

Oriental Cooking Newly Offered Course At COA

The Spring Quarter at College of The Albemarle's Continuing Education Department will begin this year with the subtle flavor of bamboo shoots and the aroma of cherry blossoms in the air. According to Clayton Morrisette, department director, these exotic symbols of the Orient will be introduced to area residents in the form of an "Oriental Cooking" course. Local gourmets will be indoctrinated into the mysteries of Far East cuisine by Pok Son Breeden. Mrs. Breeden, a native of Korea, will instruct her

students in the preparation of a variety of oriental dishes, including recipes from her homeland, China, the Philippines and Japan. She says that many of the ingredients are similar to those used in this country. For example, ken shi, a Korean dish prepared with Chinese cabbage, parallels the sauerkraut which Americans are accustomed to eating. This dish is consumed with meals in Korea instead of the potato. Another recipe from China is closely akin to spaghetti. It is cooked with a brown sauce. Then there is

an egg roll variation which Mrs. Breeden calls Peking ravioli. It is the Chinese equivalent of the well-known Italian dish. Many of the recipes will be taught, will be prepared in an electric wok. The instructor said that most of the dishes will be made from scratch, but some prepared ingredients will be used also. Students will learn the technique of cooking egg drop and won ton soups, sweet and sour pork, fried rice, egg foo yong and a variety of egg roll favorites. Suki yaki, a truly delicious

Japanese dish, and several types of tempura, deep-fat fried meats and vegetables, will be prepared by the class. The course will begin on Monday, March 14. It will be taught in Room 132 at the Technical Center from 7 until 10 P.M. The registration fee for the course is \$5. Registration will be open during the first two class meetings and students are asked to have their Social Security numbers available.

Foreign Plant Import Rules

Now Available

ATLANTA, Ga. — A new brochure specifying import regulations for foreign plants is now available from the U.S. Department of Agriculture (USDA). "Shipping Foreign Plants Home" deals with federal quarantine regulations designed to protect not only individual consumers' plant collections but also the nation's crops, forests, lawns, gardens and environment. The brochure also explains the U.S. plant quarantine system; how to obtain essential USDA approval in the form of a permit, and various buying, handling and shipping tips. The brochure may be obtained by postcard request from the Regional Information Office, USDA-AMS, 1718 Peachtree Street, N.W., Room 206, Atlanta, Ga. 30309.

One Minute Sports Quiz

- Who won the NBA All-Star Game?
- Who was named MVP?
- Who won the Bob Hope Desert Golf Classic?
- Name the college coach that recently won his 500th game.
- What year did Roger Stauback win the Heisman Trophy?

- Answers To Sports Quiz
- West 125, East 124.
 - Julius Erving.
 - Rik Messengale.
 - Frank McGuire, coach at the University of South Carolina.
 - 1963, quarterback for Navy.

IRS Restricts Home Office Deduction

GREENSBORO — Taxpayers who intend to claim expenses for using a room at home as an office for a deduction on their 1976 Federal income tax return may be disappointed, the Internal Revenue Service says. New, more restrictive provisions have been placed on deductions for business use of a home. The deduction is allowed only if the part of the home claimed is used exclusively and regularly for business. For instance, if you use your den as an office, but occasionally use it for personal activities, the

deduction would not be legal. The room also must be the self-employed taxpayer's principal place of business, or used to meet clients, customers or patients. Employees can claim the deduction only if they maintain their office at home for the convenience of their employer and satisfy the above requirements.

That's not all. The IRS also says that deductions for the expenses of having an office at home, such as rent, heat and lights, cannot exceed the income produced in that office. Additional details are contained in IRS Publication 587, "Business Use of Your Home," available by contacting the IRS.

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SAUERKRAUT?—Pok Son Breeden displays the Chinese cabbage which she uses to prepare ken shi, a dish from her native Korea which is similar to sauerkraut. Mrs. Breeden will teach an adult interest course, "Oriental Cooking", at College of The Albemarle, beginning next Monday evening at 7 o'clock in Room 132 at the Technical Center in Elizabeth City. (COA Photo).

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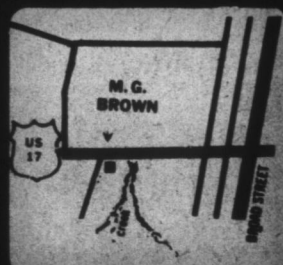
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