

Senior center news

Seniors to visit nature center

On Thursday, May 21, at noon the Sandy Seventh-day Adventist Church is sponsoring a luncheon for Sandy and Boring area seniors. Transportation will be provided to the church upon request.

Hikers and nature lovers will have an opportunity to explore trails and visit the nature center at Tryon Creek State Park on Friday, May 22. The van will depart the senior center at 10:30 a.m. for the Lake Oswego

destination. Participants are asked to bring a sack lunch, and a dessert stop will be made on the way home.

The center will be closed on Monday, May 25, in recognition of Memorial Day. No meal will be served.

The Tuesday, May 26, foot care clinic has been canceled. The next clinic will be held on Tuesday, June 23, from 8:30 a.m. to noon.

Seniors born in the month of May will be honored with a party on Tuesday, May 26, at 12:30 p.m. Cake will be served and the Sandy Silvertones will perform.

The Strudel House is the destina-

tion for this month's dine-out. The restaurant is located in a refurbished home in the Sellwood district of Portland. The menu features continental cuisine with prices ranging from \$6 and up. Individuals will order off the menu and a 15 percent gratuity will be charged.

Glen Aszemar, a concert pianist, will perform classical and popular tunes at 12:45 p.m. following the Golden Age potluck and business meeting on Thursday, May 28.

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

Activities May 21-May 28

Friday, May 22
10:30 a.m.: Departure Tryon Creek Hike & Picnic
Noon: L & F meal
7 p.m.: Community Cards
Monday, May 25
Memorial Day, Center Closed
Tuesday, May 26
Noon: L & F meal
12:30 p.m.: Birthday Party & Hospitality Day
Wednesday, May 27
9:30 a.m.: Oil Painting
5 p.m.: Departure for Dine-Out, The Strudel House

Sheriff

Continued from Page 1.

Southeast McLoughlin Boulevard and Southeast 82nd Avenue in Milwaukie asked voters to support the sheriff's levy, he said. Citizens for Effective Law Enforcement also purchased full-page newspaper advertisements and advertised in the top five radio markets in Portland.

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Auto dealer plans move west

Wins award third year running

Sandy automobile dealer Jerry Jaksich, owner of Suburban Ford, plans to move to a 3½-acre lot on the west end of Sandy in the summer of 1988.

Suburban Ford, located at 39831 S.E. Highway 26, is currently operating out of close quarters. They have been located at the site on the east end of Sandy since January 1984.

The move to a larger location will allow them more room to display cars.

The main reason for the move, however, is to provide more room for the service department, which will have a new 18-stall shop with the latest equipment, according to Jaksich. The parts department will double in size, Jaksich added.

Suburban Ford employs 24 people, six of them sales people, and sold 850 new cars and trucks last year.

They recently won the Distinguished Achievement Award for the third year in a row. Jaksich said he was pleased to receive the award because they are doing better than the Ford Motor Co. originally predicted.

The award is given to the top 25 dealers out of 125 in the Northwest division.

Jaksich said he thinks they have been successful because they have a "country" atmosphere. He said sales people work with potential customers on a one-to-one basis. "Customers don't feel like they're getting a high-pressure pitch," he said.

Jaksich isn't sure, but he thinks they will have better visibility at the new location, which is located on the south side of Highway 26 across from Oja Lumber between Industrial Way and Ruben Lane.

They will break ground at the site this spring, and hope to open the all-new facility in the summer of 1988.

Jaksich said pickup trucks traditionally have sold well in Sandy. "Ford has always had good trucks," he said.

The full-sized Broncos and the



Jerry Jaksich

small Bronco IIs have also been popular.

Jaksich said he is excited about the 1988 Festiva, a high performance economy car. Though the car is small, Jaksich said it has a lot of room inside.

The Taurus midsize sedans and wagons have also been popular, he said.

