

School menus

Sandy Welches Cottrell

MONDAY, FEB. 22 Burrito Green beans Applesauce Cookie Milk	MONDAY, FEB. 22 Chuckwagon stew Cheese sticks Roll with butter Plums Milk	MONDAY, FEB. 22 President's Tables Mt. Vernon chicken Martha's potatoes Monticello salad Lincoln logs Dolly's fruit pudding Madison's milk
TUESDAY, FEB. 23 Beef stew Hot roll Peaches Chocolate milk	TUESDAY, FEB. 23 Spaghetti with Meat sauce Green beans Garlic bread Peaches Milk	TUESDAY, FEB. 23 Meat loaf Mashed potatoes Hot biscuits with jelly Cucumber wheels Mandarin oranges Milk
WEDNESDAY, FEB. 24 Spanish rice Cole slaw salad Pears Bread and butter Milk	WEDNESDAY, FEB. 24 Sliced turkey roast Potatoes and gravy Calico salad Cinnamon roll Milk	WEDNESDAY, FEB. 24 Tomato soup Egg salad sandwich Crackers Carrot sticks Cinnamon rolls Milk
THURSDAY, FEB. 25 Hot dog on a bun Potato rounds Catsup Banana Milk	THURSDAY, FEB. 25 Hamburger gravy on biscuit Buttered spinach Carrot coins Apple crisp Milk	THURSDAY, FEB. 25 Pork and beans Bologna sandwich Popeye salad Frosted grahams Chilled peaches Milk
FRIDAY, FEB. 26 Sloppy joe on a bun Lettuce salad Orange wedges Milk	FRIDAY, FEB. 26 Fish sticks Catsup Tater tots Bread and butter Dried prunes Milk	FRIDAY, FEB. 26 Corn dogs Peanut butter-celery Dorito chips Oriental vegetables Chilled apricots Choice of milk

Senior Center News:

Keep Well clinic provides screening

The Clackamas County Health Department will sponsor a Keep Well Clinic today from 9 a.m. to noon at the Sandy Senior Center. The clinic is for area residents who are over 60 years of age. The health screening program includes height, weight, vision, blood pressure, pulse rate and hearing checks as well as tests for anemia and diabetes. Seniors are also interviewed by a registered nurse regarding medications, recent health history and nutrition practices. The Sandy center welcomes poet Leo Lawyer

today. He will read selections from his collection of poetry following the Loaves and Fishes meal. The program is expected to begin at approximately 12:30 p.m. Reservations are still available for persons who wish to take part in an excursion to the Portland Art Museum Friday, Feb. 19, to view the work of Honore Doumier, 19th century French cartoonist. Departure from the center will be at 12:30 p.m.

Seniors born during February will be feted with cake and a musical program by the Silvertones this Tuesday at noon. Those celebrating birthdays are asked to invite a special friend or family member to accompany them on that day. For more information about services and activities at the center, call 668-5569.

about recent developments in learning techniques this Monday, Feb. 22, at the center. The presentation, of special interest to retired educators, will begin at 12:30 p.m. Seniors born during February will be feted with cake and a musical program by the Silvertones this Tuesday at noon. Those celebrating birthdays are asked to invite a special friend or family member to accompany them on that day. For more information about services and activities at the center, call 668-5569.

Activities for the Week of Feb. 18 to Feb. 25

THURSDAY, FEB. 18
9 a.m.: Keep Well Clinic
9 a.m.: Exercise Class
9 a.m.: Humanities Class
Noon: Loaves and Fishes
12:30 p.m.: Poetry with Leo Lawyer

FRIDAY, FEB. 19
Noon: Loaves and Fishes
12:30 p.m.: Departure for Portland Art Museum
7:30 p.m.: Community Card Night

MONDAY, FEB. 22
9:30 a.m.: Arts and Crafts
9:30 a.m.: Exercise Class and Therapy Pool
Noon: Loaves and Fishes
12:30 p.m.: Joe Youngbluth, Guest Speaker

