

Plan for Christmas decorating

It may seem too early to consider the "Decorate Your Home for Christmas" theme, but that is what Diane Tiller will be asking of Sandy Garden Club members at the Nov. 6 meeting.

Tiller, owner-operator of The Flower Garden shop in Sandy, is scheduled to show material and ideas that can be used in Christmas planning. The public, including men, is invited to the 9:30 coffee at Hood Chalet Motor Court on South Bluff Road — and to stock up on ideas for Christmas.

The Dec. 6 Christmas bazaar, held each year at the Sandy Senior Center, will be discussed, with members asked to consider how they can contribute.

Some club members lent their brawn and shovel work to "Put the Garden to Bed" day at Oral Hull Park in October. The work is a cooperative effort by garden clubs in District 15.



Sandy/Estacada Youth Services Team

Among the people to sign an agreement to join the Sandy/Estacada Youth Services Team were, from left to right: Ron Lajoy, Mental Health Center, Dell Smith, Employment, Training and Business Services, Chuck Schreiner, Sandy Family Services,

Doug Poppen, Parrott Creek Ranch Inc., Gail Perkins, Estacada Schools superintendent, Roberta Hutton, SUHS superintendent, Bill Brooks, Clackamas County sheriff, Sue Trotter, Children's Services Division, Lennie Bjornsen, chairman of

Juvenile Services Division, Don Welch, director of the juvenile court, Mike Balter, state director of Boys and Girls Aid Society of Oregon. See story on Page 1.

Position open in Welches

There is an opening on the Welches School District's budget committee. The person appointed to the position by the board of directors will serve a three-year term running through 1988.

The position will be filled at the Nov. 14 meeting.

Registered voters in the Welches School District are encouraged to apply. Interested persons should submit a written application. The budget committee will be meeting in the spring to work on the District's 1986-87 budget.

Rescue takes 2 hours

Man OK after wreck on Hood

A number of rescue teams from varying agencies worked together for two hours last week to get a Troutdale man out of a truck cab following an accident on "Map Turn" two miles west of Government Camp.

Rick Watson of 3308 S.E. Stott Circle, Troutdale, was listed in good condition Oct. 30 by a spokesman from Emanuel Hospital. He suffered multiple rib fractures.

On Wednesday, Oct. 23 about 5 p.m. rescue workers began what turned out to be a marathon rescue session.

Watson's truck, which was loaded with 1X10 pine, was west bound, coming down Highway 26. The truck overturned about the middle of the curve and slid approximately 200 feet before coming to rest upside down against the guardrail, according to Lane Wintemute, Hoodland Fire District chief. Lumber was spread out across the highway for several hundred feet. The truck was owned by Love Trucking, Troutdale.

It took a combination of the Hoodland Fire District's Hearst rescue tool ("Jaws of Life"), the Sandy Fire District's inflatable air bags and Alpine Towing's truck to get Watson out.

Joie Smith of Alpine Towing lifted the cab, the air bags were inserted into the cab and the Hearst tool used to cut the cab away. Smith's held was invaluable, Wintemute said. "I don't know how we'd have gotten him out of there without her," he said.

Applications accepted for Sandy police reserve unit

The city of Sandy's police department apparently did too good of a job training its reserves. Five of the 10 graduates last April have taken full-time jobs in other departments, according to Officer Mark White.

Applications are now being accepted for people interested in working as reserve police officers.

Candidates must be 21 years of age, certifiable by the Bureau of Police Standards — which includes having a good driving record and no criminal record — and must reside in the Sandy area.

Those accepted will be required to attend the Clackamas County Reserve Academy in Oregon City in January.

People interested in career law enforcement or law enforcement activities for public service are encouraged to apply. White said.

For more information stop by the police department's office in City Hall or call 668-5566.

A number of activities are planned for Halloween night, as well as for the days following the spooky holiday.

Among those events are:

✓ The Greater Sandy Business Association is sponsoring a Costume Contest on Halloween night from 6 to 7 p.m. at the Heritage Square Mall. "Funny Money," which can be spent at area businesses, and other prizes will be awarded to winners.

✓ Hoodland's long-running Spook Alley will start at 6 and run till about 8:30 p.m. on Halloween. It is being held at Hoodland Park Plaza.

✓ Sandy VFW 4273 and Auxiliary will sponsor a Light-A-Spook program from 5 to 8 p.m. at the Sandy VFW Hall on Halloween. Reflective tape will be put on costumes so that

youngsters will be more visible to motorists and others. Refreshments will also be served.

✓ The Sandy Mountain Festival's Haunted House will be held Oct. 31 and Nov. 1 and 2. It is being held in the building that formerly housed Thriftway. The chills and thrills start at 7 p.m.

