

Senior center news

Program set on Barlow Trail

On Friday, Feb. 20 at 12:30 p.m., Ruth and Orson Goodrich will be presenting a slide show on the Oregon Trail.

Over a 25-year period the Goodriches have researched and explored the Oregon Trail from its origin in Independence, Mo., to its merger with Barlow Road.

In so doing, they took over 2,000 slides before editing them into a two-hour show with 400 slides. The couple used diaries of pioneers, maps and books in locating remnants of the trail. The Goodriches have presented their program to hundreds of groups and many schools in the area. It provides an historical perspective on the Western immigration to Oregon that

everyone can enjoy.

The "55 Alive" driving course sponsored through AARP will be held on Tuesday, Feb. 24 and Wednesday, Feb. 25 from 8:30 a.m. to noon. The class will cover tips on defensive and safe driving for the older driver.

Many insurance companies offer reduced rates for people completing this training. Please check with your insurance agent to see if this will apply to you. The cost of the course is \$7.

Seniors with February birthdays will be honored with a party on Tuesday, Feb. 24 at 12:30 p.m. Cake will be served and the Sandy Silvertones will provide musical entertainment.

Tax assistance appointments with Chalmers Thornber are still available for seniors needing help with state and federal returns as well as homeowners/renters relief refunds. Please call the center to ar-

range for a free half-hour appointment.

For information on programs, services and trips please call the Sandy Senior Center at 668-5569.

ACTIVITIES

Thursday, Feb. 19
9 a.m. — Morning Stretch
Noon — Senior Luncheon at Community Presbyterian Church

Friday, Feb. 20
Noon — Loaves & Fishes Lunch
12:30 p.m. — Oregon Trail Slide Show
7 p.m. — Community Cards

Monday, Feb. 23
9 a.m. — Morning Stretch
10:30 a.m. — Choir Practice
11:30 a.m. — Flex n' Stretch

Noon — Loaves & Fishes Lunch
1 p.m. — Band Practice, Cards

Tuesday, Feb. 24
8:30 a.m.-Noon — 55 Alive Driving Course
9 a.m.-Noon — Foot Care Clinic
Noon — Loaves & Fishes Lunch
12:30 p.m. — Birthday Party
1 p.m. — Ceramics

Wednesday, Feb. 25
8:30 a.m.-Noon — 55 Alive Driving Course
9 a.m.-Noon — Tax Assistance
9:30 a.m. — Oil Painting
11:30 a.m. — Flex n' Stretch
Noon — Loaves & Fishes Lunch
1 p.m. — Quilting

Thursday, Feb. 26
9 a.m. — Morning Stretch
Noon — GAC Potluck and Business Meeting

School lunches

Bull Run School Feb. 22-27

Monday: Macaroni and cheese, spinach, roll and butter, fruit and milk.

Tuesday: Tuna salad sandwich, tomato soup, cookie, pear half and milk.

Wednesday: Spaghetti, green salad, french bread, peaches and milk.

Thursday: Turkey rice soup, rice

pilaf, buttered peas, February birthday cake, ice cream and milk.

Friday: Grandparent's Day + Turkey a la king over mashed potatoes, mixed vegetables, roll with butter, apple cobbler and milk.

Sandy

Monday: Fish nuggets, Tater Tots, applesauce, corn bread with honey butter and milk.

Tuesday: Fried chicken, buttered

corn, apple cake, bread and butter and milk.

Wednesday: Hot dog on a bun, chili beans, sliced peaches and milk.

Thursday: Turkey rice soup, lunch meat sandwich with lettuce, peanut butter cookie, ice cream and milk.

Friday: Beef tostada with lettuce and cheese, orange wedges, cinnamon bun and milk.

Welches School

Monday: Spanish rice, corn, fruit,

cinnamon toast and milk.

Tuesday: Picnic baked with franks, potato salad, fruit, cornmeal roll and milk.

Wednesday: Chicken, cheese stick, green beans, fruit, bread and butter and milk.

Thursday: Beef-a-roni, apple wedge, raisins and peanuts, cornmeal roll and milk.

Friday: Cheese pizza, buttered beets, peach slices, cherry cobbler and milk.

Obituaries

Lena Brooks

A funeral for retired Boring-area farmer and former Sandy and ZigZag resident, Lena May Brooks, was held Monday at Bateman Funeral Chapel in Gresham.

Mrs. Brooks died Feb. 10 at a Portland hospital at the age of 74. She

had been an East Multnomah County resident since the 1950s.

She was born the daughter of Joseph and Emma Bolton on Aug. 3, 1912, in Jackson, Neb. She was married Dec. 9, 1929, in Dakota City, Neb., to Emmett W. Brooks. The couple moved to East County in 1936.

She and her husband farmed east

of Gresham from 1937 to 1949. She later lived in Zig Zag and Sandy before moving back to East County in the 1950s, where she and her husband owned and operated the Division Street Auction until 1975.

She is survived by her children, Stella McDonald and Judith Cogger of Portland, Ruth Tomlinson of

Garden Grove, Calif., Betty Shelley of Mountain View, Calif., Joanne Litten of Vienna, Va., Donna Griffith of Reno, Nev., and Emmett Brooks of Anchorage, Ala.

She is also survived by her sister, Arlene O'Dell of Sioux City, Iowa, 17 grandchildren and 15 great-grandchildren.

Signs

Continued from Page 1A.

Wolf Drive/Ten Eyck Road on the east.

City Councilor Brad Picking said he thinks businesses in the shopping centers on the west end of Sandy also should be allowed to take advantage of the change. Both shopping centers are in an area zoned C-2.

But Duff said the change allowing for temporary promotions would help businesses in the C-1 district overcome the disadvantages of wall-to-wall construction, limited highway

access and limited visibility.

