

Keeping Posted:**Ullman to visit here**

Monday, Aug. 11
U.S. Rep. Al Ullman, D-Ore., will visit Sandy at 9:30 a.m. and make a tour of local visits.

Tuesday, Aug. 12
Sandy Chamber of Commerce meets at noon at TJ's Fireside Dining, 39024 Proctor Blvd.

Wednesday, Aug. 13
The Cottrell School Summer Movie Program concludes at the Gresham Hood Theatre with "Arabian Adventure" today and Thursday. Show time both days will be 1:15 and 3:30 p.m.

Thursday, Aug. 14
Welches School Board meets at 8 p.m. in the office of the school.

The Rebekah Lodge meets at the I.O.O.F. Hall at 8 p.m.

The Golden Age Club will hold its semi-monthly potluck at noon at the Sandy Senior Center, 38855 Pioneer Blvd.

Evolution is topic

The Chapel of the Hills will host two special events in the upcoming week.

Sunday, Aug. 10, Dave Patterson, missionary to the Navajo Indians in Flagstaff, Ariz., will conduct the Sunday service at 11 a.m. A special "get-acquainted" gathering will follow.

Then, **Tuesday, Aug. 12,** Mace Baker will discuss "Creation versus Evolution." Baker will have a slide presentation to talk about what prehistoric fossils really tell us. The talk will begin at 7:15 p.m. at the Chapel of the Hills.



Can you name this group of people? The Sandy Pioneer Association is attempting to identify the specifics of this photograph: where it was taken, when, and the occasion. If

you know any of this information, contact the Pioneer Association, P.O. Box 652, Sandy.

Autobiography eyes yoga, music

by BARBARA WATERHOUSE
for The Post

After finishing "Unfinished Journey," the autobiography of Yehudi Menuhin, I was beset by a swirl of images — his wise and loving parents, adoring sisters, his children and ballerina wife, steamer trunks covered with travel stickers, and an address book filled with the names of the musical and literary elite of the world. Too much to cover in this review.

There is his enthusiasm for Eastern music and the serious practice of Yoga. Also, the amusing account of his screen test for "The

Magic Bow." He lost the part of Paganini to Stewart Granger, but supplied the music.

I have selected, instead, a few of his thoughts about life and discipline that reveal the lyrical character of his mind.

"Skepticism belongs to adults. Remembering childhood, most people will admit that they had faith to move mountains. I too was convinced I could work miracles, but it wasn't a judgment of my capacities; rather it was the conviction that a supreme effort of concentration, or of prayer, could release one from natural laws.

"I have learned that harsh whips of determination

cannot drive one to performing pitch, but that one is led there by the quiet exercise of principles grasped by the mind and absorbed by the body over stubborn years of faith. No experience can be isolated from violin playing, that the flexibility with which one holds violin and bow, the mastery which does not grab or dominate, has illuminating parallels in human relations."

"Like seeds walled up in an Egyptian pyramid for millennia, which will sprout if only given air and water, certain impressions, ideas, and enthusiasms may lie dormant within a life for many years before some

impulse from events brings them to blossom and to fruit."

Yehudi Menuhin knows how to live, and he does it in the rarefied atmosphere of musical genius.

Other new books at Sandy Public Library include "The Law of the Land" by Charles Rembar, "The Aquarian Conspiracy" by Marilyn Ferguson and "Nebula Winners Thirteen" edited by Samuel Delany.

New juvenile books include "Drug Use and Drug Abuse" by Geraldine Woods, "Drawing People" by Elliot Ivenbaum and "The Pentagon Spy" by Franklin Dixon.

Welches sets lunch policy

Welches Elementary School last week announced its policy for free and reduced-price meals and free milk for children unable to pay the full price of meals and milk under the National School Lunch and Special Milk Programs.

Local school officials have adopted a family-size income criteria for determining eligibility.

Children from families whose income is at or below the adopted levels are eligible for free meals, reduced-price meals and-or free milk. In addition, families not meeting these criteria but with other unusual expenses, such as unusually high medical expenses, shelter costs in excess of 30 percent of income, special education expenses due to the mental or physical condition of a child, and disaster or casualty losses, are urged to apply.

Application forms are being sent to all homes in a letter to parents. Additional copies are available at the

school office. The information provided on the application is confidential and will be used only for the purpose of determining eligibility. Applications may be submitted at any time during the year.

To discourage the possibility of misrepresentation, the application form contains a statement above the space for signature, certifying that all information furnished in the application is true and correct. An additional statement is added to warn that the application is being made in connection with the receipt of federal funds, that school officials may, for cause, verify the information in the application, and that deliberate misrepresentation of information may subject the applicant to prosecution under state and federal criminal statutes.

In certain cases foster children are also eligible for these benefits. If families have foster children living with them and wish to apply for such meals and milk for

them, they should contact the school.

Under the provisions of the policy, Superintendent K.C. Blackburn will review the applications and determine eligibility. If a parent is dissatisfied with the ruling of Blackburn, he may wish to discuss the decision with him on an informal basis.

