

Grassi offers expertise in new cooking classes



Top: Ann E. Grassi, general manager of the Cougar Cafe, shows class members how to saute chicken.
Middle left: Susan Drudi grates fresh parmesan cheese for an Italian meal.
Middle right: Tom Fritschler chops parsley to add color and flavor to the rice.
Left: Sharon Fritschler strains mushrooms to add to the sauce that will top the sauteed chicken.

DAISY BAIN

Staff Writer

The first of three cooking classes was held last Friday at the Cougar Café taught by Anne E. Grassi, Clackamas executive chef; seven people attended.

This is Grassi's first time offering these classes.

"It's just kind of a trial to see if it's going to work," said Grassi. "The kitchen the class had to learn in is considered a working kitchen; it is not designed to be a teaching kitchen."

Grassi decided to try these workshops in response to requests from students and staff. "I've been overwhelmed by interest," said Grassi.

Some students responded to their

first cooking class experience.

"I'm having a lot of fun, except for the lack of wine," said student Tom Fritschler.

Wine was not served in the class because it was held on school property. Sparkling mineral water was served instead.

"My wife's making me take this class," laughed Steve Riddell. Riddell is not a student at Clackamas; he heard about the class through a friend that works at the college.

The class, pictured left, is learning how to make a northern Italian dinner.

Two more classes are scheduled. Friday, May 11 features Mediterranean dinner salads and Friday, June 1 features Pasta Possibilities.

Free teen mental health class offered

MATT SHERPERT

Staff Writer

Free Teenage Mental Health classes are offered Tuesday evenings for four weeks, May 1 - 22 in Pauling Center, 201, from 6-7:30 p.m.

The first class is titled *Attention Deficit Disorder Throughout the Lifespan*, and is about the effects of ADD on teens, not only as children, but also throughout their lifetime. Speakers will be Jeanne G. Tyler, Ph.D. and Doug Crawford, Psy.D, RN.

The May 8 seminar is titled *Parenting the Strong-Willed Child*. This session is geared towards understanding and dealing effectively with a defiant child. The speaker is Christine Portland, Psy.D.

The May 15 seminar is *Teen Suicide: A Clackamas County*

Perspective. This class focuses on identifying possible teen depression, suicide symptoms and prevention strategies. Speakers are Michael Taylor, MSW and a panel of representatives from partner agencies in Clackamas County.

The last Seminar, on May 22, is *Double Trouble: Co-Existing Disorders*, and discusses the combination of mental illness and substance abuse. It will discuss the difficulties in identifying the true problem in such situations and how common these co-existing problems are. This seminar will be taught by Bette Streitmatter, LCSW, CADC II.

The Seminars are co-sponsored by Clackamas Community College and Clackamas County Mental Health. For more information, contact the CCMH, 503/655-8401.


PHOTOS BY LIESL MUGGLI / Clackamas Print

Earth Day cleanup Volunteers remove abandoned truck from Newell Creek



PHOTO COURTESY OF FRANCESCA WOODRUFF

Francesca Woodruff, program coordinator for the ELC, stands in front of an abandoned truck left near Newell Creek. About 25 volunteers, along with SOLV IT, a nonprofit organization, removed the truck early Saturday morning.



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