

about people

Grad ends year as Bethel queen

A 1983 graduate of Sandy High School has been busy the past year representing the International Order of Jobs Daughters in Oregon as Grand Bethel Honored Queen.

Throughout the past year Kay Foust has traveled around Oregon, covering more than 13,000 miles. She also traveled to British Columbia and to Saskatoon where she represented Oregon for the international convention.

Throughout her busy year, Foust presided over 500 girls at two state meetings, served as mistress of ceremonies at the Grand Bethel Tea for the elderly at the Masonic and Eastern Star home in Forest Grove and attended the corner stone laying ceremony for the new Shrine Hospital for crippled children.

As Grand Bethel Honored Queen her philanthropic project was the Special Olympics where she was instrumental in raising more than \$600 for the organization.

Foust also served as a youth member on the state committee order of the International Order for Rainbow Girls.

At Sandy High School, she has been an active member in pep band, wind ensemble, symphonic choir, journalism, peer counseling, dance team and track during her four years at the school.

Her future plans are to major in cosmetology and minor in psychology.



Kay Foust

Former Sandy couple celebrates 50 years

Friends and relatives of Walter and Hazel Duncan of Vancouver, Wash., are invited to join with their children and grandchildren in celebrating their 50th wedding anniversary.

The get-together will be held July 24 at Brush Prairie Conservative Baptist Church, 11814 NE 117th Ave., Vancouver, from 2 to 4 p.m.

The Duncans were married Aug. 5, 1933 in Sandy where they lived from 31 years. They moved to Vancouver in 1964.

Mr. Duncan worked for Bonneville Power Administration until his retirement in 1976.

Each winter they travel to Yuma, Ariz., where they spend the winter.

The Duncans have six children, Janice Reed, David Duncan, Carol Flin, Zella Kelso, Claudia Feigner and Garth Duncan; 19 grandchildren and eight great-grandchildren.

Friends of the Duncans who attend are asked to consider bringing photographs or mementos which might recall a special event or memory they have shared with the couple. These will be collected and put into a "memory book" as a gift to them. They ask that no other gifts be brought.



Hazel and Walter Duncan

Pines, Contreras say vows

Janice Marie Pines and Mark Randall Contreras exchanged wedding vows June 3 in a ceremony the Sandy Assembly of God Church.

The bride wore the same pearl necklace as her grandmother, Margaret Proctor, did on her wedding day. She also carried, attached to her bouquet, a handkerchief made out of a piece of her great-grandmother's 65-year-old wedding dress.

The couple were married on the same day as Mr. and Mrs. Virgil Proctor, grandparents of the bride.

The bride, daughter of Lillie Faye Pines of Milwaukie, is a 1982 graduate of Sandy Union High School. She is employed by Jartran.

The groom, son of Mr. and Mrs. Ramon Contreras of Boring, is a 1978 SUHS graduate. He works at Tri-R Sales and Supply.

Heidi Martin of

Milwaukie was honor attendant. Bridesmaids were Virginia Casad of Sandy, Kris Hobson of Milwaukie and Dawn New of Boring.

Dan Evens of Sandy was best man. Groomsmen were Mike Contreras of California, Mark Anderson of Troutdale and John Eddy of Milwaukie. Ushers were Steve Contreras and Steve Pines.

The couple will reside in Milwaukie.

Hawkins, Senger married

Wedding vows were exchanged June 11 by Janice Marie Hawkins of Sandy and Mark Leo Senger of Milwaukie at St. John the Baptist Catholic Church.

A reception followed at the Oddfellows Hall in Sandy.

Parents of the bride are Helene and Russell Hawkins. Agatha Senger is

the mother of the bridegroom.

The couple honeymooned at Disneyland and will make their home in Milwaukie.

SUHS grad earns degree

Carol Ann Snyder Kilmer is a recent graduate of the University of Wyoming, College of Education. She received a bachelor's degree in elementary education.

Creek, Wyo., with a tentative enrollment of 10 children. Lance Creek is an oil town located approximately 150 miles from Casper, Wyo.

Carol currently lives in Lusk, Wyo., with her husband, Rick, and their two children, Derren, 14, and Alisa, 11.



Carol Ann Kilmer

Local woman earns paramedic notice

Janina Kerr of Sandy has completed the Advanced Paramedic Training Program jointly sponsored by the Oregon Health Sciences University School of Medicine and University Hospital.

Advanced Paramedic Training Program is a full-time, nine-month academic program emphasizing patient assessment and management.

Kerr was one of 19 students—eight women and 11 men—to receive certificates of completion. Graduates are now qualified to take the Oregon State Emergency Medical Technician IV and the National Registry Emergency Medical Technician-Paramedic exams.

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Public Notices

Mt. Hood Loop Water District board of directors meeting, July 11, 1983, Lions Hall, Wenatchee, Or., 7:30 P.M. Agenda: Elect officers, Status Report, pay bills.

Milton M. Fox
P683-15 6-30

IN THE CIRCUIT COURT OF THE STATE OF OREGON FOR THE COUNTY OF CLACKAMAS PROBATE DEPARTMENT NO. P683-67 NOTICE TO INTERESTED PERSONS

In the matter of the estate of Joseph C. Matt, Deceased. Probate proceedings in the estate of Joseph C. Matt, deceased, are now pending in the above titled court, wherein Vernon L. Richards, the undersigned, has been appointed and has qualified as the personal representative of said estate. All persons having claims against said estate hereby are required to present them, in due form, within four months after the date of first publication of this notice, as stated below, to the undersigned at the following address now designated as the place for the presentation of claims, to-wit: P.O. Box 427, Sandy, OR 97055 or they may be barred.