6:30 p.m.: Departure for Marcel Marceau

TUESDAY, FEB. 23
9:30 a.m.: Medical Insurance Assistance by Appointment
Noon: Loaves and Fishes
12:30 p.m.: Birthday Celebration with Silvertones
1 p.m.: Ceramics

WEDNESDAY, FEB. 24
9:30 a.m.: Income Tax Assistance by Appointment
Noon: Loaves and Fishes
1 p.m.: Band Practice

THURSDAY, FEB. 25
9 a.m.: Exercise Class
10 a.m.: Humanities Class
Noon: Golden Age Club Potluck
12:30 p.m.: Golden Age Club Business Meeting

Book review:

Prescriptions don't work

According to a new book, "Pills That Don't Work," by Dr. Sidney Wolfe, one out of every eight prescriptions filled is completely ineffective. The book, which is now available at Sandy Public Library, says that often, even your own doctor is unaware that the drug he prescribed is not considered effective by the government's own standards. Because all drugs involve risks, this ineffectiveness also exposes consumers to unnecessary dangers—without compensating benefits.

"Pills That Don't Work" lists 600 prescription drugs that have not been proven effective. The format includes an alphabetical listing of these drugs and also includes effective treatments for common diseases. For a more comprehensive profile of prescription drugs, including descriptions of precautions,

dosage and generic names, the library has the "Physicians Desk Reference" and "The Essential Guide to Prescription Drugs." Other new books include "A Light in the Attic" by Shel Silverstein, "Simple Solution to the Rubik's Cube" by James Nourse and "Vietnamese-English & English-Vietnamese Dictionary."

Hoodland Happenings
every week in The Post.

Obituaries

Theron Eaton

Funeral services for former Sandy High School graduate Theron Deverial Eaton were held Feb. 13 in the chapel of Carroll Funeral Home in Gresham. The Aloha resident died suddenly at a Portland hospital on Feb. 8. He was 44.

Born Nov. 16, 1937, in Phoenix, Ariz., he lived in Hemet, Calif., and Long Beach, Calif., before his family moved to Oregon in 1943. He attended Orient Grade School, Sandy High School, Judson Baptist College and Portland State University.

He married Sharon Simpson Aug. 7, 1959 in Gresham. He was an electronic technician for Tektronix Co. of Beaverton. Mr. Eaton was a member of the Portland Rose Society, the Tektronix Rose Club and was a ham radio operator.

He is survived by his wife, Sharon, Aloha; a son, Deverial Linn Eaton, Aloha; a daughter, Helen Michele Eaton, Aloha; his parents, Mr. and Mrs. Earl

Eaton, Portland, and grandparents, W.C. "Tex" Wells, Orient, and Josephine Eaton, Farmersville, Calif. Interment was at Forest Lawn Cemetery in Gresham.

Frances Henkle

Funeral services were held Feb. 15 for Frances Jane Henkle, 72, who died Feb. 10 at her daughter's home in Portland.

Born April 1, 1909 in Corbett, she attended Corbett Grade and High School. She married Francis R. Henkle in Springdale on June 2, 1929. They lived in the Corbett area until 1969 when they moved to LaPine. She returned to the Gresham area in 1975.

She is survived by her son, Thomas, Portland; a daughter, Eleanor Foust, Portland; three brothers, Everett Evans, Gresham, Murray Evans, Corbett, and Melvin Evans, Patter-son, La.; a half-sister, Catherine Rix, Portland.

Burial was at Forest Lawn Memorial Park in Gresham.

Deane's Auto Repair

Deane Wesselink, owner . . . 34 years experience
Complete Automotive Repairs:
• Automatic Transmissions
• Exhaust Systems
• Brake Work
• General Tune-up
CALL 668-4563
Open: Mon. - Fri., 8 - 5 p.m.
1 1/4 mi. east of Sandy
42007 S.E. Hwy. 26
We service Chrysler motors products: Dodge, Plymouth, Chrysler

BURGLAR FIRE SECURITY ALARMS
Gresham Alarm Inc.
In business since 1968
39373 Proctor, P.O. Box 40
668-5016 or 666-5200
—SANDY—
CLOSED CIRCUIT T.V. FREEZER ALARMS

TAKE CHARGE!

