

Presbyterian women announce officers

The women's association of Sandy Community Presbyterian Church has elected new officers.

Officers include Helen Sulzbach, president; Thelma Krum, secretary and

Maybelle Wesselink, treasurer. All three officers are repeating their positions. Donna Vedder was elected vice president.

The women's association sponsors an Oktoberfest and summer women's retreat.

New Ladies Aid officers are: Julia Latimer, president; Helen Wesselink, vice president; Thelma Krum, secretary and Martha Williams, treasurer.

Ladies Aid will meet Wednesday, Jan. 25, at 9 a.m. for a sewing session at the church. Participants should bring a sack lunch.

The Mary-Martha Circle has elected the following officers for 1978:

Dorothy Mills, president; Chris Thornberg, vice president; Eleanor Siebert, secretary and Myrtle Deming, treasurer.

Martha-Mary Circle will meet Monday, Feb. 6, at 8 p.m. in the home of Helen Sulzbach.

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Holidays stick to the ribs

January 1 comes too early in the year.

Oh, it works out just dandy on the calendar. The problem is with the resolutions, especially the resolve to lose weight and rediscover my ribs.

On the first day of the year people are still basking euphorically in the afterglow of the holidays. A resolution to substitute alfalfa sprouts for eggnog just won't take unless you're out of eggnog. An apple a day is fine if there isn't any fruitcake.

And why run two miles when a box of chocolates beckons you to curl up and munch?

No. What gives a resolution some backbone is the

bleakness of mid-January, coupled with an expanding midriff.

"Take the Christmas decorations down," counsels Jane, "One shred of tinsel in the house and you feel like drinking a hot, buttered rum."

"Strip the house to the lean essentials," she orders. "That's when you find the house is leaner than the housekeeper."

She's right. By mid-January the Christmas photos are back with grim evidence of two chins. Little kids are saying my lap is a lot softer. My knees creak when I haul the gift wrap to the attic. New numbers appear

on the right-hand side of the scales.

In the spring catalog my eye keeps straying from bikinis to matronly swimsuits with lots of draping and built-in whalebone corsets.

These weighty arguments have convinced Jane and I to have a late January resolution party. We're going to try on all our too-small summer clothes, attempt to breathe and watch the buttons ricochet off the wall. And no fair pulling the tape measure so tight it marks the skin.

Then we thought, just to celebrate, we'd have lunch at this little place that bakes the most marvelous pies...

Sandy Senior Center

Homemaker service available to seniors

John Mullins of Homemakers Upjohn will discuss homemaker service available to area seniors after lunch tomorrow at the Sandy Senior Center.

Hoodland area adults are welcome to receive a free blood pressure check Friday, Jan. 20, at the Welches Community School Trailer from 1 to 2 p.m.

Table reservations for the Senior Center's Flea Market

can now be made by calling Edith Weidman at 668-6501. Reservations will be open Jan. 19-25 to seniors residing in Sandy Union High School District.

Table reservations can be made by the general public after Jan. 25. The Flea Market will be held April 7-8.

Registration is open for an eight week discussion unit entitled Images of Aging in Literature. This course is

free and open to all area seniors. It begins Jan. 25 and will meet Wednesday afternoons from 2-3:30 p.m.

Sandy seniors will watch the Portland Winter Hawks play New Westminster in ice hockey on Friday, Jan. 27. Registration is open at the center.

