

Nell's notes

Bloodmobile due in September

By Nell Howe

Have you figured out whether summer is over, or is it waiting till after Labor Day?

This past weekend was not harbinger of summer time. In fact, over the mountain, it was a mite chilly, windy and wet. It was the same here I gather.

The Bloodmobile will be here on Sept. 10 from 3 - 8 p.m. at Hood-Land Park Building. If you can make an appointment it will speed things up. They can take three people every 15 minutes by appointment. Drop-

ins will be just as welcome.

If you are 17 years old and weight 110 pounds or more and have written parental consent, you may also donate.

Be sure and put the Sept. 10 date on your calendar because they would like a large turnout.

Have had some calls about just where the county parks are, or what their names are, etc.

Here are some of the names of the major parks, there are many smaller ones. Riverville Park, North Clackamas Park, Cedar Oak Park, Risley Park, Riverside Park, Carver Boat Ramp, Cedar Island Boat Ramp, Barton Park, Hebb Park, Feyrer Memorial Park, Metzler Park, Eagle Fern Park, Ed Latourette Park and Hood-Land Park.

These are some of the many county parks that we would like to retain, so be sure and turn out for the election on Aug. 31.

At least if you turn out and vote, and it goes one way or the other you can complain if it didn't go the way you wanted it to go. It always seems that the ones that complain the most never vote and just complain.

There were 124 turned out for the Sandy Union High School election from our area. Out of almost 1200 registered voters that is a very small percentage.

Surprisingly, the majority of those were not ones with children in school. So if you want your school to run, get out and vote. Whichever way you vote, show up.

Try it.

You might like it

Try \$361.20 a month to start, with free meals, housing, medical and dental care, and 30 days off a year, with pay. Best of all, if you sign up now, you may not have to leave home until after Christmas.

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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

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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

St. MICHAEL'S
CATHOLIC
CHURCH

Sat. eve Mass 7:30 p.m.
Sunday Mass 10:00 a.m. - 6 p.m.
St. John's Catholic Church
Welches, Oregon

Mass 5:30 p.m. Sat.; 8 a.m. Sun.
Corner Strauss & Pleasant
Sandy, Oregon

Father Arata 668-4446

SANDY
SEVENTH-DAY
ADVENTIST
CHURCH

Proctor and University
Sabbath School 9:30 a.m.
Morning Service 11:00 a.m.

You Are Welcome
Pastor
WILLIAM RING
667-9092 - Home
668-6144 - Church

SANDY
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OF GOD

SUNDAY SERVICES
Sunday School 9:45 a.m.
Morning Worship 11:00 a.m.
Evangelistic Service 7:00 p.m.

Family Night
Wednesday ... 7:00 p.m.
Raymond Alcorn
PASTOR Church Phone 668-4964

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 KOEPEKE
668-6232 - Church

St. Jude's
Episcopal
Church

Nursing Home Service 10:45 a.m.
Sunday Family Service 9:00 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 7:15 p.m.
Bible Study (Wed.) 7:30 p.m.

Thyra E. Strand, Minister
622-3260

SANDY
BAPTIST
CHAPEL

38348 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

MOUNTAIN
COMMUNITY
CHURCH

Sunday School 9:45 a.m.
Morning Worship 11:00 a.m.
Midweek Worship - Thurs.
7:30 p.m.

Pastor Jon Smith
Highway 26 Wemme
For Information 622-4771



THESE FOUR musicians make up a group called "Sweet Communion" who will be performing at the Sandy Assembly of God Church on Aug. 22. From left to right are

Chris Isaak, Estelle Nicholson, Lorna Alcorn and Cindy Blakley. The four are students at Northwest College of the Assemblies of God church.

Lorna Alcorn to appear with 'Sweet Communion'

"Sweet Communion," a four member musical group from Kirkland, Wash., will be featured in concert at the Sandy Assembly of God Church in Sandy on Aug. 22 at 11 a.m.

