

Area Keep-Well clinics announced

The Clackamas County Community Action Agency has released the latest dates and places for senior citizen Keep-Well Clinics in Clackamas County.

The Estacada clinic will be at Estacada Loaves and Fishes, 478 NW Wade on April 25 and 27 from 9 a.m. to noon.

All Clackamas County residents 60 and older are welcome. Those who wish to attend are asked to make an appointment.

In Sandy the clinic will be at the Sandy Senior Center at 38885 Pioneer Blvd. on April 20 and 21 from 9 a.m. to noon.



Business leaders place

MEMBERS OF Future Business Leaders of America (FBLA) from Sandy High entered state competition at the Hilton Hotel April 15-16. Jenny Johns (pictured center) and Ellen Engdall placed first in the poster event, Heather Miller was third in Accounting I, Becky Swanson was fourth in job interview, Renee Remmick (pictured right) was fifth in extemporaneous speaking and Jimmy Kim (pictured left) was fifth in Shorthand I. (Post photo)

McKenzie to head Hoodland Chamber

Wally McKenzie has been elected president of the Hoodland Chamber of Commerce for 1977-78.

The annual Fourth of July Fireworks display will again be held under the direction of Wes Post.

Bazaar nears

All interested persons are invited to display and sell handcrafts at the Sandy Grange spring bazaar.

The bazaar will be held May 6 and 7 at the Grange Hall on Kelso Road.

Those who wish to display may make table rentals by calling 668-4317, 668-7519 or 668-4866.

Masseuse lets her fingers do the talking

Story/photos by Suzanne Ashmun

Madonna Polley talks with her hands. The 25-year-old Sandy area woman is a masseuse. "My job is to work out the kinks and tensions," she said. She got interested in massage, which she considers an art, when her mother was injured in an automobile accident. With Madonna's help she eventually made full recovery.

"My father always had aching feet so I was able to help him, too," Madonna said.

Later she worked with the elderly in a convalescent home where another woman taught her some of the finer points.

Massage is a kneading or rubbing of the body to stimulate circulation and make muscles or joints supple. "Muscular tension is kind of a mirror effect on the state of health," she masseuse said.

Also licensed to practice massage by the Oregon State Board of Health are Glenn Knox and John Wynhausen. A man who practices massage is a masseur.

Most people prefer masseuses, Madonna's husband David said.

"Women usually prefer a woman to work on them—and so do men," he said.

Massage is not to be confused with chiropractic, John, a student at Western States Chiropractic College, said.

"I don't crack necks or backs," Madonna explained.

Madonna's specialty is foot reflexology, which is based on the theory that nerve endings in the body correspond to nerves that end in certain spots in the feet. Until a person has had a foot massage, it's difficult to imagine the sensations that can revolve around ten toes.

"There are sensory impulses that come right through the middle of the spinal cord and end in the feet," John Wynhausen said.

Madonna, who has studied at seminars sponsored by the Massage Association and Polarity Therapy School, uses a combination of methods in her work, including a bit of the pounding found in Swedish massage, acupressure and polarity.

There are few wasted motions as Madonna's hands slip and slide over tired muscles from the neck down to the toes. Firm yet soothing, she lets her fingers do the talking.

The masseuse said she has cured migraine headaches and alleviated back pains.

"But I don't claim to be a faith healer or consider massage a cure-all," she said.

One of the problems facing the legitimate masseuse is the seamy image many people have of massage parlors. The Polleys chose the rather staid name of Natural Therapeutic Center for their business at 109 NW 1st St., Gresham.

"We didn't want people to get the wrong idea," Madonna said.

There are ways to differentiate between the real and the pseudo-massage parlor.

"The hours are one thing—if they're open from 10 p.m. to 4 a.m. you know there's something funny going on," Madonna said.

Only qualified masseuses and masseurs are licensed by the state. They must pass a test similar to that required of nurses and other professionals.

Soft spoken and low key, Madonna revealed that many people are hesitant when they have their first massage.

Many gynecologists could take some tips from Madonna on how to make people relax. She brings in towels and a blanket, leaving the room while the customer partially undresses and lays down on the raised table softened with a foam rubber mattress.

She puts nerves at ease as she begins the massage. The tension begins to evaporate as her hands slide over back, neck, forehead, feet.

"Most people will let you work on their feet," she said, "but at first they just don't know if they want you to hold their hands."



MADONNA POLLEY, a masseuse at Natural Therapeutic Center, practices her art on masseur John Wynhausen.



FOOT REFLEXOLOGY is a specialty of masseuse Madonna Polley.

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Janna Shokey takes honor

Sandy High School student Janna Shokey has been named a winner of the Earth Week Poster Contest sponsored by the Clackamas County Earth Week Committee.

Winners in five individual entry categories in a poster and photo contest will receive \$25 Savings Bonds. Classroom groups who entered will win a puppet show and classroom drama presentation.

Janna and the other winners will accept their awards on Saturday, April 23, at Clackamas Community College during the dedication of the college's new Ecology Learning Center. Janna is a freshman at Sandy High School.

The dedication and awards ceremony will take place at 2 p.m. Winning entries will be on display until April 23.

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Agging program hearing set

A public hearing will be held at the Sandy Senior Center, Oddfellows Hall, on Tuesday, April 26, at 1 p.m. for the Clackamas County Area Agency on Aging proposed program for 1977-78.

The proposed goals and budgets for the county's aging programs will be discussed. The public is invited to attend this hearing.

Jazz night set at MHCC

The Sounds of the Saints Jazz Night will start at 8 p.m. Thursday, April 28 at Mt. Hood Community College.

The concert will feature the vocal jazz ensembles and the stage bands from the performing arts division.

Tickets for the performance are available at the MHCC bookstore, or reservations can be made by calling 667-7181. Admission is free for senior citizens with a Golden Age Card.