

Mission study to conclude this Sunday

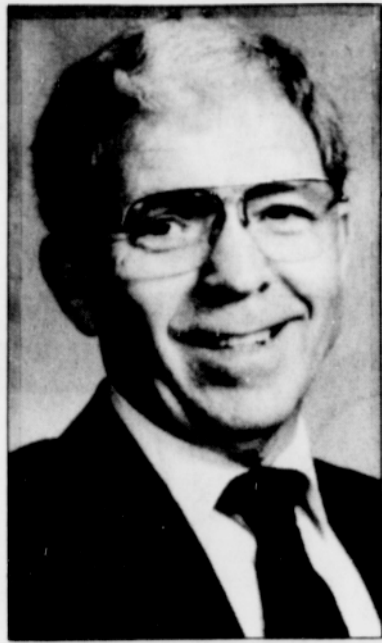
The Missions Convention at the Sandy Assembly of God Church concludes Sunday, Jan. 20 with the Rev. B.W. Corpany, executive director of the Calcutta Mission of Mercy. He will speak at the 11 a.m. service and Pastor Jim Bennett of the Sandy Assembly of God will speak at the 6 p.m. service.

Corpany served as a missionary in the Middle East for 14 years, serving terms in Tunisia, Lebanon and for five years in the famous Lillian Trasher Orphanage in Assiout, Egypt. He speaks fluent Arabic.

Corpany is a graduate of Baylor University in Waco, Texas, and has a master's degree from the University of Houston.

Although he is ordained as a minister and appointed as a missionary, Corpany considers himself a layman. "I am not a clergyman," he said. "I come from the pew, not from the pulpit."

His work with the Calcutta Mission of Mercy, founded by Mark Buntain, has undergone continuous growth



Rev. B.W. Corpany

under his direction.

Bennett, youth pastor at Sandy Assembly, will be presenting the young people's portion of ministry including their upcoming outreach to the Philippines this summer.

Pastor Dale Edwards extends an invitation to the public to attend either of these special services.

Senior Center news

Few seats left for Portland tour

A few seats are still available for seniors interested in taking the trip to Portland to visit the Neighborhood House Senior Center and tour Multnomah Village. The trip is set for Friday, Jan. 18.

Multnomah Village is in southeast Portland and is well known for its antique shops and small, unique stores. Included in the day's events will be lunch at the Neighborhood House Senior Center and a dance in the afternoon.

For more information, or to register, call the Sandy Senior Center at 668-5569. Cost will be \$2 for transportation and money for a Loaves and Fishes lunch.

The monthly foot care clinic will be held Tuesday, Jan. 22 from 9 a.m. till noon. Loraine Domine, adult nurse practitioner, will provide this service to help seniors having difficulty with proper podiatric care. Cost is \$5 per person. Call the Center for an appointment.

Representatives from Social Security and the IRS will be guest speakers Monday, Jan. 21 at 12:30 following the Loaves and Fishes lunch. Topic of their presentation is the new tax laws and changes in Social Security and Medicare. A question and answer period will follow the presentation.

Activities Jan. 17-24

Thursday, Jan. 17
9 a.m.: Morning stretch
Noon: L & F meal
12:30 p.m.: Board games

Thursday, Jan. 18
9 a.m.: Departure, tour NHI Senior Center and Multnomah Village
Noon: L & F meal

Monday, Jan. 21
9 a.m.: Morning stretch
Noon: L & F meal
12:30 p.m.: Social Security/IRS

presentation
1 p.m.: Band practice
1 p.m.: Cards

Tuesday, Jan. 22
9 a.m.-noon: Foot care clinic
Noon: L & F meal
1 p.m.: Arts and crafts

Wednesday, Jan. 23
9:30 a.m.: Calligraphy
Noon: L & F meal
1 p.m.: Quilting circle

Thursday, Jan. 24
9 a.m.: Morning stretch
Noon: Golden Age Club potluck

Menus

Bull Run School Jan. 21-25

Monday: Wiener wraps, tomato soup, cheese stick, pineapple tidbits and milk.

Tuesday: Chili and cheese on a bun, celery sticks, peanuts, peaches

and milk.

Wednesday: Beef-a-roni, cabbage and carrot salad, bread and butter, fruit cup and milk.

