

The Sandy Post

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Sandy Post, Sandy, Oregon

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Is This Asking Too Much?

A craftsman may be known by his use of the tools of his trade. In the broadcasting profession, be it radio or TV, the tools of the announcer's trade are words. Too few announcers realize this.

It is quite apparent that some news broadcasters are reading to us from material they have not read before the broadcast. In a way, this is sort of an insult to our intelligence. We would like to listen to an intelligent report properly delivered.

The art of communication is one of increasing importance to the world today. Lack of communication has accounted for many of the troubles of the past. Wars have been caused by a lack of understanding. When the best minds throughout the world are attempting to achieve a better understanding along all lines of communication, it seems too bad that announcers slur or mispronounce words and names of significance to a

broadcast.

How are the teachers in our schools going to impress upon young minds the importance of proper pronunciation when high priced radio speakers continually do the opposite?

When you hear a "boo-boo," write in to the station to which you are listening and call their attention to the fact. It may help.

Watch your next news broadcast. You will see that the speaker can hardly take his eyes from the written page. He glances quickly from time to time at the audience. His delivery would be more relaxed and easier to listen to had he read these items a few times before the broadcast. He would have had time to find the proper pronunciation for foreign place names and personalities. He would, in fact, be showing some consideration for his audience.

Is this asking too much?

Let It Not Happen Here

Gov. Hatfield has referred to the Twenty Mile Miracle along the Oregon coast as "the twenty miserable miles." This is, of course, in reference to the damage done to the natural beauty of the area by badly built houses and places of business, unkempt, empty structures, highway signs and billboards of all descriptions.

"Twenty miserable miles" is a pretty harsh term, but the governor was undoubtedly shocked by what man had done to nature.

What has happened on the coast can happen anywhere. It can most certainly happen here. When we must drive through "billboard" alleys to get to our homes, when visitors must do the same, then we may find we have nothing left but a rural slum.

We, personally, in driving up or down

the mountain always feel as though we had been especially blessed to be allowed to live amid such natural beauty and grandeur. We are somewhat insulted when we come upon a junky building or a large sign which blots out the view. Almost everywhere one looks there are vistas that would make fine paintings. At every turn there are sights that make the visitor wide-eyed with wonder and delight. It is with a distinct sense of pride that we have driven visitors around our mountain country.

When the time comes to vote or take any sort of action to make certain that we preserve all this, we must be alert. We must have our minds made up that this will not happen here. Never let it be said that we live on "that miserable stretch of highway 26."

BOOK REVIEWS

By PEG TATUM

The Bull Cook and Authentic Historical Recipes and Practices
\$3.95 244 pp
By George L. Herter 1964

Don't let the title stop you. Turn the page! Unlike any other cook-book this reviewer has seen, "The Bull Cook" serves a complete course of hearty fare with a generous seasoning of quaint, unique and piquant recipes and chef's secrets that will delight all who cook.

There are excursions into history, literature, and folklore as well as complete instructions on all the valuable cooking techniques involved in bread making, the making of beer, wine and "Authentic Mayonnaise." In addition, the book abounds in nutritional information or importance to all homemakers. Long before the present administration set up an agency to investigate packaging and quantity standards, Mr. Herter was beating the drum for honest presentation of food products. He has much to say also about the evils of food adulteration, removal of nutrients and processing practices.

In addition to fine recipes gathered from all times and many places, Bull Cook Herter gives many little known tips and secrets on cooking. There is a good section on game and fish from skinning to smoking. And last but not least a section of handy hints that range from how to get rid of the odor, if your dog has met up with a skunk, to how to survive in the wilderness in case of Hydrogen attack and how to grow tomatoes the Indian way. (We tried at least season and it's great). Some tomatoes, and some book!

Studies by The Travelers Insurance Companies show driver error and lack of judgement were responsible for 34,700 deaths and nearly 3,000,000 injuries on U.S. highways in 1963.

East of the Cascades
By Phil Brogan
\$4.95 291 pp
Binfords & Mort

The author, Phil Brogan, is no stranger to those of us who have been his neighbors on the west side of the Cascades. He has for 40 years served as a member of the staff of the Bend Bulletin, for many of these as Associate Editor. He is also well known for many articles on the geology of eastern Oregon which have appeared in the Oregonian for which Mr. Brogan has been eastern Oregon correspondent for many years.

