

Nutrition, service important to owners of Sandy bakery

by PAULA BURNS

One Day At A Time Bakery in Sandy has a full selection of old-fashioned home-baked pastries, breads and desserts, with a goal of serving products like one's great-grandmother used to make.

Owners Dan and Gail Culver opened their fourth outlet last month at the Sandy Marketplace. "We need the stability of being in a community," Gail said. "We're part of the community at Welches and would like to be part of Sandy's as well."

They opened the first bakery at Welches Mountain Center next to the post office in 1982. Since growth was limited to seasonal tourists and skiers, they expanded the business to include shops at the Wy'East Day Lodge at Timberline and Yamhill Marketplace in Portland. These outlets were also limited to tourists and product line, so a fourth business was opened in Sandy. "We feel we can offer a full product line in Sandy to local clientele as well as tourists," the Culvers said.

Gail is interested in nutrition as she and her teen-age daughter have suffered from hypoglycemia. "I feel strongly about proper nourishment," she said. "It is a very important concept to offer alternatives to additives, mixes and preservatives. Everything in our bakery is made from scratch, using old family recipes."

A lot of recipes are handed down from Gail's grandmother, who cooked primarily with honey from bees she raised. "Annie Cake," named from "Apple Annie," is an early pioneer recipe made with sliced apples, cocoa and spices.

The Culvers purchase alfalfa honey in 55-gallon drums and use it in as many baked goods as possible. Nothing is fried, and very little salt is used. They believe their shops are unique because four full-time bakers cook a mountain-kitchen assortment of decadent pies and desserts, as well



Dan and Gail Culver

Photo by Paula Burns

as a full selection for health conscious people of whole wheat and honey breads, pastries, cakes and pies. Nutritional breakfasts, homemade soups and mountain bakery sandwiches are also included on the menu. All breads are baked daily.

Besides believing it is important to serve good food, the Culvers also feel old-fashioned hospitality is important. "We do business with people the way we like them to do business with us," Dan said. People can sit all day with a cup of coffee in One Day At A Time Bakery if they desire. They try to be fair and offer the highest quality product. "Our customers are the most important people who walk through the doors, and we want them to feel comfortable."

Gail recalled Christmas in 1983 at

Rippling River when roads were impassable and water lines frozen. "We were just about the only ones in Welches who had water," she said, "so we opened the shop to serve soup and give people warmth and water."

The Culvers' lifestyle has changed considerably during the past three years. They no longer have time to peel carloads of apples or whip their own cream; this work has to be hired out. Their days are spent keeping books and overseeing all four operations. They do, however, manage to practice their main philosophy of life, which is how the name of their business was derived. "We try to live 'one day at a time' without projecting into the future, and not dwell on the past — taking time to smell the roses along the way."

Block Home film to show

The Sandy Block Home program — with over 100 "safe" homes and businesses in Sandy — has moved into the educational phase of development.

Last week at Cottrell School youngsters learned when they are supposed to take advantage of the bright yellow signs that adorn the neighborhood.

The students saw a film, produced by the Reynolds School District, titled "A Safe Place to Go."

The film put youngsters in dramatized situations in which they might need to seek the safety of the home. One had a girl going for a walk and getting lost. Another showed a

boy being followed by a man in a car.

The film also tells youngsters when not to use Block Homes, such as when they need to get a drink of water or use the restroom.

According to Chris Lewallen, Sandy organizer, the film will be shown at area kindergartens, Sandy Grade School and other local schools.

Members of the public may view the film on Monday, April 22 at 7:30 p.m. at the Sandy Community Senior Center. The public is invited.

Terri Florea, Block Home chairman at Cottrell, said from 10 to 15 people have applied for Block Home designations.

BLOCK HOME



Guest speaker set at church

The Reverend Owen C. Carr will be guest speaker at the Sandy Assembly of God Church on April 21 for both the 11 a.m. service and the 6 p.m. service.

He will also speak nightly Monday, April 22 through Wednesday, April 24 at 7 p.m.

Carr is dedicating his time to writing, and serving as Bible teacher, conference speaker and evangelist. Paster Dale Edwards invites the public to these special services.

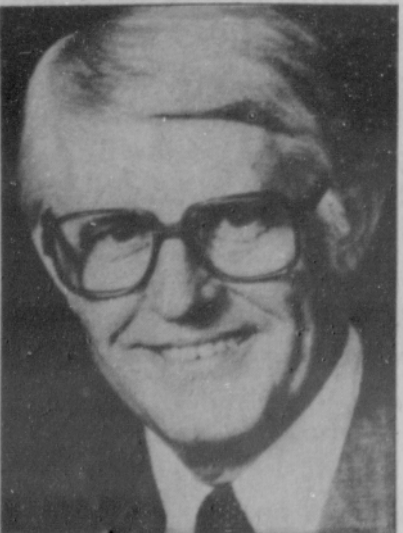
Carr served as president of Valley Forge Christian College, Phoenixville, Penn., from 1979 through 1982. The college is the Northeast Regional School of the Assemblies of God.

Prior to accepting the presidency of the college, he founded Channel 38, WCFC-TV, a Christian television station in Chicago, and served as its first president. The television signal reaches a 100-mile radius and has a

potential viewing audience of 10 million people.

