

about people

engagements



Gary Martin and Tia Bailey

Bailey/Martin

A pair of Sandy High graduates have set May 2 for their wedding date.

Tia Bailey and Gary Martin will be married in the United Methodist Church in Gresham.

The bride-to-be is the daughter of Mr. and Mrs. Jim Bailey of Solso Road in Sandy. She graduated from SUHS in 1980 and is currently employed by Fred Meyer.

Savings and Loan.

The groom-to-be is the son of Mr. and Mrs. Charles Martin of Firwood Road in Sandy. He graduated from SUHS in 1979 and is employed by the U.S. Air Force.

Following the May 2 wedding, the couple will make their home at the Maxwell Air Force Base in Alabama.

Colt/Proctor

A July date has been set for the wedding of Julie Ann Colt of Boring and Royal Dean Proctor of Sandy.

The bride-to-be is the daughter of Stephen and Virginia Colt of Leewood Lane in Boring. She graduated from Sandy High School in 1979 and is currently enrolled at Mt. Hood Community College studying nursing.

The groom-to-be is the son of Will and Evelyn Proctor of

Langensand Road. He also graduated from SUHS in 1979 and is currently employed by Braval Excavation Company as a heavy equipment operator.

The wedding will be held July 25 at the Sandy Assembly of God Church.

Couple sets wedding date

A May 2 wedding date has been set by Cindy Lee Estes of Rhododendron and Paul Jeffrey Spaniol of Portland.

The bride-to-be is the daughter of Judy Estes of Timberline Rim and Robert Estes of Vancouver, Wash. She graduated from Sandy High School in 1978 and Mt. Hood Community College in 1979.

She is currently employed in business management.

The groom-to-be is the son of Henry and Elizabeth Spaniol of Portland. He attended Benson High and is currently employed by Reynolds Metals Company of Troutdale.

The wedding will be held at the Bennett Chapel Methodist Church in Portland.

The doctor says:

April injuries common

As the spring sports season approaches, it is necessary to comment on proper and improper methods of athletic training and conditioning, according to Dr. Robert Cook.

Cook is an orthopedic surgeon specializing in sport injuries.

He said that in the office of orthopedists, particularly those involved in sports medicine, there is a twice annual peak of patients who are evaluated for symptoms of injury related to improper conditioning.

Expected aches and pains are the innocuous end of the spectrum. Tendon ruptures, muscle tears and stress fractures are at the other end.

Dr. Robert Cook

Cook said that it seems to occur in preparation for the spring track season and again, later in the year, for fall sports.

By virtue of their youth and associated health reserves, many young athletes are able to ignore year-round conditioning and embark on a hasty, two-to-three week "get in shape campaign."

A significant number of athletes, however, are not so fortunate. When an individual goes from a prolonged time of inactivity, then suddenly makes excessive

demand on his bones, joints, tendons and muscles, he is at great risk for incurring an acute injury. Perhaps even more important is the potential for developing one of the many "overuse symptoms."

Cook said that expected aches and pains and minor joint stiffness are the innocuous end of the spectrum. Tendon ruptures, muscle tears and stress fractures are at the other end. No age group is immune to overuse syndromes. If an individual suddenly subjects his body to aggressive activities beyond its current level of conditioning, an overuse syndrome is likely to result.

Cook recommends that the young athlete should develop an appreciation for year-round conditioning early in the career. Athletes must realize that bone and other musculoskeletal tissues are dynamic and require gradual demands and measured training to develop the strengths required of the many activities pursued in our sports-oriented society.

The impatience of youth is often rewarded in negative fashion by those who delay their training until a few short weeks prior to competition.

Cook is also concerned about the athlete who develops a compensatory injury by attempting to return too quickly when recovering from an initial injury. Physicians and other individuals in positions of responsibility must advise the young athletes to monitor their training to help prevent these all-too-common occurrences.

