

Foraging is an adventure, but take care

by JUDE RAMSAY JENSEN

Foraging for wild foods can be an adventure, a learning experience, and can add vitamins and minerals to your diet. Our area is rich in wild, edible plant foods ready for gathering,

but to be safe, familiarize yourself with the local flora before you venture into the forests and fields to harvest, and know how to test the food before you consume it.

There are a few, recognized, universal tests for determining if a

wild plant food is safe to eat. However, there are exceptions to most of the rules of testing.

1. Snap the stem or leaf to look for milky sap; bitter, burning or nauseating taste indicates poisonous properties.

2. Boil five minutes, taste five minutes, swallow a small portion, wait six hours. (Exception — water hemlock is very palatable, tastes and smells like parsnips. One small piece, the size of a peanut, is fatal to humans.)

3. Watch the animals in the area — if they eat it, you can. (Exception — most squirrels can eat Amanita mushrooms with no apparent ill effects. Some Amanitas are fatal to humans.)

4. The Red, White and Blue test for fruits:

a. If the fruit is blue or black, eat it. (Exception — Black Twinberry, *Lonicera involucrata*.)

b. If the fruit is white, don't eat it.

c. If the fruit is red, test it. Chew a little, swallow a little. If it is nauseating, spit it out. If bitter, take it easy, wait four hours. If you are not sick, repeat the process two more times. At the end of 12 hours of testing, if you are not ill, the food is edible. (Exception — Western Yew, *Taxus brevifolia*; English Holly, *Ilex aquifolium*; Baneberry, *Actaea rubra*; Wild Asparagus berries, *Asparagus officinalis*; Honeysuckle, *Lonicera ciliosa*; and Red Elderberry, *Sambucus racemosa*.)

The best way to go foraging is with a good field guide book in your hand or backpack. There are several excellent reference books on wild edible plants indigenous to the western U.S., and more specifically for the Pacific Northwest, for the would-be forager. Do yourself a favor and read up on the subject or purchase a good field guide before setting off on your adventure.

"Common Edible and Useful

Plants of the West," by Muriel Sweet, is well-illustrated with line drawings of leaf, flower, berry or seed pod structure and plant forms, and is arranged by plant groupings, i.e. water plants, trees, shrubs, etc.

"Wild Berries of the Pacific Northwest," by J.E. (Ted) Underhill is the definitive work on the wild berries of our area. Beautifully photographed, an excellent field guide.

"Ethnobotany of Western Washington," by Erna Gunther, details the Northwest Native American uses of indigenous food and medicine plants in the Puget Sound region. All three books are available at the Mt. Hood Community College library.

"Wild Edible Plants of the Western United States," by Donald R. Kirk, has been recognized as one of the best field guides available for identification and preparation of wild plant foods. Line drawings support the geographically-arranged text. Available through the Clackamas County branch library system.

"Northwest Foraging," by Doug

Benoliel, is a book well worth owning for the serious Northwest forager. Clear, concise sketches by Mark Orsen, the illustrator, make plant identification effortless. The book includes separate sections on edible and poisonous plants, a season-by-season harvest schedule, and a recipe section for preparing foraged goodies.

If trees are your special interest, "Trees to Know in Oregon," Extension Service Bulletin No. 697, lists both native and introduced tree species. Information includes tree description, common or commercial uses, and regional distribution. One whole section is devoted to fruit and nut trees. Good illustrations, fair photographic efforts. Both books are available at the Sandy Public Library.

for those interested in firsthand identification in our area, the Zig-Zag Ranger Station offers occasional pre-scheduled nature hikes for small groups of people. Identification of a few of the edibles is included in the tour.

Caution is the word with use of sulfites

by JUDE RAMSAY JENSEN

Sulfites, sulfur-based agents used in several different areas by the food industry, have recently come under scrutiny by the federal Food and Drug Administration.

The FDA requested an investigation by a panel of scientists convened by the Federation of American Societies for Experimental Biology on the potential danger of sulfites when reports of severe allergic reactions in sensitive people came to public notice in late 1982. Reactions include nausea, diarrhea, and shock. A weighted percentage of those affected are asthmatic.

