

Kid-proof caps a pain

Prescription labels are not child's play

I've always been partial to that old saying, "It's so simple that even a child could do it."
I'd like to know why it is that the more education a person gets, the harder it becomes for him to comprehend directions?

Pill bottles are a prime example of how adults can mess up a few carefully chosen words. Most prescription labels are not much bigger than a return address label and much of the space is used for pertinent information like a pill's name, which nobody can pronounce, the doctor's name and a bunch of numbers, the largest being the price of the pills.

This doesn't leave much room for directions, but rather than leave the dosage up to the discretion of the patient, it usually goes something like, "Take 2, 4 times a day."

The words are very simple and seem to be quite clear until the patient gets home and rereads the label. Then he's not sure if that means during the daytime or a 24-hour span. It could mean break two pills up and take a half of each at four different times or take a total of eight. Adults have a talent for reading between the lines.

Pill bottles in themselves are cause for medication. In order to keep pills from falling into the wrong hands, the manufacturers have created a lid that takes the talents of a professional safecracker to open. There are at least three things a person has to do simultaneously to open



Margaret Schmale's

Bits and pieces

the cap — push down, twist in the direction of the arrow and try not to have an attack.

People like myself, capable of doing only one thing at a time, are forced to resort to violence coupled with frustration to open child-proof bottles. It's hard to get the right dosage after the pills have been reduced to powder from the blow of a hammer. Druggists often warn inept-looking people like myself that they have a choice of caps and, if it's a matter of emergency, they'd better take the easy-open top.

Children's games are another mind-boggling display

of incomprehensible lingo. Each game's lid is printed with the rules and the consequences a player must suffer if he or she fails to follow the aforementioned rules.

Most lids are not big enough, so an additional pamphlet with a continuation of rules is enclosed. When the pamphlet is extended to its full length, it is usually longer than the four-year-old for which the game was intended.

Game rules are so confusing that it's almost like reading a legal document. I hate trying to explain a game aimed at a child by using directions I can't even decipher. All a child wants to know is how to win the game. It shouldn't take 40 numbered paragraphs to answer that question.

By the time I get through that many rules, I forget what the game is about as well as what it's called.

When in doubt about how a game should be played, I always tell my kids to make up their own rules. After all, how many ways are there to roll the dice and follow a path around the board?

If the question of who wins is still unanswered, I tell them to just keep playing until someone gets bored (or board). The last one to give up the game wins.

Nobody likes to lose, so some games just go on and on. Those homemade rules are often the best of all.

Martin completes fire training

Airman Gary A. Martin has graduated from the U.S. Air Force fire protection course at Chanute Air Force Base in Illinois.

He is the son of Mr. and Mrs. Charles G. Martin in Sandy.

Martin learned to fight structural and aircraft fires

and repair fire fighting equipment in the course. He also earned credits toward an associate degree in applied science through the community college of the Air Force.

Martin will now serve at Maxwell Air Force Base in Alabama.

Public Notices

PARKING LOT/STREET IMPROVEMENT PROJECT NOTICE TO CONTRACTORS

Sealed proposals for the installation of a Parking Lot Project and a Street Improvement Project will be received by the Fire Chief at the Sandy Fire Station in Sandy, Oregon until 10:00 a.m. Pacific Daylight Savings Time on June 24, 1981 and thereafter will be opened and read.

Work consists of the following:

1. Parking Lot Project — Excavation, grading and installation of crushed rock and asphaltic concrete paving for approximately a 13,600 sq. ft. parking lot.
2. Street Improvement Project — Excavation, grading and installation of crushed rock and asphaltic concrete on approximately 1900 sq. ft. of unpaved shoulder on the East side of Bruns Avenue and installation of asphaltic concrete, as an overlay on approximately 4,000 sq. ft. of existing paving, on the East side on Bruns Avenue.

Plans, specifications and contract documents may be obtained at the Sandy Fire Station at 17460 Bruns Avenue, Sandy, Oregon.

