from CNN showed up on my porch and for three hours, all we did is talk about my book and the things in the book. It was all very neat and interesting."

"Throughout this whole process, I really have learned a lot



Photo by Anjanette Booth

Phyllis Potts, who works in the college library, is the author of "Going Against the Grain-Wheat-Free Cookery," a cookbook which uses substitutes for wheat and wheat flour in its recipes. There are currently 7,000 copies of the book in circulation.

about people. This has been a really wonderful experience," she said.

Currently, there are about 7,000 of the books in circulation. After the segment on CNN aired, Potts received more than 200 phone calls inquiring mostly about certain recipes in the book, and where the book could be bought.

"This is one of the only books on the shelf today that gives alter-

natives in using substitutions to wheat in baking and cooking, and I'm really proud of it," she said.

"Going Against the Grain-Wheat-Free Cookery" is available at local book and health food stores and by mail order from Central Point Publishing, 21861 S. Central Point Rd., Oregon City, Ore. 97045, \$17, postage paid if ordered by mail.

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--Phyllis Potts

son Harvey. He developed an allergic reaction to wheat-based products and everything that I had tried had failed," Potts explained. "The recipes available were not very good, so I tried to come up with something that was."

When Potts went about collecting recipes for the book, which is entitled "Going Against the Grain-Wheat-Free Cookery," she naturally had to try out

pes themselves, but in the process that she had to go through to get the book put together and published.

"The first problem that I had was that I did not really know how to use WordPerfect. In learning how to use WordPerfect, I typed in a bunch of recipes, mostly family recipes," Potts said. "I finally got the hang of it."

Potts consulted with numerous people telling them she had

Student finds physical, mental enhancement from sport

Environmentally, bicycling 'directly affects everyone'

by Jeff Kemp
Staff Writer

Are you ready for an environmentally-positive, health-beneficial and alternative way to get around? Are you tired of traffic jams at the most inopportune times? Wouldn't it be nice to see the world from somewhere other than behind a windshield or window?

Glen Laubach, 24, answered yes to all of these questions when he picked up the adventurous sport of bicycling during the summer of 1988.

Laubach said he was turned on to the sport while working with a friend who rode mountain bikes. He said that he began serious riding on a mountain bike, but since that time has had one other mountain and three road bicycles.

"When I first started out, it was a means of getting out of the house because at that time I wasn't really doing anything productive," Laubach said.

The third-year Clackamas student, who is studying criminology and intends to receive a block transfer to Southern Or-

egon State College, says he tries to ride between 40 and 80 miles a day. Laubach claims the weather has a lot to do with the number of miles he rides a day. The San Diego native moved to Oregon with his family three years ago.

"I've found it difficult adjusting to the winters up here. I get lazier every winter I spend here," Laubach joked.

After he began to get involved in the bicycling scene, Laubach met racers who taught him some of the techniques of riding. They educated him on the important techniques of positioning and pedalling, so that he would become a more efficient cyclist.

"It's like any other sport," Laubach explained. "It is an art that has techniques that you need to master if you want to be really good at it."

Laubach lives in Milwaukie and says he tries to ride to school on Mondays and Wednesdays. When asked what he thinks he gets from biking, Laubach was quick to point out the health benefits.

"It does wonders for your cardiovascular system. It's also a great stress reliever; the more you do it, the healthier you will be physically and mentally. Climb those hills, it's good for you," Laubach said.

"There are obvious health benefits because it's such a great exercise. It's better on your joints and ankles, which can be injured easier or get weaker as you become older," he continued.

Along with all of the physical benefits, Laubach also showed a concern for the environment.

"Bicycling definitely reduces the number of cars on the road, which is better for everyone be-



photo by Anjanette Booth

According to Glen Laubach, bicycling "does wonders for your cardiovascular system." Laubach picked up the sport in the summer of 1988.

cause it lessens air pollution," he said.

Along with all of the positive aspects of bike riding, it is also important for everyone to realize the potential dangers. Even veteran riders like Laubach are susceptible to accidents.

Last summer, he collided

with a deer in Eugene. Laubach escaped the accident with minor injuries, as did the deer, which he said he never saw again. Laubach's friend, however, suffered a broken collarbone when he ran over the bike that Laubach had been separated from in the accident.

HELPFUL GEAR TO INVEST IN FOR BICYCLING

compiled by Jeff Kemp with the advice of Glen Laubach:

- 1.) **Helmet** -- Everyone should wear one of these for all of the obvious reasons. Some people complain about the looks of helmets, but personally I think they look better than stitches or worse.
- 2.) **Shorts** -- Look for comfort and not price. Some shorts may cost you a little more, but the higher-priced ones will last longer. Make sure there is a lot of padding in all of the right places!
- 3.) **Jersey** -- Anything you can find in a cycling shop should be functional. Pink is generally thought to be the best color for visibility.
- 4.) **Gloves** -- Most people use their hands to absorb the impact of a crash. These will help with abrasions and/or blisters.
- 5.) **Shoes** -- All you need here is something comfortable. The weight of the shoe doesn't matter as much as some would suspect. Shoes with cleats are recommended for more efficient pedaling and overall biking performance.
- 6.) **Protective Eye Wear** -- Oakley or Bolle sunglasses work well. Anything that can keep the dust and, more importantly, the bugs out of the eyes.



photo by Anjanette Booth

Glen Laubach, a student at Clackamas, lives in Milwaukie and rides his bicycle to school on Mondays and Wednesdays. He tries to ride between 40 and 80 miles each day.