

inside the church

Church schedules healthful cooking class

by KAYE BARTON BAKKE

Area residents who believe that when you've been to one cooking school, you've been to them all, should talk to Eva Sundwall or Cheryl Wilhite.

The two women live near Sandy and have attended past sessions of the nutrition classes offered by the Seventh-day Adventist Church. The classes are scheduled twice each year, in the spring and fall.

Another course will begin next week and continue through Mar. 17; both women plan to attend.

"They teach different things each time," Wilhite pointed out, including vegetarian cookery, sugarless desserts, whole grain breads and general nutrition principles.

Wilhite has attended eight classes over three separate cooking schools in the past. Sundwall attended all four sessions of the course offered last fall.

The spring course begins next Tuesday, Feb. 24, at 7 p.m. and will continue on Tuesday nights for the next three weeks.

Topics scheduled are "The Grain Thing," which emphasizes whole grain cookery; "The Green Thing," vegetable dishes; "The Main Thing," meatless protein foods, and "The Kids' Thing."

Sundwall said one of the most valuable things she has learned is how to season foods so they are appealing without using unhealthy ingredients.

"That's what I went there to

learn," she said. "I'm really excited about it — I've been using the ideas regularly."

Sundwall said she bought two cookbooks at the classes, and has used them to find meatless recipes to serve her husband and four children. "We are not vegetarians," she said. "But we use a lot less meat than we used to. We can't afford to buy what we did 10 years ago."

"Of course, I have quite a big garden," she added. "And we get a lot of our food from that. But it has helped that I've learned to make dishes taste good with less meat." Among the recipes Sundwall acquired at the cooking school which she uses frequently are a mushroom and barley soup, a meatless burger patty and a pocket bread.

She used the mushroom and barley soup when she taught a class on soupmaking to the women of the Latter-day Saints Church in Sandy. "A lot of people are enjoying that recipe now," she said.

Sundwall said she has primarily used the main dish recipes she collected at the cooking school, although she has since started substituting carob for chocolate, as recommended during the nutrition classes.

The woman pointed out that two different problems in her family are solved by serving only the most nutritious of foods. Her four-year-old daughter, Jannica, is a selective eater. "So everything I put down her must be worthwhile," she said.

Wilhite said the reason she has gone back to so many of the cooking schools is the opportunity to see a food being prepared and to taste it at the sampling bees following the demonstrations.

The Wilhite family has adopted many of the practices taught at the cooking schools. "We are not entirely vegetarians," she explained. "But we have almost cut out red meat because of what we've learned at the classes."

Wilhite said she and her husband tried vegetarianism early in their marriage, but gave it up "because everything tasted like mushroom soup."

The recipes which she enjoys now are meatless entrees made from natural foods such as grains and dairy products.

"I use a lot of cottage cheese in patties and roasts," she said. "And I got a recipe for a barley-cheese casserole that's really good."

Wilhite said she prefers to cut down on their consumption of canned and frozen vegetarian products because of their high salt content.

She has also enjoyed some of the dessert recipes provided, including a lemon dessert made with little or no sugar.

"One thing I learned at the cooking schools is that sugar is sugar," she said. "I've wasted a lot of money in health food stores buying products made with honey thinking they were superior."



Cheryl Wilhite and her children, Jason and Erin.

Joy Fellowship slates 'Love unfolded' theme

"Love Unfolded" will be the theme for Joy Fellowship which meets Monday, Feb. 23, at 7 p.m. in the Fellowship Hall of Sandy Assembly of God Church. All ladies are invited to attend this get-together.

Loretta Hootman will be the featured speaker. She and her husband have recently joined the staff of Sandy Assembly of God as ministers of evangelism and the results of their caring have already begun to bear

fruit. Coralee Hasse, a newcomer to the church, will present a demonstration on macrame. Special music will be furnished by a ladies trio of Jean Bennett, Geraldine Detherage and Sherry Bennett.

Light refreshments will be served and admission is free. Babysitting will be provided. For reservations, call the church, 668-5589, or Bernice Stotts, 668-6450.

Kaffee Klatsch meets at Community Center

"Faith sounds so religious but it's so practical. We use it every day just to turn on the lights," said Edna Cooke. "We use it when we sit in a chair and know it won't let us down."

Sharon Poulson will share what she's been learning about faith this Monday at the Sandy Kaffee Klatsch meeting at 7:30 p.m. at the Sandy Community Center.

Nancy Smith will discuss hope. "When we have hope, it keeps us from being overcome by despair and fears," said Cooke. "Hope helps us to see beyond immediate cir-

cumstances and helps us carry one.

"Then there's love, that elusive passion that we associate with emotion but in its true definition is a decision of the will," she added. Rose Marie Brinkley will share her perspective on love.

