

Childbirth workshop to begin

The MHCC-Sandy Community School will offer a four week childbirth workshop beginning Feb. 1.

The course will cover such topics as: What is a "prepared childbirth?" Should the father be in the delivery room? Is baby food made at home as nutritious as the prepared infant foods from the grocery store? Why should a mother breast feed her baby? Can an infant learn?

The class will be led by Sharron Cox, Sandi Thomsen, Sue Hanson and Marty Deere. Single parents, non-parents, grandparents and parents are welcome to join the class.

The first class will be an introduction to the course and an informal discussion of its goals. Maureen Jean registered nurse, will speak about available birth control methods. She will also discuss "prepared" childbirth, home and hospital delivery and the LeBoyer method.

The second class will focus on nutrition. The importance of a properly balanced diet for mother and baby will be stressed and a demonstration on how to prepare baby food will be included.

The third class will cover breast feeding an infant. The final class will be an explanation of exercise techniques for mother and infant. Games for parents to use in aiding the development of child will be shared.

Those wishing to sign up for the class should call 668-5744.

Colleen Meier in competition for dairy princess title



Colleen Meier
Clackamas County Dairy Princess, Colleen Meier, 19, of Boring, will compete as a finalist in the annual Oregon Dairy Princess contest Jan. 22-24 at the Thunderbird Motor

Inn Jantzen Beach in Portland. The daughter of Mr. and Mrs. Earl Meier, operators of a 300-acre dairy farm, Meier has been a 4-H member for the past 10 years. She has won many awards such as Clackamas County Champion All-around Showman, Clackamas County Senior Champion Dairy Showman and State Intermediate Dairy Showman. She is a junior member of Pacific Northwest Brown Swiss Association and has been a candidate for Miss 4-H.

Twelve candidates will compete in the state contest, sponsored by the Oregon Dairy Products Commission, according to Ray Kozak, executive secretary. The coronation will take place at a luncheon banquet Jan. 24.

The new Oregon Dairy

'God's Volunteers' to sing at church

"God's Volunteers," a musical group traveling the United States and Canada, will be in the Boring-Damascus area from Wednesday, Jan. 19, to Sunday, Jan. 23.

"God's Volunteers" are college-age people who have volunteered a year of their time to share the excitement they have found in Jesus Christ. They minister to every age group.

They will appear at Hollyview Baptist Church Wednesday through Friday at 7:15 p.m. and Sunday at 11 a.m. and 6:30 p.m. Their presentations will include several musicals and a drama with family appeal.

The church is located at Highway 212 and SE 257th.

Aglow to meet

The Hoodland chapter of the Women's Aglow Fellowship will meet on Tuesday, Jan. 25, at Bowman's Mt. Hood Resort in Wemme for a luncheon program.

The luncheon will go from 11:30 a.m. until 2:30 p.m. Mrs. Mervin (Sharon) Peters, who is retiring this month as vice president of Oregon State

Aglow, will be the guest speaker.

The Aglow fellowship will also meet on Feb. 22 for a testimony meeting.

Reservations for the Tuesday luncheon may be made by calling Susan Zipprich, at home, 622-4526, or at the office, 663-6033; Betty Lou Pruitt, 622-3387; or Lorene Ernst, 622-3265.

Menus

Cottrell

Monday, Jan. 23

Beef and noodles
Buttered corn
Crisp celery sticks
Cake
Chilled pears
Milk

Tuesday, Jan. 24

Creamed turkey on
Mashed potatoes
Buttered peas
Crunchy carrot sticks
Banana pudding
Milk

Wednesday, Jan. 25

Navy beans w-ham
Hot biscuits w-jelly
Turnip wheels
Tossed green salad
Pink applesauce
Milk

Thursday, Jan. 26

Sloppy Joes
Fruit salad
Cottage cheese
Warm cinnamon rolls
Apple wedge
Milk

Friday, Jan. 27

Fish portions w-catsup
French fries
Tomato wedges
Fruit cup
Choice of milk

Sandy Grade

Monday, Jan. 24

Wiener wrap
Catsup
French fries
Buttered corn
Carrot sticks
Pear half
Chocolate milk

Tuesday, Jan. 25

Beef ravioli
Tossed green salad
Garlic bread
Banana Jell-o with
topping
Milk

Wednesday, Jan. 26

Split pea soup
with ham
Cottage cheese and
pear salad
Bread and butter
Chocolate cup cake
Milk

Friday, Jan. 28

Fishwich on
a bun
Tartar sauce
Potato bar
Catsup
Spiced apple sauce
Peanut cup
Milk