Sandy resident Lorna Alcorn is part of the singing group. Her father, Raymond Alcorn, is pastor of the Sandy Assembly of God church.

Lorna has a rich musical background, both vocally and instrumentally and is a sophomore at Northwest College.

Lorna has been a member of the college traveling choir, King's Chorals, which traveled from January to May. She also plays the piano.

"Sweet Communion" is traveling as a part of the annual summer music program sponsored by Northwest College of the Assemblies of God, located in Kirkland, Wash.

This year, there are four teams traveling for the college in concert throughout the

western states. Sweet Communion is ministering throughout Colorado, Wyoming, Utah, Montana and Idaho. Their tour runs from the beginning of June until mid-August.

Northwest College offers a two-year general studies program and a four-year and five-year ministerial training program. Its 50-acre campus is the educational center for over 700 students.

It is one of the regional colleges of the Assemblies of God drawing students from Alaska, Washington, Oregon, Idaho, Montana, Wyoming, Colorado, Utah and many other states as well as foreign countries. The college is fully accredited.

Sweet Communion's presentation is quite varied,

according to Rev. Alcorn, and is designed to appeal to the tastes of both young and old. Their aim is to help young people face the contemporary problems of life in today's world.

The group is being featured in schools, churches and youth camps throughout the West. The public is invited to attend this presentation. There is no admission charge.



Piper Dell

SUHS grads set engagement

Mr. and Mrs. George D. Ellsworth of The Dalles have announced the engagement of their daughter, Piper Dell, to Alan Stuart Stables.

Parents of the future bridegroom are Mr. and Mrs. George A. Stables of Sandy.

The bride-elect and her fiancé were both graduated from Sandy Union High School in 1975 and attended Mt. Hood Community College.

Stables is employed by Rod Harding Construction Company of Rainier. A late August wedding is being planned.

Church women
slate sale

The Sandy Assembly of God women will hold their Bargain Days Sale Aug. 26-28 in the church basement.

The hours will be from 9 a.m. - 6:30 p.m. each day. Proceeds will go to missions work.

LYNCHWOOD
CHRISTIAN CHURCH
(Disciples of Christ)

3815 S.E. 174th, Portland
665-9534

9:45 A.M. Church School, All Ages
10:45 A.M. Worship Service
6:30 P.M. Youth Fellowship,
7th Grade thru High School.
Nursery Provided
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that which they can surpass;
that which surpasses them,
they censure.

-Colton.



Seniors scrub Aug. 26 picnic

LaVerne Will, 1st vice-president, conducted the Golden Age Club's business meeting last Thursday in the absence of vacationing president Maude Johnson.

Seventy-five seniors and guests were in attendance according to Mrs. Frank Woods, who took charge of the guest book. This was her first attendance, and other guests included Mr. and Mrs. Harold Steele from Portland and Ralph Predmore.

Jay and Evelyn Reedy of Music Camp Road were in charge of the kitchen and those assisting included Violet Fahey and Gretchen Chilton.

Pauline Allen received the door prize of five gallons of gas donated by the Mobil Oil Station. Ralph Predmore won the other door prize of dinner for two donated by Foothills Inn. (This was lucky for Ralph

as it was his wife's birthday the following day.)

The program for the day consisted of vocal selections of songs popular in the 1940's by Joan Koepke, accompanied by Marion Norcross. Viola Simmons and Dolly Unger gave readings.

Julia Latimer said prizes were needed for games on the days the seniors came from the local nursing homes for their outings.

Kris Patterson, recreation coordinator, announced that people are needed to teach craft classes this fall.

She also asked for favorite recipes which will be kept on file. Two will be published each week in the Sandy Post in the Senior Center News, and possibly in the newsletter at a later date.

The picnic which was announced by Gretchen Chilton that was to take the place of the Golden Age potluck at the Aug. 26 meeting has been canceled due to the unsettled weather and to unforeseen costs.

The next Golden Age Club meeting will be the usual potluck held at the center on Thursday, Aug. 26.

