

# Public Notices

## SECOND NOTICE OF SUPPLEMENTAL BUDGET HEARING

Notice is hereby given that a meeting of the governing body of Sandy Elementary School District No. 46, County of Clackamas, State of Oregon, will be held at Cedar Ridge School Library on the 10th day of August, 1981 at 7:00 p.m. for the purpose of discussing with interested persons the supplemental budget for the fiscal year beginning July 1, 1981 and ending June 30, 1982. The First Notice of Supplemental Budget Hearing and the Financial Summary were published in the Sandy Post on July 23, 1981. A copy of the budget document has approved by the Budget Committee may be inspected or obtained at 39065 Pleasant St., Sandy, Oregon between the hours of 8:00 a.m. and 4:30 p.m.

ATTEST:  
Clark Lund, Clerk  
Calvin G. Jones  
P781-15  
7-30

## PUBLIC HEARING

The Sandy Planning Commission will conduct a public hearing on August 5, 1981 to consider various land use and zoning designations for tax lot 1300, section 13, map AD, R4E for property at 39950 Mt. Hood Highway, 26, applicant, Dick Meinig. This property was considered at previous public hearings and has been remanded back to the Planning Commission to consider various land use and zoning designations not previously considered. Options under consideration include commercial, medium density residential and high density residential plan designations and the corresponding zoning designations of C-2 General Commercial, R-2 Medium Density Residential, and R-3 High Density Residential. Various combinations of these designations may also be considered. More information on the application may be obtained at City Hall.

Prior to the public hearing, the Planning Commission will hold a workshop session on the site at 7:00 p.m. The public hearing is scheduled for 7:30 p.m. in the City Council Chambers at Sandy City Hall.

Don Wilson  
City Planner  
P781-12  
7-30

## PUBLIC HEARING

The Sandy Planning Commission will conduct a public hearing on August 5, 1981 to consider amendments to Chapter 17.12 of the Sandy Municipal Code. These provisions would permit the nonconforming use of a structure to be changed to another nonconforming use under controlled circumstances. The public hearing is scheduled for 8:00 p.m. in the City Council Chambers at Sandy City Hall. Due to other matters being considered by the Planning Commission, the actual conduct of the public hearing may take place later in the evening. The public is invited to attend and give testimony.

Don Wilson  
City Planner  
P781-13  
7-30

## PUBLIC HEARING

The Sandy Planning Commission will conduct a public hearing on August 5, 1981 to take public testimony on amending the off-street parking provisions of the Sandy Municipal Code to permit gravel parking lots under controlled circumstances. The public hearing is scheduled for 8:30 p.m. in the City Council Chambers at Sandy City Hall. Due to other matters being considered by the Planning Commission at this meeting, the actual conduct of the public hearing may occur later in the evening. The public is invited to attend and give testimony.

Don Wilson  
City Planner  
P781-14  
7-30

## PUBLIC NOTICE

Annual Budget Open for Inspection  
On Monday, June 22, 1981, the Sandy City Council enacted the city's budget for fiscal year 1981-82. A summary of the enacted budget showing the intended uses of Revenue Sharing funds and information supporting the budget actions taken by the Council is available for public inspection at City Hall weekdays, 8:00 a.m. to 5:00 p.m. and is also available at the Sandy Public Library.

Roger Jordan  
City Manager  
P781-16  
7-30

## CITY OF SANDY, OREGON

**Meinig Avenue Walkway**  
Sealed proposals for constructing an asphaltic concrete walkway and patching sections of the street in the City of Sandy will be received by the City Manager at City Hall in Sandy until 10:00 a.m. Pacific Daylight Time on August 6, 1981, and thereafter will be publicly opened and read.  
This proposal consists of constructing an asphaltic concrete walkway adjacent to Meinig Avenue and patching sections of the street.  
Specifications and Contract Documents may be examined at Sandy City Hall, 39250 Pioneer Blvd., Sandy, Oregon 97057. Copies may be purchased by

qualified prospective bidders upon the receipt of \$10.00 by check made payable to the City of Sandy, Oregon. The purchase price will be refunded only when a bid is submitted. Otherwise the payment will be retained to offset the cost of printing.

