

At today's county commission meeting

Water districts' approval expected

by MICHAEL P. JONES
Post Correspondent

The Board of Clackamas County Commissioners will hold what is anticipated to be the final hearing on the five special water districts formed to operate the non-contiguous service areas of the Alder Creek Water Company.

Edward Sullivan, attorney for the Alder Creek Water User Association,

said that the association is to appear before the commissioners at 9 a.m. this morning to witness the signing of a final order allowing the districts formation.

Sullivan said that there has been no opposition to the districts formation since approval was received by the Portland Area Local Boundary Commission on March 11.

At the boundary commission hearing 200 water customers packed the hearing room at the Multnomah County Courthouse in Portland to show support.

On June 26 Sullivan said that a special election will be held to elect five-member boards for each of the districts.

Each commissioner would volunteer their time and efforts and receive no pay. They will have the responsibility of administering and maintaining the district's water service.

To be eligible to run for a position on any of the boards, one must either reside or own property in the area.

The service areas include Alder Creek-Barlow, Riverside, Country Club,

Sleepy Hollow and Wildwood Annex.

Once the boards are formed the commissioners will appoint their own representatives to an "intergovernmental agreement board," which will allow each of the districts to operate individually but cooperate on such things as engineering, construction and problem-solving.

Jock Stewart, chairperson of the water user association, said that once the intergovernmental board is formally organized that it will take over the functions that his organization has been carrying out these past few months. At that time, the association will be disbanded.

Stewart said that the five new districts will be operational by July 1 and each will begin upgrading their water systems at that time.

Medical advice

Diet key to conditioning

Spring is here and new demands will be placed upon our bodies. More research is being carried out in the field of athletics as the general population becomes more involved.

"Let's Get Physical" should have on the flip side of the record "Let's Get Fed Right First," and that is what will be presented.

As we get into condition, muscle size increases very little. It is the way we make more enzymes to handle the foodenergy supply that increases our performances. These enzymes are found in envelopes called mitochondria in the muscles. Their number actually increases in conditioned muscles.

Heavy long distance runners have to consciously consume more just to keep what little bulk they have. On the other hand, the recreational jogger will not lose weight unless he consumes less calories.

What type of diet is best to increase performance? One that has a high carbohydrate composition will.

More energy is released quicker with carbohydrates than any other food. The timing is what is important, however. For high performance events carbohydrate loading is done by athletes a few days before an event they train rigorously, eating a diet low in bread, potatoes, and cereals (i.e. carbohydrates).

Then, 48 hours before the event, they train light and eat these types of foods. The end result is increased muscle stores of energy in the form of glycogen. Two to three times normal levels are actually achieved this way. Remember this, however, endurance is increased, not strength.

After a strenuous day of exercise, how long will it take to get back my strength, is the question often asked. Even for a marathon runner, if he eats a 70 percent diet of carbohydrates as listed above, energy stores return to normal in 24 hours.

On hot and humid summer days a trained athlete will not lose much salt, but water loss is substantial. That is why marathon runners are

weighed during races; to make sure they replace water loss and keep the proper body temperature as a result.

Iron supplementation for women in athletics is considered important because of menstrual cycles, and possible physiological anemia that occurs to any person training. In men supplemental iron is not needed. A side note: Not having menstrual flow in highly trained female athletes is normal.

Chromium is used in glucose metabolism and is thus important in energy production. It is found in high enough levels in normal diets of meat, cheese and whole grains.

The water soluble vitamins B₁ (thiamine) and B₂ (riboflavin) are needed in larger quantities if we are increasing caloric intake (i.e. the marathon runner). Otherwise no other vitamin supplement is needed contrary to what one may have expected.

So to sum up this article, for the recreational athlete no vitamin supplements are needed. A well balanced diet will suffice to meet all our nutritional needs.

Hoodland happenings

Continued from Page 1

The Mt. Hood Chess Club meets at the Hoodland Women's Club building on Salmon River Road beginning at 7:30 p.m. This club is open to all chess players. For more information, contact Dave Enna at 622-4546.

FRIDAY, APRIL 30
John Thompson will lead a discussion on property tax assessments in Clackamas County at 7 p.m. at the Women's Club Building on Salmon River Road.
The Wy'East Artisans

Gallery will have their "Grand Re-Opening" May 7, 8 and 9 at a new location in Wemme next to the Log Home Supply. While they were homeless, the members were busy devising new delights for everyone to see, touch, and buy. Refreshments will be served, too.

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

Boring man is delegate

Officers were elected recently by the Clackamas County Dairy Herd Improvement Association, with Gary Moore of Boring elected state delegate.

Lloyd Hensen of Canby was elected president at the Association's annual meeting.

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