

Had dinner by candlelight lately?

By Nancy Barker
Staff Writer

"Energy Crisis" is a term used so often these days that we may have become immune to the sound of it. Unfortunately, we are not immune to the thing itself!

In the past few weeks, most of us have discovered thousands of ways to conserve that precious commodity. (Some of them even work.) It isn't that we are so noble or clever, but that we are motivated by thoughts of being snowed in a house heated by a can of Sterno and lit by three candles, and stuck with a car whose gas gauge reads "empty."

We have noticed, though, that there are still those who are evidently unaware that there is an energy crisis. We see them passing us on the freeways, and observe their brightly lit houses. Maybe a little sound advice would encourage others—misery loves company!

Supposedly, driving slower will save on gasoline. However, it has been discovered that this doesn't save much. An even better method is not to go anywhere; that is unless you absolutely have to.

It will surprise you how many of your routine trips are really unnecessary. That Sunday drive to visit your in-laws could be eliminated. Likewise, the daily trip to pick up your son after basketball practice. Give him a flashlight, and let him walk!

For weekend entertainment, it is not necessary to drive into town. Why not stay at home, and rediscover the old-

fashioned pastimes which the family can do together.

Of course, when staying home, you must remember to conserve on energy there. This means, first of all, turn off the TV. Ignore the screams of your

children, and gaily suggest how much fun it will be to play a game with mom and dad.

If you're really enterprising, turn off all your lights, and gather around the fireplace for a cozy game of monopoly. This

will stimulate that togetherness which has been lacking in so many families lately. (Make sure to pick someone honest for cashier.)

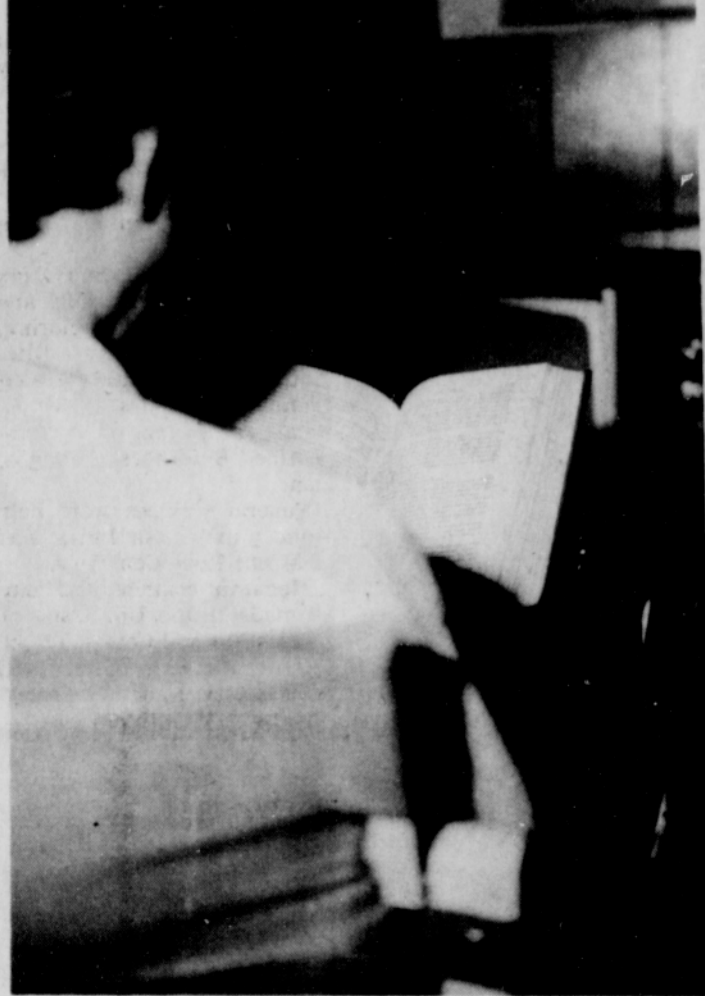
There are a number of other ways to save on energy around the house. One is to dine exclusively by candlelight. It not only looks elegant, but will camouflage cooking mistakes; until they're eaten.

Speaking of dining, much electricity can be saved by not using your stove or oven. When your family tires of candlelight meals, (and mistakes), try toasting hot dogs and marshmallows over the fire. This will save on power and food, too, not to mention cooking time.

