

Hospital schedules class

A class in Body Mechanics and Safety Factors in Lifting will be held Jan. 20 at Gresham Community Hospital.

The class is one in a series being developed by the Oregon Association of Hospitals to supplement the inservice training efforts of health care institutions. Scope of the education program is to effect containment of hospital costs through development of the skills of employees. The project is funded by Oregon hospitals and the Oregon Regional Medical Program.

During the past year over

1300 health care workers attended 47 one and two-day classes on a variety of subjects in 20 locations throughout the state as a result of the

Lou Mohr guest soloist

Immanuel Lutheran Church in Sandy was honored by the services of Mr. Lou Mohr, Lake Oswego, who was a guest soloist at the 9 a.m. services Sunday.

Mr. Mohr is from Juliard School of Music in New York and had done extensive work in the New York area before coming to Oregon.

He is a member of Our Savior Lutheran Church and does much work in ethnic and civic

Stationed on destroyer

Navy Petty Officer 3C Raymond C. Washburn, husband of the former Miss Jeanette A. Kimbrell of Route 2, Boring is a crewmember of the destroyer USS Dupont, homeported at Norfolk, Va.

In the fall his ship returned from a voyage in the Mediterranean in which it visited Gibraltar, Greece and Turkey while operating as a unit of the U.S. Sixth Fleet.

program. Although attendance is open to all institutions and agencies which provide patient care, advance registration is required.

affairs in the city.

The Immanuel Choirs have space available for a limited number of new people at this time, but names are being taken. When the chairs are full to capacity, an alternate roster will be maintained. Interested people should call 760-3196 - Jeanette Koch, choir master.

Chambers plan annual dinner



Charles B. Gill

Charles B. Gill is the scheduled speaker for the annual banquet of the Clackamas County Associated Chambers of Commerce. The dinner is set for Feb. 15 at the Milwaukee Elks Lodge.

Gill, the general manager of the State Accident Insurance Fund, will be giving a speech entitled "How Not To Communicate."

Gill was appointed to his position by Governor Mark Hatfield and was reappointed by Governor Tom McCall. He is the only man to ever hold this position in the relatively new state agency.

The social hour will start at 6:30 and the dinner will be served at 7:30.

Tickets for the event are available from any member of the Sandy Area or Hoodland Chambers of Commerce



BROTHER BARNABAS, SSP, on the left standing accepts the president's gavel from outgoing Chamber president Tony Bryant standing on the right. Mr. and Mrs. Ivan Barker are seated in front. Brother Barnabas will be president of the Sandy Chamber for the year 1972.

(Post photo)

AT SANDY

ELEMENTARY SCHOOL

Recent additions to the 6th grade include Marcie Orr, Toni Williams, Mark Gray, Bub Gates, Peter Gray.

Boys are now involved in noon-hour intermural basketball.

Vocational booklets are being made by Mrs. Alumbaugh's reading classes.

Mr. Fox was recently elected president of Eastmont Players Association, a little theater group in Gresham. The group is currently preparing for the production of "Our Town," in which Mr. Fox has a part. It will be given the last two weeks-end in January.

Mrs. Donna Astleford, who has been a library aide since September, resigned after the holidays for health reasons. Taking her place is Mrs. Arlene Watts, who has been a part-time tutorial aide at Firwood.

Mrs. Diane McClure, who has been a volunteer aide in the upper building has taken over Mrs. Watts' duties at Firwood. Gary Albers was selected to fill the third grade vacancy created by the resignation of Mrs. Sally Enz at Christmas time. He was graduated at the end of the winter term from Monmouth and at present is commuting from Newberg, where his wife is a bookkeeper. They will be moving to Sandy

in the near future and will live in one of the Marcy apartments.

John Gates and Gary Williams have returned to Sandy and are in the seventh grade. Other new seventh-graders since Christmas are Scott Ruple, Denise Kline, and Kathy and Karin Houghton.

Recent additions to the eighth grade are Buddy Houghton, Larry Gaines, Tammy Rogers, and Teddy Powers, the latter returning to Sandy after several years' absence.

The library has received notice of a gift subscription to Today's Health from the Clackamas County TB & Health Assn.

Mrs. Haneberg's first grade group is listening to poems about the weather. One was "Why Does It Snow?" The old woman was plucking her geese. The feathers go fluttering and swirling and turned into snow. It is fun to use our imagination. Many children are signing up on the chart "I am ready to read". We are practicing reading a story of our choice and reading it to others.

Mrs. Smith's Second Grade: In social studies we have been studying different occupations. We drew pictures

and wrote short stories about what we want to be. These are on the bulletin board. Some of the occupations we chose are nurse, housewife, secretary, teacher, pilot, policeman, baker and surveyor.