THE ULTIMATE RESPONSIBILITY FOR YOUR OWN HEALTH RESTS WITH YOU. AN INTENSIVE NEW PROGRAM CAN TEACH YOU HOW TO IMPROVE HOW YOU FEEL.

Gresham Community Hospital's high level health program was developed in conjunction with the Sun Valley Health Institute. This program consists of 3 major phases of education to enable you to take charge of your own good health.

PHASE I: WHAT'S YOUR H.Q.? (Health Quotient) Everybody has an I.Q. — did you also know that you have an H.Q.? In order to establish a Take Charge Program for you, it is necessary to determine your body weight, percent of body fat, concentration of lipids (fats) in your blood, resting heart rate, exercise heart rate and a number of other factors that will provide you with a profile of your H.Q. Phase I of the High Level Health Program will accomplish profiling your Health Quotient.

PHASE II: This Phase is a series of four three-hour classes designed to cover 24 areas, including physical fitness, selecting an exercise program, nutrition basics, weight control, stress management and relaxation training, coronary health factors, cancer prevention, drug use and abuse and communication in relationships. This is the part of the High Level Health Program that will allow you to learn how to Take Charge of your own good health.

PHASE III: THE FOLLOW UP: After you have completed Phases I and II of the Take Charge Program, it's your turn to actually Take Charge. Through continued followup with the Community Education Department and through using the techniques you learned in Phase II of the program, you will be able to see how Taking Charge has demonstrable effects upon your H.Q.

Gresham Community Hospital has a continuing commitment to Community Education programs. We want to see a healthier East Multnomah and North-Central Clackamas county area. One of the first steps toward Taking Charge is contacting the Community Education Department at 661-9287.

SIGN UP NOW FOR HIGH LEVEL HEALTH SESSIONS BEGINNING MARCH 11

Gresham Community Hospital

YOUR HEALTH RESOURCE CENTER FOR THE EAST MULTNOMAH AND NORTH-CENTRAL CLACKAMAS COUNTY AREAS

N.E. 5th & Beech . . . Gresham FOR GENERAL INFORMATION 667-1122

State confirms fact: Car sales dropping

Motor Vehicles Division statistics confirm what car dealers have been saying all along. It was a bad year for vehicle sales. In fact, it appears 1981 was the worst year in a decade, according to DMV Administrator David P. Moomaw. Moomaw reported that only 163,713 titles were issued for new vehicles in 1981, the lowest figure since the division began keeping records on titles issued to new vehicles in 1972. The figure was 12 percent below 1980. The number of vehicles brought to Oregon and titled here also was at a 10-year low. Division records show that 95,394 vehicles received their "first Oregon title"—a term used when vehicles are brought here by new residents or purchased by Oregon residents with out-of-state plates. The figure was 10 percent lower than in 1980.

SERVICE WE GIVE!
INSURANCE WE SELL . . .
The personal insurance counsel and advice of a local agent is important to you in planning a complete insurance program.

George Morgan
Local Representative

WALRAD INSURANCE AGENCY
Sandy, Oregon 668-4421

Come to Church

COMMUNITY PRESBYTERIAN CHURCH
Sunday school . . . 9:30 a.m.
Opening worship . . . 9:45 a.m.
Morning worship . . . 11:00 a.m.
Home Bible Study . . . 6:00 p.m.
Nursery Care During Worship
Pastor John H. Van Lierop
Home 668-6100
Church 668-4543
Corner of Meinig & Seenic, Sandy

IMMANUEL LUTHERAN CHURCH
Worship 8:30 a.m.
Sunday School 9:30 a.m.
Bible Study 9:45 a.m.
Worship 11:00 a.m.
A Cordial Welcome is Extended to All
STOP FRANK KURPKE
668-6232 - Church

Church of Christ
Sun. Bible study . . . 9:45-10:30 a.m.
Sun. communion . . . 10:45-12:00 a.m.
Sun. eve. service . . . 6:30-7:30 p.m.
Wed. Bible study . . . 7:30-8:30 p.m.
We offer personal home Bible study or private Bible correspondence study. Only cost is your time.
39640 SE Pioneer Blvd.
Sandy OR 97055 668-6116