If the parent wishes to make a formal appeal, he or she may make a request either orally or in writing to the hearing official, Don Thornberg, P.O. Box 210, Welches, or at 622-4636, for a hearing to appeal the decision. The policy contains an outline of the hearing procedure.

If a family member becomes unemployed or if family size changes, the family should file a new application. Such changes may affect the eligibility of the children.

The office of the superintendent has a copy of the complete policy which may be reviewed by any interested party.

TRAILBLAZER
Solid Fuel Stoves

is proud to announce

New Dealers in the Sandy-Hoodland area:

GENE & JEANNIE SHANNON

in Zig Zag, Oregon



PARLOR



STEP DOWN



FIREPLACE INSERT

To see stoves, call 622-3552

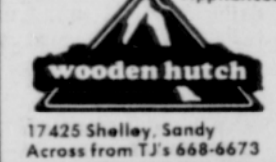
5 p.m. to 9 p.m.

SALES & INSTALLATION

- Holds fire all night
- Cool spring handles
- Easy-open draft system
- Burns without grate
- Firebrick lined
- Solid Steel construction
- Adaptable to fireplace
- Easy clean-out
- Designed with confidence
- Built to last



Wood Stoves
Furniture
Custom-built
Cabinets
Quality
Appliances



17425 Shelley, Sandy
Across from TJ's 668-6673

The Sandy Post

(USPS 481-180)

MEMBER Oregon Newspaper Publishers Association, National Newspaper Association and U.S. Suburban Press
Published weekly Thursdays by The Outlook Publishing Co., Box 68, Sandy, Oregon 97055. Second class postage paid at Sandy, Oregon.

668-5548

SUBSCRIPTION RATES

In Multnomah and Clackamas Counties, per year	\$8.00
Multnomah County	\$9.00
Elsewhere in Oregon	\$10.50
In Northwest and Pacific Coast States outside Oregon per year	\$13.00
Outside Northwest and Pacific Coast States, per year	\$16.00

Sandy Post, Sandy, Oregon 97055 No. 32 Aug. 7, 1980



A familiar sign. One that you react to instantly. Are you as familiar with your automobile insurance policy? We hope so. If not, we can help

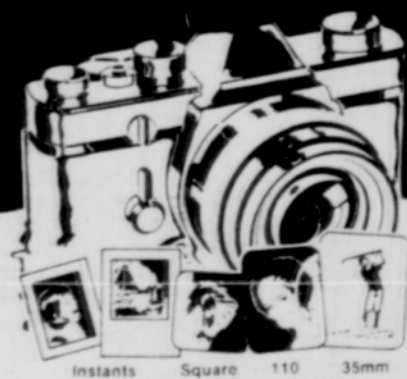
Don't be under-insured.
Come see us today.

668-5527

39031 Proctor Blvd., Sandy, Ore.

Across the street from TJ's
Sandy Insurance Agency Inc.

"Your home-owned & independent agency"



COPY PRINTS
FULL COLOR **39¢** EA.

No negative needed! Makes standard size color print direct from your color print

COPY PRINTS
COUPON MUST ACCOMPANY ORDER **39¢** EA.

VALID ENTIRE MONTH OF AUG. 1980

Sandy Rexall Drug
Phone 668-4111
Hoodland Park Pharmacy
Phone 662-3400

A SPECIAL
OFFER FOR PGE
ELECTRIC HEAT CUSTOMERS

Now is the best time to insulate and install storm windows.

- No money down.
- No interest.
- No repayment until you sell your electrically-heated home.



Call PGE today for a free home energy check-up.

PGE WEATHERIZATION PROGRAM
INCLUDES: Insulation of ceilings, floors and walls; installation of storm doors and windows (including double glazing); ground cover in crawl spaces; caulking weatherstripping; wrapping ducts and pipes; attic ventilation; heating system set-back controls. A PGE-inspected and weatherized home is your assurance of maximum comfort and significant savings in energy and money. It's a nice feeling to be ready for winter in a weatherized home.

Get a head start on winter chills and higher electric bills by weatherizing now. Insulation contractors are not as busy now as they will be when the fall winter heating season arrives.

Call PGE for a free, no-obligation home energy check-up that will determine your home's weatherization needs.

If more insulation, storm windows, weatherstripping or caulking are needed... most anything to stop heat leaks... and the installed cost of these selected energy savers is cost effective. PGE will arrange for the work to be done with no money down, no interest and no repayment until you sell your house. This program is limited to homes of PGE electric heat customers built prior to June 30, 1978.

Studies show that customers who have taken advantage of the PGE Weatherization Program are saving an average of 4,121 kWh annually or about \$130 a year. Call now for an energy check-up and we'll even wrap your electric water heater free. We want to help.

To make a home energy check-up appointment call the PGE Weatherization Coordinator for your area:

Central (Portland)	226-8880
Gresham	661-5000
Oregon City	655-6321
Western (Beaverton, Hillsboro, St. Helens)	643-5454
Willamette Valley (Salem, Woodburn)	585-4410

PGE

People with energy-saving ideas for you.