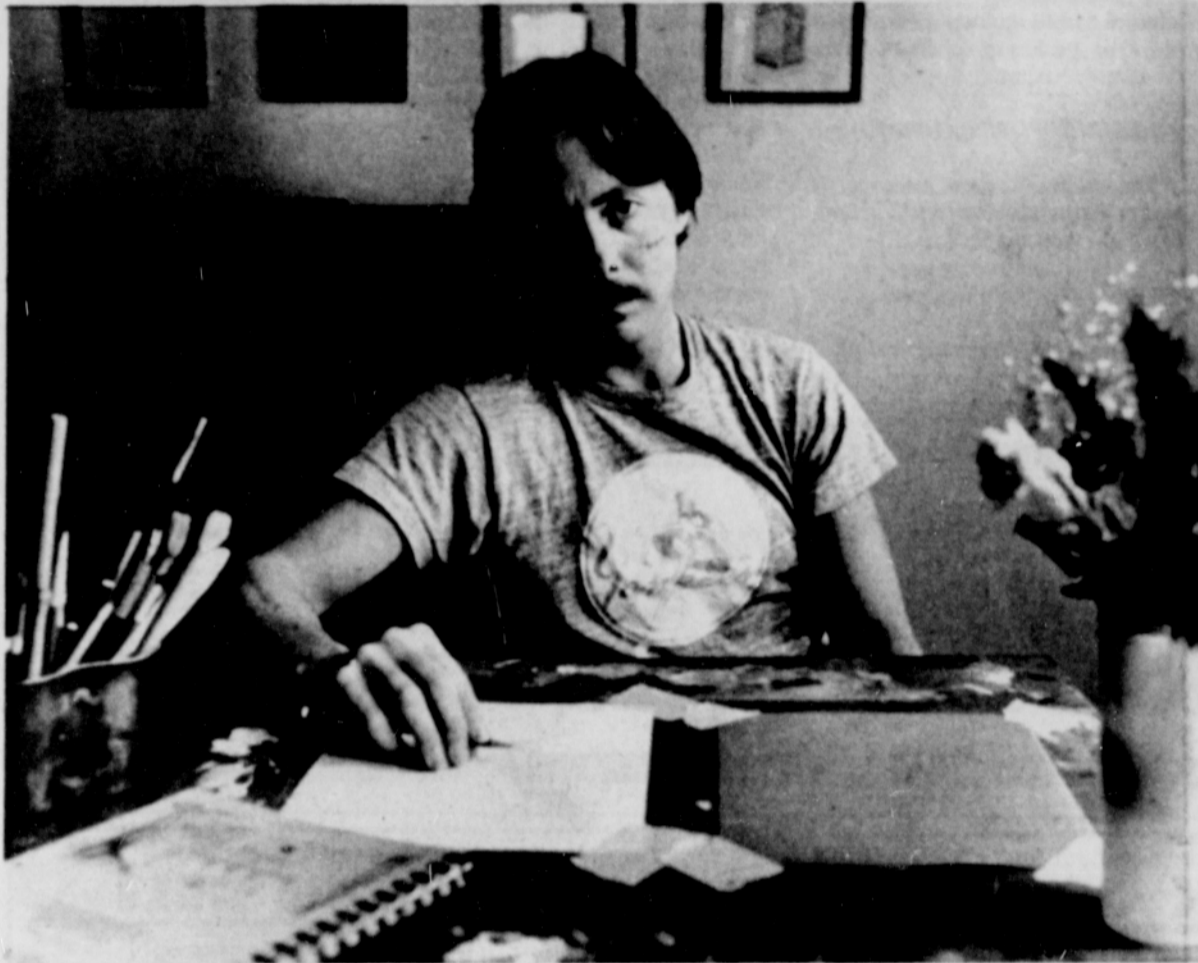


LIVING SECTION

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Section II



Carl Adels is illustrator for "Tastefully Yours... A Cookbook That Remembers."

(Photo: Richard J. Brown)

Cookbook benefits MS Society

by Nathaniel Scott

The Multiple Sclerosis (MS) Society of Portland's cookbook, "Tastefully Yours... A Cookbook That Remembers," represents one way the society sought "to raise funds, since we were dropped from United Way funding," said board member, Rose Steffan. The United Way funds were stopped in 1981.

"Tastefully Yours... A Cookbook That Remembers," is 96 pages of "recipes which are low in saturated fats (approximately 80 percent of the collection)."

The cookbook has illustrations of nine Portland historical landmarks, done by artist and MS victim, Carl Adels. Beginning with a cover design of the 1914 Pittock Mansion, Adels' artistic flair captures the imagination with such historical landmarks as the 1911 Journal Building; the 1886 First Presbyterian Church; the 1913 Multnomah County Library; the 1909 Meier & Frank Building; the 1892 First Congregational Church; the 1905 Forestry

Center, which was a part of the 1905 Lewis and Clark Exposition and burned on August 17, 1964; the 1890 Union Station; and, the 1891 Washington Park Fountain.