Public notices

SECOND NOTICE OF BUDGET HEARING
A public hearing on a proposed budget for Country Club Water District, Clackamas County, State of Oregon, for the fiscal year July 1, 1987 to June 30, 1988 will be held at 62281 E. Shadow Ln., Brightwood, OR. The hearing will take place on the 2nd day of June, 1987 at 7:30 p.m. The purpose of the hearing is to discuss the budget with interested persons. The first Notice of Budget Hearing and Financial Summary was mailed or posted on May 14, 1987. A copy of the budget document may be inspected or obtained at 62281 E. Shadow Ln., Brightwood, OR between the hours of

8:00 a.m. and 5:00 p.m.
Total Budget Requirements: \$21,080.00. Last Year's Total Levy Amount: \$4,972.00. This Year's Total Levy Amount: \$4,643.00. Change From Last Year: \$329.00.

John Kreher
Budget Committee Chairman
SP0587-10
5-21

PUBLIC NOTICE
RIVERSIDE WATER DISTRICT
BUDGET COMMITTEE HEARING
Notice is hereby given pursuant to ORS 294.401 that a meeting of the budget committee of the Riverside Water District

will be held at 54967 E. Kirkwood Drive on the first of June, 1987, at 7:30 PM for the purpose of receiving the budget message and the budget document of the Riverside Water District for the fiscal year 1987-88.

This is a public meeting where deliberation of the budget committee will take place and any person may appear to discuss proposed programs with the budget committee.

Nan Slanning
Budget Officer
SP0587-05
5-21

Geriatrics and Chiropractic

Health remains first and foremost on the list of factors which can make the later years a pleasure or a curse. Chiropractic is playing a more and more important role in treating special ailments people of advancing years are heir to.

It is in the 40's that injuries and deformities, if not treated chiropractically, can develop into chronic arthritis and degeneration of the joints involved. This can be crippling in later years, not to mention the years of pain and discomfort. Some of the ailments characteristic of gradual aging of the body are chronic backaches, headaches, arthritis, bursitis, digestive disorders, circulatory disturbances, high blood pressure, hardening of the arteries, heart disease, insomnia, genito-urinary disorders and fatigue.

It is precisely for these conditions that traditional medical methods of treatment have been found to be lacking. In the age group over 45, chiropractic has been effective for a number of reasons.

Our health from this age on depends on how we have lived up to that point. We can't turn back the clock but we can perform some

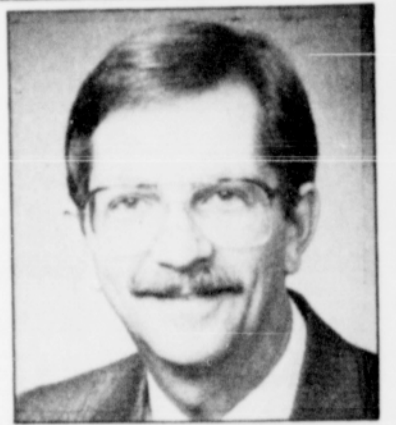
repairs on the mainspring. It is amazing how many people blame every symptom of old age, or the weather and shrug it off until it is difficult to treat.

When we are young, our bodies can take almost any kind of punishment. Our bodies and its major organs and systems are resilient. In later years we can't get away with just anything. Someone said, "God can forgive your sins but your nervous system doesn't." We pay for every way we abuse our bodies especially in later years. Th discs gradually grow less elastic, and the vertebrae tend to push closer together and get out of place more frequently.

When this happens, the vertebrae may cause pressure on vital spinal nerves which lead to all parts of the body and control their proper functioning.

As a result we gradually develop numbness, stiffness of the joints, fatigue, shortness of breath, constipation, poor circulation, etc.

Chiropractic adjustments help the spine maintain its normal alignment and can make the process of growing old one that is pain free and pleasant. It maintains lubrication and mobility of the joints, easier flow of blood circulation,



Dr. George Hyland

and your entire body functioning better. Millions have found chiropractic a safe and effective alternative to taking strong medication that their body is sensitive to especially in late years. Chiropractic adds more years to your life and more life to your years. Try it today.

Questions? Call Dr. Hyland today for your complimentary consultation.

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