



Fourth graders at Kelso School play their recorders.

Classrooms filled with music

Sandy teachers tell school board about their programs

by SCOTT NEWTON
Staff writer

Sandy students were featured in a music video last week. It may not have been the rock video of their dreams, but Sandy school board members seemed duly impressed.

Four music teachers in the Sandy Elementary School District told about their instructional programs at the board's meeting on Thursday. Following their talks, they showed a video of students in practice and in concert.

The goal of the music program is to provide students with a variety of experiences they can draw on for the rest of their lives, said Kathleen Wanvig, music instructor at Sandy Grade School.

Wanvig works on some of the basics, including singing in tune. "I insist on a positive attitude," she said.

She teaches instrumental skills, listening, performing, and exercises in creativity, such as making up words to songs or creating melodies.

She also has students add motions to music by clapping their hands or snapping their fingers, which reinforces a sense of rhythm.

"I insist on a positive attitude," Wanvig said. "That's a rule that I think is really important in teaching music. Some people say, 'I had a teacher once who told me I couldn't sing.'

"I never want to be guilty of that.

Students are not allowed to say, 'That's a stupid song.' The idea can be contagious."

Wanvig said students are sometimes surprised to find a folk song they did not like at first is a fun song to sing, and more complicated than they originally thought.

Jeff Stave

Stave, music instructor at Firwood School, said music involves both hemispheres of the brain, drawing on a person's artistic and mathematical abilities. Students learn timing, mental concentration and the ability to perform under stress from music.

He said some students may score poorly on achievement tests but excel in music.

"I am very much an advocate of classical music," Stave said. In an attempt to get his students interested, he points out that many contemporary songs have classical themes, and that many popular artists studied classical music.

Stave uses a computer in the classroom, and programs his own software to fulfill a promise to his wife that he would not buy expensive programs.

He has developed one exercise that helps students increase sight-reading skills. Some students have increased the speed with which they recognize notes by as much as 10 fold, he said.

Emanuel McGladrey

McGladrey, who teaches at Kelso School and Cedar Ridge Middle

School, is the junior high choral director. He said he teaches students skills they can use the rest of their lives performing in church or community choirs.

As with sports, in choir one must learn team work and discipline, McGladrey said.

He starts with the fundamentals. "You'd think by the seventh grade they'd know how to breathe," he joked. But breathing properly is the basis for getting a good sound.

He also teaches the academic side of music, which includes how to interpret a score and the physiology of music, or how the body produces sound.

The Cedar Ridge vocal ensemble, a group of about 30 students who must audition to make the ensemble, recently completed a fundraiser to pay for a trip to the Oregon coast.

By the time the students reach the eighth grade, McGladrey expects them to be able to perform four-part music. He tries to expose them to several different styles, including popular, gospel, jazz and classical.

Roger Harrison

Harrison is the district's instrumental specialist, and he knows how to play all the instruments available for students to learn.

He teaches at Kelso School and Cedar Ridge.

Fourth-graders learn to play a recorder, which is a wind instrument. In the fifth grade, students

examine a variety of instruments and choose the one they want to learn to play.

As the students advance through the grades, the music becomes more difficult. By the eighth grade, students are expected to know all 12 major scales and be familiar with the full range of one's instrument.

Harrison's eighth graders have played some challenging music already this year.

"At first, it's hard," Harrison said. "If the students could choose, they would listen to Z-100, which is like eating candy."

"But most of the kids realize they are here to learn, and after they learn a piece with more body to it, like Tchaikovsky or Mozart, they get to like it and appreciate it."

The program ended Thursday with the video, which showed students practicing and then provided glimpses of the finished product during concerts.

Superintendent Rex Hunsaker, who scheduled the program as part of a series of programs on specialists in the school district, said he is often told that specialists could be eliminated to save money. Those same people say classroom teachers could teach music.

Hunsaker apparently disagrees. After watching the videotaped performance, he said,

"I'm just as proud of those teachers as if I'd hired them myself. These are important programs and we don't want to lose them."

Course helps prepare nurserymen

A course designed to help students and nursery workers prepare for the Oregon certified nurserymen's exam will be offered Tuesday at Clackamas Community College.

