

**Hoodland happenings**

**Lecture series continues**

**Thursday, July 30**

A class in Stress Control will be held at 7:30 p.m. at Welches School. Presented by the Sandy Seventh-Day Adventist Church, the class will present a holistic approach to stress control, aimed at resolving both surface and deep-seated stress. A minimal fee will be charged for the 10-week course.

**Friday, July 31**

Beginning Tennis For Kids will be held today at the courts next to the Hoodland Women's Club from 11:30 a.m. to 12:30 p.m. Participants in the Welches Community School class should bring a racquet and tennis balls; a minimal fee will be charged.

A summer series of informative lectures, co-sponsored by Mt. Hood Community College and Welches Community School, will continue tonight. Investing for Inflation Hedge, the second lecture of the series, will begin at 7:30 p.m. in the day room of the Hoodland Fire Department station. Class leader Terry Kent will discuss various investing opportunities now available; a discussion period will follow. Call 622-3397 for further information.

**Sunday, Aug. 2**

The Portland Summer Theater Ensemble will present Pinocchio at 2 p.m. at the Timberline Lodge Amphitheater.

**Monday, Aug. 3**

Vacation Bible School, sponsored by Chapel of the Hills, will begin today and continue through Aug. 6. Children first grade through high school are invited to attend the Bible school where a variety of activities will be offered, including crafts, sports, hikes, Bible study and swimming. For more information, call Mike Whisner, 622-4395, or Jean Backus, 622-3065.

Aerobic Dance class will be held from 7 to 8:30 p.m. at Welches School. A \$1 fee will be charged.

**Tuesday, Aug. 4**

Welches Community School Tiny Tots group will meet from 10 a.m. to noon. Call Louise Hoyt, 622-3752, for information and meeting location.

The Hoodland Chamber of Commerce will hold its monthly board meeting at 11:30 a.m. in the Red Lion Inn at Bowman's.

Welches Community School will sponsor Recreational Volleyball from 6 to 8 p.m. at Wildwood Park, and Beginning and Intermediate Adult Karate at 6 p.m. at the Hoodland Women's Club.

**Wednesday, Aug. 5**

The senior citizens Steering Committee will meet at 10 a.m. at the Hoodland Women's Club on Salmon River Road.

The Community School's Summer Hike Program will meet at 10 a.m. for carpool-

ing at the Hoodland Women's Club. Bring a lunch and beverage, moms with babies in packs or carriers are welcome. Call Lou Tipton, 622-4316, for further information.

The Clackamas County Bookmobile will be at the Hoodland Plaza Shopping Center parking lot from 4 to 7 p.m.

Basic Dog Obedience class, sponsored by Welches Community School, will be held from 6 to 7 p.m. at Welches School.

Aerobic Dance Class will be held from 7 to 8:30 p.m. at Welches School. A \$1 fee will be charged.

**Thursday, Aug. 6**

A third class in Stress Control will be held at 7:30 p.m. at Welches School. Ed Baumgartner will lead the class, sponsored by the Sandy Seventh-Day Adventist Church.

Soccer For Kids, sponsored by the Cascade Soccer Club, will begin this month. It is for kids ages five through 13; cost is \$12.50 a player or \$25 a family. For registration or further information, call 622-3532.

Bowling leagues for adults are now being formed for the fall season, which begins in September. To join, call 622-4636.

To place an event in Hoodland Happenings, call Dawn Morrison at 622-3538.

*Or another year's shot*

**Last chance to get in summer shape**

by Shara Deen Anderson

This week's column is dedicated to Denise. She's the daughter of one of my neighbors. Denise is 14 going on 23. I can understand her predicament. I didn't look my age when I was 14 either—I looked 8. It must be the bacteria in all that yogurt.

Anyway, courtesy of Denise, we are all informed that this is our last chance to get in shape for the summer or else we blew it for another year. In Denise's case, the object of the plan is to get from size small-tight blue jeans to size skinny-tight blue jeans by the time school starts. The rest of us are working at the other end of the chart. You know, things like getting the "X" out of extra-large and putting the "ummm" back in medium.

Denise started out with a terrific diet. It's called starvation. It takes the worry out of what to eat for between meal snacks. If she lives more than four days, she starts on a restricted diet.

That's where I lose her for sure. Structured diets always confuse me. They start out by stating the rules. They say



ridiculous things like eat exactly what is assigned, do not substitute. Sounds simple enough. The big question is, how long can you stay on a salmon diet with a tuna fish budget?