Carr has ministered in full-time

Christian service for more than 40 years. He pastored in Kansas, Texas, Illinois and California. He served the Assemblies of God as the Kansas state director of youth and education, and in the International Headquarters of the Assemblies of God in Springfield, Mo., first as the national Speed-the-Light representative, then as the national director of the youth department.



Rev. Owen C. Carr

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Business notes

U-Bank to be placed at Bowman's

U.S. National Bank of Oregon has signed a contract with United Grocers to install U-Bank automated teller machines (ATMs) in 20 United Grocers stores in Oregon and Vancouver, Wash.

One of those U-Bank machines will be at Bowman's Sandy Thriftway.

"We're pleased to be able to provide this added convenience to our customers, and to customers of U.S. Bank and the Exchange network," said Alan Jones, president of United Grocers.

"The United Grocers stores form a strong addition to our U-Bank network," said Robert Mitchell, president of U.S. Bank.

U.S. Bank recently announced plans to expand the U-Bank network to 259 machines in Oregon and Washington. The bank is also installing the specially-designed Fujitsu ACT 1000 Cash Dispensers in selected Safeway stores and Plaid Pantry Markets.

Installation at Bowman's Sandy Thriftway is expected to begin in May.

Man wins Hawaii trip

Keith Tucker of Sandy has won an all-expense paid trip for two to Kauai, Hawaii, for outstanding per-

formance as a professional mover for the Relocation Services Division of northAmerican Van Lines in 1984.

Tucker is ranked among the top 15 haulers in a fleet of more than 1,200. He has also earned the company's "Vanguard" hauler award for distinguished service during the year.

Haulers for northAmerican compete against their peers in a variety of categories relating to the quality of service provided to North American customers. These categories include on-time pickup and delivery, timeliness and accuracy of communication, damage prevention, general customer satisfaction, care and appearance of equipment and driving safety.

Tucker has hauled under contract to northAmerican since June, 1976. He has been designated a "Vanguard" hauler seven times. This is the fourth trip he has won.

Brewster earns advanced degree

Girny Brewster recently obtained the professional designation of certified financial planner.

To earn this title, Brewster had to demonstrate competence in analyzing and developing personal and business financial plans through the successful completion of a series of financial planning examinations offered by the College of Financial Planning.

The course of study included insurance, investments, taxes, employee benefits, retirements and estate planning. The course of study usually takes over two years to com-

plete.

Presently, only about 50 people have obtained this designation in Oregon and approximately 3,000 nationwide.

Not every person described as a financial planner is a CFP. There are no state or federal laws defining qualification or licenses required to use the term financial planner.

Several private professional institutions, with the main one being The College for Financial Planning in Denver, accredit planners following completion of curriculum study and fulfillment of appropriate field experience requirements.

Brewster is a registered principal with FSC Securities Corporation, Atlanta, a full-service securities firm specializing in balanced financial planning and serving the independent financial planner.

Brewster is a member of the Institute of Certified Financial Planners, a national professional association. She is also a charter member of the Oregon Society of Financial Planners, having recently been elected secretary. The goals of the organization are to establish a high level of ethical conduct and to provide continuing education in the financial planning field.

She is also financial service vice president of Duel Securities, licensed with the Pioneer Group, one of the oldest and largest investment management companies in the nation. She markets the Pioneer Group of mutual funds to registered representatives in Oregon and Washington.

Brewster is also licensed in the areas of insurance and real estate and is a member of the Gresham Board of Realtors.

Sandy BPW to host Speak-off

Business and Professional Women's Clubs of the North Willamette District will meet at the Sandy Community Center, 38348 Pioneer Blvd., on Saturday, April 20, according to Virlene Arnold, district director from Portland's Metro Club. Registration is at 9:30 a.m. Brunch is at 10.

Vicki Mills will represent the Sandy club in the Young Careerist District Speak-off. Mills is an administrative assistant at Clackamas County Bank.

She and her husband, David, have two children. David is 7 and Melissa, 5.

Chairmen for the Young Careerist Speak-off are Rosella Bourgo and Joan Parker.

The winner of this contest will represent the district at the Oregon Federation Convention on May 17, 18 and 19 at the Greenwood Inn in

Beaverton.

"Our New Beginning" is the topic of featured speaker Carole Pope. She will discuss a residential program for women in the criminal justice system and their return to the work force.

Business women working full or part time are invited to this conference. Reservations may be made by calling 668-4054.

Foreign exchange students at Sandy Union High School were treated by the Sandy club to a buffet dinner April 17 at the home of Sara Berger.

Those attending and speaking about their countries were Jorge Colago, Portugal; Mauro Cicognini, Italy;

and Birgit Thorwesten, West Germany. These students are here through the American Field Service exchange program.

Others who attended were Jonas Backlund, Sweden; Mike Binder, Austria; Kristiniina Konola, Finland; and Jens Martin, West Germany. These students are here through the Educational Foundation for Foreign Study.

Also attending was Brent Dennison of Australia, son of Mr. and Mrs. Ronald Dennison. Ronald Dennison is an exchange teacher in the business department at Sandy High School.

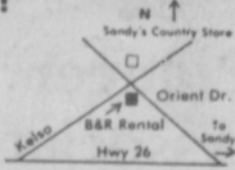
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