The eight-week course will begin Jan. 27 and continue through March 17. The class will meet from 7 to 9:30 p.m. in McLoughlin Hall room 112 at the college in Oregon City.

The course will cover basic horticulture, simple landscape design and plant identification.

The cost is \$17.50 for the textbook, which should be ordered from the Oregon Association of Nurserymen, 2780 S.E. Harrison, No. 204, Milwaukie, Ore., 97222.

Tuition is \$20 and the class fee is \$10. To register, contact the college.

Immigration bill to be discussed

The new U.S. immigration bill will be examined at a Jan. 29 seminar presented by the Oregon Association of Nurserymen.

The seminar will continue from 9 a.m. to noon next Thursday at the Red Lion-Columbia at Jantzen Beach.

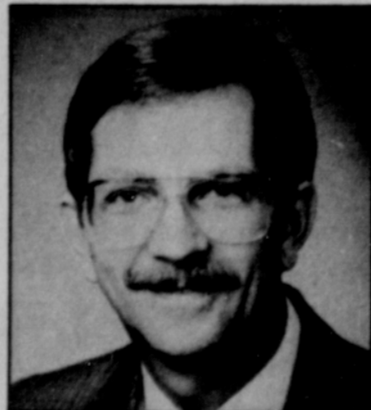
This Northwest Ag Show workshop will feature George Daniels of the Farm Employers Labor Service in Sacramento, Calif.

Daniels will explain how many current labor problems can be handled and how employers can protect themselves when hiring and firing workers.

The cost is \$25 per person. To register, send a check or money order to the Oregon Association of Nurserymen, 2780 S.E. Harrison, No. 204, Milwaukie, Ore., 97222.

"DOCTOR: MY NECK IS STIFF"

For millions of Americans, sickness is literally a "Pain in the Neck." The neck region is the most vulnerable area of the spine for injury and stress. Your head weighs 8-11 pounds sitting on top of 7 small bones in the neck supported by over 65 ligaments and 60 different muscles. There are over 35 different joints in the neck each with a joint capsule and synovial membrane to maintain freedom of movement and proper lubrication of each joint. Between each small bone in the neck over 300,000 nerves emit to such vital areas as the eyes, arms, sinus, head and shoulders. Also, the carotid arteries emit between the vertebrae in the neck to the brain and irritation to this region can be a primary cause of cervical migraine headaches, dizziness and ringing in the ears.



Dr. George Hyland

vertebrae in the neck can cause paralysis of everything below the point of injury. Is it any wonder why people with neck problems feel bad all over? The longer misalignments are allowed to exist in the neck, the stiffer it gets.

WHY DO I FEEL BAD ALL OVER?

Over 3 million nerve impulses come out of the brain every second through the spinal cord and these nerves convey dynamic energy in just the right quantities to control and coordinate the function of every organ and tissue of the body. Nerve pressure in the neck can cause symptoms that can affect almost any known disease. A fracture to the

WHAT RESULTS IN LACK OF MOBILITY?

Gradually, degeneration of the discs can take place due to lack of normal mobility. Scar tissue can develop in the muscles and ligaments and spurs can start to develop on the bones and joints.

Nature will put a callous on your hands when you work hard to protect itself. It is the same principal in the neck. Nature will try to reinforce misaligned vertebrae by building scar tissue and

calcium between the joints to help support these vertebrae to hold the head up.

Rather than taking muscle relaxers, pain pills, aspirins and other medication, doesn't it make much more sense to get your spine checked by an expert in spinal misalignment.

WHAT SHOULD YOU DO FOR A STIFF NECK?

When your car wheels are out of alignment, you do not put a better grade of gasoline in so it runs better. You get the wheels aligned. When you can have a structural problem you cannot get any lasting results treating it with a chemical. It must be realigned back to its normal position. Only then can the dynamic nerve energy from the brain flow freely to every part of the body. All kinds of symptoms begin to disappear and the result is feeling better and good health! If you have any problem whatsoever with your neck, you would be wise to get it checked NOW with Chiropractic!

