



OREGON BOYS CHOIR

Choir Boys schedule concerts

The Oregon Boys Choir has been invited to join the U.S.A. delegation to the Ninth International Boychoir Festival, to be held on December 28th to January 1st in Monterrey, Mexico.

Joseph L. Correa, their Founder-Director, said that the choir has been invited also to participate in four major concerts and in a network television broadcast from Monterrey. The boys of the choir are invited to join the massed choir of boy singers from Mexico, Canada, U.S.A. and various parts of Central America for some selections, and they will sing independently of the massed group at various concerts. A special invitation has been received from the singing Boys of Monterrey, Mexico's most famous boychoir, to study the art and choreography of bull fighting and of the corrido, a Mexican-type rodeo. The local boys are invited also to various parties and pinata celebration and to a fireworks display and gala on New Year's Eve.

According to Mr. Correa, the boys are anxious to make another international concert debut and to join with the boy singers from various parts of the U.S.A., Canada and Mexico in the New Year's

Celebrations, but that the choir board must first secure financial help for making the trip possible. The total cost for each boy will be approximately \$400 dollars. The boys have been involved in various fund raising projects since last summer to raise the needed funds, but some of them still need sponsors to meet their financial obligations.

Anyone wishing to help can mail contributions to the Oregon Boys Choir, Inc., Mexico Tour Fund, P.O. Box 20392, Portland, Oregon 97220; or call 281-8393.

The following dates are concerts of the Oregon Boys Choir for the month of December.

Thursday, December 15th, 7:30 p.m., Schunk Tower, 8832 N. Syracuse; Saturday, December 17th, 8:00 a.m., Hilton Hotel at Downtown, Pavilion Room, Nordstrom Annual Christmas Party; Monday, December 19th, 7:30 p.m., Hollywood East, 4400 N.E. Broadway; Tuesday, December 20th, 8:00 p.m., OBC Annual Christmas Concert, King Neighborhood Facilities Auditorium, 4906 N.E. 6th; and Wednesday, December 21st, 8:00 p.m., OBC Annual Christmas Party, Hughs Memorial Church, 111 N.E. Failing Street.

Friends hold annual reunion

Many Portland homes began the Holiday Season with the last two weeks of November. This is true of the James Heffner, Charles Rawlins, and the George W. Jordan families. They began celebrating November 13th with out of town guests arriving through the 20th of November. These families have made it an annual affair to celebrate The Thanksgiving Season together with their friends they have known since childhood. The meeting place is in a different City each year. The Oregonians were hosts and hostesses this year.

The out-of-town guests were: Mr. and Mrs. James Davis, Gary, Indiana; Mr. and Mrs. Willie Cheeks, Detroit, Michi-

gan; Mrs. Johnnie Rivere, St. Louis, Missouri; Mrs. Clara Hall, Toledo, Ohio; and Mr. Charles Heffner, Gary, Indiana.

Helping with the entertainment were: Mr. and Mrs. J.S. Williams, Sr., Mr. and Mrs. Vernon Chatman, Mr. and Mrs. Michael Jordan, Mr. and Mrs. E. Shelton Hill, Mr. and Mrs. Michael Hallmark, Mr. and Mrs. Vertis Williams, Mr. and Mrs. Walter Sayles, Mr. Lenard Arnold, and Mr. Armstead Johnson.

Entertainment consisted of shopping, sightseeing during the day, dinner parties each night with bridge, whist, poker, and dancing as the highlights.

Plans for next year will be Montreal, Canada.

PCC aids weight reduction

Holidays bring feasts, rich foods and, for many, unwanted pounds to shed in January. Portland Community College teaches students how to remove those pounds safely and keep them off in "The Psychology of Weight Control."

Instructor Kitty Wilkinson is offering the course to fit a need she discovered in her other psychology classes. "Many students in the introductory psychology course had weight problems that severely concerned them," she said.

Ms. Wilkinson added, "One of the functions of a community college is to offer a course at reasonable cost where students can learn psychology and apply it to a problem of concern to them."

The course will cover learning theory and behavior modification. Ms. Wilkinson said those students who are not obese will find the class useful "in changing any kind of habit you wish to change."

Ms. Wilkinson expects to find her class filled with those wishing to reduce. She

said half of all Americans, including one-fifth of those just out of high school, are overweight.

Students will set goals for weight loss, make an agreement to keep that contract, keep a log on what they eat and learn to identify problems in their environment or life which set off overeating.

The course will also teach students nutrition, the psychology of eating and fasting, a scientific analysis of popular diets, how to avoid feelings of deprivation while on a restricted diet, how to exercise to control weight and the emotional and physical damage that obesity causes.

The course offering three hours of transfer credit in psychology has no prerequisites. It will be held from noon to 1:00 p.m. on Monday, Wednesday and Friday. Class size is limited to 35.

Ms. Wilkinson graduated from PCC in 1972 and has taught at the college since 1974. She completed her bachelors and masters degree at Portland State University.

Vocational teachers needed

Persistent reports of a teacher glut and the difficulty of getting a job do not apply to those interested in teaching vocational classes in junior high, high school or community college.