All persons whose rights may be affected by the said probate proceedings may obtain additional information from the records of the court, the undersigned personal representative or the latter's attorney who is Vernon L. Richards.

Richards, Attorney At Law, 668-4171, P.O. 427, Sandy, OR 97055. Vernon L. Richards, Personal Representative. P683-14 6-23, 6-30, 7-7

IN THE CIRCUIT COURT OF THE STATE OF OREGON FOR THE COUNTY OF CLACKAMAS PROBATE DEPARTMENT IN THE MATTER OF THE ESTATE OF VICTOR WILLIAM BODLEY aka Victor W. Bodley & V.W. Bodley DECEASED NO. P683-540 NOTICE TO INTERESTED PERSONS

Probate proceedings in the estate of Victor William Bodley, deceased, are now pending in the above entitled court, wherein V. Wayne Bodley and Robert M. Bodley, the undersigned, have been appointed and have qualified as the personal representatives of said estate. All persons having claims against said estate hereby are required to present them, in due form, within four months after the date of first publication of this notice, as stated below, to the undersigned at the following address now designated as the place for the presentation of claims, to-wit: P.O. Box 427, Sandy, OR 97055 or they may be barred.

All persons whose rights may be affected by the said proceedings may obtain additional information from the

records of the court, the undersigned personal representatives or the latter's attorney who is Vernon L. Richards, P.O. Box 427, Sandy, OR 97055. V. Wayne Bodley, Robert M. Bodley, Personal Representatives, P.O. Box 427, Sandy, OR 97055. P683-8 6-16, 6-23, 6-30

NO. P683-65 NOTICE TO INTERESTED PERSONS

In the matter of the estate of Warren Allen Starks, Deceased.

Notice is hereby given that the undersigned has been appointed and has qualified as the personal representative of said estate. All persons having claims against said estate are hereby required to present the same, with proper vouchers, within four months after the date of first publication of this notice, as stated below, to the personal representative at: YOUNG, FREEMAN, JENNINGS, JEPSEN & DOWNING, Attorneys, 501 N.E. Hood, Suite 340, Gresham, Oregon 97030, or they may be barred.

All persons whose rights may be affected by the proceedings in this estate may obtain additional information from the records of the Court, the personal representative or the attorneys for the personal representative.

Marie M. Miller, Personal Representative P683-6 6-16, 6-23, 6-30

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The Sandy Post Home & Garden

Secret lies in egg whites

Souffles ideal hot or cold

Souffles, cold and hot, are delicate, delicious combinations of creamy sauce and savory food miraculously heightened by the addition of beaten egg whites.

The simple secret of the height lies in the egg whites—the stiffer and higher they form in the mixing bowl, the firmer and higher the souffle will rise. And, in the language of souffles, taller is better.

Summer Souffle captures the freshest the summer garden has to offer using spinach as the main vegetable ingredient. Although the recipe calls for sauteed mushrooms and green onions, any combination of zucchini, leeks, red pepper or carrots can be substituted.

The souffle assumes an even lighter character with the addition of milk instead of the traditional heavy cream, resulting in lower calories and lighter texture.

In preparing the souffle, if the three basic principles are adhered to, the end result should be a tall, puffy masterpiece with the revered golden crown.

First, have the egg whites at room temperature; next make sure that not a speck of grease or egg yolk finds its way into the bowl, and finally, add a pinch of cream of tartar as the egg whites reach the foamy stage.

Summer Souffle begins with a roux seasoned with sauteed green onions and mushrooms to which milk, grated Parmesan cheese, nutmeg and the spinach are added. Egg yolks are then blended into the vegetable mixture and finally the beaten egg whites are slowly folded in.

Bake the souffle in a decorative ceramic souffle dish or, for a more dramatic look, use a glass dish where the eye takes in



Souffle makes a nutritious, light meal for a summer luncheon.

the entire height, not just the crown.

Serve with a mixed green salad and fresh fruit for a refreshing, light summer luncheon.

1/2 cup chopped mushrooms
1/2 cup chopped green onions
2 tbs. butter
1/4 cup flour
1 cup milk
1/4 cup grated Parmesan cheese
1/2 tsp. salt
one-eighth tsp. nutmeg
6 eggs, separated
1 bunch fresh spinach, chopped, steamed, drained well.
one-eighth tsp. cream of tartar

Saute mushrooms and green onions in butter until tender; stir in flour. Stir in milk and cook until thickened. Remove from heat; stir in Parmesan, seasonings and spinach.

Beat in yolks, one at a time. Beat eggs until foamy; add cream of tartar and continue beating until whites hold moist peaks. Stir a quarter of whites into sauce, then fold in remaining whites. May be slightly marbled.

Pour into greased two-quart souffle dish. Bake at 375 degrees, 35 to 40 minutes.

Serves four to six.

NOTES: One 10-oz. package of frozen chopped

spinach, broccoli or asparagus, cooked and drained well may be substituted for fresh spinach.

Eggs separate most easily when cold, but whites can be beaten to greater volume when at room temperature. Make sure white fo into a perfectly clean, dry bowl.

The smallest bit of egg yolk, grease or moisture will keep them from beating properly.

You can prepare the souffle mixture in advance, keep it at room temperature up to two hours to refrigerate up to eight hours before baking. Increase baking time about 10 minutes if refrigerated.

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Notice of Nondiscriminatory Policy as to Students

The Sandy Community Preschool & Kindergarten, Inc., admits students of any race, color, national and ethnic origin to all the rights, privileges, programs and activities generally accorded or made available to students at the school. It does not discriminate on the basis of race, color, national and ethnic origin in administration of its educational policies, admissions policies, scholarship and loan programs, or any other school-administered program.

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