Thursday: Pizza, buttered corn, frosted Graham crackers, diced pears and milk.

Friday: Vegetable beef soup, peanut butter sandwich, January birthday cake, ice cream and milk.

Friday: Baked lasagna, seasoned green beans, fruited Jello, garlic bread and milk.

Sandy

Monday: Chicken nuggets, sweet and sour sauce, cole slaw salad, cherry crisp, bread and butter and milk.

Tuesday: Hamburger on a bun with lettuce and pickle, potato bar, applesauce and milk.

Wednesday: Chili beans topped with cheese, sliced peaches, corn bread with honey butter and milk.

Thursday: Chicken fried steak, tater tots, peanut butter cookie, fruit salad and milk.

Welches School

Monday: Beef vegetable soup, peanut butter sandwich, carrot coins, apple crisp and milk.

Tuesday: Porcupine meat balls, mashed potatoes, green beans, french bread, orange wedge and milk.

Wednesday: Meat and cheese pizza, Popeye salad, cherry cake, peanuts and milk.

Thursday: Turkey noodle casserole, calico salad, cinnamon toast, applesauce and milk.

Mt. Hood Foundation ball, auction set for March 9

Reservations are being accepted for the 13th annual Mt. Hood Community College Foundation auction and ball to be held March 9 at the Jantzen Beach Red Lion Inn in Portland.

Tickets for the dinner-dance are \$75 per couple, including \$15 in scrip for the auction. The Mt. Hood Com-

munity College Dance Band will provide the music.

A cocktail hour will begin at 6 p.m. and dinner will be served at 7 p.m. The auction will begin at 8:15 p.m. Items offered for sale will be displayed from 6 to 8 p.m.

For reservations, contact Brenda Isham at 667-7206.

Recreation district holds sign-up for winter activities

Registration is underway for the Sandy Recreation Department's winter program.

If one made a New Year's commitment to get in shape, offerings that will help include aerobic exercises; morning stretch for beginners and senior citizens; wee workout for preschoolers; karate/hapkido for people 16 years old and older; and beginning cross country skiing.

Other offerings include beginning calligraphy and community card

night.

In addition to the classes offered, the Recreation Department is also administering the adult men's basketball league and a youth basketball program for boys and girls.

People may register at the Sandy Community Senior Center, 38348 Pioneer Boulevard, from 9 a.m. to 5 p.m., Monday through Friday.

For additional information, call 668-5569.

Series looks at jobs

A series of career workshops will be held from noon to 1 p.m. Tuesdays at Mt. Hood Community College.

The first workshop, scheduled Jan. 22, will focus on graphic technology as a career. It will be held in the Graphic Tech Lab. The speaker will be MHCC graduate Louann Richards, an employee of VanGorder Printing in Tigard.

On Jan. 29, the topic will be resume writing for women re-entering the job market. The workshop will be presented by MHCC academic advisers Carolyn Kenney and Susan Perry in the Counseling Conference Room.

Television production technology

will be discussed in the third workshop, scheduled Feb. 12 in Room 1364. Cheryl Kindall of KATU Channel 2 Public Affairs will be the guest speaker.

Graphic design technology is the subject of the last workshop, to be held Feb. 26 in the Art Mall Theater. Speakers will be Bia Wahl, a private design consultant, and Janice Gega, a staff designer for Nike, Inc. Both are MHCC graduates.

The series was developed to assist women participating in non-traditional programs at MHCC. For further information, call Judy Moore at 667-7319 or Carolyn Kenney at 667-7375.

Sandy graduate earns top grades at Georgetown

Alex Brewster was ranked fifth fall semester in his class of about 400 in the school of international business at Georgetown University.

Brewster's grade point average was 3.81. In addition to his classwork, he was employed as a security guard as part of a work-study program.

Brewster, an SUHS graduate who participated in an exchange to Argentina in high school, passed his

series 7 stockbroker exams early last summer. He is a sophomore at Georgetown University, which is in Washington, D.C.

He spent part of his winter vacation showing slides and lecturing to third-year Spanish students at Sandy High. He was impressed with instructor Barbara Smith. She's a "great teacher," Brewster said.