Gaylon Huff, Portland Community College education department chairman, reported a "severe increasing shortage" of people qualified to teach young people such marketable skills as clerical work, mechanics, electronics, food service, construction and child care.

If a person has business or industrial experience in one of these fields, or teaching experience, the addition of PCC's Associate of Applied Science degree in vocational education is a good way to qualify for these jobs, Huff indicated.

The education chairman said nearly all of the 200 graduates since 1973 are now teachers. "I know of only two people who are not," he continued.

Half of the PCC graduates have been placed in Oregon positions, Huff said, with others in New York, Alaska, American Samoa and across the country.

Starting salaries range from \$11,000-\$13,000, according to Clifton York, personnel specialist for Portland Public Schools. Seniority, journeyman experience or additional college credits can cause salaries to rise to \$19,000, Huff said.

The vocational education program at PCC is designed for people already employed as teachers and for those with three or more years experience in a technical trade.

All classes are evening ones with students working at individual paces. Huff said that most students work full-time taking one or two education classes per quarter. Many take five or six years to complete the degree.

Most of the fifty some students completing the program each year go to work at once. Others transfer their PCC degree to Oregon State University to finish a Bachelor's degree in vocational education. The four-year accreditation gives the person the capability of working in vocational administration, where Huff said there is also a shortage of qualified workers.

To get the PCC degree, students complete courses in the methods, philosophy and psychology of teaching, as well as student teaching for those without classroom experience.

Proven work experience in the trade to be taught may count toward completion of the Associate of Arts degree. Those without the experience take appropriate vocational courses at PCC.

"When our integrity declines,
our taste does also."
La Rochefoucauld

"Be in general virtuous,
and you will be happy."
Benjamin Franklin

"There is always room at the
top."
Daniel Webster

Cookie Tree helps table decor

Cookie trees make a delightful holiday centerpiece and are easy to construct. This pair of green frosted sugar cookie trees provide the background for purchased straw angels. Artificial snow adds a wintery atmosphere.

By using refrigerated slice and bake sugar cookie dough, you can concentrate on being creative. One roll will make two trees, each seven inches high on its styrofoam base.

COOKIE TREE CENTERPIECE

Materials needed for two trees:

- 1 roll refrigerated sugar slice and bake cookies
- 4-inch, 3-inch and 2-inch star shaped cookie cutters or patterns cut from paper
- Butter cream frosting, tinted green (about 1 cup)
- Red hots or other decorator candies
- 2 round styrofoam bases, each 1-inch thick and 4-inches in diameter
- 2/3 yard 1-inch satin ribbon (to trim base)
- 2 8-inch bamboo skewers (from a craft shop)
- 3 packages Life Savers® candies
- 2 large gumdrops for top stars

TO MAKE THE TREES:

1. Soften cookie dough at room temperature. (For easiest handling, roll out half the dough at a time.) On lightly floured surface or between wax paper, roll dough 1/4-inch thick. For each tree cut out three 4-inch stars, three 3-inch stars and two 2-inch stars. (If dough becomes too soft to handle, refrigerate



for a few minutes.) Place stars on ungreased cookie sheet. Bake at 350° for 8 to 10 minutes, until light golden brown around edges. (Do not overbake.) Cool completely on rack.

2. Frost stars with green frosting and decorate with "red hots." (For added stability, or if humidity is high, cookies can be glued to cardboard.)

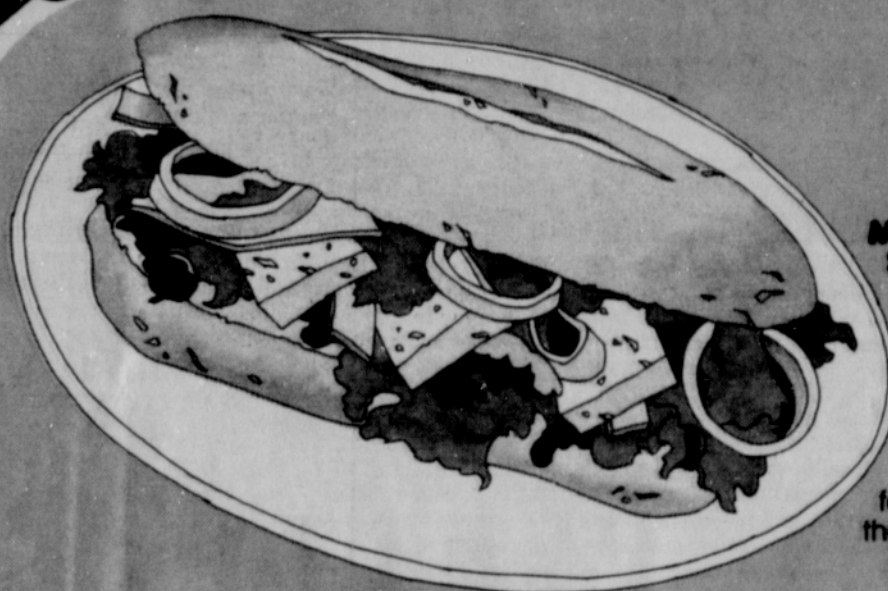
3. Roll out each gumdrop about 1/4-inch thick. Cut one small star from each gumdrop.