Special music for the evening will be provided by Vickie Madden of Sandy. Rachel Crockett will tell how meeting with the three speakers has benefited her as they've learned what faith, hope and love mean in practical everyday living.

Obituaries

Sadie Messersmith

Funeral services for longtime Sandy resident Sadie Messersmith were held Saturday, Feb. 14, in the chapel of Sandy Funeral Home. Private interment was at Willamette National Cemetery in Portland.

Mrs. Messersmith died in a local nursing home last Wednesday, Feb. 11. She was 75.

She was born the daughter of William and Nancy McClanahan in Richmond, Va. Oct. 2, 1905, and was raised in Washington state.

She is survived by her husband, Dee.

Merrill Robinett

Funeral services for Merrill L. Robinett, who died Feb. 8 of injuries sustained in an automobile accident near Mount Hood, were held last Thursday in the chapel of Sandy Funeral Home. He was 39.

Interment was at Eternal Hills Cemetery in Ocean-side, Calif.

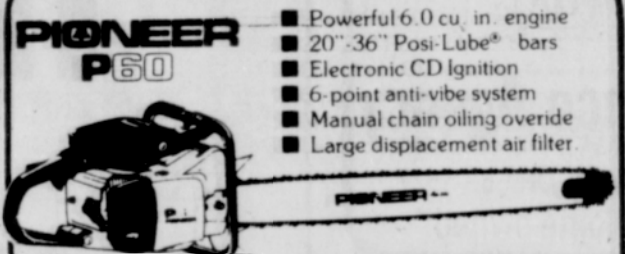
He was born in Escondido, Calif. Jan. 21, 1942. He was raised in the Vista, Calif. area and attended Colgate

for two years in California. He is survived by his wife, Shirley of Sandy; his father, Conrad Robinett in Nevada, and mother, Maxine Ramey in California.

Year-end Special!

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PIONEER CHAIN SAWS

Katie says: Sign up now for local sewing classes:

TAILORING

Tuesdays, Feb. 24, March 3 & March 10, 10:30 to 12:30 a.m. Learn to make tailored blazer with lining insert bound buttonholes, tailored collar & pockets. Sharon Zull, instructor. Class fee \$20.

FABRIC WALLETS

Thursday, March 5, 7-9 p.m. One class. Instructor Sherron Pellun. Cost \$6.

DYNAMIC DENIMS (Jeans)

Thursday, March 12, 19 & 25. Class fee \$20. Bring a sewing machine for second and third classes. Learn to make a professional pair of designer jeans.

BEGINNING SEWING

Feb. 24, March 3, March 10, Tuesdays, 7-9 p.m. Instructor Merna Rabe. Class fee \$18. Learn to make a blouse & skirt. (Your choice of 3 patterns.) Zipper inserts, sleeve inserts & buttonholes.

STOP BY now or call to sign up for class. Small deposit required.



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Strawberry Short Courses

Mt. Hood Community College cordially invites you to a mid-winter offering of Strawberry Short-Courses. Strawberry Short-Course day is a full spectrum of fun and informative, mini-classes designed for your learning pleasure, free of charge.

Strawberry Short-Courses are open at no cost to you, because our staff has volunteered preparation and instructional time to welcome you and encourage you to become better acquainted with us and our campus.

No registration necessary. However, some classes using special facilities and equipment can serve only a limited number, on a first-come, first-served basis.

SATURDAY, FEB. 21st

FOR ADDITIONAL INFORMATION CALL **667-7313**

PARTS SALESPERSON/CHALLENGE
In just three hours you can sharpen your auto parts selling skills so you can increase your business profit.
Instructor: Tom Sumpter
Time: 9-12 Noon
Room: T21 & 22 Industrial Bldg.

AUTOS/TIPS ON SELLING AND BUYING YOUR OWN!
Quick and practical pointers for getting a car ready to sell or for picking out a new one. Tips on pricing, condition of the car and blue-book values.
Instructor: Ed McMahon
Time: 10-11:30 a.m.
Room: 1502

BRaille/AN INTRODUCTION
Braille alphabet introduction. Participants will see and get to use the Braille typewriter.
Instructor: Tom Carter & Denise Dunn
Time: 1-3p.m.
Room: 1571
Limit: 8-10

CAMERAS: 35MM/WHAT'S RIGHT FOR YOU!
How do you choose a camera? Helpful hints for making an informed and practical selection of available 35MM cameras. Learn what is the correct camera for your particular interests.
Instructor: Gene Lee
Time: 9-12 Noon
Room: 1386

COOKING FOR SINGLES
Cooking for one (or two) can be fun. Hints, recipes and demonstrations of delicious, easy, no-lumps meals. You will actually prepare and sample some goodies!
Instructor: Lori Vandenberg, MHCC Assoc. Student Body President
Time: 10-12 Noon
Room: 2707
Limit: 20

