

Sends President a gift

Artist back to portraiture

by SCOTT NEWTON

Joe Oldenburg was an anti-war activist during the Vietnam era, and he hasn't always been a fan of President Reagan's, but he was quite inspired by the summit in Geneva.

The idea of the two super powers working together — instead of competing against one another in an arms race — surely has potential when it comes to exploring space, predicting weather and other scientific and cultural endeavors.

Oldenburg isn't interested in fighting, but if he can contribute to world peace by painting presidents, premiers and heads of states, that is a commitment he is ready to make.

Oldenburg wrote to the White House in June requesting a photograph of the President and Nancy Reagan. Instead of getting a picture of the couple together, he received individual, color photographs. So he painted a portrait of Nancy, and has mailed the oil painting to the White House as a Christmas gift.

"She's quite an elegant-looking woman, I think," Oldenburg said, explaining that she has "noble" features.

The painting is 24 by 30 inches, or three times the size of the 8-by-10-inch photograph. He measured critical points, drew the lines in, and shaded the drawing for realism. Then he began putting the paint down, a coat at a time. "Light gets trapped in the paint, illuminating the subject," Oldenburg said. That method of painting, building it a coat at a time, helps contribute to the three-dimensional look of the painting, he added.

Oldenburg has been painting for about 20 years, and has gone through all kinds of phases. Early portraits and landscapes gave way to brilliantly-colored abstracts in high

school. In college, when he attempted to return to realism, he was rebuffed, he said. He was frustrated and dropped out of school.

He began taking art classes again two or three years ago, and Howard Neufeld, instructor of visual arts at Mt. Hood Community College, has allowed him the degree of freedom he needs.

A painting of Janis Joplin from the Pearl album — which he completed about a year ago — received rave reviews from friends, and sparked an

interest in portraiture. In addition, portraiture appears to offer some degree of financial stability; it is Oldenburg's goal to make a living from his art.

Oldenburg will paint the President's portrait next, and then plans to paint Mikhail Gorbachev and his wife.

Though he would like to make a living painting diplomats and famous people, the portraits of the Reagans and the Gorbachevs will be "from the heart."



Sandy artist Joe Oldenburg sent this portrait of Nancy Reagan to the White House earlier this week.

Church adds Mass in Spanish

The Good Shepherd Episcopal Church has added a Mass in Spanish on Saturdays at 7 p.m., according to Father Tom Davidson.

Davidson said the congregation recognizes that there is a growing Mexican population in the Sandy area, and has made a commitment to the bilingual services. The church

has prayer books and hymnals written in Spanish, and will attempt to have Mexican guitar music as an accompaniment.

In addition, Davidson said he has talked to people at the Sandy Community Action Center, as well as business people, who have expressed a desire to learn to communicate

with the Mexican population in their own language, and Sandy Farms has requested a course to help migrant workers learn English.

Davidson, who is chairman of the Hispanic Commission of the Diocese of Oregon in addition to his duties locally, will offer classes in both English and Spanish after the beginning of the year.

Davidson is a former high school teacher who taught Spanish, German and Russian for 11 years.

The classes will be held in the church's new basement. Dates and times will be announced in January. People interested in either of the classes should call the church at 668-4041 on Tuesday or Wednesday mornings.

The Mass in Spanish will be announced on the church's new sign, which will have a Mexican flag on it as an indication to non-literate Mexicans that something is going on at the church that may be of interest to them. The sign will read: "Misa en Español, Sabados, A las 7 horas," which means that there will be a Mass in Spanish, Saturdays at 7 p.m.

Toastmasters elect officers; welcome interested visitors

The Sandy Toastmasters Club recently elected new officers. Merrill Schneider will serve as president for 1986.

Harry Bresnahan was elected educational vice president; Kimberly Nelson is administrative vice president. Vern Richards is secretary/treasurer and editor of Toasters Post; and Deane Wessellink is sergeant at arms.