Sulfites are used in the dried fruit industry to prevent discoloration during the drying process. The wine industry uses sulfites to create a favorable environment for yeast development during the fermentation process. Millers employ these compounds to facilitate cornstarch removal during wet milling of grain.

But the most recent application of sulfiting agents, and the one most accessible to the general public, has been to restaurant salad bar fruits and vegetables to maintain a fresh appearance.

The panel issued its preliminary findings on six sulfiting agents, sulfur dioxide, sodium sulfite, sodium and potassium bisulfite, and sodium and potassium metabisulfite, in October, 1984. They recommend public notice of the use of sulfite containing foods on menus, labels and in stores where the products are sold.

State officials have been asked by the FDA to request the cooperation of local food industries in posting public notice of the use of sulfites on food and food products to protect sulfite-sensitive individuals. They are also considering proposals to tighten regulations on or restrict the use of sulfites on foods.

This information was provided by the Home Economics Department of the Multnomah County Extension Service.

Identical twins welcomed; Julianne and Savannah

Tracy and Julie Smith of Sandy welcomed the birth of identical twins on April 3.

Julianne, who was born first, weighed 4 pounds, 5 ounces and measured 17½ inches long. Savannah Anne weighed 4 pounds, 11 ounces and measured 18 inches long.

Grandparents are Jimmy and

Lynette Daugherty of Sandy and James and Shirley Smith of Gresham.

Great-grandparents are Franklin and Myrtle Smith of Victoria, British Columbia, Minnie Smith of Cardston, Alberta, and Louis and Olive Fisher of Calgary, Alberta.

Menus

Bull Run School April 22-26

Monday: Hamburger on a bun with lettuce and pickle, tater tots, cheese stick, pears and milk.

Tuesday: Beef-a-roni, green salad, hot garlic bread, butterscotch pudding and milk.

Wednesday: Vegetable beef soup, crackers, peanut butter sandwich, celery stick, peaches and milk.

Thursday: Chicken nuggets, tater tots, mixed vegetables, hot rolls, pears and milk.

Friday: Chili, crackers, corn bread, celery stick, apple cobbler and milk.

Sandy

Monday: Chicken fried steak, green beans, orange wedges, cinnamon bun and milk.

Tuesday: Hot dog on a bun, tater tots, mixed fruit, chocolate chip cookie and milk.

Wednesday: Macaroni and cheese, cabbage and apple salad, applesauce, fruit muffin and milk.

Thursday: Beef and bean burrito, green salad with bacon bits, orange juice bar, bread and butter and milk.

Friday: Fried chicken, tossed green salad, pumpkin pudding, garlic bread and milk.

Welches School

Monday: Beef stew, cheese stick, wheat roll with butter, pears and milk.

Tuesday: Beef and scalloped potatoes, buttered mixed vegetables, honey buttered biscuit, ruby Jello and milk.

Wednesday: Tuna salad, cheese stick, buttered corn, cinnamon roll, coconut pudding and milk.

Thursday: Chili, crackers, carrot coins, buttered cornbread, apple wedge and milk.

Friday: Submarine sandwich, tater tots, ketchup, sweet pickle chips, dried prunes and milk.

Public Notices

IN THE CIRCUIT COURT OF THE STATE OF OREGON For the County of Clackamas SUMMONS NO. 85-4-53 Domestic Relations

In the Matter of the Marriage of
Tilford M. Howard, Petitioner,
and
Pauline Valda Howard, Respondent.

To Pauline Valda Howard, 7200 N. Astor Street, Portland, OR 97203 Respondent.

You are hereby required to appear and defend the petition filed against you in the above entitled cause within thirty (30) days from the date of service of this summons upon you, and in case of your failure to do so, for want thereof, petitioner will apply to the court for the relief demanded in the petition.

**NOTICE TO THE RESPONDENT:
READ THESE PAPERS CAREFULLY!**
You must "appear" in this case or the other side will win automatically. To "appear" you must file with the court a legal paper called a "motion" or "answer". The "motion" or "answer" must be given to the court clerk or administrator within 30 days along with the required filing fee. It must be in proper form and have proof of service on the petitioner's attorney or, if the petitioner does not have an attorney, proof of service upon the petitioner.