After several evenings of "energy crisis" meals, your family may be begging for a regular dinner. Oblige them by using some of the gas you have saved to take them to the local restaurant. The expenditure on gas will be more than justified when you consider the saving on household fuel, (you won't have to heat your home while you're out).

The ideal solution would be to live within walking distance of a restaurant, and eat all three meals a day there. Just think of the energy savings! Besides all the above, you would ultimately save on gas, since you would never have to go to the grocery store. You wouldn't even have to plug in your refrigerator.

Since you're going to be spending a lot of time in the local restaurant, you can also turn off your heat at home. It may get a little chilly at night,



HAVE YOU read a book lately? This saves energy by not turning on the TV set so often.

(Post Photo)

but here's another way to use the old fireplace. Get out your sleeping bags, and have a campout in front of the blazing fire. Just think how this will instill the pioneer spirit in your family!

Electric appliances can be dispensed with too. Use a similar rating system as with driving. Only those appliances necessary to health and well being should be used. Your electric blanket would fit into this category, while the washer, dryer, and iron, would be classified as dispensable.

You don't think you could get along without these three? Well, you might need the washer and dryer on occasion, but the iron? Never! Prove it to yourself. Look at the label of any washable article of clothing. It says: "never needs ironing." Memorize the label, repeat 10 times, and throw your

iron away with a smile.

As for the washer and dryer, only use them when necessary. Your kids will love you—they really like their jeans filthy. Besides, you won't be so apt to notice the dirt in the candlelight, and in this case, ignorance is bliss. Your nose will tell you when it's necessary to wash them.

The man of the family may not take too kindly to the new system, but this is where the local cleaners and laundry comes in. After all, what are they for? Let them use the power—they have to turn on their appliances anyway.

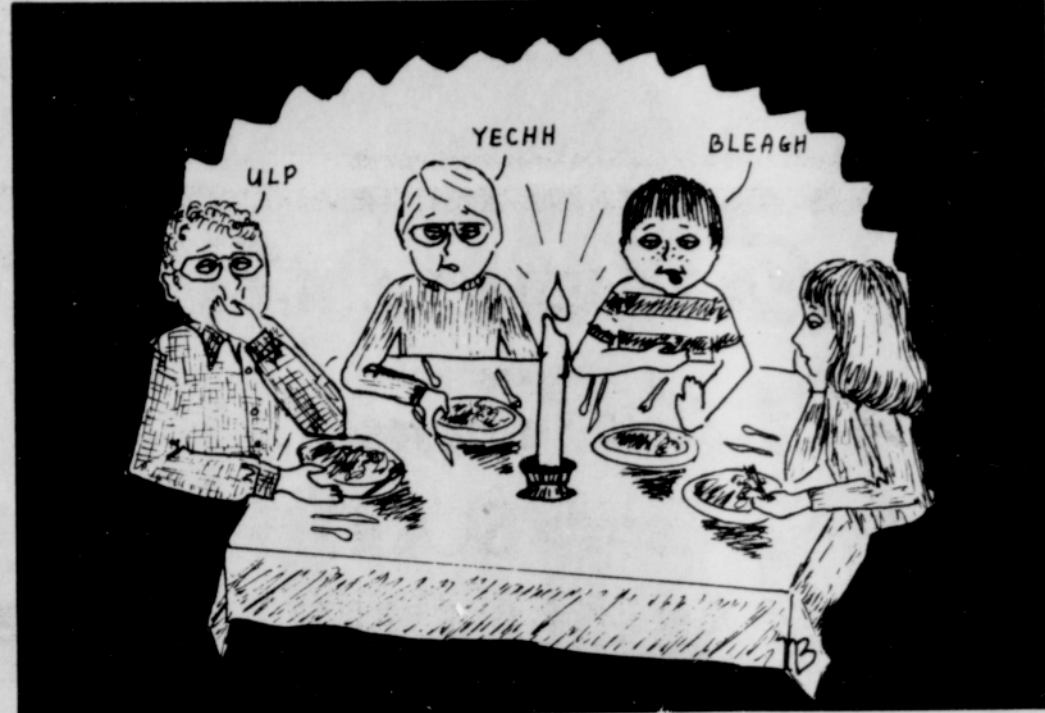
As you can see, it is possible to save energy, and make your life easier at the same time. If you think about it, you can probably add many energy saving ideas of your own to the list.

