



The winners of the Sandy Area Merchants' coloring contest. Each winner receives a \$25.00 gift certificate. Pictured from left: Kristy Sharpe, Kari Malar, Jeff Malar and Jason Wilson.

Food classes offered

Becky Hawley has been teaching aerobic dancing in the Sandy area for four years and feels it is time to offer an added program for people interested in keeping fit.

Hawley teaches aerobics at Kelso school in the evenings, where she will soon be offering nutrition counseling.

"It is designed for people who want to gain or lose weight and for people who need cholesterol or blood pressure control," said Hawley.

While many of the same people who take the

aerobics may be interested in the class, Hawley said, it is separate from the aerobics class. She said the class would involve private counseling.

"There will be a separate prescription for each individual, that is what is unique about it," said Hawley.

Hawley said she will be taking appointments beginning Jan. 3, and interested persons can call 622-4827 or 666-1261.

"It is just for people who want to get into a more nutritional way of eating," she said.

Stines joins service

Daniel R. Stines, of Brightwood, recently has enlisted in the United States Air Force, according to TSgt Dan Baker, the local Air Force recruiter.

Airman Stines, a 1983 graduate of Sandy Union High School, departed Dec. 12 for Lackland Air Force Base, Texas.

Upon completing the Air

Force basic training course, he will receive further training in his chosen career field as an Airlift Maintenance Specialist.

He will be earning credits toward an associate degree in applied science through the Community College of the Air Force while attending basic and other Air Force technical training schools.

Hill completes basic

Army private Shawn Hill, son of Bobby D. and Mary L. Hill of Sandy, has completed basic training at Fort Jackson, S.C.

During the training, students received instruction in drill and

ceremonies, weapons, mapreading, tactics, military courtesy, military justice, first aid and Army history and traditions.

He is a 1983 graduate of Sandy Union High School.

GED classes set

GED classes for anyone over 16 years of age who did not complete high school will begin at 6 p.m. on Jan. 2. The classes will be held in

room 18 at Sandy Union High School.

Anyone who has questions regarding the classes may contact the instructor, Sally Works at 663-1057.

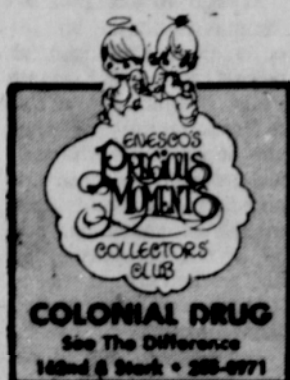
Kuechlers welcome new baby girl

Wayne and Lauri Kuechler's Christmas gift was only shortly over an hour late.

The Kuechlers, who live in Sandy, welcomed their first child at 1:17 a.m., Dec. 28. She has been named Alexandra Marie and weighed 8 pounds and 12 ounces.

Alexandra was born at Eastmoreland General Hospital in Portland. Her grandparents are John and Donna Kuechler of Sacramento, Calif., James Shea of Juneau, Alaska,

and Kris Kellum of Vancouver, Washington.



Damage was extensive to the Bill Ellis home.

Staff photo by Chris Hale

Wemme home hit by trees

A neighbor to Bill Ellis commented that the area looked like a "war zone," and Ellis could hardly argue with that statement, after seeing what winds and freezing temperatures did to his home Friday night.

Three trees fell on Ellis's home during the night, causing over \$25,000 in damage to the house. His garage was also severely damaged when the roots of a giant fir tree uprooted the foundation as the tree fell, causing the garage to lift off of the foundation.

Ellis had come home Friday night to the windstorm that ravaged the area. When his power went off,

he debated whether to stay or head for a warmer spot in town.

"I decided it would be pretty foolish to stay and freeze," he said.

It was 10 p.m. by the time Ellis left, and neighbors told him they believed most of the trees fell between the and 3 a.m. Saturday.

"I called later on that evening, but all they (neighbors) could see in the dark was about 40 trees that had fallen between my property and theirs," said Ellis.