If you have any questions, you should see an attorney immediately.
Jeffrey A. Crook,
39051 Proctor Blvd.
P.O. Box 118
Sandy, OR 97055-0118
Resident Attorney
SPO485-11
4-18, 4-25, 5-2, 5-9.

IN THE CIRCUIT COURT OF THE STATE OF OREGON FOR THE COUNTY OF CLACKAMAS PROBATE DEPARTMENT ESTATE OF OTIS L. HENLEY, Deceased, No. P85-3-2

NOTICE TO INTERESTED PERSONS
Probate proceedings in the estate of Otis L. Henley, deceased, are now pending in the above entitled court, wherein Helen Jean Knudsen, 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 them, in due form, within four months after the date of the 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 representative or the latter's attorney who is Vernon L. Richards, P.O. Box 427, Sandy, OR 97055, 668-4171.

Dated an first published: April 12, 1985
Helen Jean Knudsen
Personal Representative
6171 Montecito Drive
Huntington Beach, CA 92647
SPO485-9
4-4, 4-11 & 18

**IN THE CIRCUIT COURT
OF THE STATE OF OREGON
FOR THE COUNTY OF CLACKAMAS
DEPARTMENT OF PROBATE
In the Matter of the Estate of
FRED ARTHUR THOMSON
Deceased, No. P85-3-43**

NOTICE TO INTERESTED PERSONS
Notice is hereby given that the undersigned has been appointed personal representative of the above estate and has qualified. All persons having claims against the estate are required to present the same with proper voucher within four (4) months from this date to the undersigned personal representative in care of Ted Turner, Attorney at Law, or they may be barred.

Rights of persons interested in the estate may be affected by the above proceedings. Additional information may be obtained from the records of the above named court, the personal representative or the attorney for the personal representative.
Dated and first published this 11th day of April, 1985.

Fred G. Thomson
Personal Representative
11895 S.E. Kehrl Dr.
Milwaukie, Oregon 97222
Ted Turner
Attorney for Representative
4664 S.E. King Road
Milwaukie, Oregon 97222
SPO485-10
4-11, 18 & 25

Sandy Theater
232-9373 38935 Proctor

Vision Quest
7 pm 11 pm

The Last Dragon
9 pm

Fri., Sat., Sun. & Mon.

LESSONS BOB WINDERS

Guitar
Banjo
Bass
Mandolin
Harmonica
Beginners to Advanced

622-3378

**WATCH FOR THIS
STICKER IN THE
MAIL.**

CALL
1-800-722-WATR
For Free Water Heater Advice.

**IT HAS A SPECIAL
APPLICATION.**

If you have an electric water heater, this sticker applies to you. It's the number to the PGE Water Heater Hotline.

The PGE Water Heater Hotline is your source for fast, free do-it-yourself help in the event of a water heater breakdown.

So watch for this sticker coming in your April statement. Then, keep it close. Because you'll want this number handy if you ever have to apply it.

Repair. Don't replace.

PGE

*Electricity
the clean, safe
energy choice.*

**RECYCLE
TODAY FOR
TOMORROW**

Newspaper recycling is the right thing to do. It saves energy and natural resources. It helps solve solid waste problems. It even raises money for worthwhile causes. And it's easy. Just take your papers to your neighborhood recycling center or waste newspaper dealer, set them out for curbside collection, or donate them to a neighborhood paper drive.

Doing the right thing today means enjoying a cleaner, more energy-efficient and resource-rich tomorrow. If you see recycling in your future, call the Recycling Hotline toll free at 1-800-452-4011; or 224-5555 in the Portland metro area, for a free how-to-recycle packet.

