

PTA to meet

Sandy P.T.A. Board meeting will be held Tuesday, Feb. 1, at 7:30 p.m. in the grade school library.

SANDY Assembly of God

SUNDAY SERVICES

Sunday School 9:45 a.m.
Morning Worship..... 11: a.m.
Evangelistic Service 7 p.m.

Family Night
Wednesday . 7:30 p.m.

JIM DAVIS Church Phone
PASTOR 668-4964

Immanuel Lutheran Church

Morning Services 9 a.m.
Sunday School 10:15 a.m.
Adult Bible Class 10:15 a.m.

A Cordial Welcome is
Extended to All

PASTOR FRANK KOEPEKE
668-4232 - Church

SANDY CHURCH OF CHRIST

East Main at Hwy. 26

Bible Classes 10 AM
Morning Worship 11 AM
Evening Worship 4:30 PM
Midweek Bible Study (Wed.) 7:30 PM
Ladies Bible Class (Thur.) 10 AM

Forest D. Moyer
Minister
668-4114 Church
254-4624 Home

The Chapel of the Hilts

Between Sandy and Brightwood
A Community Church without
a membership.
You Will Be Welcome!

Bible School 9:45 a.m.
Morning Worship 11:00 a.m.
Evening Service 7:45 p.m.
Bible Study (Wed.) 7:30 p.m.

Thyre E. Strand, Minister
622-3260

ST. JUDES COLLEGIATE CHURCH

(An Episcopal Organized
Mission)
Sunday Family Services
9:30 A.M.

P.O. Box 57
321 Scenic Ave.
Sandy, Oregon
668-4108

Community Presbyterian Church

Sunday School 9:45 a.m.
Morning Services 11 a.m.
Westminster Fellowship
High School Group 7:00 p.m.

Nursery Care During Worship

Parsonage 668-4594
REV. E. L. NEUFELD

St. Michael's Catholic Church

Sunday Mass 9:30 a.m. - 6 p.m.

St. Johns Catholic Church
Welches, Oregon

Mass 6 p.m. Sat. 8 a.m. Sun.

Corner Strauss & Pleasant
Sandy, Oregon
Father Carl Gimpi 668-4444

Sandy Seventh - Day Adventist Church

Proctor and University

Sabbath School 9:30 a.m.
Morning Service 11:00 a.m.

You Are Welcome
Pastor
LARRY KURTZ
665-7096 - Home
668-6144 - Church



JENNIFER BURDICK
Worthy Advisor

Mt. View to install officers Saturday

The Mt. View Assembly No. 46 will install Jennifer Burdick as Worthy Advisor Saturday night.

She will be installed along with the other newly elected and appointed officers of the chapter. The program will begin at 7:30 p.m.

To be installed are elected officers: Jennifer Burdick, Worthy Advisor; Teri Martin, Worthy Associate; Sherri Day, Charity; Connie Eldridge,

Hope; Melanie Burg, Faith; Alisa Bradshaw, Recorder; and Tina Cansler, Treasurer. Appointed officers to be installed are: Shelly Halverson, Chaplain; Kathy Bond, Drill Leader; Linda Sieler, Love; Linda Wolf, Religion; Darl Wolf, Nature; Gwen Brinkley, Immortality; Vicki Parker, Fidelity; Debbie Salisbury, Patriotism; Karyn Moon, Service; Karen Zulauf, Confidential; and Julia Latimer, Musician.



MRS. LEONA CHRISTIANSEN acted as hostess for Mr. and Mrs. Wayne Scott, 406 Hood, Sandy, as friends and relatives helped them celebrate their 50th anniversary. The Scotts were married Jan. 9, 1922 in Vancouver, Wash. Mr. Scott worked for Beeson Chevrolet Co. until it sold to Ralph Richardson for whom he worked until he retired in 1961 because of his health. The Scotts have lived here since 1946.

Food class to help women

Some 1500 Clackamas County women will have the lesson "Food—The Key to Good Health" in Extension Study groups in February. The project is planned to show the relationship between the food we eat and our health. It will also help homemakers to evaluate eating habits and determine what changes, if any, should be made in their family diet.

Malnutrition is a major problem at all income levels.

