

Senior Center News

The Sandy Golden Age Club hosts its second potluck of the month today, Aug. 27, at the Sandy Senior Center at noon.

Persons planning to attend are reminded to bring an appropriate dish and their own table service. The noon meal will be followed by the monthly business meeting.

A huckleberry picking excursion has been scheduled for Friday, Aug. 28, with departure set for 10:30 a.m. A picnic will be enjoyed at the Still Creek campgrounds at noon with return to the center at approximately 3 p.m.

The Port of Portland will conduct a free tour of the harbor and industrial areas of Portland next Tuesday, Sept. 1. Transportation for the tour will be provided by Evergreen Stage Lines. Departure from the center will be at noon. Return will be approximately 4 p.m.

The Sandy Senior Center

will sponsor a three-day trip to Lake Chelan in north central Washington Oct. 2-4. Price per person will be \$105 which includes lodging based on double occupancy and transportation. Price does not include meals or side excursions.

For more information, call the Sandy Senior Center, 668-5569.

Activities for the Week of Aug. 27 to Sept. 3

Thursday, Aug. 27
9 a.m.: Exercise Class
Noon: Golden Age Club Potluck

Friday, Aug. 28
9 a.m. to noon: Drop In
10:30 a.m. to 3 p.m.: Picnic and Huckleberry Picking
Noon: Loaves and Fishes Meal

Monday, Aug. 31
9:30 a.m.: Exercise Class
Noon: Loaves and Fishes

Meal
1 p.m.: Cards
1 p.m.: Oil Painting

Tuesday, Sept. 1
9:30 a.m.: Planning and Evaluation Subcommittee
11 a.m.: Blood Pressure Clinic
Noon: Port of Portland Harbor Tour
Noon: Loaves and Fishes Meal
1 p.m.: Ceramics

Wednesday, Sept. 2
9 a.m. to noon: Drop In
Noon: Loaves and Fishes Meal
1 p.m.: Band Practice

Thursday, Sept. 3
9 a.m. to noon: Senior Law Project
9:30 a.m.: Exercise Class
Noon: Loaves and Fishes Meal
12:30 a.m.: Musical Entertainment



Jane and Schuyler Lininger

Chiropractic clinic opens

by DAN DILLON

A local couple have announced plans to open a chiropractic clinic in Sandy. Jane and Schuyler Lininger, both September 1980 honor graduates of the Western States Chiropractic College in Portland, said last week that they will open Lininger Chiropractic Clinic at 38916 Proctor Blvd during the first two weeks in September. It is the site of the former Safeco Title Insurance Co.

The two plan to practice the Gonstead chiropractic technique of vertebrae realignment to remove nerve interference in the

back.

"We're extremely concerned with nutrition," Schuyler said. As a result, Hair Trace Mineral Analysis, a screening tool, will be offered. That system allows them to analyze the body's mineral content for possible deficiencies which may be evident.

They will also be among only 300 doctors nationwide with a Heidelberg Capsule Machine which measures the hydrochloric acid level in the stomach. An imbalance of the acid can lead to allergies and may prevent persons from gaining optimum nutrition from the food they eat.

The only local X-ray machine in a chiropractic office will be available for easy diagnosis of problems. The Liningers will also have in-house laboratory facilities.

The couple, who have lived in Sandy for five years, are both graduates of California State University at Fresno. Schuyler taught college-level English courses for seven years.

They became interested in the chiropractic practice through an interest in nutrition. He spent the past seven years in the health food industry as a consultant with a vitamin manufacturer in California.

Sandy cowboy injured

A Sandy cowboy was injured opening night of the Clackamas County Fair rodeo, Aug. 18, in Canby after being thrown from a bull.

George Merten, 25, suffered a dislocated hip and was taken to Willamette

Falls Hospital in Oregon City where he was listed in stable condition.

He was thrown from the bull "Hercules" and lay immobile on the grounds of the outdoor arena for about one-half hour until an ambulance arrived at the scene.

