

Odd Fellows, Rebekahs elect

Sandy Rebekah Lodge 193 and Sandy Odd Fellows Lodge 195 installed new officers in ceremonies at the Sandy Odd Fellows Hall last week.

New officers in the Rebekah Lodge include: Viola Simmons, noble grand; Edna Amstad, right support; Ruth Mitchell, left support; Wilma McLean, vice-grand; Lila Bacon, right vice-grand support; Melva Bahe, left vice-grand support; Maude Johnson, secretary; Pauline Forman, financial secretary; Adela Reckmann, treasurer; Vera Smith, chaplain; Lois Polivka, past noble grand; Don McLean,

inside guard; Art Moore, outside guard; James Becker, color guard; Edna Hite, warden; and Betty Benbo, conductor.

New Odd Fellow officers include: Arthur Moore, noble grand; Don McLean, vice-grand; Lloyd Holt, secretary; Lyle DeMours, treasurer; Harold Gunderson, chaplain; James Becker, conductor; Alfred Gunderson, outside guard; Lyle Seman, right support, noble grand; and Ron Stewart, right support, vice-grand.

Palmblads have girl

Wendolyn Cyriss is the name selected by Steven and Diana Palmblad, 2837 SE 109th Ave., for their daughter born Dec. 27 at Gresham Community Hospital.

The baby weighed 8 lb. 2 oz. Grandparents are Mr. and Mrs. Kenneth Palmblad, Boring, and Mr. and Mrs. Haner, Rialto, Calif.

Albert Palmblad, Boring, and Mr. and Mrs. John Naray, Rialto, are the baby's great-grandparents.

BRANDS Christian Books

•BOOKS

•GIFTS

•MUSIC

665-7717

18449 S.E. STARK (ACROSS FROM G.I. JOE'S)

Mt. Hood Bible Church

(Inter-denominational)

Meeting Sundays at 5:30 p.m.

Camp Arrah Wana, Wemme

Pastor Stan Wall

Lay Leader Steve Bieleberg

Christian Ed. Dir. John Cook

Come to Church

COMMUNITY PRESBYTERIAN CHURCH

Fellowship Worship 9:30 a.m.
Sunday School 10 a.m.
Morning Worship 11 a.m.
Mid Week Prayer Service 7:30 p.m.
Nursery Care During Worship

PASTOR: Ed Neuenfeldt
Church 668-4543
Manse 668-4594

SERMON ON THE MOUNT

Join with us in family worship, fellowship and joyful assurance in Christ's word.
10:00 AM each Sunday at St. John's Catholic Church.

Hoodland Lutheran Church

IMMANUEL LUTHERAN CHURCH

Morning Services 9 a.m.
Sunday School 10:15 a.m.
Adult Bible Class 10:15 a.m.

A Cordial Welcome is Extended to All
PASTOR FRANK KOEPKE
668-6232 — Church

St. Jude's Episcopal Church

Nursing Home Service 8:30 a.m.
Sunday Family Service 9:30 a.m.

39665 Scenic St.
Sandy, Oregon
668-4108

THE CHAPEL OF THE HILLS

Between Sandy and Brightwood
A Community Church without a membership
You Will Be Welcome!

Bible School 9:45 a.m.
Morning Worship 11:00 a.m.
Evening Worship 7:30 p.m.
Bible Study (Wed.) 7:30 p.m.
Thyra E. Strand, Minister
622-3260

SANDY BAPTIST CHAPEL

700 Pioneer Blvd.
8:30 a.m. Early Morning Worship
9:30 a.m. Sunday School No. 1
10:45 a.m. Sunday School No. 2
11:45 a.m. 2nd Morning Worship
7:00 p.m. Family Life
For other ministries call 668-4064
Ed Grable, Pastor

ORIENT DRIVE BAPTIST CHURCH (Southern)

15150 S.E. Orient Drive
SERVICES
Sunday School 9:45 AM
Morning Worship 11:00 AM
Church Training 1 PM
Afternoon Worship 2 PM
Wednesday 7:30 PM

Jim Gantenbein, Pastor
Phone 668-6083

Chapel of Divine Love

(53252 E. Sylvan Drive)
8 miles E. of Sandy
on Hwy. 26
Non-denominational
Sunday Services
Class 1 p.m.
Chapel 2 p.m.
Rev. V. Gilley 668-6617
(home)



NEW OFFICERS of Sandy Rebekah Lodge include, from left, Adela Reckmann,

Wilma McLean, Viola Simmons and Don McLean.