DIAMONDS: A PRUDENT INVESTMENT
Diamonds are forever! Lecture and discussion of diamonds as a "hard money" investment. Rules for buying, selling and the return to be expected.
Instructor: Rod Brice
Time: 10-12 noon
Room: 1508

EASTER EGGS/SUGARED
Demonstration of methods of making and decorating molded sugared Easter eggs, both the plain and hollowed, with scenes inside.
Instructor: Mary Ann Gray
Time: 10-12 Noon
Room: 1504

ELECTRIC BILLS THEY CAN BE FIXED
Take an hour and make friends with your electric bill. Learn how to interpret and calculate your daily use of electricity. You can learn what part of your bill is due to refrigerator, stove, lights, etc. Bring bill with you.
Instructor: Don Davis
Time: 9-10 a.m.
Room: 2511

FLY CASTING
Bring your fly rod and learn the basics of fly fishing. Some spare practice rods will be available.
Instructor: Dr. John Kayser, George MacAvery & Dean Finnerty
Time: 1-3 p.m.
Room: K101 behind the College Center

FLY TYING
Ye old fisherman says "tying your own fly and then seeing the fish grab it is a great kick!" Come and try your hand at making an attractive bug!
Instructor: John Heiding
Time: 9-12 noon
Room: Room 1787

GENEALOGY/YOU AND YOUR ROOTS
Reach for your roots and trace your family tree. This presentation will show how to get started.
Instructor: Brenda Isham
Time: 10-11 a.m.
Room: 1506

GRIN AND GRAFT
"Secrets" of grafting home fruit, garden and ornamental trees. Bring 3" blade pocket knife.
Instructor: Joanna Waller
Time: 9-12 Noon
Room: HF 19 Horticulture Bldg.

HELPING THE GRIEVING PERSON
A journey through the grief process to resolution and re-investment in life. Techniques to aid and enable the grief ridden person. With informal discussion at lunch for those interested.
Instructor: Maxine Olson
Time: 9-12 Noon
Room: 1776
Limit: 20

HOW TO SELECT A PRINTER
Considering cost, quality and time, how one can best select a printing firm to produce work.
Instructor: Dana Sewall
Time: 1-3:30 pm.
Room: 1450 Graphics Lab
Limit: 15
Note: Bring examples of previous problems or work needed done.

ISRAEL/HOLY LAND TOUR
Introduction to and overview of the Israel Study Abroad Tour scheduled March 17-31st. The itinerary and background on Jewish, Islam, Christian and B'hai faiths will be presented.
Instructor: Betty Schedeen
Time: 10-11:30 a.m.
Room: 1582

IBM MAG II WORD PROCESSOR DEMONSTRATION
Complete demonstration of IBM Mag II word processor, the latest in office capability. Participants will have "hands on" time with equipment.
Instructor: May Oka
Time: Session I 9-10 a.m. Session II 10-11 a.m.
Room: 2511

INTERVIEWING TECHNIQUES
For people who do interviewing. Techniques for quality interviews which will help you match the right person with the right job.
Instructor: Ev Arnold
Time: 9-12 noon
Room: 1571

LEARN HOW YOU LEARN!
Did you know that you learn in your own special, unique way? You will assess your own learning styles based on 25 elements which affect our total learning world.
Instructor: Gleason Eakin
Time: 1-3 p.m.
Room: 1573

NEPAL: A CHILD'S LIFE
An opportunity to see slides and hear about children's lives in a different culture.
Instructor: Willotta Asbjorensen
Time: 10-11 a.m.
Room: 1773

LEWIS & CLARK EXPEDITION/EDIBLE PLANTS
Exciting historical slide/narration of the Lewis and Clark expedition. Included will be presentation on edible and medicinal plants used on the trail and other uses of natural materials.
Instructor: Lurel Hall & Chuck Dalich
Time: 9-12 noon
Room: 1600

LONG-HAIR STYLING WITH ORNAMENTATION
Long-hair, dry styling demonstrations, including braids and twists, enhanced with combs, flowers, pins, etc. Participants must bring own personal combs, flowers and pins.
Instructor: Adrienne Miller
Time: 10-12 noon
Room: MHCC School of Hair Design
Limit: 20

MARKETING FOR NON-PROFIT ORGANIZATIONS OR "PEOPLE SERVING PEOPLE"
This workshop will stress what marketing is, why it is important and how it can positively impact you and the people you serve. You will also learn the steps to implement a total marketing concept in your organization, institution or agency.
Instructor: Jack Miller
Time: 9:30-11:30 a.m.
Room: Town & Gown Room