Then they tell you not to drink any alcoholic beverages when it should be perfectly obvious that nobody in a sober state of mind would be willing to face vinegar dressing for three weeks.

Suffering has never been one of my favorite pastimes. I prefer

the realistic approach. Along these lines, I've invented the HAFAs diet. You can eat anything as long as you only eat half a' it. So for breakfast you have half a piece of toast with half as much jam on it and you only eat half a handful of Sugar Smacks while pouring them out for the kids, and when one of them doesn't finish his banana, you eat half of it with peanut butter and the other half you eat plain. It's an entirely flexible plan.

There's also my synthetic diet. The object here is never eat anything real when you can find a phony substitute. It's amazing how many foods can be replaced by man-made substitutes. Artificial sweetener, artificial margarine, artificial ice cream, artificial fruit sticks, artificial chocolate—after two weeks, you can write off at least 10 pounds as artificial fat.

The major flaw in any diet is the fact that it's usually followed by the words "and exercise program." The reason for that is, if you manage to drink all the water required on your diet, nature allows only three courses of action. You either tie up the bathroom, cry a lot or sweat.

Somehow, sweating was voted as the most acceptable behavior.

It's the Richard Simmons approach. He used to exercise at 6:30 in the morning, while I sat in my housecoat and ate French toast with powdered sugar before work. He has a wonderful, exciting approach to keeping fit and happy. Unfortunately, I'm one of those people who can't have it both ways—I'm either fit or I'm happy. And Twinkies make me so happy.

What I lack here is dedication. Denise gets on a program of diet and exercise and she sticks to it. It's insane. The girl can't be tempted. That much self-control at the age of 14 is illegal in most states. Meanwhile, here I am—counting my sit-ups by two's and stashing Reggie Bars! in my salad.

It all goes to show that determination really pays off. The proof is in the pudding, so to speak. Especially if you have the nerve to leave it in the dish. When Denise puts on a halter top and shorts, she attracts every boy in the neighborhood. When I put on a halter top and shorts, all I get are mosquitos.

**Water loan deadline set**

The deadline for submitting loan applications through the state of Oregon's Water Development Loan Program's fall bond sale has been set for Aug. 3.

Loan applications received after the Aug. 3 deadline will be considered for the next sale, tentatively set for May 1982.

The program makes loans for irrigation and drainage projects which would benefit agricultural projects in Oregon.

"Proposed drainage projects, installation of solid set irrigation systems, development of irrigation wells, pumps, center pivots and irrigation reservoirs are only a few examples of projects which are eligible for financing under the program," said water resources director Jim Sexson.

Any individual resident of

Oregon, farming partnership or corporation, whose principal source of income is farming is eligible for the loans.

The program has provided funds, at 10.75 percent interest, for the development of 162 projects in 27 Oregon

counties.

Persons who have questions as to their eligibility for the loans should contact the department as soon as possible.

For more information, contact the Department at 1-800-452-7813.

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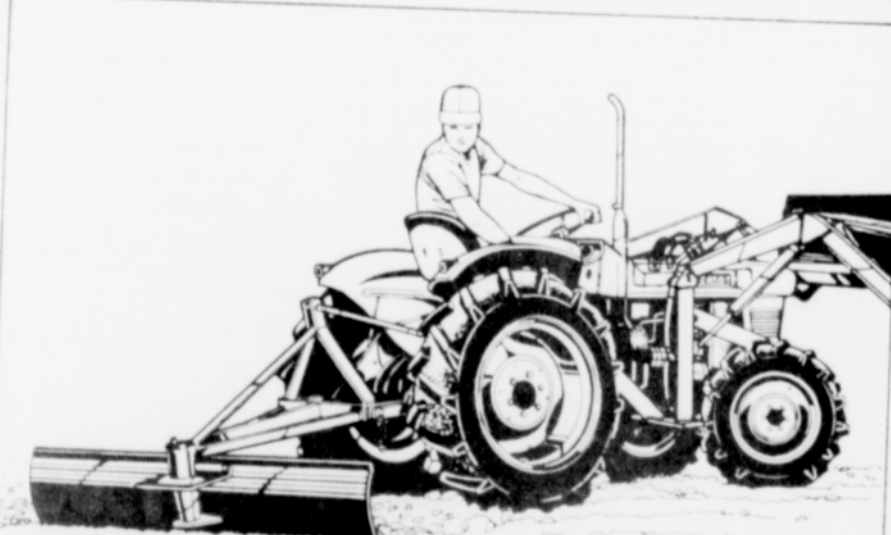
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