(Post photo)

SCHOOL Lunch Menu

Cottrell Grade School

MONDAY, FEB. 2
Spanish Macaroni
Buttered green beans
Hot rolls with butter
Vanilla pudding w-topping
Milk

TUESDAY, FEB. 3
Beef Stew
Peanut Butter sandwich
Celery sticks
Applesauce cake
Milk

WEDNESDAY, FEB. 4
Hamburgers
Potato chips
Lettuce leaves
Buttered broccoli
Dill rings
February Birthday Cake
Dixie cup
Milk

THURSDAY, FEB. 5
Hamburger gravy on
Hot biscuits
Buttered corn
Crisp tossed salad
Lemon tart
Milk

FRIDAY, FEB. 6
Hot beef sandwich
Mashed potatoes
Buttered peas and carrots
Crazy cake
Mixed fruit
Choice of Milk

Nell's notes

Past resident dies

So very sorry to hear of the passing of Pat Rogan. Pat, long a resident of this area, had moved to Lincoln City some years ago. He is the brother of Jim Rogan of Hoodland. Pat had been in the hospital 11 days previous to his death Friday.

Memorial services for Patrick L. Rogan will be held this Sunday at 2 p.m. in the Pacific Mortuary, 560 SW Fleet St., Lincoln City. Family members are asking that contributions be made to

favorite charities. Rogan was a packer with the original mule string of the ZigZag Ranger District for 15 years. Sympathies are extended to his wife Florence, brother Jim Rogan and his stepdaughter Mrs. M. A. Fielding.

A week ago Sunday was so gorgeous that we just packed up and went over the hill. It was beautiful over there. Monday morning was a heavy frost, but the mountains were magnificent. Dropped in on George Staggs for a short visit. He was recovering from a bout with the flu, but is now well on the road to recovery. Couldn't believe it when we arrived home and found the tree (some kind of a flowering one) in front of our house bursting into bloom. It is either terribly early or a month has gone by that I missed.

Tulla and Clyde Phelps and us'n's took in the boat show, but frankly, enjoyed the evening out more than the boat show. Was very disappointed in it this year. Plus the fact that the prices have really gone up in the boat line.

Naomi and Walt Blaisdell had Dorothy and Louis Phelps, Dick and Edna Phelps and us to dinner last weekend. Was most surprised to hear that Dick and Edna will be going to Arabia in May. Keep thinking that Dick has retired, but guess not just yet. He says two more years. There are very places on the other side of the ocean that they haven't been. Their daughter Pat just returned from seven months in Italy. This is the third time she has visited there.

Our granddaughter, Julie, has been with us for a few days. It is certainly a joy to have her around. Good company, and she also cleans the house. She is still at the age when cleaning someone else's house is a treat. Funny how you get over that in time.

MENU

Sandy Grade School

MONDAY, FEB. 2
Spaghetti with
Meat Sauce
Tossed Green Salad
French Dressing
Hot Rolls & Jelly
Applesauce
Milk

TUESDAY, FEB. 3
Fish Witch on
a Bun
Tarter Sauce
Seasoned green Beans
Pineapple Upside Down Cake
Milk

WEDNESDAY, FEB. 4
Turkey Ala King
over Egg Noodles
Buttered Peas
Cranberry Sauce
Date Muffin
Milk

THURSDAY, FEB. 5
Beef Taco with
Lettuce & Cheese
Buttered Carrots
Bread & Butter
Fruited Jello
Milk

FRIDAY, FEB. 6
Scalloped Potatoes
with Ham
Cole Slaw Salad
Apricot Halves
Cinnamon Twist
Milk

Golden Age club news

Pastor speaks to seniors

The Golden Age club's potluck and program were well attended Jan. 22 at the Sandy Senior Center, 75 members and guests were present.

Pastor Arnold Abel of Portland, was the guest speaker for the program, choosing the topic "Death and Its Problems." He told the group "we must accept the loss of a loved one as if it was an amputation, whether it is our spouse, another member of the family or a friend. When they have died, they are gone and we must face this fact and adjust our lives accordingly."

Gretchen Junk, the newly appointed assistant to the center director, announced that the Sandy City Police department is sponsoring the identification marking of appliances and small machinery in the homes of Sandy area seniors. Interested persons were asked to sign up for this

service. Officer John Erickson was present to answer further questions.

It was also announced that the flea market dates are April 9 and 10, and tables are being rented in advance. Edith Weidman is in charge of the tables. Joseph and Dolly Unger will have charge of the kitchen for the month of February for the Golden Age potlucks.

Johnie Predmore announced a new quilt is being started and interested persons may join the quilters who meet at the center. Check your newsletter for dates, or contact Johnie.

The following guests were introduced during the dinner hour: Carrie Hutchinson, Alys Schnipp, Leslie Schnipp, Myrtle Wattenbarger and Mrs. Isabelle Bruebaker. Other visitors included Judy Smith, director of the RSVP of Clackamas County, Lyle

Remington, the new coordinator of the CSCC, and Pat Lyons of Loaves and Fishes.

Clyde Sutherland has been asked to be chairman of the revision committee for the by-laws of the Clackamas County Senior Citizen Committee.

The Golden Age club gave a donation to the Kidney Association of Oregon. The Estacada Senior Citizen group will be guests of the Sandy Golden Age club at our next meeting Thursday, Feb. 12, at the Sandy Senior center.