Proposals must be submitted on the forms furnished with the Specifications and must be accompanied by a bidder's bond in the form of a certified check in an amount equal to or exceeding ten percent (10%) of the total bid. A one hundred percent (100%) corporate surety performance and payment bond will be required at the time of execution of the Contract. A maintenance bond guaranteeing the repair of all damage due to improper workmanship or materials for a period of one year after acceptance of the work by the City will also be required. The successful bidder must show evidence of adequate liability and property insurance.

The City of Sandy reserves the right to reject any or all bids for good and sufficient reasons. The award of the Contract will be made to the responsible bidder submitting the lowest acceptable proposal.  
By Order of the Mayor and City Council of Sandy, Oregon.  
Dated at Sandy, Oregon, The 23rd day of July, 1981.

Roger Jordan  
City Recorder  
P781-17  
7-30

## SOLICITATION OF INSURANCE PROPOSALS

Clackamas County School District No. 107, Boring, Oregon, 97009, in accordance with Oregon Law, is inviting bids for the purpose of acquiring the following described insurance coverages:

- Blanket fire insurance coverage, General liability, Umbrella liability, Bonds and certain Inland Marine coverage.

Bid specifications may be obtained from the District agent of record, Ron Love, 4730 SW McAdam Ave., Portland, Oregon, 97201, or the Cottrell School East Office, 36225 SE Proctor Road, Boring, Oregon 97009.

Proposals must be received by the bid opening date of Monday, August 17, 1981, at 8:00 p.m. at the School District East Office at 36225 SE Proctor Rd., Boring, Oregon 97009.

School District reserves the right to reject any or all bids, to waive any formalities and to negotiate with the carrier that will serve the district's best interest.

P781-20  
7-30

## AGENT OF RECORD PROPOSAL

School Dist. No. 107, Clackamas County, Boring, Oregon, 97009 will accept proposals from qualified agents to serve as Agent of Record on all insurance coverages. Appointment will be for a three (3) year term, commencing September 1, 1981.

Responsibilities will include drawing up specifications for competitive bidding, serving as a clearing house for all policies and endorsements, acting as a consultant on all insurance matters with the board or its administrators.

Interested agents should include in their proposal information about location of office, size and expertise of staff in handling other public entities.

Proposals must be received in writing at the administration office in the East Building of School District No. 107, Cottrell School, 36225 SE Proctor Rd., Boring, Oregon, 97009, no later than 4:00 p.m. on August 12, 1981.

The School Board reserves the right to accept or reject any or all proposals, waive irregularities and make the appointment to the Agent which, in the judgment of the Board, can best serve the interest of the District.

Michael Cholbi  
Chairman  
Cottrell Board of Directors  
P781-21  
7-30  
8-6

## BULL RUN SCHOOL

The Bull Run School District No. 45 board meeting will be held August 13 at 7:30 p.m. in the school cafeteria. An executive session will precede the meeting.

Patty Klascius  
Deputy Clerk  
P781-18  
7-30

## REQUEST FOR BIDS

The Sandy Union High School District No. 2 invites bids for the following items for the 1981-82 school year:

- Milk and related dairy products.
  - Bread, buns and bakery products.
  - Custodial supplies and light bulbs.
- Detailed specifications are available from the district office. Bids must be sealed and submitted in writing to the district office for public opening August 7, 1981, 4:00 p.m. This agency intends to award contracts to the low bidders in compliance with bid requirements and specifications. We also reserve the right to reject any and all bids.

Contracting Officer  
17100 Bluff Road  
Sandy, OR 97055  
668-8011  
P781-19  
7-30

## The Doctor Says

# Headaches have many causes, many cures

Vascular headaches include varieties of migraine headaches as well as the so-called cluster headache, according to Dr. Fred Jennart of the Clackamas County Medical Society.

Vascular headaches are named for the presumed source of the head pain—in this instance the blood vessels over the surface of the head and scalp.

For reasons that remain somewhat unclear, the small arteries supplying blood to the scalp will expand and increase their size slightly just prior to the beginning of the headache. The expansion of the small blood vessels is associated with pain because the vessel is pain sensitive and is stretched during the expansion of its diameter.

The head pain in vascular headaches is often located on one side of the head or the other, apparently related to the side of the scalp where the small arteries are expanded (a slight increase in size of the small arteries is seldom great enough to see on the surface of the scalp with the naked eye).

