



SITKA COLUMBINE: This yellow-tinged red flower has a very elaborate and showy head. It blooms in late August and early September in the higher elevations of the Hudsonian Zone. Its branching stem may support several flowers and ranges from one to four feet in height.

(U. S. Forest Service photo)

5-DAY OFFICE HOURS

Dr. Robert Heller, who has recently opened an optometry office in the Mt. Hood Dental building just east of Glos Ford, has announced that he will keep the office open a full five days a week. Office hours will be 9 a.m. to 6 p.m. Mondays, Tuesdays, Thursdays, Fridays and Saturdays.

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Pin Tourney Slated Here

Gresham's Eastmont Lanes will be host to the fall singles and doubles tournament of the Greater Portland Women's Bowling association. The tourney will bring hundreds of female bowlers to Gresham over the weekends of Nov. 17-18 and Nov. 24-25. The association has 16,000 members in the Greater Portland area. Last year's tournament was held at Beaverton.



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Up and Down the Mountain

By JOE KIEFER

In my last column I wrote about beautiful Spirit lake and the Indian legend pertaining to it.

Of course I had to include the mythical hairy apes of Mt. St. Helens, from Dick Fagans column in the Oregon Journal.

As legends go one of the hairy apes isn't too hairy. But Jim Langton, former forest ranger at Spirit lake and Mt. Hood and now assistant supervisor at the Pinchot national forest, is remembered of old mountaineers for his tracks.

More than 20 years ago he and some friends rigged up some big feet made of wood it is said, and tramped around the Spirit lake area in them.

They made quite a sensation for a time, but when the stories became half serious, Jim admitted his prank.

I just had to rewrite this as Jim Langton has many friends in our mountains.

Stories Persist

The legendary stories of the Hairy Apes have persisted in and around Mt. St. Helens since the first white men set foot in the area, but long before according to the Indians who say they are a lost tribe.

If there is a possibility of a lost tribe of Indians big and wild in the area it's best to leave them alone.

Take a good look at what happened to the Indians we white men did find.

Fifteen years or so ago in the Olympic Peninsula country, there lived a man, John Huelsdonk, known as the "Iron man of the Hoh."

When the trails into the upper Hoh river were being built he would strap 175 to 200 pounds of provisions on his back and pack them up to the trail crews.

He did this not for bravado but for two mens pay, and two mens pay during the short working season helped put his four daughters through the university.

Once a forest ranger met him on a trail.

The barrel-chested settler had an iron cook stove on his back, and was trudging unconcerned down the forest aisle.

The ranger said, "That must be quite a load, eh John?"

"Well," Huelsdonk replied, "in all sincerity, it isn't so bad, only there's a sack of flour in the oven that keeps shifting around."

Chuckle Department
How about a few chuckles. Inflation: When those who have saved for a rainy day get soaked.

Did you hear of the fellow who gave his wife's old girdle to the garbage man. Now he is being sued for non-support. Time rolls on and things do change.

In the old days they used to pin the price tag to the swim suit.

Now days they pin the swim suit to the price tag.

Did you ever watch a woman on a shopping spree? She says, "I'll take one of those, two of them, three of these."

Sounds like King Furok at the YWCA.

Forefathers Tough
Our forefathers were a tough breed of people who made their way across this vast continent without any credit cards or a comic book.

An 18-year old girl stowed-away is discovered aboard a Navy carrier.

The title of her book can be predicted—"I was a teen-age carrier pigeon."

To my friend, Judge How-eiler of Sandy.

Keep your chin up and smile. Carry on your good work. You have made so many people happy.

Dancer Welcomed
"Welcome Home" Miss Colleen Dolp. Colleen has really made the lights of the great white way, New York City, as a ballet dancer.

I wish sometimes a certain person near and dear to me would write for you stories about the birds and the little animals of our mountain. What interesting reading they would be!

A hint to some merchants of our area—One place the Sandy Post never goes, that's into the waste paper basket at the lo-

cal post office.
I know of a lot of other papers that do.
"So, Long" till next week.
Till then be good to your self and other people.

Fair Offers Textile Awards

Oregon State Fair's 1963 Textile division is full of special awards, and appreciation of these is indicated in the amount of advance entries.

Restriction of only one entry per exhibitor in any one class has been set.

It is expected that the biggest influx will come on Friday, Aug. 23, starting at noon, though Saturday and Sunday up to noon Monday, Aug. 26. There will be someone in the textile department here during those days to receive all entries.

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First Aid Saves Life Of Lineman at Bull Run

First aid is credited with saving the life of an electrical lineman last Friday when two crew members of the Tye Construction Co., Mercer Island, Wash., were electrocuted in an accident on Bull Run road, about five miles north of Sandy.

The two men, Ronald Warren Golz, 43, of Eugene and Nicholas Basick, 40, of Boise, Idaho, were preparing to string wire on a 57,000-volt transmission line when they came in contact with an energized 3-phase, 7.2 KV under-build distribution line.

The time was 11:40 a.m., Aug. 9. J. A. (Jim) Jump, electrical safety representative for the State Industrial Accident Commission's Accident Prevention Division, had arrived on the scene about ten minutes earlier. The under-build (distribution) line had been de-energized while the larger transmission line was being strung.

A tension string machine at the reel trailer and a tension

pulling machine is normally used to string it with, but since the tension pulling machine had broken down the crew was using a line truck with which to pull the transmission line.

Line Re-Energized
During the lunch hour the under-build was to be re-energized so that power for the farms being served would be available to pump water. Two linemen climbed the power pole to do the switching. Job foreman, Jack Young, had taken three men (Golz, Basick and Leonard Knoll) with him further down the line to the pulling machine.

Apparently clearance had been received by the two men on the pole to energize the line, but when they tried to energize it it appeared to have a short on it.

It was now 11:45 a.m. Then a call by portable radio came from Young, the foreman, who said two of the men with him were on the ground and in need of help immediately.

Representative Jump and two other men hurried to the scene of the accident. On arrival, Jump found both Basick and Golz lying on the ground unconscious. "There was no sign of respiration in either of these men," Jump said. An ambulance was called.

The time was now 11:47 a.m. Jump immediately administered rescue breathing (mouth-to-mouth resuscitation) and then closed heart massage. Whether a victim of electrocution survives is often determined within that first and crucial three minutes. In a very short time, he relates, Basick responded to resuscitation and began to breathe.

Jump asked other present to watch Basick and to make certain he continued to breathe while he turned his attention to the other victim, Golz. The two men who had been working with Golz had not been able to get air into his lungs. Jump, realizing that the man was not in the best position to receive air, changed position

somewhat to clear the victim's throat. Ventilation was then received by Golz.

About 10 minutes had now elapsed since Golz received the electrical shock. Resuscitation was continued by Jump and the others helping until the ambulance arrived. It was now about 12:20 p.m. The resuscitation brought in the ambulance was found inoperative and the manual resuscitation was immediately started again. This was kept up until a Sandy, Oregon physician arrived at about 12:40 p.m.

The efforts of Jump and the others had failed to restore breathing to Roland Warren Golz and he succumbed to electrocution.

But the quick thinking, gallant efforts and knowledge of first aid and its application, administered by J. A. (Jim) Jump, returned life to the other victim, Nicholas Basick.

"That story," says Jump, "certainly points out the importance of knowing first aid and its application—if time is on your side!"



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Any Additional Business

You may have or any referrals you are able to make during July and August will be greatly appreciated.

The Nederhiser Personnel

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