

Blood drive Friday at high school

Thursday, Oct. 1
A stress control class begins at Welches Elementary School, sponsored by the Sandy Seventh-day Adventist Church. The eight-week class meets each Thursday evening at 7:30 p.m. For registration or information, call 668-6144 or 668-6859.

Friday, Oct. 2
A Red Cross blood drive will be held from 12:30 to 5:30 p.m. in Gym A at Sandy Union High School. Community Bridge Night begins this evening at 7:30 p.m. at the Sandy Community Center. The Sandy Community Players present "A Barre-ful of Pennies" at the

Sandy Community Theater on Proctor Boulevard at 8 p.m.

Saturday, Oct. 3
The annual Community Presbyterian Church Oktoberfest will be held from 10 a.m. to 3 p.m. in the church basement.

The Oral Hull Foundation for the Blind board of directors meets for its monthly meeting at 1:30 p.m. in the Rainbow Lodge at Oral Hull Park.

SCP's presentation, "A Barre-ful of Pennies" continues its run at the community theater at 8 p.m.

Monday, Oct. 5
Adult Morning Exercise class begins at the Sandy Community Center. The

class meets Mondays from 9:30 to 10:30 a.m. and Thursdays from 9 to 10 a.m. The Sandy City Council meets at 7:30 p.m. in the council chambers at Sandy City Hall.

The Rainbow Girls meet at the Masonic Hall at 7:30 p.m.

Tuesday, Oct. 6
Oregon Labor Commissioner Mary Wendy Roberts will be the guest speaker at the weekly luncheon meeting of the Sandy Chamber of Commerce at noon at the Tollgate Inn.

"Photography—How It Works" will be one of the featured programs at the first regular meeting of the Sandy Area Camera Club at 7 p.m. at Sandy High School

Room 41. The other featured program, a color slide presentation entitled "Basic Picture-taking Techniques," is also scheduled.

Anyone interested in joining the Sandy Area Camera Club is invited to attend or call Steve Wolf, 668-4536, for more information.

A Nutritional Cooking class continues at the Sandy Adventist Community Center at 7 p.m.

Wednesday, Oct. 7
The Sandy TOPS Club meets at 9 a.m. in the Sandy Community Action Center.

The Sandy Garden Club meets at 9:30 a.m. Hood Chalet. The program will be a guided tour of the Clackamas Community Col-

lege Environmental Learning Center.

Ladies Gym and Swim begins at 7 p.m. in the Cedar Ridge School gymnasium.

The film series, "Focus on the Family," with Dr. James Dobson continues at Orient Drive Baptist Church at 7 p.m.

The Sandy Business and Professional Women's Club meets at Elmer's Colonial Pancake and Steak House in Gresham at 7 p.m.

Thursday, Oct. 8
The Sandy Golden Age Club meets for its semi-monthly potluck at the Sandy Community Center at noon.

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

Senior Center News

The monthly Senior Law Project will be held at the Sandy Senior Center today, Oct. 1, from 9:30 a.m. until noon. Appointments are still available for persons wishing to consult with a local attorney free of charge for 30 minutes.

A 10-week course on the humanities, sponsored by Mt. Hood Community College and taught by Tom Ten Eyck, begins today at 10 a.m. Seniors of varied educational backgrounds are invited to attend the class.

The Clackamas County Bank will offer a free Glaucoma Clinic tomorrow, Oct. 2, from 9 a.m. to 4 p.m. The clinic is open to the public, however, seniors will be guaranteed service.

Participants traveling on the three-day excursion to Lake Chelan in north central Washington tomorrow are

reminded that departure time has been set for 6:15 a.m. Persons who need transportation from their homes to the center tomorrow morning are asked to contact the center.

The Community Center will be open to the public on Friday evenings from 7:30 to 10 p.m. beginning tomorrow through Dec. 14 for card playing and special instruction in bridge.

For more information concerning services and activities for seniors, call the Sandy Senior Center, 668-5569. Office hours are 8:30 a.m. to 5 p.m.

Noon: Loaves and Fishes Meal

Friday, Oct. 2
6:15 a.m.: Lake Chelan Departure
9 a.m. to 4 p.m.: Free Glaucoma Clinic at Clackamas County Bank
9:30 a.m. to noon: Introduction to Drama at Gresham Senior Center (registration only)
Noon: Loaves and Fishes Meal
7:30 p.m.: Community Card Night

Monday, Oct. 5
9:30 a.m. to Noon: Arts and Crafts
9:30 a.m.: Exercise Class and Therapy Pool

Noon: Loaves and Fishes Meal
1 p.m.: Cards
1 p.m.: Oil Painting

Tuesday, Oct. 6
9:30 a.m.: Planning and Evaluation Subcommittee
11 a.m.: Blood Pressure Clinic
Noon: Loaves and Fishes Meal

1 p.m.: Ceramics
Wednesday, Oct. 7

9:30 a.m.: Ceramics
Noon: Loaves and Fishes Meal
1 p.m.: Band Practice

Thursday, Oct. 8
9 a.m. to noon: Humanities Class
10 a.m. to noon: Humanities Class
Noon: Golden Age Club Potluck and Entertainment

Activities for the Week of Oct. 1 to Oct. 8

Thursday, Oct. 1
9 a.m. to noon: Senior Law Project
9 a.m.: Exercise Class
10 a.m. to noon: Humanities

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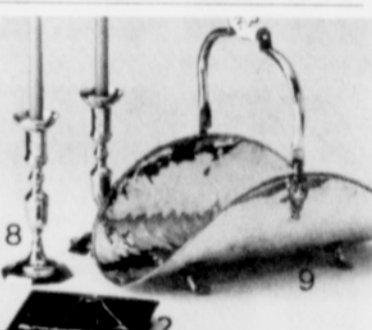
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4. Temple Jar	10.00	\$7.00	FREE	FREE	13.00
5. 9 1/2" Vase	10.00	7.00	FREE	FREE	13.00
6. 10 1/2" Plate & Stand	13.00	9.00	\$6.00	FREE	15.00
7. 12" Vase	20.00	15.00	10.00	FREE	25.00
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OVERWEIGHT ?

INTRODUCING OUR DIETER OF THE MONTH

Debbie Coe
of Sandy, Ore.

tells how she won at the losing game at the

DIET CENTER



"I lost 36 1/2 pounds and 37 inches, and went from a size 16 to size 7. "Wow! I feel so great!"

"This is the only diet where I have lost the weight and kept it off," says Debbie, who has maintained her weight goal since March, under continued guidance.

"The counselors are very nice and helpful," says Debbie. "That special personal interest they take is very rewarding. I, myself, need that reassurance. My family is benefitting from my becoming more aware of nutrition. I am very conscious of processed foods, and I read labels a lot, now."

"It really worked for me!"

Debbie Lynn Coe

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