Members of the public are invited to attend the Toastmasters Club's regular weekly meetings, which are

held every Thursday at noon in the basement of the U.S. National Bank in Sandy.

Toastmasters is a cooperative, self-help organization that aids the individual in learning better communication skills. There is no obligation to join. People are welcome to observe the fun while learning and enjoying the fellowship.

Activities include the antics of "table topics," as well as informative, prepared speeches delivered each week by one or more of the members.

Sheriff wins three awards



Bill Brooks

Clackamas County sheriff Bill Brooks was the recipient of three awards at the annual conference of the Oregon State Sheriffs' Association.

Brooks shared the "outstanding Sheriff of the Year award" with Fred Pearce, Multnomah County sheriff.

Brooks received President Pearce's award for outstanding service, and received the Oregon Fire Marshals' Association's "Silver Sparky Award."

Brooks was appointed sheriff in 1983, and won a bid for election to the post in November of 1984.

Training completed

Pvt. 1st Class William G. Daniel III, son of Peggy J. Boughton of Troutdale, has completed basic training at Fort Knox, Ky.

During the training, students received instruction in drill and ceremonies, weapons, map reading, tactics, military courtesy, military justice, first aid, and Army history and traditions.

His wife, Rennie, is the daughter of Robert and Shelly Tupper of Sandy.

He is a 1982 graduate of Columbia High School, Gresham.

DR. HYLAND SPEAKS TO YOU ABOUT HEALTH:

ASK YOUR DOCTOR

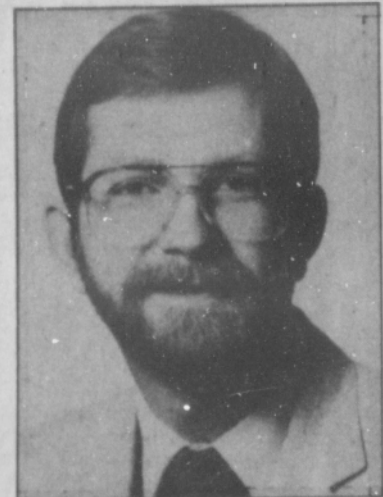
Q. Why Should I see a doctor of chiropractic?

A. In addition to regular checkups and any necessary treatments to keep your body structure balanced and fit, be sure to see your doctor of chiropractic immediately if any of these symptoms appear: recurring or chronic headaches; pain, stiffness or numbness in the neck, shoulder area, joints, legs or lower back or in hand, arm or leg membranes; a strain, sprain or severe muscle spasm; sciatic or sacroiliac pain.

Q. Why don't doctors of chiropractic prescribe drugs?

A. Doctors of chiropractic are educated in diagnosing a broad spectrum of human ills. Should their examination indicate that a patient may best be served by drug or surgical treatment — for acute infections or diabetes or appendicitis, for example — the patient will be referred to a medical or osteopathic practitioner who is licensed to prescribe drugs or perform surgery.

However, chiropractic physicians have taken to heart Hippocrates' advice 23 centuries ago: "Get knowledge of the spine, for this is requisite to many diseases." They have specialized for more than other physicians, in the spine and the body's neuro-musculo-skeletal systems. Research and clinical experience have shown that most of the dysfunctions in these closely related systems can be treated most effectively and safely without drugs through chiropractic adjustments and other methods such as ultrasound.



Dr. George Hyland

Q. Why is there such an emphasis on spinal adjustments?

A. Because of the spine's vital importance to our life and health. In addition to holding the body upright, the spine encloses the spinal cord. Nerve messages run down a large truck of nerves in the spinal cord and branch out from between the vertebrae in smaller and smaller nerve lines to control every organ, every muscle.

The spine is very flexible and subjected to almost constant stress and strain, which may cause it to get out of alignment. When such misalignments (subluxations) occur, the spinal cord may be irritated or even pinched, resulting in pain and sometimes even "garbling" messages from the brain to the organs and muscles. Such malfunctions can cause illness. When the spinal adjustment is made and the vertebrae realigned, the nerves can function as intended and wellness is restored.

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