Program chairman Alice Olson stated that a mystery film will be presented in the near future at a Golden Age program... watch the newsletter for dates.

Pauline Allen was reported recovering from a nasty fall which caused her to receive a badly bruised face and knee.

Preservative effects studied

What do frankfurters, corned beef and bacon have in common?

All of these products are in pink and preserved, due to the addition of nitrates and nitrites, says Carolyn Raab, Extension Food and Nutrition Specialist at Oregon State University.

Although nitrates and nitrites contribute to the pink color and characteristic flavor of cured meats, their most important function is a preservative one, Ms. Raab says.

These additives inhibit the growth of Clostridium botulinum, a bacteria that produces a deadly toxin.

Attention has been focused on nitrates and nitrites lately, says the Extension food and nutrition specialist, because of their involvement in the formation of nitrosamines. Nitrates can be converted to nitrites in the body. Under certain conditions nitrites can react with amines (products of protein metabolism) to form nitrosamines.

Some of these nitrosamines have shown to cause cancer under certain conditions in laboratory animals. However, there is no evidence linking nitrosamines with a specific type of human cancer.

Research is being conducted on nitrosamine formation.

The amounts of nitrates and nitrites allowed in foods and under governmental regulation, the OSU specialist points out, and the U.S. Department of Agriculture has recently proposed a change in the regulations.

The change would ban the use of nitrates in cured foods and reduce the amount of nitrites from 200 parts per million to 40 to 125 parts per million depending on the type of product. Some nitrite is still needed to prevent the growth of Clostridium botulinum.

Tips for less food waste shared

In this land of plenty, food has always been an abundant resource, says Tod Hamilton, Multnomah County extension home economist.

However, the world food situation and the energy crisis have made Americans more conscious of resources once taken for granted. Perhaps this bicentennial year is an opportune time to become more aware of food waste, she said.

A recent study by University of Arizona showed that the average household in Tucson wasted nearly two dollars' worth of edible food per week. Sixty per cent of this was

significant quantities of food items such as partial loaves of bread.

The remaining 40 per cent was scrapings from plates and remains of cooked dishes. (The data did not count garbage that went down the garbage disposal or garbage that was fed to pets or put on compost piles.)

Researchers projected that the quantity of food wasted by Tucson residents over a period of a year would have fed 4,000 people.

Food waste can be cut by carefully preparing, serving and storing food, says Miss Hamilton. She lists these tips: Save leftover fruit juice for baking and cooking. Freeze cheese in packages of

½ pound or less and use as needed. This prevents wasteful trimming of mold.

Save the outer leaves and cooking water from vegetables for soup. Save and add leftover gravy and cooked vegetables to homemade soup.

Basham to be installed

Lynette Bashman will be installed as Worthy Advisor of the Sandy Rainbow Girls chapter Feb. 7 at 8 p.m. in the Sandy Masonic Temple.

A Bicentennial theme will highlight the evening and a reception will follow.

Prepare only the amount of food that can be eaten before it spoils.

Store leftovers properly and use them before they spoil.

Serve smaller first servings and then second servings if desired.

"Waste not—want not," demands a creative use of resources, Miss Hamilton says.

TRY THE CLASSIFIEDS

Carnival planned

The Welches School PTA will sponsor a carnival Feb. 14 at the school.

Over 80 volunteers have offered services including baking goods, donating handicrafts, running booths and helping with clean-up.

Persons wishing to help with the carnival should contact the school at 622-3166.

Norma Paulus to visit



Norma Paulus

Norma Paulus, candidate for Republican nomination for secretary of state, will visit Clackamas County next Thursday to speak to area voters.

Mrs. Paulus, who has served three terms in the legislature, will be at a brown bag lunch on Marylhurst College at noon. She will speak on accountability in government, says Sandy area chairman Ginny Brewster.

Mrs. Brewster invites any area resident interested in attending the event to contact her for transportation.

JANUARY CLEARANCE SAVE UP TO 40%

Quality fabric from our regular stock at SPECIAL SAVINGS

Woolens, polys, acrylics, cotton, sweater knits, furs and lots, lots more. (No other discounts.)

Also don't forget to sign up for sew with knit class starting Feb. 2nd.

STORE HOURS

Mon. - Friday 10 a.m. - 5:30 p.m.
Saturday 10 a.m. - 5 p.m.

SANDY FABRIC CENTER

38925 Proctor Blvd. Sandy, Ore.

(Elma-White Dealer)

(Prices Good Thru Feb. 2)

FREE

PERSONAL
SIZE
COLOR
PORTRAIT

- ★ No appointment necessary
- ★ No age limit
- ★ Finished portrait special will be delivered to parent or guardian only
- ★ One special per family
- ★ Groups welcome

One day only! Tues., Feb. 3rd
Hrs: 10 a.m. til 5 p.m. Lunch 1:30-2:15

Sandy, Oregon

COAST TO COAST STORES
...total hardware