Welches

Monday, Jan. 24

Teacher's in-service
No school

Tuesday, Jan. 25

Wiener-mustard
Browned potato
Buttered beets
Roll-butter
Strawberry parfait
Milk

Wednesday, Jan. 26

Turkey roll-gravy
Mashed potatoes
Buttered peas
Bread-butter
Peaches
Milk

Thursday, Jan. 27

Porcupine meatballs
Steamed rice
Green beans
Roll-butter
Half apple
Milk

Friday, Jan. 28

(Butch Sarchett menu)
Submarine sandwich
Helping of corn
Fruit cocktail
Ice cream
Chocolate milk



BRUCE BINFORD AND DIANA TURNER

Couple announce February wedding

Mr. and Mrs. Gus Turner of Beautiful West Publications. The couple met in Gus' Pot-Pourri last May.

Bruce presented Diana with a ring at her birthday dinner at the Jantzen Beach Thunderbird. They have set a Feb. 26 wedding date on the mountain.

Reducing tips offered

Fad diets can cut person short in nutrition needs

Overweight is blamed for a multitude of human ills, ranging all the way from hypertension to a private suffering about how one looks.

But if misery loves company, the heavies have it.

Insurance statistics show that in this country, more than two or three people over 40 tip the scales higher than they should.

What is the overweight person to do?

If one is considering going on a diet that involves losing more than a few pounds, he should talk to a physician. That is an oft-heard piece of advice, but one that is dangerous to ignore.

Shedding pounds too rapidly, or eliminating foods that contain needed nutrients could endanger health, so get the advice of an expert.

The Oregon Dairy Council agrees with the medical profession in its support of the nutritionally balanced diet; one that contains all necessary nutrients in sufficient amounts.

Meat and other protein foods have been the target of other reducing diets, including the so-called "Rockefeller" and "rice" diets from years past.

becoming familiar with the basic food groups, and using them as a basis for meal plans to reduce calories.

It would seem obvious that a diet that omits any essential nutrient is not worth consideration. For example, one that does not include milk and dairy products may short-change on nutritionally, she said.

The milk group provides calcium needed for the maintenance and growth of bones and teeth, and for other body functions. A host of other nutrients come from milk, too.

The grain group belongs in the reducer's diet, despite a number of widely publicized "low carbohydrate" plans of recent years. While starchy foods can be reduced if calories exceed limits, whole or enriched cereal foods make an important contribution to vitamin and mineral intake.

Meat and other protein foods have been the target of other reducing diets, including the so-called "Rockefeller" and "rice" diets from years past.

The role of protein from

animals sources in body building and maintenance is well established. Foods from the meat group provide essential vitamins and minerals.

Fruits and vegetables can play an important part in a weight-loss diet, as they are high in nutrients and low in calories. But even they have been wrongly used by fad dieters.

They should not be made to carry the whole load, as in the far-out "grapefruit diet" and "banana diet."

Cutting calories isn't as simple as it sounds. It requires a doctor's advice if you're taking off more than a few pounds. And it requires a sensible meal plan that includes ample servings from all the basic food groups.

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A diplomat is a person who can tell you to go to hell in such a way that you actually look forward to the trip.—Caskie Stinnett.



Getting Oregonized.

We're doing it, Oregon. We're meeting your toughest communication challenges.

Consider Beaverton and Gresham, for instance. They're Oregon's fastest growing communities. And served by General Telephone. So, when they keep growing like crazy, we do too.

Then there's the impact of Oregon's rugged terrain. Where most phone companies can get away with the usual trucks and vans, a lot of times we can't. Instead, we have to rely on powerful jet boats, helicopters and winter-proof snowcats.

And we all know about Oregon's modern-day pioneers: families,

perhaps like your own, choosing to live deep in the Douglas firs or out in the middle of an orchard. While they want seclusion, they don't want isolation. Even when the nearest phone lines are miles away, General Telephone has the responsibility to close the gap.

Our ultimate challenge is up-grading equipment. New high-speed computerized switching is beginning to replace older machinery we bought eight years ago when we acquired our predecessor company. Now, more and more calls are silently completed in less and less time.

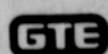
But it takes money to get Oregonized. Since coming here,

General Telephone has spent a quarter-billion dollars. And that's more than we've spent in any other state we serve.

Even so, it's all happening. We're keeping up with the growth, meeting the challenge of rugged terrain, helping modern-day pioneers be secluded instead of isolated, and up-grading equipment for faster, quieter service.

There's just no question about it, Oregon. We are getting Oregonized.

General Telephone: working to meet Oregon's toughest communication challenge.



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