✓ The Sandy Optimist Club's Haunted House will be held Oct. 30 and 31, beginning at 7 p.m. It will be open till 10 p.m., except on Halloween when it will be open until customers stop coming. The Haunted House will be in the building across from the Dairy Queen at 38500 Pioneer Blvd.

✓ Columbia River Council Troop 234 will sponsor a Halloween party for the Bull Run community from 6 to 8 p.m. at Bull Run School. Admission will be a can of food, which will be donated to a food bank.

Activities planned include a costume contest, apple bobbing, fortune telling and candy fishing. For

more information, call Lauretta Steelman at 668-6596.

✓ A "spooktacular time" is planned at the Kelso Halloween Happening, which will be held Friday, Nov. 1 from 6:30 to 9:30 p.m. at Kelso School.

Activities include a pie throw, magic act, cake walk, fish pond,

Chamber votes yes on schools

The Sandy Area Chamber of Commerce's board of directors has voted unanimously to support the Sandy Elementary District's levy, which will be on the ballot Nov. 5.

The board also voted unanimously to support Ballot Measure 1, which calls for a redistribution of the hotel/motel tax.

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No. 44

October 31, 1985

BOWMAN'S SANDY THRIFTWAY

INDEPENDENTLY OWNED

... AND PROUD OF IT!

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Local fresh
Cauliflower
49¢/head

Oct. 31 — Nov. 7th

THRIFTWAY

WE CARE
MORE...
WE OWN
OUR STORE.

Introducing... LUNCHEON BUFFET

We at Paolas' are pleased to announce we have enlarged our lunch menu. We will be offering a quality, delicious Lunch Buffet, served Monday through Friday, 11:30 to 2:00 p.m. consisting of pastas, ranch or chili beans, two kinds of pizza, different chicken or meat entre daily and hot homemade bread . . . \$4.25 (includes a trip thru the salad bar).

Also, we are serving Pizza Bread, a real time saver — thick slice of homemade bread, topped with sauce, cheese, and pepperoni, toasted to bubbly perfection . . . \$1.95.

Remember . . .

Plan your parties and good times with us! We have large loft areas to accommodate big or small groups.

PAOLA'S PIZZA BARN
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DR. HYLAND SPEAKS TO YOU ABOUT HEALTH:

WHAT YOU SHOULD KNOW ABOUT WHIPLASH

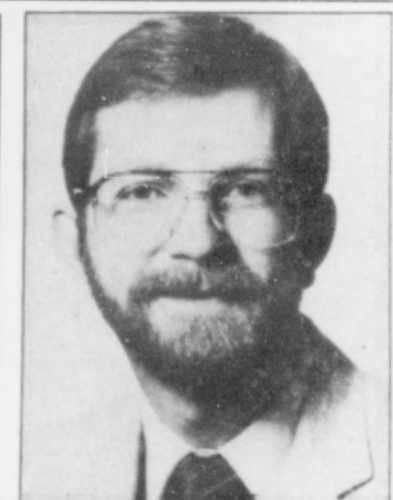
Every year one and a half million people are involved in auto accidents causing whiplash injury to the spine. Actually any blow to the head or sudden jerking can result in sprain, strain, subluxation or dislocation to the spine. Joint injuries and fractures are common. Whiplash injuries may involve the nerves, arteries, spinal discs, spinal cord, ligaments, tendons, cartilage, nerve plexus and brain.

DEGREE OF INJURY DEPENDS ON FORCE

The degree of injury depends mostly on the forces and direction involved. For example, a car weighing 3000 pounds traveling only twenty five MPH creates a force equal to 3,450 pounds. This means several tons of force are exerted on the victim's neck at the moment of impact. The crash council of the USAF has demonstrated that a backward snapping acceleration of only 5 times the force of gravity can be tolerated.

COMPLICATIONS CAN ARISE

The injured muscles and ligaments of the spine heal with scar tissue resulting in a loosened spinal joint. This may develop into traumatic arthritis in the neck in later years. Impingement or compression of the nerve root is one of the most common complications of whiplash. Unfortunately,



Dr. George Hyland

ordinary doctors seldom understand the threat that whiplash holds for the victim. Too often he only treats the victim for muscle spasm.

CHIROPRACTIC TREATMENT OF CHOICE

Chiropractic care is the treatment of choice for whiplash by more than 500 insurance companies. If you have ever had whiplash you

may be suffering with headaches, neck pains, tension, stiff neck, lightheadedness, pain between the shoulders, low back pain, numbness of the

arms, hands, shoulders, or legs, fatigue, cold hands or feet and neuritis. Some of these symptoms occur immediately and others may not develop for weeks or even years. Seek Chiropractic care now if you have had whiplash.

Do You Have Questions About Chiropractic Care? Stop In And Let Dr. Hyland Explain His Care Method. It's Complimentary, Of Course!

Dr. Hyland Maintains His Practice At:
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