Nutrition surveys are made by the Department of Agriculture each ten years, and the last survey indicated the nutrition level had lowered rather than improved in spite of more plentiful food supplies. Poor nutrition contributes to some of the leading health problems. Eating habits that affect health are formed early in life and become increasingly difficult to change. It is important then to select the kind and quality of diet that contributes most to the health of each family member.

Two types of malnutrition—nutrient excesses and nutrient imbalances—appear to be associated with one of our leading health problems, atherosclerosis.

While the specific cause has yet to be identified, several risk factors are known to be associated with the disease. We can prevent the great majority of the known risk factors by the style of living we choose—and particularly by the type of food we choose to eat.

We can help to keep the many good health factors our families now have by knowing about and preventing health problems before they arise. Serving nutritious foods to the family is one good place to begin. If there are certain eating habits that should perhaps be changed with good health for a lifetime in mind, begin today!

Sandy students seeking public response to recycling project

By JOYCE BOSTON

Did you know that 26 million bottles and jars are destroyed yearly? and 30 million tons of reusable paper are wasted? and 55 billion cans are tossed away?

Our resources are not going to last forever! We have got to start putting glass, newspaper, tin and aluminum back into use. Its not always economical but it is necessary.

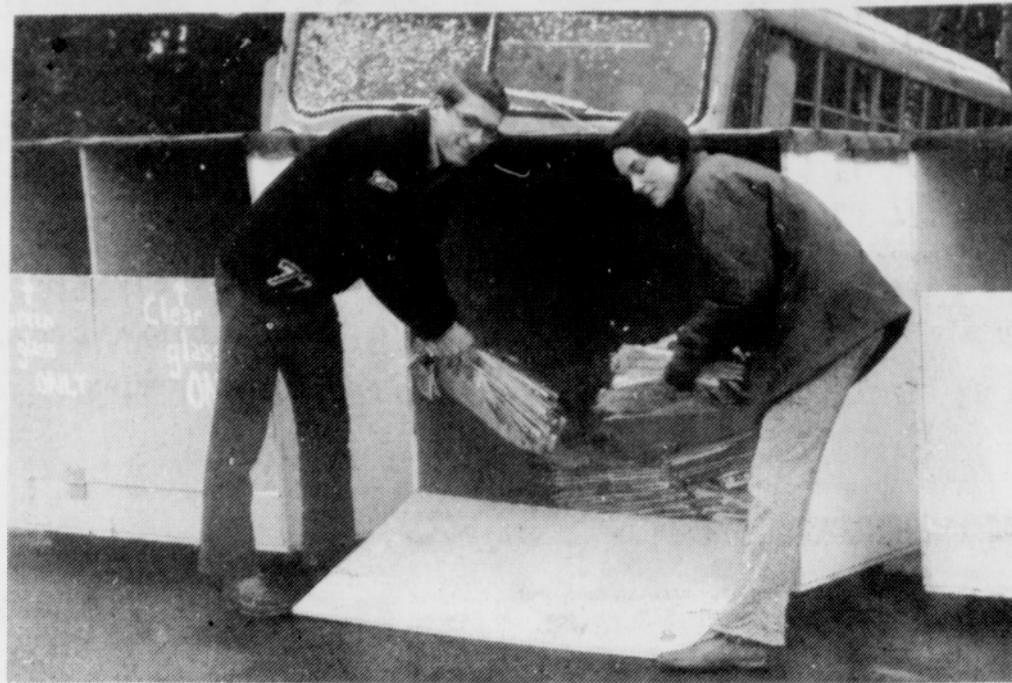
Wood especially should be of great interest to the Mt. Hood residents. The ever increasing demand for paper is expected to grow 100 per cent in the next 15 years. This will take thousands of our forests.

You can as a person help stop this onslaught on our environment. There are now Recycling Bins located at the Sandy High School on Bluff Road. The students are presently collecting newspaper and glass and plans call for the future collection of tin and aluminum cans.

The bins are open to public use, just put your bundled newspapers and separated glass in the individual bins.

If you come when any of the bins have been taken to the Recycling Centers in Portland, just leave your materials beside the remaining bins and the students will sort them later.

This program is hopefully going to earn money for the student body, but even if it doesn't everyone has a responsibility to our land to try and cut down on the use of our dwindling resources and recycle what we do use. The students would be grateful for your cooperation.