An MS victim since 1978, Adels looks upon his artistic contributions as a way to repay a debt. "They did me a favor," he said. "I thought I would do them a favor." Adels makes reference to when he was in need of a wheelchair and the MS Society of Portland came to his aid. "There are a lot of people here with MS. It makes me feel better to know that I can help. It makes me feel good."

Steffan, an MS victim for the past 40 years, also feels better when she is lending a helping hand. Assisted by Adels and music coordinator Elizabeth Schafer, Steffan is coordinating "Jazziz, a jazz festival that will be held Saturday, August 27, from 10 a.m. until 7 p.m. at Delta Park." A host of local jazz musicians will perform, and selections from an "excellent" jazz collection will be played. Admission is free

and portions of the net proceeds will go to the MS Society of Portland, she said. The Sunset Jaycees of Beaverton will set up a beer tent, in addition to the services of the Northwest Emergency Dispatch — "volunteers who monitor emergency channel 9 on CB radio" — a crime prevention van, fingerprinting services for children, food, arts and crafts booths and a host of other services including a first aid booth and crowd control by the Guardian Angels. In addition, Steffan said, Adels will be on hand to autograph the cookbook.

Since its initial publication of 500 books in January of this year, the cookbook has nearly exhausted its first run and an additional 500 copies will be printed after the board meets in July, Steffan said. The book sells for \$6.95, plus \$1 for mailing and handling charges.

Copies of the book can be ordered at the society's location, 2950 SE Belmont Street, or by phoning 238-0162.

Protect pets during July 4

Colorful fireworks and the explosive sounds of firecrackers are traditional parts of Fourth of July celebrations. Tragically, however, they are often the cause of suffering and death for the pets around us. Multnomah County Animal Control urges everyone, pet owner and non-pet owner alike, to be extra careful

during this holiday season.

"For many pets, a sharp explosion of sound means instant panic. The sound-shy pet may run and hide, shaking with fear, or it may just run blindly until it drops from exhaustion. It doesn't know where it is or where it is going; only that it is trying to escape the terror of the

noise. Pets have been known to bolt out of windows, tear through chain link fences, and choke themselves to death chained in their own backyard," states Donna Wunsch, Education Coordinator at Animal Control.

Pet owners must take preventative steps to protect their pets. First, it is important that all pets always wear buckle-type collars or harnesses with current identification tags and licenses so that if it does become frightened and bolts, it can be returned easily to its owner. This is vital for all pets, even those who "are always in the house," because even those pets can become panicked and run away. Second, never leave your pet alone during a fireworks display or allow them to come into contact with any firecrackers. The best place for your animal is inside the house with you, where you can provide comfort and security. Third, if the animal has a history of becoming frightened during loud noises, it is often helpful to obtain tranquilizers from a veterinarian. These will help to keep your pet comfortable during noisy times. Never give your pet "people" drugs as they may cause adverse reactions in animals.

For advice on making pets more comfortable or for help in locating lost or found pets, call the Multnomah County Animal Shelter at 666-3711.

Storing marshmallows in the freezer prevents them from drying out.

Man-sharing: Dilemma or choice?

by Judith S. Andrews

If each single woman in this country stood up and asked for one man all to herself, one quarter of those asking would wind up empty-handed. And if you are black and female, your chances of having a one-on-one relationship with a man are even less.

This unsettling news was related by Howard University family therapist Audrey B. Chapman to more than 100 women who recently gathered at a "Man-Sharing" Workshop, sponsored by the Howard University Counseling Service.

What is "Man-Sharing" and who needs it? Well, according to Chapman, no female is immune to the problems of being the "other woman" in a man's life whether she happens to be single or married.

"Many married women are sharing their men, and don't know it," she said to the group, which concurred with bursts of laughter and hand-clapping. "This problem is not a Washington, D.C., problem. It's a national problem. It's a woman's problem."

Chapman said she felt the need to organize this workshop because so many women, no longer able to cope with the dismal prospects of finding a man, were seeking counseling at the service.

Too many women, Chapman said, feel they have few, if any, options when dealing with men and romance. As soon as a problem surfaces in a relationship, women tend to panic, wrench their hands and worry that, "Oh, my God, I'm going to lose this man!" This predilection for being a victim is what gets most women into crisis — and needlessly so — she added.

The pain that accompanies the feeling of being exploited and victimized by men was sharply etched in the weary looks of some of the women who were more than willing to share some dreary tales of disappointment in the game of romance.

"I've been seeing a married man for over a year now," said one young woman who chose not to give her name. "I know I need to get out of it, and I came here hoping to get some support."

Another participant said that she had come to accept "three months"

as the magic number in relationships with men. "Most don't last past three months," she said because men think if they hang around much longer than that it might lead to marriage.

Linda (not her real name), 36, separated with three children, said that her last relationship with a man was "the shortest one I've ever had

in my life. I knew I was sharing him with someone else, but he was gone before I could figure out how I felt about it. I guess I shouldn't feel so bad, though, because all my girl friends are in similar situations."

Carole (not her real name), a 30-year-old physician, said she just didn't know what to do about find- (Please turn to Section II Page 3)

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