HYPNOSIS

Clinic and Private

FOR:

- STRESS
- FEARS
- SPORTS
- SMOKING
- BEDWETTING
- NAILBITING
- WEIGHT
- MEMORY
- SELF-CONFIDENCE

Call 668-4221

Billie McNutt, PH.D., Certified Union Hypnotherapist

Classifieds ad hotline - 667-6633

Dilly Down Daffys



Spring Has Blown Our Mind & The Price On Daffodils!

Reg. 69¢ bu.

NOW 33¢ bu.

Rancho
SELF-SERVICE
FLOWERS

IN THE GRESHAM MALL

On Burnside. Good at all 8 Rancho locations

Expires 4/5/81

PUBLIC NOTICE

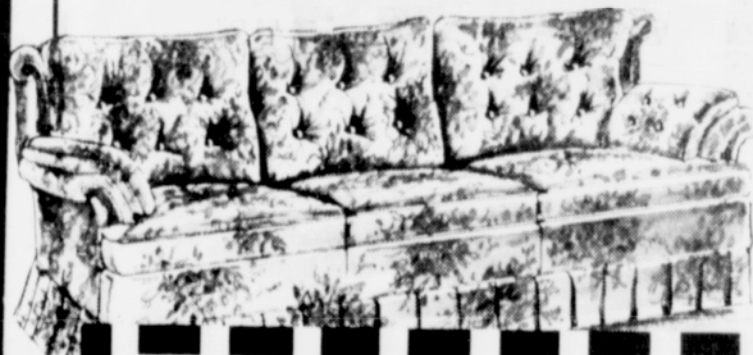
The Gresham Podiatry Clinic

E. Kruszewski DPM
Foot Specialist

Has Moved To:
HOOD CENTER
PROFESSIONAL
BUILDING

1217 E. Burnside
Suite 603 "C"
GRESHAM
Phone: 667-6102

NEW FURNITURE AT A FRACTION OF THE COST!



GET ACQUAINTED OFFER!

\$33

OFF any reupholstery work done. Offer includes labor and minimum purchase of 6 yards fabric.

Versatile Interiors can re-upholster your furniture for substantial savings compared to new furniture prices. A qualified professional will come to your home and help you select fabrics that will complement your home decor. In a short time, your furniture will look like new. All work is handled by experienced craftsmen, and each job is guaranteed.* Versatile Interiors will pick up and deliver your furniture free, in the Tri-County area.

Sofas From \$139

Chairs From \$69

(depending on yardage and fabric)

*Workmanship is guaranteed

VERSATILE INTERIORS

CALL TODAY! 285-8225

50% RETURN ON YOUR MONEY?

Unbelievable? Maybe!
But others are getting it . . . why not you?

FREE SEMINAR

Meet the man who turned \$1000 into 3½ million in just three years. Lloyd Sharp is the name, and he did it in residential real-estate in Portland. He'll tell you how he did it and most important, he'll tell you how you can too. BRING NO MONEY; NO CHECK-BOOK; JUST YOURSELF.

No one has done worse than a 50% annual return on his money who has followed his advice, and if you qualify for a Keogh, IRA or TSA plan, you can do this on money before taxes.

THE PLACE:

Mt. Hood Community College
26000 SE Stark, Gresham

THE TIME: 7 P.M., THIS THURSDAY, APRIL 2nd.

Art Mall Theater, Come Early! Seating is Limited to 225 people.

EGG BEATERS!

Bunny Hop To Our
SUPER SAVER SALE!

Thru Easter Only! Gifts, Everything, Is On Sale!

But especially to hunt out our Limited Egg Tags marked "Chickie Quickie" They are one of a kind!

So the early bird will get the best & biggest bargain!

Example: SPECIAL GRANDFATHER B1932

REG \$2195, LESS \$1250

NOW \$945

Our Big Bird Says He Likes Layaways, Visas, Besides Checks & Cash.

THE CLOCK WORKS
Antiques & Gifts

• Gresham, 501 E Powell, 665-7900

• Portland, 3350 NE Sandy, 234-3291