DON PLUMONDRE and Joyce Boston, students at Sandy High School, fill one of the recycling bins located at the school. The student body at Sandy High have established three bins on the school

grounds for the purpose of helping in the recycling of resources in the Sandy area. Area citizens are encouraged to take advantage of the bins to help in improving the environment in the area.

(Post photo)

Historical Society elects officers for new year

Mrs. Jean Heider of Tualatin was elected to serve a second term as president of the Clackamas County Historical Society at its January meeting in Oregon City.

Elected to serve with her for another year were Neal Cooper, Lake Oswego, first vice president; John Busch, Oregon City, second vice president; and Mrs. Melvin Dummire, Oregon City, treasurer. Mrs. R.D. Barnett, Oregon City, is recording secretary, Ella Lipp, Oregon City, corresponding secretary; Hedwig Notz, Clackamas, membership chairman; and Mrs. Ruth Allen, Portland, publicity chairman.

Elected to the board of directors of the Society were Carl Moline, Oregon City;

Colonel and Mrs. Rudolph Stewart, Canby; Mrs. Charlotte Smith, Damascus; Ernest Heinrich, Carver; Curran Cox, Gladstone; and Mrs. Anne Baurer, Estacada. Other members of the board of directors are Mrs. Georgia Farmer, Mrs. Nadiene Millin, Mrs. Lillian Monahan, Mrs. W.E. Reber, Mrs. Carl Shaffer, Mrs. Sam Stoller, Mrs. Lucille Geigle, Dr. J. V. Robertson, Mrs. George Gustafson, Mrs. Murray Miller, Mr. and Mrs. Ralph Williams, and Mrs. Irene Meyer. Mrs. Vera Lynch, Oregon City writer and former president of the Society, was installing officer.

Slides of the earliest pictures of Oregon City were shown following election and installation of officers. They had been selected for viewing from the Society's extensive collection by Wilmer Gardner who is in charge of its cataloging and maintenance.

Murray Miller of Oregon City will show slides and relate the history of the 22½ acre camassia area near the West Linn High School at the February meeting. This "natural rock garden" is owned by the Nature Conservancy, Inc., of Washington D.C. It is a natural area being preserved without development of any kind.

Chiropractic clinic opens

Sandy Chiropractic Clinic will open its doors on Feb. 1. The new service in Sandy will be located at 516 Proctor Ave.

Tom Wright and Garry W. Cannard are opening the office, they currently have an office also in Gresham.

This branch office in Sandy will be open on Tuesday, Thursday and Saturday each week.

Both men are married and have been operating the Gresham office for six months.

Seamstress techniques up dated

Are your sewing techniques out of date? Today's fabrics call for new knowledge—beginning with selecting the appropriate pattern right through cutting, stitching, pressing, lining, and applying the finishing touches.

To help home seamstresses work with the new materials now found in fabric shops, the Oregon State University Extension Service has released a series of circulars that may be obtained free through county extension offices.

Extension Circular 789 deals with sewing on fake fur, deep pile, and pile fabrics. EC 790 describes techniques for sewing with woven fabrics of man-made fibers. EC 791 tells how to sew with stretch and vinyl fabrics; EC 792 with double knit fabrics; and EC 793 with bonded and laminated fabrics.

In addition to the "Sewing on Today's Fabrics" series, the Extension Service has recently published EC 794, "Sewing with Leather." This circular gives directions for choosing the pattern and skins, laying and cutting the pattern, construction techniques, and pressing. Included is a section on caring for the leather garment after it is made.

Fish agencies hold meeting

The Fish Commission of Oregon and the Washington Department of Fisheries will hold a joint public hearing on Monday, Jan. 31, at 10:30 a.m. in the second floor auditorium of the Public Service Building, 920 S.W. Sixth Avenue, Portland.

The purpose of the meeting is to adopt commercial fishing regulations for the Columbia River. Regulations to be considered include definitions for: (1) open and closed fishing areas, (2) fishing seasons for food fish other than salmon, and (3) Indian subsistence fishing. The staff will review the 1971 seasons and make preliminary forecasts for 1972 salmon runs.

