



Sandy rescue personnel prepare to take Violet Noreene Mathews of Sandy out of a 45-foot deep gully on the north side of Shorty's Corner June 30. Mathews and Terri K. Richey of Tacoma were both westbound on Highway 26 that morning when Richey rear ended Mathews, according to Lyle Schwartz, senior trooper for the OSP. Mathews traveled 218 feet

after going over the guardrail before coming to a stop, and received a broken arm and deep lacerations on the leg and face. She was released from Providence Medical Center Monday. The 1979 Caprice she was driving was totaled. Richey's Mercury Montego received "very minor" damage. An investigation is pending.

Photo by Scott Newton

Life expectancy forecast

Mobile unit offers profile

Sandy area residents will have the chance to get a free update on many of their health conditions this Sunday, July 10, as a free service of the Sandy Seventh-day Adventist Church.

A mobile health unit will be at Williams Thriftway from 10 a.m. to 6 p.m. to provide free blood pressure screening, pulmonary function and computerized health profiles.

All testing will be done by qualified personnel. When individuals who are being

tested have conditions which need medical attention, they will be advised to see their family physician.

Testing will include a series of multiple choice questions involving a variety of health habits and practices which may affect a person's longevity or susceptibility to disease.

The mobile unit is equipped for taking blood pressure. Instruments are also available for checking pulmonary function. The vital capacity of the lungs is measured as well as the

ability of the lungs to force out the air they take in.

A free computerized health profile is offered to everyone who comes to the health unit.

Depending on the individual's answers to the health questionnaire, the computer will predict his or her remaining length of life.

It is based on averages from a study of approximately 7,000 people. The computer printout also suggests ways an individual may increase his or her life expectancy.

Two join rec commission

The Sandy Recreation Commission will have a new look as three members leave the local board with the expiration of their terms.

The terms of Gus DePaepe, member-at-large; Howard Berger, Sandy Pioneer Association representative, and Gary

Davidson, Sandy Elementary School District representative, expired July 1.

Tuesday evening, the

Sandy City Council named Nan Reber and Will Abshire to fill two of the three vacancies, but left open the third vacancy.

Keeping posted:

Festival activities shift into high

THURSDAY, JULY 7
The Royal Rosarians of the Portland Rose Festival will plant a diamond jubilee rose celebrating the 75th anniversary of their festival at Sandy City Hall at 3:30 p.m.

The Wine Fair and Feast, sponsored by Sandy Area Chamber of Commerce, kicks off its four-day run in the lot adjacent to Decker and Scales at 5 p.m. Hours Friday are 5-11 p.m.; Saturday, 11 a.m. to 8 p.m.; and Sunday, 11 a.m. to 6 p.m.

The Sandy Mountain Festival parade will begin at 7 p.m. and proceed east on Pioneer Boulevard. It follows the Championship

Bed Race which proceeds west on Pioneer Boulevard.

Local merchants will host their annual Moonlite Madness sale from 8 p.m. to closing at downtown businesses.

FRIDAY, JULY 8

The annual Bike Derby, sponsored by the Sandy Recreation Department, will be held at 10:30 a.m. on the Cedar Ridge School track.

Sandy Community Players and the Alton Collins Retreat Center present Noel Coward's "Blithe Spirit" in a dinner theater. Dinner will be served at 6:30 p.m. Curtain rises at 8 p.m. at the retreat center,

four miles south of Sandy. For ticket information, call 668-5633.

SATURDAY, JULY 9

The Almost 10-Kilometer Run begins at 9 a.m. from the Camera Connection on Pioneer Boulevard.

St. Michael's Catholic Church is hosting a rummage sale from 9 a.m. to 5 p.m. Hours on Sunday will be 11 a.m. to 4 p.m.

The Sandy Mountain Festival moves into Meinig Park. Hours on Saturday are 11 a.m. to 8 p.m. Hours on Sunday are 11 a.m. to 6 p.m.

"Blithe Spirit" continues at the Alton Collins Retreat Center. Dinner will be serv-

ed at 6:30 p.m. Curtain rises at 8 p.m. For ticket information, call 668-5633.

TUESDAY, JULY 12

Sandy High School Superintendent Roberta Hutton will speak to the Sandy Area Chamber of Commerce at its noon meeting at the Tollgate Inn.

The Eastern Star meets at 8 p.m. at the Masonic Hall.

WEDNESDAY, JULY 13

The Sandy Area Chamber of Commerce Board meets at 7 a.m. at TJ's Fireside Dining.

The Sandy TOPS Club meets at 9 a.m. at the San-

dy fire hall. For more information, call 668-5010 or 668-8442.

The Sandy Tough Love group meets at 7:30 p.m. at the United Bank, 38561 Proctor Blvd.

THURSDAY, JULY 14

The Sandy Golden Age Club will host a potluck at the Sandy Senior Center at noon.

The Sandy Rebekah Lodge meets at 8 p.m. at the IOOF Hall.

The Sandy Community Action Center's board of directors meets at 8 p.m. at the new location in the old post office building, 38982 Pioneer Blvd. The public is welcome.

Senior Center News:

Membership drive in full swing

The Sandy Senior Center is sponsoring a food booth in Meinig Park this weekend as part of the 1983 Sandy Mountain Festival this weekend, July 9 and 10.