If you do, let us know.



COOKING OVER a fire also can help cut down on the amount of fuel used by area residents. And it could provide a good change of pace for your diet.

(Post Photo)



CANDLELIGHT CAMOUFLAGES COOKING MISTAKES—UNTIL THEY'RE EATEN

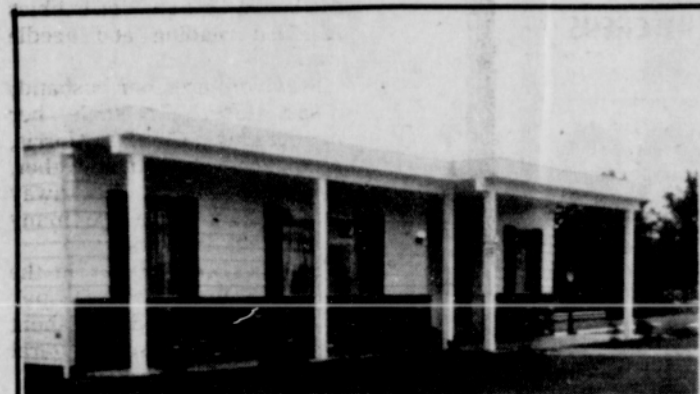
Kiwanis to hear energy talk

Vic Wilson, Portland General Electric company Gresham division marketing manager, will talk to members of the Sandy Kiwanis club on the energy situation at a dinner meeting on Thursday, Dec. 13.

Pomeroy heads campaign

Ronald Kent Pomeroy of Howeller and Richards has been selected to serve as the Sandy Area representative on the campaign committee to re-elect Justice William McAllister to the Supreme Court of Oregon.

Justice McAllister has served 17 years on the Supreme Court bench and chairman of his campaign committee is Howell Appling, Jr.

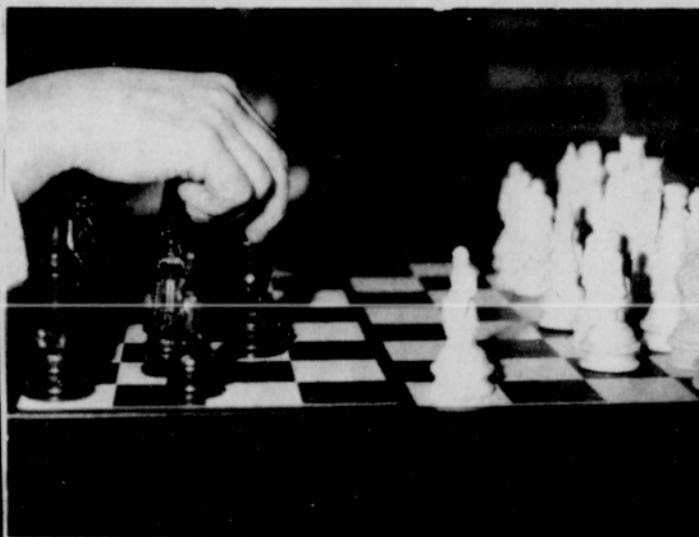


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A QUIET game of chess by the fireside is good this time of year and the fire helps conserve heating fuel.

(Post Photo)

Home insulation cuts energy use

Want to save energy without having to bundle up in a cold house?

Substantial savings can be achieved by bundling up your house instead.

Improving the insulation of a typical Willamette Valley home can reduce heat loss by 20 to 25 per cent, said James B. Fitch, agricultural economist at Oregon State University.

"This translates into the same savings in home heating energy consumption. For homes with forced air oil heaters, the saving is well above the 15 per cent reduction called for by President Nixon," he added.

Fitch, through research supported by the Rockefeller Foundation, has developed information on the economics of insulation and heating systems in Willamette Valley homes.

The "typical" Willamette Valley home considered in the research is a single level, wood frame home with wood flooring and a vented crawlspace.