Do you have any questions about Chiropractic Care?

Stop in for a Complimentary Consultation!

Dr. Hyland Maintains his Practice At:

SANDY CHIROPRACTIC CLINIC

668-5822

39100 Proctor Blvd.

Mt. View Restaurant & Lounge



Welcomes You!

And Invites you To Join Us For Dinner

Dining Room Specials

Served Fri. & Sat. 6pm to 9pm

Mt. View Restaurant & Lounge

COFFEE SHOP OPEN WEEK DAYS 6 am - 8 pm

Located on Mt. View Golf Course, 27195 Kelso Rd., Boring 663-5350

Come to Church

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

CHAPEL OF THE HILLS
59151 E. Hwy. 26
SUNDAY

Bible Hour 9:45 a.m.
Morning Worship 11:00 a.m.
Evening Service 6:00 p.m.

ADULT BIBLE STUDY
Thursday 7 PM
Special Children's Hour
Sunday Morning
Pastor Mike Whisner
622-3097 or 622-4124

SANDY BAPTIST CHURCH

OUR SUNDAY SERVICES
Sunday School 9:45 a.m.
Morning Worship Service 11:00 a.m.
Children's Service 11:00 a.m.
Evening Adult Education 6:00 p.m.

well staffed nursery —
Awana — Wednesday — 7:00 p.m.
OTHER OPPORTUNITIES
* Aerobics * Gym Nights * Youth Groups * Counseling * Choir * Home Bible Studies
Pastor Fred Vogel (Jarl Road is 1 mile west of Sandy)
34495 S.E. Jarl Rd. • 668-4064 Marketplace and 2.5 miles west of Heidi's

FELLOWSHIP BIBLE CHURCH

We emphasize Biblical teaching, supportive fellowship, children's learning center & regular home meetings.



MEETING
Sandy High School (Bluff Road)
Sunday mornings (9:30-11:30)

CHURCH OFFICE:
668-9123

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

LIVING WAY FELLOWSHIP FOURSQUARE

Discovery (Sun. School) 9:30 a.m.
Worship service 10:30 a.m.
Home Ministry Centers: 6:00 p.m.
Call for more information
Pastor Ken Wold
17275 Strauss
668-8088
(Prayer Chain Available)

ORIENT DRIVE BAPTIST CHURCH S.B.C.

15150 S.E. Orient Drive
(First exit West of Sandy on Hwy. 26)
SUNDAY SCHOOL (all ages) 9:45 AM
WORSHIP 11:00 AM
TRAINING 5:30 PM
WORSHIP 6:30 PM
WEDNESDAY SERVICES (all ages) 7:00 PM
Children Ministries * Youth Ministries
Pastor Mike Holleman • Church 668-6083 • Home 668-6363

SANDY ASSEMBLY OF GOD SUNDAY SERVICES

Sunday School 9:45 a.m.
Morning Worship 10:45 a.m.
Evangelistic Service 6:00 p.m.
FAMILY NIGHT
Wednesday 7:00 p.m.
Dale Edwards, Pastor
Church Phone 668-5589

ST. MICHAEL'S CATHOLIC CHURCH

Saturday Eve. Mass 5:00 p.m.
Sunday Mass 10:00 and 12 Noon
St. John's Catholic Church
Welches Oregon
Mass 7 p.m. Sat. 8 a.m. Sunday
18090 SE Langensand
Sandy, Oregon
Father Rodrigues 668-4446

COMMUNITY PRESBYTERIAN CHURCH

Opening worship 9:30 a.m.
Sunday School 9:45 a.m.
Morning worship 11:00 a.m.
Home Bible Study 6:00 p.m.
Nursery Care During Worship
Interim Pastor Stan Burtless
Home 668-6100
Church 668-4543
Corner of Meinig & Scenic Sandy

THE FIRST DOOR OF FAITH CHURCH & BIBLE SCHOOL OF SANDY

Sunday School 9:45 a.m.
Sunday Worship 10:45 a.m.
38091 Sunset Street
Pastors Larry & Bernadine Godfredsen
753-4845



Worship at the Church of your choice