4. Carefully make a small hole in center of each star cookie with toothpick.

5. Pin ribbon around edge of each styrofoam base. Insert skewer in center of base for "trunk" of tree.

6. Assemble tree by alternating each star with two Life Savers® on bamboo skewer, starting with 4-inch star. Top tree with gumdrop star.

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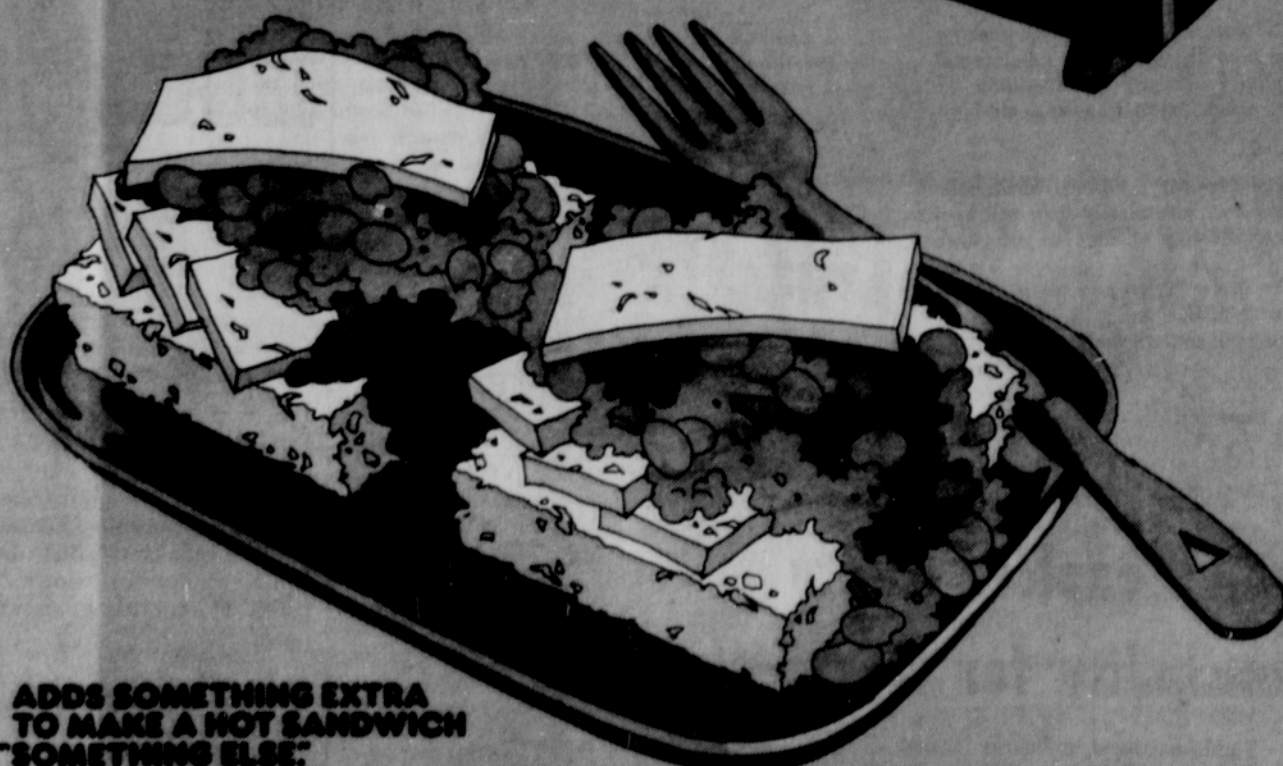
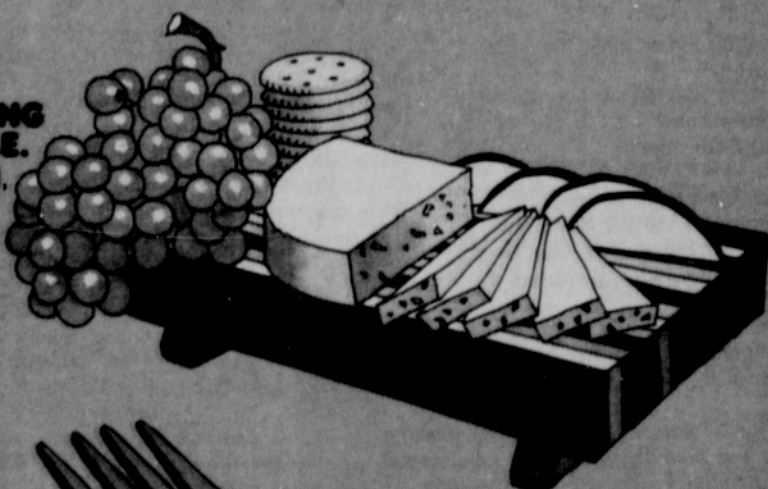


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