A warm Christian welcome awaits you at . . .
Hoodland Church of Wemme
Presenting the reformed faith
Sunday School . . . 10 a.m.
Worship . . . 11 a.m.
Rev. Alan L. Wyatt, pastor
(655-3075)

St. MICHAEL'S CATHOLIC CHURCH
Sat. eve Mass 7:30 p.m.
Sunday Mass 10:00 a.m. - 6 p.m.
St. Johns Catholic Church
Welches, Oregon
Mass 6 p.m. Sat., 8 a.m. Sun.
18090 SE Langensand
Sandy, Oregon
Father Carl Gimpl 668-4446

Boring Community Methodist Church
Corner of Church and Richey Roads
9:15 a.m. Sunday school
9:45 a.m. Worship service
Pastor:
Elizabeth Hampton Gray
"The pioneer church with a future"

SANDY SEVENTH-DAY ADVENTIST CHURCH
Proctor and University
Sabbath School 9:30 a.m.
Morning Service 11:00 a.m.
You Are Welcome
Pastor
BERNIE CLARK
668-9249 - Home
668-6144 - Church

Sandy Church of the Nazarene
Currently meeting at:
17150 University Ave., Sandy
(Seventh Day Adventist Church)
Sunday School - 9:45 a.m.
Morning Worship - 11:00 a.m.
Evening Service - 6:30 p.m.
Pastor Robert F. Schaefer
668-5712

SANDY ASSEMBLY OF GOD
SUNDAY SERVICES
Sunday School 9:45 a.m.
Morning Worship 10:45 a.m.
Evangelistic Service 6:00 p.m.
Family Night
Wednesday 7:00 p.m.
Dale Edwards Church Phone 668-5589

Chapel of the Hills Bible Fellowship
Located E. Hwy. 26
between Sandy & Brightwood
Sun. Bible School . . . 9:45 a.m.
Sun. Worship Serv. . . 11:00 a.m.
Sun. Evening Serv. . . 6:00 p.m.
Wed. Pastor Visitation 7 p.m.
Thurs. Bible Study . . . 7:15 p.m.
You are welcome
Independent - Non-denominational
Pastor Kent McKinnon
Assistant Mike Whiner
Call 622-3854

ORIENT DRIVE BAPTIST CHURCH
(Southern)
15150 S.E. ORIENT DRIVE
BORING, OREGON
(2 1/2 miles from Sandy)
BIBLE STUDY - 9:45 A.M.
MORNING WORSHIP - 11:00 A.M.
CHURCH TRAINING - 1:00 P.M.
AFTERNOON WORSHIP - 2:00 P.M.
(PASTOR) Ted Davis
CHURCH PHONE - 668-6083
HOME PHONE - 668-6261

Church of the Good Shepherd
(Episcopal)
Sunday Communion
9 a.m.
Midweek Services
Tues-Thurs. 10 a.m.
Little Pioneer church
on West Pioneer Blvd.
Father Lindsay Warren
284-7439

Sandy Baptist Church
We invite you to join us for fellowship.
Church 668-4064
Sunday
9:45 Sunday School
11:00 Morning Worship
6:00 Evening Worship
Wednesday
7:30 pm Prayer Meeting

FELLOWSHIP BIBLE CHURCH
We emphasize Biblical teaching, supportive fellowship, children's learning center & regular home meetings.
MEETING AT:
Sandy High School (Bluff Road)
Sunday mornings (9:30-11:30)

PASTORS:
Dr. John Moore (695-2924)
Dr. Al Baylis (658-4728)

Living Way Fellowship (Foursquare)
Discovery 9 a.m.
Worship service 10 a.m.
Wed. eve. service 7:15 p.m.
Pastor Ken Wold
17275 Strauss
668-4949
(Formerly St. Michael's Hall)

First Church of Christ, Scientist
1525 West Powell Boulevard
Gresham, Oregon 97030
Sunday Service 10:00 a.m.
Sunday School 10:00 a.m.
Wednesday evening 8:00 p.m.
Children's Room available at all services. You are warmly invited to attend.
666-3212