We are very eager to start cursive writing. Several of us already use it sometimes.

We made snowmen but had to use white tissue since no real snow was available at the time.

It rained in Mrs. Crow's class last week! The children have been learning about weather. Last week they learned how to make rain.

Mrs. Warren's third grade class at Firwood have written paragraphs about animal friends. The papers are displayed in the room and each child illustrated his work. The papers show that children have a deep feeling for their pets.

Mr. Albers is teaching Mrs. Enz's former class. He has just finished his student teaching in Newberg. Mr. and Mrs. Albers will soon be new Sandy residents.

John Martin recently won ribbons in two swim meet events.

Our new tutor at Firwood is Mrs. Diane McClure. We are grateful to have Mrs. McClure's assistance in helping students learn.

Conferences will be held all day Friday, Jan. 21 for grades 1-8. There will be no school for students that day. We hope to see all the parents of our children on this conference day. This is a time to really find out about your child's progress in school. It's also a chance to get acquainted with your child's teacher, and to see the school buildings and see where your tax money is being spent.

This is the time of year students seem to come and go at Sandy Elementary School. Mrs. Moore had Ranita Robinson move to Washington and Kerry Haley plans to leave on Friday to live in Portland. Mike Williams has come back to Sandy from Port Angeles, Washington and is in Mrs. Beehler's room.

With all of the stormy, rainy weather, the art work in the fourth grade room seems to tell us that the boys and girls would rather have some snow.

Mrs. Moore's children have an interesting mural depicting what they would like to be doing in the snow. A few cut out snowflakes are beginning to appear in each of the rooms.

Also, Miss Hamilton points out, there is increasing evidence that a sedentary life contributes to degenerative arterial disease as well as to obesity and its complications.

Armed suspect robs grocery

A coverall clad man robbed a local grocery store at gunpoint Jan. 6, making off with an undetermined amount of money.

Sheriff's reports said the 3 Boy's Market at 16225 NE Glisan was held up about 8:30 p.m., by a man in his 30's or 40's holding a revolver in his right hand.

The suspect, who entered the store and demanded money of clerk James C. Hutchins, also stole an unknown quantity of food stamps before fleeing the scene.

India staffer returns home

Diane Ginter recently returned to the local area from two years in India, as secretary to the Indian national director of Campus Crusade for Christ.

Miss Ginter, born and raised in the Bridal Veil area, is a former teacher of public speaking and English at Sandy High School.

Her talents were put to good use in India where she was also in charge of the work and training of native college women on campuses in the southeastern coastal state.

The Gresham High School graduate attended Western Conservative Baptist Theological Seminary and joined the Crusade in Aug., 1969.

She remained in India until Feb., 1971 when she became a secretary at the training center for Asian Crusade staffers in Manila.

"I worked with women on 11 campuses in Kerala," said Miss Ginter, "but our staff was too limited at the time to work with students on several more."

She lived in the seaport city of Cochin and said Crusade workers were barred from some colleges due to laws and the primary national religion, Hindu.

"There are about 2,000,000 college students in the country," she said, "and the Crusade expects to have representatives on the majority of the country's campuses by 1976."

"We found a great response to our work among students on the Kerala campuses," continued Miss Ginter, "because they felt they could find answers to questions which were bothering them by inviting

Christ into their lives... In 1970 alone, our staff or six welcomed over 5,000 people who had accepted His way."

The staff gained 11 new members last year, all Indians. This included the national director and his wife, Mr. and Mrs. Thomas Abraham.

Miss Ginter is now setting up speaking engagements for the director in the local area, which he will visit on his four to five month tour of the U.S., starting in April.

Though the Kerala state economy is based on a large trade in spices, coconuts, lumber, sugar and rice, she said it has one of the highest density problems in India.

"The average income there is

about \$56 a year," she said, "and you can't go anywhere, day or night, without seeing dozens of people sleeping on the streets and in doorways... there just isn't enough room for everyone and there isn't enough food."

The state consisting of ports, peninsulas, islets and canals, is just beginning to develop a fishing industry, with help of Norwegian fishermen.

Cochin is a very old seaport and has one of the biggest Jewish populations outside Israel, due to the large trade in silks and spices.

Miss Ginter, whose brother Dave is in charge of the "Plus One" singing group at Mt. Hood Community College, will be returning to India or the Philippines next fall.

Any club, church or civic organization wishing to book the Abrahams as guest speakers should contact Miss Ginter at 1-375-6256, Corbett, or write to her at Box 50, Bridal Veil.