It wasn't until almost noon Saturday before Ellis knew the damage that had been done. He returned on Saturday and said the wind

was still blowing strongly. "I just grabbed a few things, and got out," he said.

"It was beginning to look pretty dangerous out there."

With the help of neighbors and some people he works with, Ellis was able to remove the trees from the house Monday and seal up most of the exposed areas. He was also able to get a better look at

what is almost a totally demolished bathroom and kitchen.

"A contractor said it would be best to just finish tearing that end down and start over," said Ellis.

Ellis is a tennis buff and saw a little good out of the situation.

"There were cast iron pans that broke in half, but my tennis racket was right next to them and it didn't even get hurt," he said.

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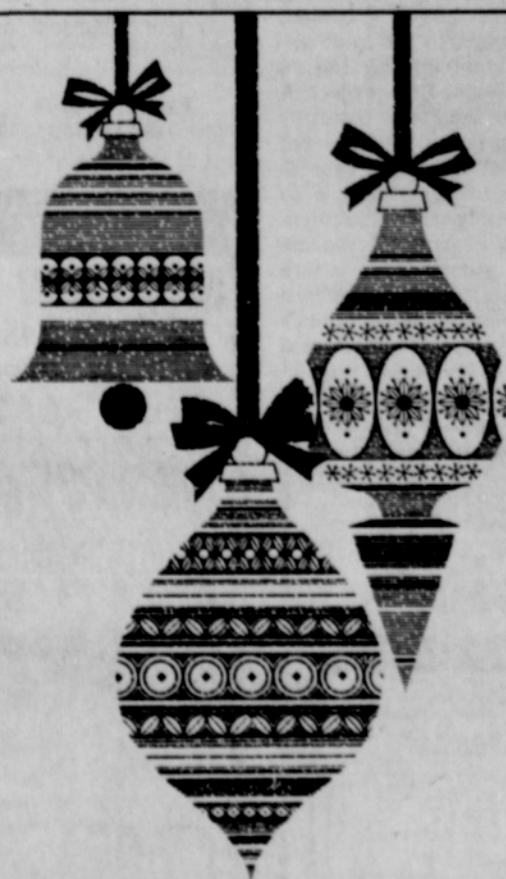
Season's Greetings

All of us at the Sandy Post wish you the best holiday season. Please note our special holiday deadlines since our office will be closed on Monday following following New Years Day, Jan. 2.

HOLIDAY DEADLINES
News — 5 P.M. Friday
Classified — 5 P.M. Friday
Retail — 5 P.M. Friday

Our office will be closed
Monday, Jan. 2nd

The Sandy Post



HYPNOSIS

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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 Meier & Scenic, 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
PASTOR FRANK KOEPKE
668-6232 Church

St. MICHAEL'S CATHOLIC CHURCH

Sat. eve Mass 7:30 p.m.
Sunday Mass 10:00 a.m. 6 p.m.
St. John's Catholic Church
Welches, Oregon
Mass 6 p.m. Sat. 8 a.m. Sun.
18090 SE Langensand
Sandy, Oregon
Father Carl Gimpel 668-4446

SANDY SEVENTH-DAY ADVENTIST CHURCH

Proctor and University
Sabbath School 9:30 a.m.
Morning Service 11:00 a.m.
You Are Welcome
Pastor
Ray Erwin
668-6144 - Church

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 - 6:00 P.M.
EVENING WORSHIP - 7:00 P.M.
(PASTOR) Ted Davis
CHURCH PHONE - 668-6083
HOME PHONE - 668-6261

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. Scheifers
668-5712

the Bahá'í Faith

Weekly meeting:
For information:
668-6876
668-8157
Martha Drown, 668-6882

Sandy Baptist Church

We invite you to join us for fellowship.

Church 668-4064
Pastor Fred Vogel

Sunday
9:45 Sunday School
11:00 Morning Worship
6:00 Evening Worship

NEW LOCATION
Wednesday
7:30 p.m. 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 a.m.

Pastor Ken Wold
17275 Strauss
668-4949
(Prayer Chain Available)

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.

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666-3212

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by TOM WEST
of Damascus Travel Service



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