Assuming that such a home has only two inches of insulation in the ceiling and no underfloor insulation, the 20 to 25 per cent saving in heating energy can be achieved by adding six inches of insulation to the ceiling and installing underfloor insulation. Almost two-thirds of the saving can be attributed to just the addition of underfloor insulation, a feature most Valley homes do not have, said Fitch. The overall savings would be greater on a house with no insulation and smaller on a house with more insulation.

"Underfloor insulation will pay for itself in two to four years through reduced heating costs," said Fitch. "The desirability of adding ceiling insulation depends on the current level of insulation and expected life of the house."

"For a house with no ceiling insulation, addition of eight inches of fiber insulation will pay for itself in less than two years," said Fitch.

However, if a house already has two inches of insulation in

the ceiling, it will take from 7 to 20 or more years, depending on type of heating, before energy saving will offset the cost of adding another six inches of insulation.

"Age of the house and existing insulation are factors homeowners need to consider before deciding to install additional insulation," said Fitch.

Cooperation from home owners in improving insulation in existing homes where practical and upgraded insulation standards for new homes would have a significant impact on Oregon's total energy picture.

Some 13.6 per cent of all energy consumed in Oregon is used for residential space heating, it was noted. Improved insulation in older homes and adequately insulated new homes could reduce this figure to 12.6 per cent during 1974 alone, said Fitch.

Adequate insulation for Willamette Valley weather conditions includes eight inches of glass fiber insulation in the ceiling, 3½-inch paper backed batting in the walls, and underfloor insulation in houses with an open crawl space. In addition, electrically heated homes should have insulated glass windows, said Fitch.

Hoffman's granddaughter in TV movie

The Rueben Hoffman's of Sandy are having a special early Christmas treat in that their granddaughter, Angela Hoffman, will be in her first TV movie on ABC's Channel 2, on Thursday, Dec. 6, at 1:30 p.m. on the today matinee special. The name of it is "My Secret Mother" and Angie plays the part of Robin Babcock.

Angela is the daughter of Ed and Nancy Hoffman of Placentia, Calif., and the granddaughter of Ruben and Marge Hoffman of Sandy.

Energy crisis week held

This week, Dec. 3 to 7, has been proclaimed by Governor Tom McCall and State Superintendent Dale Parnell as Energy Crisis Week in Oregon.

Through the media, the governor has informed the public about energy-saving measures. Students in the public schools have participated in educational programs on the subject. Many of them also have practical projects in the schools to save energy.

"We are lending our energies to the situation," quipped Sandy Grade School superintendent Tony Bryant.

"We are quite concerned," he added. "We are trying to do everything we can to conserve power and fuel here."

At the grade school, the administration has reviewed energy usage, from kitchen to bus routes, and has tried to cut down in every way possible. Students in all three levels are involved in special programs. Firwood pupils are provided with check lists with suggestions on saving energy. They are contributing ideas of their own, and making posters too.

In the intermediate building, Energy Crisis Week will last all year, according to principal Chuck Carpenter. Students there are also contributing ideas, and will be given recognition for the ones that are used.

Upper grade students at Sandy Grade are having debates in the classrooms about the energy crisis. Friday, they will hear speakers from the senior class at Sandy High.

"The kids are very enthused about keeping the lights off," said Jack Callaghan, upper grades principal. "I have to follow them and turn the lights on."

Besides sending speakers to the grades school, Sandy High is having a "Cold Day" Friday. The thermostats will stay down in the 55 to 60 degree range, and a minimum of electricity will be used.

"We are thinking about what to wear that day," mused teacher Cliff O'Harrow. "Some of us may show up in long johns."

"We are also having a poetry and poster contest," he added. Up towards the mountain at Welch Grade School, students are looking forward to "Crisis Day" Friday. All members of the student body are participating in individual classroom projects.

At Bull Run Grade School, students are getting by with only half the lights previously used. The thermostat has been turned down, too, according to principal Robert Fones.

Cottrell students have been discussing different ways of conserving energy, and learning how to attack the problem. "We are emphasizing it in instructional ways," said principal Jean Lundy.

Over at Boring Grade School, each day of Energy Crisis Week has been given a special emphasis. On "sweater day," students wear sweaters to keep warm when the heat was turned down. Another day, lunch was prepared without the use of the oven.

Area school students are really trying to help conserve energy. Those who are "still in the dark," about ways to conserve energy, can take a lesson from the kids!

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