Students attend jazz camp at their own expense

Ten Sandy Union High School students and two chaperones have accompanied Donald M. Tucker, director of vocal music at SUHS, to a University of Reno Jazz Summer Camp in South Shore Lake Tahoe, Nev.

At their own expense, the students, chaperones and director left Aug. 14 to attend music classes. They will return to Sandy Aug. 22.

The music sessions are being held at the University of Nevada 4-H Camp in South Shore Lake Tahoe.

The students attending include Rick Bignall, Bill Kitchen, Brian Stankewitsch, Shannon Ellis, Dale Beatty, Donna Orcutt, Bob Lowe,

Leslie Lusk, David Ligatich and Dave Williamson. The chaperones are Mr. and Mrs. Bill Hagger of Sandy.

Tucker said last year he took 20 students to the jazz music camp and had a successful time. Next year, Tucker will be studying in Europe and said any students who wanted to go, could go on this trip. The trip is usually reserved for juniors and seniors.

"I think it's terrific when

students will spend their own money and vacation time to head back to a summer camp and pick up a few more things to help them musically for the coming year," said Tucker.

"We hear about students being turned off to education, but very seldom give praise to the students that want to learn and grow as much as possible. Here is a fine way to get a little something extra, but they had to work for it to appreciate it."

DeShazer-Douglas clan holds annual reunion

The Douglas-DeShazer families held their annual reunion at the ZigZag Women's Club on Sunday, Aug. 1 with 83 descendants and friends from Oregon pioneer families present.

The 1975-76 officers were re-elected for the ensuing year. They are Richard Douglass,

Edmonds, Wash., president; Arlie Updegrave, Moses Lake, Wash., vice president; and Alta DeShazer Craft, Wailuku, Hawaii, secretary-treasurer.

The 1977 reunion will be held the second Sunday of August at a place to be announced at a later date.

Carbohydrates important to diet

Does the word carbohydrate strike terror into your heart? Many people on reducing diets are trying to avoid carbohydrates, according to Mrs. Marilyn Lunner, Oregon State University Extension home economist for Clackamas County.

And she said this avoidance is not recommended if you are concerned about your health.

"In our diets, protein supplies about 12 to 15 per cent of our calories," Mrs. Lunner said. "In other parts of the world fat supplies from 10 to 25 per cent of the calories while in the U.S.A. 40 to 45 per cent of our calories are supplied by fat."

Many nutritionists recommend that only 25 per cent of our calories should be from fats, Mrs. Lunner noted. The rest of our calories are supplied by carbohydrates.

"Currently in this country 40 to 50 per cent of our calories are from carbohydrates, Mrs. Lunner said. "If we cut our fat consumption to 25 per cent of calories, the carbohydrate consumption would then need to increase to 60 to 65 per cent of the calories."

Protein consumption does not

need to be increased because protein is not stored, she explained. Protein is needed to build and repair body tissue but excess amounts are broken down to be used for energy (calories). Protein is an expensive source of calories and converting it to energy is an unnecessary demand on the body.

Carbohydrates are classified as sugars, starches and cellulose. In this country a great many of the carbohydrate calories come from sugar. The average sugar consumption is about 100 pounds per person per year. Many of these calories could be avoided, Mrs. Lunner said.

Cellulose does not supply energy but is important in the regulation of body process. Consumption of starchy foods such as cereals, rice, flour, macaroni products and breads has been declining.

She added that this concerns nutritionists and public health professionals because many of these foods supply important amounts of vitamins and minerals.

Mrs. Lunner suggested taking "a second look" at carbohydrate consumption. Don't be afraid of carbohydrates, but select them carefully, she advised. "If you are a weight watcher, choose foods low in fat and low in added sugar. Also watch the size of portions you eat." Protein foods are expensive and Mrs. Lunner said there's no need to use them for calories. She suggested choosing carbohydrate foods with no added sugar as energy suppliers, including bread, rice, cereals, fruits and vegetables supply energy, vitamins and minerals. These are low in fat and relatively low in calories, Mrs. Lunner said.