Sandy Senior Center
Program

Jan. 19-25

Thursday, Jan. 19

8:30 a.m. - 11:30 a.m. drop-in

11:30 a.m. - 1 p.m. Loaves and Fishes

1 p.m. - 4:30 p.m. drop-in

Friday

Jan. 20

8:30 a.m. - 11:30 a.m. drop-in

11:30 a.m. - 1 p.m. Loaves and Fishes

1 p.m. - 4:30 p.m. drop-in

Saturday and Sunday

Jan. 21 and 22

Closed

Monday

Jan. 23

8:30 a.m. - 11:30 a.m. drop-in

11:30 a.m. - 1 p.m. Loaves and Fishes

1 p.m. - 3:30 p.m. pinochle

1 p.m. - 4:30 p.m. drop-in

Tuesday

Jan. 24

8:30 a.m. - 11:30 a.m. drop-in

11:30 a.m. - 1 p.m. Loaves and Fishes

1 p.m. - 4:30 p.m. drop-in

Wednesday

Jan. 25

8:30 a.m. - 11:30 a.m. drop-in

11:30 a.m. - 1 p.m. Loaves and Fishes

1:30 p.m. - 3:30 p.m. Guys and Dolls

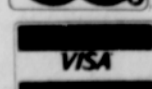
1 p.m. - 4:30 p.m. drop-in

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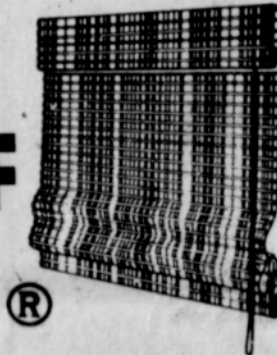


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Cross country skiing offered

Marylhurst Education Center will offer in February, an instructional course which culminates in a residential skiing weekend in the Mt. Hood area.

Kurt Wehbring, who has taught cross country skiing for five years with the University of California at Berkeley, the Esalen Sports Institute and Sierra Ski Touring, will be instructing participants in all the aspects of cross country skiing, including safety and first aid in winter conditions. The class is titled "Experiencing Cross Country Skiing."

Wehbring says that "while most courses available in the area are merely day courses, this one will enable a person

to learn everything about cross country skiing and also ski for two and a half days on Mt. Hood."

He also will be using some of the humanistic approaches to sports that were successfully demonstrated at the Esalen Sports Institute. "Specifically, the residential weekend based at Government Camp will enhance the learning experience by virtue of the sense of community that develops among a group committed to a common interest such as cross country skiing," Wehbring says.

The course is organized into three, two-hour learning and conditioning sessions at Marylhurst, followed by the skiing weekend. During the classroom sessions participants will be taught about equipment, waxes and waxing techniques, clothing and gear for overnight and day trips, finding one's way in the snow, winter first aid and survival skills, and places to ski in Oregon and the Northwest. In addition, part of each class will be used for improving body awareness for balance and cardio-vascular conditioning.

"This is a chance for people to get into a fitness lifestyle," notes Wehbring. "I hope cross country skiing will encourage the participants to become more physically fit."

No skiing experience is necessary and the fee covers everything except rental of equipment.

Classes are Wednesday evenings, Feb. 15, 22 and March 1 with the residential weekend March 4-6.

For more information please call program development at Marylhurst, 636-8141.

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public notices

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NOTICE IS HEREBY GIVEN THAT AT 7:00 P.M. ON WEDNESDAY, FEBRUARY 8, 1978, IN ROOM 602 OF THE MULTNOMAH CO. COURTHOUSE, 1021 SW 4TH AVE., IN THE CITY OF PORTLAND, ORE., THERE SHALL BE A PUBLIC HEARING BY AND BEFORE THE PORTLAND METROPOLITAN AREA LOCAL GOVERNMENT BOUNDARY COMMISSION ON THE PROPOSAL LISTED BELOW. ANY INTERESTED PERSON MAY APPEAR AND SHALL BE GIVEN A REASONABLE OPPORTUNITY TO BE HEARD. PROPOSAL TO BE CONSIDERED:

Proposal No. W-120
Extraterritorial extension of a water line outside the Welches Community Water System consisting of approx. 400 ft. of 1" water line from the District's existing 2" line in Welches Rd. SE to the property to be served. The territory to be served consists of TL 601, SE 1/4, NW 1/4, Sec. 9, T3S, R7E, W.M., Clack Co., Ore. (Assessor's Map 3 7E 9B).

Sp 4T

Assertiveness

training

planned

Do you feel you are too passive or aggressive in your relationships with others?

The Sandy Community School is sponsoring a class in assertiveness training beginning Jan. 19. "In this class you can learn how to express yourself and your needs in a non-threatening manner," said Community School coordinator Judy Sheppard. "Since each person is unique, the techniques will be geared toward each individual."

The leaders will be Blake Davidson and Linda Rogers. It will be held at the Sandy Community School on Thursdays from 7-8:30 p.m. for six weeks.