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Billie McNutt, PH.D., Certified Union Hypnotherapist

Keeping posted

School kicks off Monday

Friday, Aug. 28
The Kiwanis Club of Boring will host an American Red Cross blood drive at the Boring Fire Station from 3 to 7 p.m. Refreshments will be served.

The Hoodland chapter of the Full Gospel Businessmen's Fellowship International will meet at 7 p.m. at T.J.'s Fireside Dining. Entertainment will be provided by the gospel music of Shira. Reservations are available by calling 661-5684, 660-4695 or 622-4526.

Saturday, Aug. 29
The Sandy Recreation Department will host a free

family day hike along the Still Creek Trail. Participants are asked to meet at the Sandy Community Center at 9 a.m. and bring a sack lunch and some water. For more information, call the Sandy Community Center, 668-5569.

The Sandy Country Market will be open in Nelson Memorial Park, at the corner of Highway 26 and 362nd Drive, from 10 a.m. to 4:30 p.m.

Monday, Aug. 31
The school year begins at Cottrell School today. School will be in session until noon for all students, kindergarten through 8th grade, and they will all be home in time for lunch. Students in grades 4-8 will arrive at school for the start of their 8:30 a.m. classes, while students in K-3 will start their school day at 9 a.m.

Classes begin in the Boring School District for grades 1-8. Classes begin at 8:40 a.m. for all students. They will go through an orientation session and a mini-schedule with activities ending at 12:15 p.m. A hot lunch will be available.

Old-time picnic set

"An Old-Fashioned Picnic" is the theme of the Sunday School picnic which will be held at Sandy Baptist Church this Sunday at 1 p.m. Chicken, corn on the cob, salads and apple will be served. "Dinner on the ground" will be enjoyed by some, although tables will also be set up. Each family is asked to bring twice as much as their family will eat, their own table service and comfortable play clothes.

Games will include a children's fair, with eight different stations, volleyball,

An open house for kindergarten students in the Boring School District will be held today. Their school year begins Sept. 1.

Registration opens for students in the Sandy Elementary School District. School will commence Sept. 8.

Tuesday, Sept. 1
The Sandy Chamber of Commerce will meet for its weekly luncheon meeting at the Tollgate Inn at noon.

Wednesday, Sept. 2
The Sandy TOPS Club meets at 9 a.m. in the Sandy Community Action Center on Pioneer Boulevard.

The Pleasant Home Baptist Kindergarten will hold an orientation day for parents and students. The teachers will outline the curriculum, goals and activities for the coming year. For more information, call 663-3668.

The Sandy Business and Professional Women's Club meeting will be held at T.J.'s Fireside Dining at 7 p.m. Leslie Myrvold and Lela Harris will present a program on travel.

baseball and a water balloon toss at the young people of the church.

There will be a meeting time at about 4:30 p.m., consisting of a sing and a slide presentation from Colombia by a new tribes missionary.

Games and fun will continue after the meeting time. During the Sunday School hour, 9:45 to 10:45 a.m., there will be Sunday School promotion and program for the last half hour.

Immunization clinic set

Clackamas County Public Health Division will hold a special evening clinic for school immunizations next week.

The special clinic will be held Sept. 10 from 5:30 to 8:30 p.m. at Clackamas County Health Division in Oregon City.

The fee is \$5 per im-

munization. However, no one will be denied immunizations because of inability to pay.

Parents must bring records of all previous immunizations with them to the special evening clinic. Persons who wish additional information regarding immunizations may call

655-8657 between 8:30 a.m. and 5 p.m.

Menus

COTTRELL

- Monday, Aug. 31**
No lunch served today
- Tuesday, Sept. 1**
Hamburgers
Potato chips
Lettuce leaves
Pickles
Tomatoes
Watermelon chunk
Milk
- Wednesday, Sept. 2**
Tomato soup
Toasted cheese sandwich
Tossed green salad
Fresh fruit
Milk
- Thursday, Sept. 3**
Chicken a la king
Hot biscuits
Buttered green beans
Celery sticks
Banana
Milk
- Friday, Sept. 4**
Fish portions
Potato salad
Tartar sauce
Cucumber wheels
Cantaloupe wedge
Choice of milk

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Starts Friday,
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