Flood survivors to gather at Hoodland Women's Club

There will be a gathering of the survivors of the Mt. Hood flood on Sunday, Jan. 20 at 1 p.m. at the Hoodland Women's Club.

There will be live music, films shown and speakers. The 20th anniversary of the flood will be observed.

Families are asked to bring a hot dish and either a dessert or salad. In-

dividuals are asked to bring one of the above. The public is invited to the potluck.

On Friday, Jan. 18 there will be a memorial observance held for Harry "Shorty" Engols, the only person to die in the flood. It will be held at the Wildcat Creek Bridge, which is the first bridge east of Alder Creek on Highway 26.

Ski shop to rent equipment as a benefit for hospice

Mt. Hood Hospice will benefit from a ski shop promotion set for Monday, Jan. 21.

Kjell Rode, son of the late Otto Rode, said the Sandy Senior Center and Mt. Hood Hospice did a lot of things for his father when he was alive.

To pay the community back, he has planned a benefit whereby skiers can rent poles, boots and skis for \$5 a day. All proceeds go to Mt. Hood Hospice.

Hospice is a program of care for terminally ill people and their families. Mt. Hood Hospice serves an area from Gresham through Government Camp. Funding is almost entirely dependent on donations.

Otto's Cross Country Ski Rentals is located at 38716 Pioneer Boulevard in Sandy. Kjell recommended that people come in early to be fitted for

Pioneers plan potluck affair, slide show

The Sandy Pioneer and Historical Association will meet on Sunday, Jan. 27 at the Melvin Haneberg Community Center. The meeting will be a potluck affair beginning at 1 p.m. Those attending should bring their own table service.

Following a short business meeting, Sandra Potter Marquardt, director of community services at the Sandy Senior Center, will present a slide program explaining tentative plans for a new community center, which may be ready for occupation within three to five years.

Among the groups to use the new facility would be the Sandy senior citizens, the Sandy Community Players and the Sandy Pioneer Association. Adequate space would be provided for the historical displays of the Pioneer Association.

In addition to Potter Marquardt's presentation, Melvin and Edna Haneberg will present slides of their latest trip to Norway.

The Pioneer Association welcomes those of any age or origin to its membership. Dues are \$4 per year.



Happy 19th Birthday Tori Johnson from Kelli

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tions to combat recurring pain? Come in for a chiropractic examination. It is a good decision and may be the turning point of your life.

Dr. Hyland maintains his office at

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TIPS TO HELP DIABETICS IMPROVE FOOT CARE ★

- 1) Wash feet daily and dry carefully, being careful to dry between the toes. Apply ointment such as lanolin.
- 2) Inspect feet daily for cuts, blisters, scratches. Look between the toes and the bottom of feet. Use a mirror.
- 3) Be sure stockings and shoes are comfortable and fit well.
- 4) Visit your physician regularly and have feet examined each visit.
- 5) Be sure your podiatrist knows you are a diabetic.
- 6) If your feet are cold, wear socks.
- 7) Inspect insides of your shoes for nails, torn linings.
- 8) Cut toenails straight across.
- 9) If you have trouble seeing, have family member inspect your feet.
- 10) Avoid smoking.
- 11) Avoid using heating pads and hot water bottles.
- 12) Avoid wearing stockings with seams and garters.
- 13) Avoid wearing sandals with thongs between the toes.
- 14) Avoid cutting corns and calluses.
- 15) Avoid removing corns and calluses with chemicals.
- 16) Test water before bathing and avoid extreme temps.
- 17) Avoid wearing high-heeled, pointed, open-toed shoes.
- 18) Don't walk barefooted; especially on hot surfaces.

ASK YOUR PHARMACIST-★Question- "The non-Rx sinus medicine I've been taking for some time seems to be less effective. Should I increase the dose?"
Answer- "Medicines such as sinus products can lose effectiveness when taken for long periods of time. Don't take higher doses than recommended on the label. It may be advisable to change to another product. If condition does not improve see your doctor."

NEWS BRIEF-★Report in Journal of American Medical Association says that hot dogs, candy, nuts and grapes are responsible for over 40 % of all food-related choking deaths in young children. Avoid foods that are small, thin, smooth, slick when wet, or hard and tough.