Any interested parties may submit written or oral comments during this hearing. Written communications should be addressed to the Fish Commission of Oregon, 307 State Office Building, 1400 S.W. Fifth Avenue, Portland, Ore. 97201

MENU

SANDY GRADE

MONDAY, Jan. 31

Pork and Gravy over

Buttered Rice

Yellow Jello

Lettuce

Hot Biscuits

Butter

Milk

TUESDAY, Feb. 1

Chili Con Carne

Vegetable Stick

Corn Bread with

Honey Butter

Applesauce

Milk

WEDNESDAY, Feb. 2

Scalloped Potatoes w-

Cheese and Ham

Pineapple Cole Slaw

Bread, Butter

Frosted Chocolate Cake

Milk

THURSDAY, Feb. 3

Coney Island Hot dog

on Submarine Roll

Carrot Dollars

Plums

Milk

FRIDAY, Feb. 4

Vegetable Soup

Bologna Sandwich

Celery Stick

Chocolate Surprise

Milk

Sandy Woman's Club

The Feb. 3 meeting of the Sandy Woman's Club promises to be most interesting. Featured on the program will be Miss Marylise Lemmens of St. Pieters Voren, Belgium, the American Field Service exchange student now attending Sandy Union High School.

Miss Nancy Root, American Field Service returnee from a summer with a family in Norway will be co-speaker. Nancy is the first American Abroad exchange student in several years from the high school and her experiences should prove most interesting. Everyone is invited to attend.

The meeting will begin at one o'clock with a dessert luncheon served by Mrs. Ruth Mitchell, chairman, and Mrs. Alice Olson, Mrs. Minnie Reed and Mrs. Ruth Burg.

At the January meeting the club expressed interest in participating in helping sponsor a Rose Festival float commemorating the Sandy Centennial. Mrs. Frances Croston was appointed as club representative to attend the group meetings.

Home robbed

A clock radio, revolver, electric shaver and jewelry valued at \$145 were reported stolen Jan. 21, from the home of Terry Caldwell, 106 Cedar Ln., Wood Village.

A tape recorder, sleeping bags and trading stamps valued at \$196 were reported stolen Jan. 23 from the home of Elma Crumley, 2115 SE 184th, according to sheriff's reports.

CYCLOGY SET



WHETHER ON THE ROAD OR IN AN ARGUMENT, WHEN YOU SEE RED, STOP!

Here's one point on which Sandy Rexall Drug customers agree: satisfaction is sure - service is friendly and helpful.

S&H Green Stamps
Clackamas County
Bank Money Orders

Pay Station for
P.G.E.
West Coast Telephone
Northwest Natural Gas

SANDY
Rexall Drug
Ph. 668-4111
310 PROCTOR AVE - SANDY, OREGON 97055

Sandy Chiropractic Clinic

Wish to announce
the opening of a New
Office in Sandy

The Office Located
at 516 Proctor Ave.,
Sandy, Oregon, will open
for business Feb. 1

Tuesday & Thursday 9-6 Sat. 9-1

Associates
Tom Wright D.C.
668-5117
666-4531 Garry W. Cannard D.C.

THE LIGHT TOUCH

by HERB FENWICK
Win \$25 Cash

ENTER FENWICK'S CONTEST TODAY

I'm frequently asked where I "dig up" the material for the Light Touch column. Some of the material is given to me by our customers.

I'm running out of "one liners" so if you have a "good one" that is short and suitable for the Light Touch column, write it down and bring it in to Fenwick Feed Store, 12 Mile Corner, Gresham.

If yours is the best one received you will win \$25 cash plus your name and winning joke will appear in the Light Touch column. All material received will be the property of Fenwick Feed Store.

Contest ends March 1st, 1972.

FENWICK FEED STORE at 12 Mile Corner.

Castle Fashions

QUEEN SIZES
16½-32½ 18-60

This is what our regular customers have been waiting for.

Our new customers are in for a big surprise.

Our special 1 week sale to completely clear our floor for Spring.

DRESSES ... \$3. \$5. \$7. \$10
BLOUSES ... \$5.
ROBES ... \$5.

12039 S.E. STARK, PORTLAND 253-4249
515 N.E. 78th, VANCOUVER 694-4251
EUGENE 132 EAST 13th AVE. 343-0417



CARROLL FUNERAL HOME

257 S. ROBERTS AVE. GRESHAM, OREGON
PHONE 665-1117

The treasure of a nation
is the honesty of its
people.

-Confucius