"I don't want to move this to other areas," Duff said.

Duff said the city has allowed the use of sandwich boards because of "economic distress." But many businesses are not using the sign boards to promote specials, which was the original intent. A number of sign boards now in use in Sandy do not conform to the city's ordinance.

Many sandwich boards on the south side of Proctor Boulevard are

in the state right of way, Duff said. "The state has told us it's illegal," Duff said. "If it gets too junky, the state will step in."

Dennis Dries, owner of the Shirt Shop, was chairman of the committee. Other business people, a member of the Design Review Board and the owner of a sign business were also in attendance Thursday.

Dries said all 18 people who had complained to City Hall within the past two years about the sign or-

dinance were invited to participate in the review.

Although Dries would have liked to have seen more participation, he said he thinks the committee put together a package that is "fair to the community, business people and the city."

An ordinance as complicated as the sign ordinance can always be refined, Dries said.

With French students

Opportunities for exchanges offered

Sandy area families are invited to host a French teen-ager for three and a half weeks this summer. There is no charge to serve as a host.

Families may choose from two sessions. The first is July 8 through Aug. 2 or 3, and the second is from Aug. 5 through 31.

The French students want to improve their English and learn about American life and culture. The French visitor is expected to participate in family life.

The exchange is offered through NACEL/International Summerstays.

Sandy students who have studied French for at least two years may

travel to France and spend a month with a French family. The charge for this travel adventure is \$1,140, which includes all air and ground transportation, medical, liability and emergency return insurance.

NACEL/International Summerstays has families and students fill out questionnaires before the exchange, and matches up the interests of French and American teens and their host families.

Many Sandy families have taken advantage of this program. For more information call Kathleen Box at Sandy High School, 668-8011. Or Call Melinda Samis at International Summerstays, 234-1375.

Business line change made at fire station

People calling the Sandy Fire District's business number after 5 p.m. on weekdays and 4 p.m. weekends will now hear a taped message.

In emergencies, people should call 9-1-1.

The change to a taped message was made when Alpine Ambulance was sold and the 24-hour answering service in Sandy was eliminated. It would be "cost prohibitive" to start using a Gresham answering service, said Gary Connelly, chief.

Connelly said people used to call the business line after hours because they knew people at the fire station. He said a person who suspected they had a problem — such as a chimney fire — might not think it was an emergency, but would want fire district personnel to check it out.

"If there is a potential for an emergency, don't hesitate to call 9-1-1," Connelly said.

The taped message gives office hours and tells when residential and agricultural burning is allowed. The business number is 668-8093.



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Boring

Continued from Page 1A.

special election if closure would occur before the next regularly scheduled election date and if the state superintendent of public instruction concurs in writing with the board's finding that closure would occur before that time, said Al Shannon, coordinator of school business systems in the office of school district services at the state Department of Education.

But the board has the option of reducing the contingency fund by approximately \$52,000 to keep school doors open through the end of this year, McDonough said. That would leave an ending fund balance of about \$18,000, which ultimately would become next year's beginning fund balance, he said.

Contingency funds generally are designed to meet emergency needs

such as roof or furnace repairs. At this point, Boring's contingency fund is not budgeted for operating purposes in this school year, Cannon said.

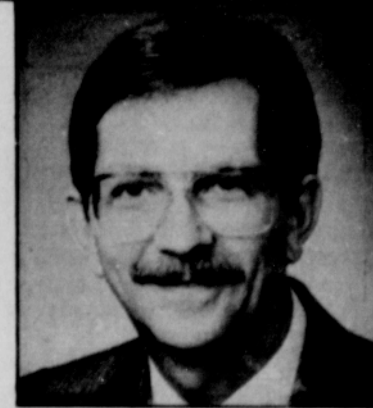
The district will not have enough money to operate schools through the end of the year unless voters approve more funding or the contingency money is used, she said.

CHRONIC TRAUMA

It is not unusual for a patient to come to our office with severe back pain. When we ask them what caused the problem they say, "I don't know. All I did was bend over to tie my shoe. I couldn't get up." It is easy for a patient to understand how a sudden twisting injury or a fall can cause pain, but what is perplexing is how a minor movement can result in such severe pain!

What is Chronic Trauma?

What they don't realize is that mild persistent injury to the back may have a cumulative effect. It can cause chronic trauma to the spine. Chronic trauma is sleeping on a poor mattress for many years. Chronic trauma is sitting slumped in a chair in a position which produces continual strain on your lower back. It is continually bending and lifting with your knees straight, even if the object you are lifting is only a feather. It is driving a car for long distances with



Dr. George Hyland

your back in a poor position.

What are the cumulative effects?

Chronic trauma is any recurring strain put on your back, however mild the strain may be. It occurs many times during each day, day after day. The cumulative effects of chronic trauma eventually reaches a point at which your back is no longer capable of withstanding it. That is the point when pain occurs and the more severe the pain is, the more severe is the trauma induced disorder.

This is where the domino theory really comes into play. Most people seek just

temporary relief of their problem and then return to their normal schedule of exertion.

What can be done about it?

These factors create a situation which gradually leads to the return of backache, perhaps starting at night after a long tension-filled day or in the morning after a long period of inactivity. Discomfort will gradually increase or spread throughout your entire back or your arms and legs. Chronic trauma can leave you in worse condition than sudden trauma. Chiropractors are the specialists in proper spinal realignment and can teach you proper rehabilitation and work habits. Dones' Pills and muscle relaxants only prolong the problem. Don't wait until chronic trauma causes degeneration and debilitation. If you have any symptom of recurring back pain get your spine checked chiropractically today!

Dr. Hyland Maintains his Practice At:
SANDY CHIROPRACTIC CLINIC
668-5822

39100 Proctor Blvd.

Sandy

Business and Professional Directory

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