"East of the Cascades" is the definitive book on the eastern central part of the state of Oregon. Here is the complete record, from prehistory to the present, of the land that lies just over the hill from Sandy. A drive of just a few hours takes one to the area where the geologic records of the beginnings of life and the history of the past have left their mark and their story revealed in the landscape. Mr. Brogan's interpretation is scholarly and fascinating. From the fossil beds and the records of Ft. Rock's hunters emerges the exciting story of the first people to build a fire and bend a bow.

But prehistory is not all there is in this great book. Nothing is omitted of the colorful recent past with the range wars, the coming of transportation, the lusty saw-mill communities. Details of life in the eastern Oregon country are drawn with skill by one who grew up with the country, who experienced its change and development and whose insight gives meaning and value to this exceptional book.

It is not surprising that "East of the Cascades," published in February, has already gone into its second edition. No one who values thorough scholarship, meticulous research and fine writing will want to miss this. Those who own it in the first edition are fortunate.

Your Child's Health

(By a local practicing physician)

For our first article, a current topic seemed best. Measles have been very popular this year. If you haven't had them in your family yet, here are a few notes.

There are two types of measles: measles or "hard" measles, and German or 3-day measles, both caused by viruses. Let's take them separately, hard measles first.

Measles carries with it life-long immunity with rare exceptions. This immunity is passed from a mother who has had measles to her newborn baby and lasts about 6 months. Measles tend to occur in 2 to 3 year cycles.

The first symptoms appear in 10-12 days, the rash almost exactly on the 14th day after known exposure. Early symptoms before the rash include fever, swelling and irritation of the tissue around the eyes, runny nose, cough and Koplik's spots which are transient and not often seen. These are reddish spots with a raised white center usually found on the inside of the cheek near the back lower molars. At the height of the fever, which may reach 104 degrees to 105 degrees F., the rash appears.

It begins as flat red spots, first on the face then spreads, and quickly forms large blotchy areas. This rash lasts from 5 to 6 days. The high fever continues until the rash is full-blown and about the 2nd or 3rd day the fever drops and the rash begins to fade.

This is the most common time for complications to develop. The severity of the illness is in direct proportion to the severity of the rash. Measles are contagious from 2 to 4 days before the rash, and from 2 to 5 days after it appears.

Measles is usually a benign infection with a low mortality rate. However it may be followed, particularly in children under 2, by complications such as pneumonia, ear infection or by encephalitis.

which may be fatal and which occurs about once in 1,200 to 1,500 cases.

Until this year, measles had to be accepted philosophically as one of the hurdles in growing up unless exposure was definitely known. In that case measles could be modified or prevented with gamma globulin given shortly after exposure, an expensive treatment which lasts about 6 weeks.

Now however, a vaccine is available which is apparently equivalent to an attack of measles in conferring immunity and has never produced a case of encephalitis. We strongly advise this for all children over 9 months and under 2 years, and for any child who has chronic or recurring health problems. Ask your doctor or local health department about this.

German measles (3-day or Rubella) is a much milder disease but may be confused with mild measles. The incubation period (time from exposure to onset of illness) is slightly longer, 14 to 20 days. Usually the first sign of illness is the rash which is

more pinpointed than in measles and slightly raised. One of the major differences between the two illnesses is the presence of enlarged lymph nodes behind the ears and on the sides of the neck in three-day measles. They must be present in order to make a

diagnosis of 3-day measles while they may or may not occur in measles. The other symptoms of measles are mild or lacking. Complications are rare in 3-day measles.

This mild children's disease can be extremely dangerous if caught by a woman during her first 3 months of pregnancy. It carries a high risk of malformation in the growing fetus.

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Mayor Paluck, Russel Shaver and Lew Isenburgh test the new by-pass for the Sandy water system. It worked perfectly and will allow the tank to be drained for cleaning and needed repairs. Without this by-pass the city would have been without water during the repair time estimated to be about three weeks, an impossible situation.

(Sandy Post photo)

Aims Items

Earl Weeks, recreational director of the Aims Community church, accompanied a group of young people to Grace Haven Lodge at Cannon Beach recently to spend the weekend.

Mr. and Mrs. Emil Stromberg of Aims are grandparents of a new baby boy Eric Emil, born April 7 to Mr. and Mrs. Ingamor Stromberg of Portland.

A daughter, Carol Jeanette, was born April 18 to Mr. and Mrs. David Granberg of Aims.

Mrs. Carl Anderson is in Providence hospital recovering from an operation.

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