



FRIDAY NIGHT was pinewood derby racing night at the Sandy Assembly of God Church. Winners of the contest sponsored by the Royal Rangers included

(from left) Randy Lamm, Tyler Wallace, Tony Hale, Gerald Hale and Jerry Bennett.

Pinewood derby cars roll

Cars made from blocks of wood were the mode of transportation at the Pinewood Derby races at Sandy Assembly of God last Friday, Jan. 13.

In the Pioneer division, first place went to Gerald Hale while Don Bennett came in second.

In the Buckaroos bracket,

Tony Hale came in at the first spot and Randy Lamm was the runner-up.

The Commander's trophy for the most imaginative car went to Tyler Wallace.

The cars made from blocks of wood were all made by the boys and their dads.

The Pinewood Derbies are

nationally sponsored by the Royal Rangers, a club for boys. The Sandy winners now

go on to the sectional winners in Canby this Saturday, Jan. 21.

Aglow to meet

The Hoodland chapter of Women's Aglow Fellowship will meet on Tuesday, Jan. 24, for a luncheon at Bowman's Mt. Hood Resort.

Pastor John Luebke, a new advisor for the group, will be

the speaker. He is pastor of Pleasant Home Methodist and Boring Methodist churches.

Reservations may be made by calling 622-4415, 622-3265 or 668-4972.

Baby clothes exchange set

The Mt. Hood Community College Sandy Community School is setting aside Wednesday morning, Jan. 25 for a baby clothes and equipment exchange.

If you have baby clothes or equipment, you

can reserve a free space to sell or exchange by calling 668-5744. If you need baby materials you are welcome to come to browse and buy.

The session will last from 11 a.m. until noon.

Dance history lecture planned

The history of tap and jazz dancing in America will be the subject of an illustrated lecture by Les Williams at Clackamas Community College Wednesday, Jan. 25, from 11:30 a.m. to 1:30 p.m.

The presentation is free and will be held in the college's Community Center Fireside Lounge.

Williams is a professional dancer who directs one of the leading dance studios in the San Francisco area. He has combined experience with

research and a bachelor of arts degree in history from Stanford University.

Williams' presentation covers the history of dance in America from Colonial days to present times. He describes and performs minstrel dances, vaudeville routines, the Irish Jig, soft-shoe, twist and many others, including tap and jazz creations.

Williams has learned his skill from modern dancers, including Bojangles Robinson.

Gardener deadline set

The deadline for participation in the 1978 Master Gardener classes is Friday, Jan. 20.

Classes began Jan. 13 at Clackamas Community College but entries will be accepted through Jan. 20. Classes will run from 9 a.m. to 4 p.m. every Friday for 12 weeks, said Clackamas

County Extension Agent Gary Thompson. He is the coordinator of the Master Gardener program.

The program offers training to laymen interested in gardening. Thompson said the cost of the training is time, not money. "Each participant agrees to give community service equal to the time spent in training," he explained.

Classes involve soil management; large and small fruit culture; lawn and turf care; weed, insect and disease management; care of house plants; pruning and propagation.

OSU Extension Service staff members will teach the classes. Additional information can be obtained by calling 656-8631.

Nursing home selection topic of seminar

A one-night seminar, Selecting a Nursing Home, will be at Mt. Hood Community College Feb. 8 at 7 p.m. in the Town and Gown room.

What kinds of questions should you ask before making a final decision on nursing home care? The seminar will address types of nursing homes available, plus the psychological, sociological and medical aspects to be considered when selecting a nursing home.

Mindy Boyd will be guest lecturer. She has completed an extensive examination of nursing homes and will publish her findings.

For pre-registration or further information call HMCC community services office, 667-7181.

Hospital coffee slated

Volunteering in the community is a good way to cure the winter blahs that set in after the holidays.

Gresham Community Hospital will hold a coffee Monday at 10 a.m. for those interested in joining the hospital volunteer program.

"We're in need of volunteers, especially on through Saturday, from 9 a.m. to 1 p.m., noon to 4 p.m. or 4 to 8 p.m. We'd like to be able to have volunteers in seven days a week," said Circa.

Volunteers usually work a four-hour shift Monday weekends and in the afternoon," said Jan Circa, director of volunteer services. "The whole program needs a good little shot in the arm."

The 92 volunteers presently in the program work the gift shop, assist with patient care and perform courier work throughout the hospital. Volunteers also serve the Rotary Club lunch each

Wednesday and help the clerical staff in the office.

They range in age from 16 to 72.

"Volunteers really help the hospital staff," said Circa. "And a lot of our patients just need a little extra tender loving care."

"It's a neat way to share spare time with others."

Monday's coffee will be held in Classroom B of the hospital. For more information call Circa at 667-1122 ext. 260.

Extra food means extra pounds

An extra tablespoon of butter a day can turn into 10 pounds of fat by the end of the year, according to Marilyn Lunner, Oregon State University Extension home economist for Clackamas County.

"The difference between gaining or losing pounds over the months is usually just a matter of those few extra calories every day," she said.

This time of year many persons resolve to shed those excess pounds.

"Unfortunately, putting on pounds is easier than taking them off and keeping them off," said Mrs. Lunner. "To lose weight, it's necessary to eat less and exercise more. Selection of a diet is an important decision that shouldn't be made hastily."

Mrs. Lunner suggested considering these questions before selecting a weight control diet:

—Does the diet provide the nutrients I need?

—Foods from each of the basic four groups must be

included in adequate amounts: fruits and vegetables, breads and cereals, milk and milk products, meat and meat alternates," she said. "If any type of food is limited or left out, your health could be endangered."

—Will I lose weight at a safe, moderate pace?

"A weight loss greater than 1 or 2 pounds a week could be harmful."

—Does the diet fit my lifestyle?

"A reducing diet should

help you make permanent changes in your eating habits to keep off weight," Mrs. Lunner noted. "The diet should include foods that you and your family are accustomed to eating."

—Does the diet fit my budget?

Exercise should also be an important part of a weight reduction program. Even a change of daily habits can help keep off unwanted pounds.

Prevention is definitely better than cure, Mrs. Lunner said.



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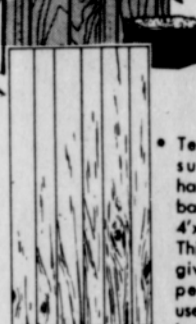
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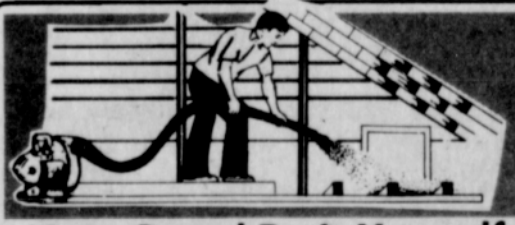
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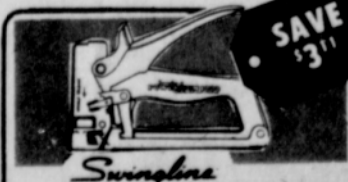


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