MICROCOMPUTERS/COME GET ACQUAINTED
Microcomputers are here to stay. Visit our MHCC computer lab for input and output demonstrations. Learn about col- or monitors, memory sizes and current prices.
Instructor: Bruce A. White
Time: Session I 9-10 a.m. Session II 10-11 a.m. Session III 11-12 noon
Room: 2554 Computer Lab

PRUNING CAN BE PAINLESS
Pruning can be painless and fun with beautiful results if you know just what to do. Emphasis will be on shrubs and ornamental trees.
Instructor: John Greenaway
Time: 1-4 p.m.
Room: HF 3 Horticulture Bldg.
Limit: 15

REAL ESTATE/AN EXCITING CAREER FOR YOU
Learn about the actual world of real estate, present conditions, future trends, and what it takes to become a professional. Ample time for questions and answers.
Instructor: Dr. Mike Finnigan
Time: Session I 10-12 Noon Session II 1-3 p.m.
Room: 2607
Limit: 30 each session

SKIING THE NORDIC WAY
A presentation of the winter sport of Nordic skiing, including slides and films, indicating locations of skiing in Oregon. Differences in Nordic equipment will be discussed, and safety precautions. In the meantime—think snow!
Instructor: Ted Scheinman & Otto Rode, Oregon Nordic Club Representatives
Time: 10-12 Noon
Room: 2607
Limit: 20

SOLAR SPECTACULAR
Could we live on other planets in our solar system? Recent data returned from Mercury, Venus, Moon, Mars and Jupiter will be featured. Included will be a brief explanation of the planets current positions and a beautiful planetarium show.
Instructor: Bob Anderson
Time: 10-11 a.m.
Room: 1305 Planetarium

STRESS/LEARN TO RELAX!
Frequently we are aware that there is too much stress and tension in our lives, yet we don't know what to do about it. Come and learn some relaxation techniques.
Instructor: Dr. Paul Kneider
Time: 9-12 Noon
Room: 1908

TV ANTENNAS AND EXCELLENT RECEPTION
Do it safely and correctly. Proper placement and connection of your T.V. antenna to provide excellent reception.
Instructor: Vern Harshorn
Time: 10-12 noon
Room: 1658

WHIZBANG CHEMISTRY!
Colorful, animated, lively, and exciting chemical demonstrations will be featured with examples of applications and instructions on preparations.
Instructor: Gil Albedo, Rick Boesta, Dan Dunham, Roger McDowell, Paul Suneel & Pat Starr
Time: 10-11:30 a.m.
Room: 1303

WIND ENERGY/CONVERSION IS EASY
This will survey wind energy as an alternative and will give the uninitiated person a basic background needed to decide if wind power might be viable for specific locations. Time for questions and answers.
Instructor: Don Cook
Time: 10-12 Noon
Room: 1655

WINE MAKING
Basic wine-making, in inexpensive and easy—using any kind of material from flowers to fruit. Quick and easy recipes plus price lists, descriptions of equipment and procedures.
Instructor: Ralph Abshin
Time: 9-12 Noon
Room: 1384



JOIN US... Brighten up our Winter... There's a Strawberry SHORT-COURSE FOR YOU!! FREE! SAT., FEB. 21

20 Activities for Children
Presenters: **Laverne Hesse & Kathy Hesse**. Here are some fresh ideas for parents and teachers using free or very inexpensive materials.

Your Child's Self-Image
Presentor: **Ann Whipple**. Feeling good about one's self is important for all types of success. Here are ways you can help your child develop a positive self-image.

TY—BOON OR BANE?
Presentor: **Betty Steuding**. Can television be used in an effective way? Helpful hints for reasonable use of T.V.

TEACHING ADULTS THROUGH PLAY
Presentor: **Ann Whipple**. Learn how to use play games for staff development or parent meetings.

SIBLING RIVALRY
Presentor: **Barbara Nelson**. Helpful practical suggestions for handling and dealing with the arguments and scrapes your children get into.

DISCIPLINE IN THE HOME AND CLASSROOM
Presentor: **Beth Dumelle**. Are you at the end of your rope or just in need of some good workable suggestions for handling inappropriate behavior? Here are some ideas that work!

TOODLERS AND PARENTS
Presentor: **Barbara Nelson**. Designed to help you and your toddler both thrive as the toddler explores the world, this session will use a discussion format.

PARENT INVOLVEMENT
Presentor: **Foggy Herndon & Beverly Keesler**. Communicating with and involving parents in your program can be successful with these helpful ideas.

Mt. Hood Community College 28000 S.E. Stark Street Gresham, Oregon 97030

TIME: 8:30 - 12:30 Room: DC19 Early Childhood Education Bldg. "People Serving People"