

## Council approves beautification plans

Downtown Sandy will undergo a facelift this spring and summer in a beautification program approved Monday by the city council.

The landscaping—at a cost of \$8,200—is expected to begin next week, weather permitting.

Completion is expected by about five weeks.

The work will be contracted by a 4-5 man crew of Troutdale landscaper Dave Hazelwood, who recently completed an assessment of downtown landscaping needs.

"This should solve our

problem on Proctor, the LID (local improvement district) and the city hall situation," City Manager Paul Helton said of the downtown facelift.

Better yet, Helton said, is the fact that council will allow for regular monthly maintenance of the program, with funds advanced from the next city budget.

The year-round maintenance will begin July 1 at a monthly cost of \$490.

Helton compared the downtown landscaping program favorably to that of Portland, with the advantage in Sandy of providing for

monthly maintenance.

The system includes a water system, rebarking, rototilling and replanting.

Personal plants donated for downtown use may be recovered before the city

replants.

The water system will involve a plastic sprinkling system.

Different types of plants will be incorporated, with some trees utilized, too.

The \$8,200 initial expense

comes out of the current budget for the city.

Hazelwood has spent the last few weeks measuring planters and areas in front of downtown businesses in advance of the landscaping.

## Sugar topic of concern

The amount of sugar in the American diet has become a topic of concern.

Marilyn Lunner, Clackamas County Extension agent, reports that Americans consume about 100 pounds of sucrose (table

sugar) per year. Much of the sucrose is "hidden" in processed foods such as soft drinks and cereal and bakery products.

"Sucrose appeals to our taste buds, but doesn't add any nutritional value to our diets," she says. "Although sucrose is a source of calories, its vitamin and mineral content is negligible."

Carolyn Raab, Oregon State University Extension foods and nutrition specialist, reports that much is still unknown about the effects of sucrose on health. Some studies have shown a correlation between sucrose consumption and heart disease, but there is no firm proof.

Other evidence has indicated that sucrose may be indirectly related to some diseases by adding excess calories to the diet. For instance, being overweight is often associated with the onset of diseases such as

diabetes and heart disease.

"Moreover, there is a clear link between sucrose and tooth decay," Ms. Raab reports. "Research has shown that the length of time sucrose stays on the teeth appears to be more critical than the total amount of sucrose consumed."

Honey is sometimes advocated as an alternative sweetener for persons who want to reduce the sucrose in their diets. Although honey has more flavor than sucrose, it does not have more nutritional value. Honey, which is about 80 percent sugar by weight, contains only minimal amounts of vitamins and minerals. "The amounts of sucrose, honey and other sweeteners in the diet must be kept in perspective. They are nice extras, but shouldn't take place of the essentials that our bodies need," advises Ms. Lunner.

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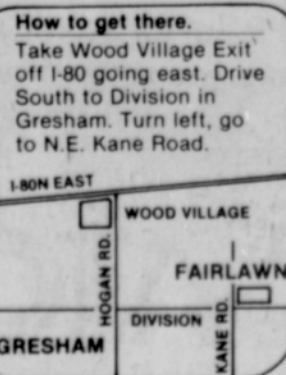
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THE SANDY Women's Club will hold its annual Silver Tea for the Sandy Public Library today from 2 to 6 p.m. Margaret Crowover, librarian, said local authors, illustrators and artists will be honored during the National Library Week public tea. The annual event draws writers and artists from throughout the Portland area.

(Post photo)

## Tea today

## Commission to review land use requests

In an April 17 meeting the Clackamas County Commissioners will review a request for non-farm use by Sandy resident Eugene Halvorson.

Halvorson has asked to subdivide a 19.94 acre parcel into two lots, one of five acres and the other of 14.94 acres, and construct a building on the smaller lot for non-farm

use. The parcel in question is on the south side of SE Coalman Road, about a half mile west of its intersection with Chambers Road.

The commissioners will also review a request by Deforest Wood of Sandy to reduce the 20-acre minimum lot size for subdivision to 12 and five acres, so he can subdivide his property.

A house on the smaller parcel will be sold along with the land. The location of the property is at the south side of the intersection of SE Ten Eyck Road and SE Coalman Road.

The commissioners will review these and other requests in Room 201 of the county courthouse at 9 a.m. April 17.



CAL CONLEY helps Patty Gray pick out the prize she earned in a Sandy Upper Grade homeroom reading contest.

The prize, appropriately enough, was a book.

(Post photo)

## Reading reaps rewards

Sandy Elementary School eighth grader Patty Gray was given her pick of one of the Upper Grade's most popular books as the top prize in a reading contest sponsored by the library.

Librarian Cal Conley said the 14-year-old read more than 75 books, leading Paul Heisteman's classroom to victory in the contest.

Points were given according to the number of pages and were recorded on the library bulletin board showing a climb to the summit of Mt. Hood.

Miss Gray earned more than 20,000 points of the 50,000 needed for Heiste-

man's class to win. That class received an ice cream feed and skating party.

Coming in second was Jim Duff's classroom, which earned an ice cream party and some past issues of magazines.

Third place winners were members of Terrie Hardie's class, followed by Dave Emerson's class.

Patty is a member of the school's Audi-Visual Club.

## Candidate to visit

Suzanne VanOrman, Democratic candidate for Clackamas County commissioner, will bring her campaign to Sandy on Saturday, April 8.

VanOrman will be going door-to-door to meet voters, and from 11:45 a.m. to 12:30 p.m. will visit the business district to meet business owners and shoppers.

VanOrman is seeking the

commission seat now held by Stan Skoko.

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