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**NINTH SEMI-ANNUAL FINANCIAL STATEMENT
AS OF DECEMBER 31, 1971**

ASSETS	Dec. 31, 1971	Dec. 31, 1970	Increase (Decrease)	Percent Increase
Cash	188,947.00	210,327.03	(21,380.03)	
U.S. Government Obligations	1,950,000.00	1,000,000.00	950,000.00	
Other Securities	827,044.88	700,388.60	126,656.28	
Mortgages, Contracts & Loans	15,437,418.72	9,652,251.99	5,785,166.73	60%
Office Buildings & Equipment (Net)	582,211.19	374,920.24	207,290.95	
Investments Required By Law:				
F.H.L.B. Stock	150,000.00	91,700.00	58,300.00	
F.S.L.I.C. Secondary Reserves	23,657.28	32,517.74	(8,860.46)	
Other Assets	18,768.03	7,452.91	11,315.12	
Total Assets	17,228,047.10	11,171,579.87	6,056,467.23	54%
LIABILITIES & CAPITAL				
Savings Accounts	12,651,207.47	8,547,402.95	4,103,804.52	48%
Borrowed Money	1,386,068.54	450,256.38	935,812.16	
Loans in Process	155,204.16	102,322.07	52,882.09	
Borrowers Advances for Taxes & Ins.	100,306.29	119,958.48	(19,652.19)	
Other Liabilities	3,964.42	3,696.41	268.01	
Total Liabilities	16,246,750.88	10,323,636.29	5,923,114.59	
Capital Stock	657,180.00	596,268.00	60,912.00	
Surplus	232,100.70	185,255.06	46,845.64	
Reserves	92,015.52	66,420.52	25,595.00	16%
Total Capital	981,296.22	847,943.58	133,352.64	
Total Liabilities and Capital	17,228,047.10	11,171,579.87	6,056,467.23	54%

We, the undersigned, declare under penalties of perjury that we have examined the foregoing and, to the best of our knowledge and belief, it is true, correct and complete.

James E. Cartier
James E. Cartier, President

Yvonne Johnston
Yvonne Johnston, Secretary

MENU

SANDY
ELEMENTARY GRADE
SCHOOL MENU
MONDAY, Jan. 17
Tacos w-shredded cheese
Lettuce
Green Beans
Apricots
Milk

TUESDAY, Nov. 18
Bean Soup
Carrot Dollars
Peanut Butter Sandwich
Orange Halves
Milk

WEDNESDAY, Jan. 19
Meat Patty
Spanish Sauce
Perfection Salad
Hot Roll
Plums
Milk

THURSDAY, Jan. 20
Fish Sticks
Vegetable Salad
Bread, Butter
Milk
Pudding

FRIDAY, Jan. 21
No School

Tacos
w-shredded cheese

Peanut Butter
Sandwich

Christian Woman's Club

"A fresh start" is the theme for the coming luncheon of the Sandy Christian Women's Club to be held Friday, Jan. 14, at noon at Wongs Restaurant in Sandy.

An inmate from the Oregon State Penitentiary will be the guest speaker. To present music Dr. Hjordstvang will sing and the special feature will be presented by Irene McCall from Sandy's own Hobbit House. A style show will be held for those wishing to model clothes they have sewn.

Help 72 off to a successful start and be there.

Exercise burns calories

Did you overeat during the holidays?

If so, increase your physical activity to counteract the effect of those holiday foods, advises Tod Hamilton, Multnomah County extension home economist.

Overweight is caused by a constant oversupply of calories. Miss Hamilton emphasizes, there are only two ways to prevent the storage of body fat.

One is to cut the intake of calories, the other is to increase physical activity enough to use the excess calories.

Increased activity is the best answer to the prevention of overweight, says the nutrition specialist.

It is easier to obtain the nutrients required for good health if the food intake is generous.

When food intake is restricted, each food must be chosen very carefully for its contribution of significant amounts of nutrients.

Also, Miss Hamilton points out, there is increasing evidence that a sedentary life contributes to degenerative arterial disease as well as to obesity and its complications.

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THE LIGHT TOUCH
by HERB FENWICK

- ★ Thrift in a man is never more appreciated than when his will is read.
- ★ If the top men in government had to make out their own tax returns, we bet the forms would be a lot shorter.
- ★ One thing money can't buy is what it used to.
- ★ The life of a bill collector isn't all bad. Almost everyone asks him to call again.
- ★ Weatherman to another: "I figure there's a 40 per cent chance of showers, and a 10 per cent chance we know what we're talking about."
- ★ We may not know what we're talking about most of the time at Fenwick Feed Store, but we do have a lot wild bird seed to sell. Come in and see us at the 12 Mile Corner.

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