

Nutrition Magician captivates students with presentation on food



JUDY HILL/THE INDEPENDENT

Chef Tom Ohling, the Nutrition Magician, enchanted classes at Washington Grade School in Vernonia on Monday. His interactive presentations about eating right for healthy bodies, bright minds and family fun were a big hit with students.

The cafeteria at Washington Grade School in Vernonia was fragrant with the scent of citrus all day Monday. Students wielding plastic knives created parrots from oranges under the direction of Nutrition Magician Chef Tom Ohling.

In a 20-minute presentation repeated throughout the day for all classes, Ohling taught nutrition basics, including the food pyramid dramatically represented in a cantaloupe carved into a bird on the spot. He emphasized the three Rs for Healthy Magic: the Right Food, the Right Time (the importance of breakfast) and the Right People (eat with family and friends). The seminars

were popular and fun for students at WGS, said head cook Barb Rainbolt.

Ohling has been giving what he calls "magically motivating seminars" to students for nine years. Begun as a philanthropic venture of the American Culinary Federation, and called locally, The Chef and the Child Committee, the Oregon Department of Education has funded the seminars in schools for the past three years. Presentations have occurred in one grade school per school district throughout Oregon.

For more information about Nutrition Magician, call 503-284-7386 or visit the web site at <www.nutritionmagician.com>.



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To the delight of students, Chef Ohling magically created this exotic bird from a cantaloupe to illustrate the nutritional food pyramid and the magic of eating right.

Never stand between a dog and the hydrant.

Volunteers slate clean-up day at Buxton Cemetery

Buxton Cemetery will receive the attentions of a group of volunteers on Saturday, May 13, for a combined clean up day and annual meeting. Installation of a flag pole at the cemetery is scheduled for the same day.

The clean up will start at 10 a.m. and continue until the job is done. Interspersed during the day will be a sack lunch and, at 2:00 p.m., the annual meeting of the cemetery association. Everyone interested is invited to bring a sack lunch and share in the day's activities.

Never give up. And never, under any circumstances, face the facts.

- Ruth Gordon

Association president Betty Carolyn Velasco, Richard Velasco, Barry Vandehey, Floyd Schmidlin will chair the meeting. Other active association members include vice-president Lawrence Lardy, sexton Carolyn Velasco at 429-1014.



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Two third graders follow precise instructions to create a bird from an orange, part of Nutrition Magic at Washington Grade School.

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