Stereo gone

Sandy Police are investigating a report of a stolen stereo from a van owned by Brad Paluck of Sandy on Aug. 16.

Police said the van was parked in front of the Sandy Auto Body Shop.

Sandy senior center news

Center wants extra produce

Garden growers may give their surplus produce to the Senior Center for distribution to senior adults in the Sandy area.

Those interested may call 668-5569 or drop surplus produce off at 38885 Pioneer Blvd.

The Clackamas County Retired Senior Volunteer Program (RSVP) is sponsoring a RSVP "volunteer get-together" at Oral Hull Park Sept. 3.

Sandy-area RSVP volunteers are invited to bring guests to this function. Games, sing-along will be featured and refreshments will be served.

The Sandy Loaves and Fishes kitchen needs juice glasses and margarine containers for the nutrition program. Speak to Shirley at the center about any donations.

The Depoe Bay salmon bake trip on Sept. 11 is now open for registration. The Octoberfest in Mt. Angel is Sept. 17. Registration opens Aug. 23. For details on all Senior Center trips, refer to the August Senior Center newsletter.

Sandy Senior
Center Program:
Aug. 19-25
Aug. 19
Thursday

8:30 a.m. - 11:30 a.m. drop-in
11:30 a.m. - 1 p.m. Loaves and Fishes
1 p.m. - 4:30 p.m. drop-in

Friday
8:30 a.m. - 11:30 a.m. drop-in
11:30 a.m. - 1 p.m. Loaves and Fishes
1 p.m. - 4:30 p.m. drop-in

Aug. 21-22
Saturday-Sunday
Closed
Aug. 23
Monday
8:30 a.m. - 11:30 a.m. drop-in
11:30 a.m. - 1 p.m. Loaves and Fishes
1 p.m. - 3 p.m. pinocle
1 p.m. - 4:30 p.m. drop-in

Aug. 24
Tuesday
8:30 a.m. - 11:30 a.m. drop-in
11:30 a.m. - 1 p.m. Loaves and Fishes
1 p.m. - 4 p.m. drop-in

Aug. 25
Wednesdays
8:30 a.m. - 11:30 a.m. drop-in
11:30 a.m. - 1:30 p.m. Loaves and Fishes
1:30 p.m. - 3:30 p.m. Guys and Dolls
1:30 p.m. - 4:30 p.m. drop-in

Emergency services seminar scheduled

The Clackamas County Emergency Services Association will sponsor a weekend seminar Sept. 18 and 19.

The first session will be held at Clackamas Community College with registration to begin at 7:30 p.m. and the first speaker to begin at 8 p.m.

Speakers will cover topics including the care and treatment of burns, shock and how the legislature is working toward better emergency medical care.

At 1:30 p.m. on Saturday there will be a mock automobile accident with mass casualties. Small groups will

triage and give emergency first aid and these victims will then be moved to an ambulance loading area but not transported. Following the mock disaster there will be a demonstration of the different extrication tools.

The Sunday session will start at noon in Melver park with a discussion on the mock automobile accident.

Those interested in the program may contact Alpine Ambulance at 668-5516. Applications are available at Alpine Ambulance, or the Sandy, Boring or Estacada fire stations.

Damascus preschool registering

The Damascus Parents Preschool and Kindergarten still has openings in the preschool (4-year-old) class which begins Sept. 2.

School hours are 9 to 11 a.m. Monday, Tuesday, Thursday and Friday.

The classroom is at the Boring Middle School on Dee Street, Boring.

The preschool program is a combination of arts and crafts, learning shapes, colors, etc., storytelling, physical education and field trips.

There is a registration fee and a monthly tuition. For further information or application, call Mrs. Royetta Gunderson, 663-5546, or Mrs. Dona Davis, 658-2081.

The kindergarten class is full and is not accepting applications.

Bowling meeting set for Monday

A meeting of the Early Birds Bowling League will be held at Eastmont Lanes Monday at 10 a.m.

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