Volunteers will sell pies, cookies and coffee as a fund-raiser to benefit the Sandy Loaves and Fishes program. Anyone who would like to help the center in the project are asked to call the center office at 668-5569.

This month marks the beginning of a new fiscal year for the Sandy Senior Center. Annual membership fees are now being collected for the 12-month period that began July 1.

Dues are \$1 per person for membership and \$2 for a year's subscription to the Sandy Senior Scene

Newsletter. Membership is open to seniors 60 years of age and older with associate memberships available to those 50 to 59 years old.

It isn't mandatory to join the center in order to take part in activities or to receive services. However, funds collected partially offset printing and operational costs.

Residents of the Oral Hull Foundation for the Blind have invited members of the Sandy Senior Center to enjoy a Loaves and Fishes picnic luncheon on the park grounds next Friday, July 15, at noon. Seniors who wish to take part in this activity are asked to make reservations with the center no later than

Wednesday, July 13. Musical entertainment will follow the meal at approximately 12:45 p.m.

For more information about programs and services for seniors, call the center.

THURSDAY, JULY 7

9 a.m.: Senior Law Project
9 a.m.: Exercise Class
10 a.m.: Humanities Class
Noon: Loaves and Fishes
1:30 p.m.: Mountain Festival Workshop

FRIDAY, JULY 8

Noon: Loaves and Fishes

1:30 p.m.: Mountain Festival Workshop

SATURDAY, JULY 9
11 a.m. to 8 p.m.: Sandy Mountain Festival Booth in Meinig Park

SUNDAY, JULY 10
11 a.m. to 6 p.m.: Sandy Mountain Festival Booth in Meinig Park

MONDAY, JULY 11

9 a.m.: Exercise Class
Noon: Loaves and Fishes
12:45 p.m.: Hiking Club
1 p.m.: Cards

TUESDAY, JULY 12

10 a.m.: Golden Age Club Board Meeting

Noon: Loaves and Fishes
12:30 p.m.: Representative from Northwest Bell
1:15 p.m.: Oil Painting Class

WEDNESDAY, JULY 13

Noon: Loaves and Fishes
3 p.m.: Band Practice

THURSDAY, JULY 14

9 a.m.: Exercise Class
Noon: Golden Age Club Potluck and Program

THE "WEATHERBUILDERS"
Educational Seminar for July:
ESTATE PLANNING
Call for reservation—
Kimberly Nelson Home 668-8131
representing Work 297-1617
Registered Financial Planning Services, Inc.

Wetlands area eyed

The extent to which the "Welches Wetland" bordering Rutledge Road should be developed or protected will be discussed in a series of meetings scheduled to begin this month.

Staff members from Clackamas county will answer questions about what actually constitutes those wetlands at the Hoodland Women's Club on Salmon River Road next Thursday, July 14, at 7:30 p.m.

At the informational meeting, interested persons may review or supplement available information on the wetlands and discuss alternative land use policies. Policies for the wetland could include preserving the entire area, allowing limited use in part or all of the area, or allowing outright development in some or all of the area.

Information and ideas provided by citizens at the meeting will be used by the staff to prepare recommen-

dations for consideration by the Planning commission.

Catering by Liz
FREE Cake or Punch with a catered affair.
Personalized service for any occasion, small or large—business meetings, open houses, BBQ or picnics, bridal and baby showers, bachelor parties, weddings, cocktail parties or other special occasions.
• Variety to choose from: American and European special recipes.
• Home-baked goodies.
LIMIT one per party. EXPIRES 7-31-83.
Liz Wantowski, Owner
668-7145

THE nutri system weight loss centers HAVE JUST MADE YOUR DIET OBSOLETE!

INTRODUCING No System Cuisine

The most delicious way to lose up to a pound a day!

I feel better than I have for years through a well balanced diet and a regular exercise program. I feel that I'm now equipped to keep this weight off. I'm enjoying buying new clothes and it's exciting to be receiving praise from my friends and co-workers.
Lisa Peterson

Losing weight just got to be easier and easier than ever! Now, when you join the Nutri/System program you'll lose up to a pound a day without hunger, diet pills or calorie counting... and you'll enjoy meals so delicious you won't believe you're losing weight!
The Nutri/System program has helped tens of thousands to lose weight quickly and easily under professional supervision. There's no constant calorie-counting, no perplexing diet decisions or meal planning. And we help you keep the weight off once you've lost it: with behavior education classes and long-term maintenance program.

1/3 OFF PROGRAM
Good For New Starts Only
Limit One Per Customer
EXPIRES 7-15-83

nutri system weight loss centers

EAST PORTLAND
2410 SE 121st, #1-B at Division
760-3773

VANCOUVER (206)254-2610
CLACKAMAS 653-8424
LLOYD CENTER 287-2878
BEAVERTON 643-6800

OSU Extension Service
FOOD PRESERVATION HOT LINE
238-9768 Mon.-Fri.
8:30-12 a.m. 14:30 p.m.

COLONIAL DRUG
See The Difference
142nd & Stark • 258-9771

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

MoneyMarketPlus

9.00%

From the people who pay the highest interest of any bank money market fund. And always will.

UB your UNITED BANK of oregon

38561 Proctor Blvd Sandy, OR 97055 668-8030
15806 S.E. McLoughlin Blvd Milwaukie, OR 97222 653-2274
334 Warner Milne Road Oregon City, OR 97045 657-7918
Member F.D.I.C.