

Teacher finds escape in food

by BARBARA BROWER
Staff writer

BORING — When sixth-grade teacher Pat Sanders leaves his classroom at Boring Upper School, he escapes to the kitchen. Cooking is his favorite pastime.

It all started when no one would cook or clean the game bird he brought home. That was after he was married and faced the decision of whether he would rather cook or clean when splitting up the chores with his bride, Carol.

He bought a cookbook while attending a sportsman's show in Portland. "That's what really got me started," Sanders says.

He began to experiment, adding various seasonings and vegetables to recipes.

"I tried to go vegetarian. That forced me to be more creative with my cooking," he says.

Being creative while cooking is something he would advise all cooks to keep in mind. A large part of being creative in the culinary field is spices, he says.

Curry and chili oil are two of Sanders' favorite seasonings. He also admits to adding a bit of oregano, paprika and dill to some of his favorite dishes, which generally are spicy.

Salt is one seasoning he does not use. His physician suggested eliminating it from his diet eight years ago. Doctors have made that suggestion to many patients, but without success, Sanders says. But it is possible if other spices are substituted.

"Use other spices. There are so many other things out there to season food with, you don't need to use it," he insists. In addition, many foods have natural salts.

His salt-free diet, combined with the elimination of some other foods, have freed him of migraine headaches.

Maybe it was the change from a career in office management, or maybe it was the elimination of salt, cream cheeses, chocolate and red wine from his diet, but he no longer is a victim of the dreaded migraines.

Then again, maybe it was when he began to cook that his life improved.

"I use cooking as an escape



Sixth-grade teacher Pat Sanders says he finds cooking to be a creative outlet.

1/4 cup oil
1 pound raw shrimp
1 pound raw scallops
2 green peppers, cut in 1-inch squares
1 yellow pepper, cut in 1-inch squares
1 red pepper, cut in 1-inch squares
2 carrots, thinly sliced
2 bunches green onions, cut in 1-inch pieces
1 cup bamboo shoots, cut in 1-inch squares
6 ounces pea pods

Mix sugar, cornstarch, vinegar, chicken broth, soy sauce, ginger and garlic. Set aside.

Heat oil in wok over high heat. Cook shrimp and scallops three to four minutes. Remove and set aside.

Place peppers, carrots, onion, bamboo shoots and pea pods in wok. Cook two minutes.

Stir in vinegar mixture with shrimp and scallops. Cook until mixture thickens and sauce becomes clear.

May be served plain or with rice.

CHICKEN AND BROCCOLI CASSEROLE WITH CURRY

2 cups cooked chicken (enough to line the bottom of casserole dish)

10 ounces broccoli (fresh or frozen)

2 cans cream of chicken soup

1 cup mayonnaise

1 teaspoon curry powder (or to taste)

1 cup cheese, grated

1 cup bread crumbs

1 tablespoon butter

Boil chicken; remove skin and bones. Place chicken in bottom of 9-inch-by-13-inch casserole dish.

Cook broccoli, place on top of chicken.

Mix cream of chicken soup, mayonnaise and curry powder.

Pour mixture over chicken and broccoli. Spread.

Melt butter, mix in bread crumbs. Place mixture of butter and bread crumbs on top of cheese.

Bake in 350-degree oven for 30 to 45 minutes.

mechanism," he says. "It's a whole different world for me. I don't think about anything else."

He does think about what people like to eat and what foods look attractive.

"You have to put on the table what people prefer to eat," he says.

One way to get children to eat their vegetables is to disguise them in soups and casseroles.

"Be willing to use or try anything when you cook," he advises those who intend to take up his favorite hobby.

"It's easy to fall into a routine of being dependent on using the same spices when you cook. Go into the kitchen and just try things. Be willing to branch out."

Being creative is what "gourmet" means, he says.

For Sanders, creativity sometimes comes from his small library of cookbooks. He uses a recipe as a guide, but does not necessarily follow the recipe the same way twice.

Learning from one's mistakes is always a good idea, but especially in the kitchen, he says. He recalls a brave experiment he was inspired to try after watching a television cooking show, which used orange juice to replace milk in a French toast recipe.

"No one would eat it," he confesses.

He would rather remember the fabulous meals he has cooked for his family, his fellow teachers, his students and the basketball team he coaches.

"I like to cook for people. I enjoy it," Sanders admits.

"I guess I'm good at it. People tell me I'm blessed."