Because blood pulses through our arteries with each beat, the head pain in

vascular headaches is often described as throbbing, the pain increasing with each beat of the heart. Other symptoms, according to Jennart, include nausea, vomiting, sensitivity of the eyes to bright light and a general sense of not feeling well.

The common migraine headache is perhaps the most common type of vascular headache. Generally without warning, the individual may experience a throbbing headache which may be associated with other symptoms and last from one to several hours.

People who have experienced this type of headache have found that if they are able to sleep, they will feel much better upon awakening. The one-sided location of the head pain, as well as the associated symptoms of nausea and vomiting, sensitivity of the eyes to light and a throbbing sensation all serve to distinguish the migraine from the tension headache.

The classic migraine is almost identical to the common migraine with the exception of an "aura" which occurs before the headache begins. The aura serves as a warning that a headache is about to begin. It is often a disturbance in vision, commonly an experience of flickering lights

before the eyes which may seem to be only to the right or left of the center of vision.

Occasionally, the aura or warning may also include numbness or tingling of an arm or leg on either one side of the body or the other. The sense of tingling may also involve the face on the same side of the body as the arm or leg that was involved. From 15 to 30 minutes later, the symptoms associated with the aura disappear and the headaches will begin. The pain is quite similar to that of a common migraine and will last the same time.

The cluster headache is a variety of vascular headaches which tend to be more common in men, although occasionally affecting women, Jennart noted. The pain is often located behind or around one eye as well as in the forehead on that side.

The pain may or may not be throbbing in its quality and will tend to last for 30 to 90 minutes, then disappear. The term cluster refers to the fact that the head pain may then return from minutes to hours later, again lasting the same period of time.

Persons with this type of headache will often report several attacks from head pain in a 24-hour interval. Cluster headaches often occur at night and is one

of the few headaches not associated with serious illness which may awaken an individual. Other symptoms, which may or may not occur, include stuffiness of the nose, tearing from the affected eye and an apparent bloodshot eye.

Vascular headaches, as a group, are often treated under the supervision of a physician with several types of medications which help to prevent the small arteries of the scalp and forehead from expanding. Medication may be given every day to help in prevention or it may be taken only when headaches occur, Jennart said.

For the treatment of a classic migraine headache, some types of medication are given when the patient experiences the aura in an effort to prevent the subsequent headaches. These medications do have side effects, however, and should never be taken without supervision from a physician.

The above medical advice comes from Dr. Fred Jennart of the Clackamas County Medical Society. The Post will frequently publish medical advice from reliable sources in The Doctor Says column.



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- Blow-in insulation for hard-to-reach places
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- Add any R-value desired. R-value is the resistance to heat loss. The greater the R-value, the greater the insulating value. Ask to see fact sheet.

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- 5 pin tumbler for extra security

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SAVE 5.00

- Real beveled edge
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- Available in soft bronze, gold vein and clear bevel
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**Plastic Roof Cement**

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- Shuts off current before shock can cause harm

Protect your family from shock hazard

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**15 Ft. Work Light**

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- 18'2" wire, UL listed
- For home and shop use
- #7429-15
- Cash value 1/20th of 1" + Valid today thru Tues., August 4, 1981 + Home Improvement Centers FM-00

### 1"x12"x4" Pine Shelving

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Reg. 1.98

2.77 EA.

- Great for building extra storage space 1"x12"x8"
- Extra length for bigger projects
- Cash value 1/20th of 1" + Valid today thru Tues., Aug. 4, 1981 + Home Improvement Centers FM-00



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Reg. 49¢

- Quick and easy to use, nails included
- First 100 per customer, additional regular price
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Each of these advertised items must be readily available for sale at or below the advertised price in each Fred Meyer store, except as specifically noted in this ad.

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S.E. McLoughlin and Oak Grove

**SOUTHEAST**  
S.E. 82nd and Foster

**STARK**  
S.E. 120th and Stark

**GRESHAM**  
Pioneer Valley Rd. at Burnside

**CLACKAMAS**  
 Hwy. 212 at 202

**TIGARD**  
S.W. 74th and Pacific Hwy

**BEAVERTON**  
Beaverton Millside Hwy. at Hwy. 217

**TUALATIN**  
15 at Tualatin Exp

30-891

## The Sandy Post

To place a church notice

Call The Sandy Post 668-5548