**Let's keep Oregon
the No. 1 recycling state.**

ONPA
Oregon Newspaper Publishers Association

Association of Oregon Recyclers

Come to Church

COMMUNITY PRESBYTERIAN CHURCH
Sunday school
Opening worship 9:30 a.m.
Sunday school 9:45 a.m.
Morning worship 11:00 a.m.
Home Bible Study 6:00 p.m.
Nursery Care During Worship
Pastor John H. Van Lierop
Home 668-6100
Church 668-4543
Corner of Meing & Scenic Sandy

SANDY CHURCH OF THE NAZARENE
Currently meeting at
17150 University Ave., Sandy
(Seventh-day Adventist Church)
Sunday School 9:45 a.m.
Morning Worship 11:00 a.m.
Evening Service 6:30 p.m.
Pastor Robert F. Schelliers
668-5712

EPISCOPAL MOUNTAIN MINISTRIES
Holy Eucharist with Church School
The Church of the Holy Cross 9 a.m.
10351 S.E. Orient Drive, Boring
The Church of the Good Shepherd 11 a.m.
Pioneer Blvd., downtown Sandy
The Chapel of Saint Jude 1:30 p.m.
Scenic Drive, Sandy
Fr. Tom Davidson, Vicar 663-4223

SANDY ASSEMBLY OF GOD
SUNDAY SERVICES
Sunday School 9:45 a.m.
Morning Worship 10:45 a.m.
Evangelistic Service 6:00 p.m.
Family Night
Wednesday 7:00 p.m.
Dale Edwards Church
Pastor Phone 668-5589

SANDY SEVENTH-DAY ADVENTIST CHURCH
Proctor and University
Sabbath School 9:30 a.m.
Morning Service 11:00 a.m.
You are Welcome
Pastor Ray Erwin
668-6144 • Church

ORIENT DRIVE BAPTIST CHURCH S.B.C.
15150 S.E. Orient Drive
(First exit West of Sandy on Hwy. 26)
WORSHIP 8:30 AM
SUNDAY SCHOOL (all ages) 9:45 AM
WORSHIP 11:00 AM
TRAINING 6:00 PM
WORSHIP 7:00 PM
WEDNESDAY SERVICES (all ages) 7:00 PM
Children Ministries • Youth Ministries
Pastor Mike Holleman • Church 668-6083 • Home 668-6363

CHAPEL OF THE HILLS
59151 E. Hwy 26
SUNDAY
Bible Hour 9:45 a.m.
Morning Worship 11:00 a.m.
Evening Service 6:00 p.m.
ADULT BIBLE STUDY
Thursday 7 PM
Special Childrens Hour
Sunday Mornings
Pastor Mike Whisner
622-3097 or 622-4124

ST. MICHAEL'S CATHOLIC CHURCH
Saturday Eve. Mass 5:00 p.m.
Sunday Mass 10:00 and 12 Noon
St. John's Catholic Church
Welches, Oregon
Mass 7 p.m. Sat. 8 a.m. Sunday
18090 SE Longensand
Sandy, Oregon
Father Rodriguez 668-4446

Sandy Baptist Church
We invite you to join us for fellowship
Church: 668-4064
Pastor Fred Vogel
Wednesday
7:30 p.m. Prayer Meeting
Sunday
9:45 Sunday School
11:00 Morning Worship
6:00 Evening Worship

FELLOWSHIP BIBLE CHURCH
We emphasize Biblical teaching
supportive fellowship, children's
learning center & regular home
meetings.
MEETING AT:
Sandy High School (Bluff Road)
Sunday mornings (9:30, 11:30)
PASTORS:
Dr. John Moore (695-2924)
Dr. Al Baylis (658-4728)

LIVING WAY FELLOWSHIP FOURSQUARE
Discovery (Sun. School) 9:30 a.m.
Worship service 10:30 a.m.
Home Ministry Centers 6:00 p.m.
Call for more information
Pastor Ken Wold
17275 Strauss
668-4949
(Prayer Chain Available)

IMMANUEL LUTHERAN CHURCH
Worship 8:30 a.m.
Sunday School 9:30 a.m.
Bible Study 9:45 a.m.
Worship 11:00 a.m.
A Cordial Welcome Is
Extended To All
PASTOR FRANK KOEPKE
668-6232 Church

**Worship at the Church
of your choice**