SHRIMP AND SCALLOPS

1 cup sugar

3 tablespoons cornstarch

2/3 cup white vinegar

1/2 cup chicken broth

1/3 cup soy sauce

1/4 teaspoon ground ginger

2 cloves garlic, minced

Public notices

NOTICE OF ELECTION

NOTICE IS HEREBY GIVEN that at a special election to be held on Tuesday, March 31, 1987, between the hours of 8:00 A.M. and 8:00 P.M., there will be submitted to the qualified electors of Clackamas County the following question:

SHERIFF'S DEPARTMENT THREE-YEAR SERIAL LEVY

QUESTION: Shall Clackamas County levy \$11,658,976 outside the tax base for each of three years beginning 1987-88 to fund Sheriff operations?

EXPLANATION: A "yes" vote allows a levy of \$11,658,976 per year for three years to fund the Sheriff's Department. The levy would begin July 1, 1987, and June 30, 1990. Present funding is from a serial levy approved by the voters in 1984. That levy ends June 30, 1987. During that time, the Sheriff used no money

from the general fund. If this measure passes, it is expected the Sheriff would receive no other property tax money for the next three years. Total levy for three years will be \$34,976,928, outside the tax base. It will mainly be used to maintain the present level of services. It will also add two officers and replace the present outdated computer system. By law this money must be used for the Sheriff. Cost will be about \$1.38 per \$1,000 assessed value, less than \$70 a year on a home assessed at \$50,000.

The estimated tax cost for this measure is an ESTIMATE ONLY based on the best information available from the County Assessor at the time of estimate.

ATTEST:
John F. Kauffman
County Clerk
SP0287-2
2-12

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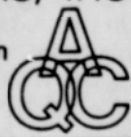
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IN THE CIRCUIT COURT
OF THE STATE OF OREGON
FOR THE COUNTY
OF CLACKAMAS
PROBATE DEPARTMENT
ESTATE OF:
SARA A. STUART
Deceased
No. P87-1-8
NOTICE TO
INTERESTED PERSONS

Probate proceedings in the estate of SARA A. STUART, deceased, are now pending in the above entitled court, wherein John M. Fegel, 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 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

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, P.O. Box 427, Sandy, Oregon 97055 (503) 668-4171.

Dated and first published: February 12, 1987

John M. Fegel
Personal Representative
of the estate of the
above named decedent
19710 Canyon Valley Rd.
Sandy, OR 97055
668-3401
SP0287-01
2-12, 2-19, 2-26

Come to Church

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.

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PASTOR FRANK KOEPKE

668-6232 Church

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 Children's Hour

Sunday Morning

Pastor Mike Whisner

622-3097 or 622-4124

SANDY BAPTIST CHURCH

OUR SUNDAY SERVICES

Sunday School.....9:45 a.m.
Morning Worship Service.....11:00 a.m.
Children's Service.....11:00 a.m.
Evening Adult Education.....6:00 p.m.

well staffed nursery —
Awake — Wednesday — 7:00 p.m.

OTHER OPPORTUNITIES

* Aerobics • Gym Nights • Youth Groups • Counseling • Choir • Home Bible Studies
Pastor Fred Vogel
34495 S.E. Jori Rd. • 668-4064
(Jori Road is 1 mile west of Sandy)
Marketplace and 2.5 miles east of Heidi's

FELLOWSHIP BIBLE CHURCH

We emphasize Biblical teaching, supportive fellowship, children's learning center & regular home meetings.

MEETING
Sandy High School (Bluff Road)
Sunday mornings (9:30-11:30)



CHURCH OFFICE:
668-9123

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. Scheifers
668-5712

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
668-8088
(Prayer Chain Available)

ORIENT DRIVE BAPTIST CHURCH S.B.C.

15150 S.E. Orient Drive
(First exit West of Sandy on Hwy. 26)

SUNDAY SCHOOL (all ages).....9:45 AM
WORSHIP.....11:00 AM
TRAINING.....5:30 PM
WORSHIP.....6:30 PM
WEDNESDAY SERVICES (all ages).....7:00 PM
Children Ministries • Youth Ministries
Pastor Mike Holleman • Church 668-6083 • Home 668-6363

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, Pastor
Church Phone 668-5589

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 Langensand
Sandy, Oregon
Father Rodriguez 668-4446

COMMUNITY PRESBYTERIAN CHURCH

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.
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