Proposals must be submitted on the forms furnished with the specification and must be accompanied by a Bidder's Bond in an amount equal to 10 of the total bid. A 100 Performance Bond will be required at the time of execution of a contract. The successful bidder must show evidence of adequate liability and property insurance. The Sandy Fire District reserves the right to reject any or all bids. The award of the contract will be made to the responsible bidder submitting the lowest acceptable proposal.

A pre-bid conference will be held at the Sandy Fire Station on June 18, 1981 at 9:00 a.m. at which time bidders may examine the job site and meet with the Project Engineer for purposes of insuring that they have a complete understanding of the project.

Bob Rathke
Fire Chief
668-8093
P681-10
6-11

SECOND NOTICE OF BUDGET HEARING HOODLAND SERVICE DISTRICT

Notice is hereby given that a public hearing on the Hoodland Service District Budget will be held on Thursday, June 18, 1981, at 10:00 a.m. in the Courthouse Annex, 902 Main Street, Oregon City, Oregon. This public hearing is for the purpose of receiving and considering the proposed 1981-82 fiscal year budget for Hoodland Service District as approved by the Budget Committee. A more detailed description of this budget was previously published in the May 28, 1981 edition of the Sandy Post and the May 29, 1981 edition of the Enterprise Courier. A copy of the proposed budget may be inspected or obtained free of charge at the Department of Environmental Services, 902 Abernethy Road, Oregon City, Oregon, Monday through Friday, between the hours of 8:00 a.m. and 5:00 p.m.

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6-11

PARKING LOT IMPROVEMENT PROJECT NOTICE TO CONTRACTORS

Sealed proposals for the installation of a Concrete Parking Lot will be received by the Fire Chief at the Sandy Fire Station in Sandy, Oregon until 10:00 a.m. Pacific Daylight Savings Time on June 24, 1981 and thereafter will be opened and read.

Work consists of the excavation, grading, installation of crushed rock sub-base and installation of concrete paving for approximately a 13,600 sq. ft. parking lot.

Plans, specifications and contract documents may be obtained at the Sandy Fire Station at 17460 Bruns Avenue, Sandy, Oregon.

Proposals must be submitted on the forms furnished with the specification and must be accompanied by a Bidder's Bond in an amount equal to 10 of the total bid. A 100 Performance Bond will be required at the time of execution of a contract. The successful bidder must show evidence of adequate liability and property insurance. The Sandy Fire District reserves

the right to reject any or all bids. The award of the contract will be made to the responsible bidder submitting the lowest acceptable proposal.

A pre-bid conference will be held at the Sandy Fire Station on June 18, 1981 at 9:00 a.m. at which time bidders may examine the job site and meet with the Project Engineer for purposes of insuring that they have a complete understanding of the project.

Bob Rathke
Fire Chief
668-8093
9681-9
6-11

NOTICE OF BID

The City of Sandy invites bids for the following:

- Cleaning, removal and burial of sludge from a sewage polishing pond located at the City of Sandy Sewage Treatment Plant. Detailed specifications are available from City Hall, City of Sandy.
- Bids must be sealed and submitted to the City Manager of the City of Sandy by June 15, 1981 at 10:00 a.m. All bids will be opened at that time. A bid bond or cash escrow account of \$250.00 will be required. All bids must be marked "sealed bid" on the envelope. The City reserves the right to require prequalification statements.
- The City intends to award the contract to the lowest responsible bidder who complies with all bid requirements and specifications; however, the City reserves the right to reject any or all bids.
- The City will require posting of a performance bond in an amount equal to the total cost of the project.

Roger Jordan, City Manager
City of Sandy
P.O. Box 116
Sandy, Oregon 97055
(503) 668-5533
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SECOND NOTICE OF BUDGET HEARING

A meeting of the Board of Directors will be held on June 18, 1981 at 7:30 p.m. at Cascade Ski Club. The purpose of this meeting is to discuss the budget for the fiscal year beginning July 1, 1981 as approved by the Government Camp Sanitary District Budget Committee. A summary of the budget was published in the Sandy Post on June 4, 1981. A copy of the budget may be inspected or obtained free of charge at the Secretary's residence. Any person may appear and discuss the budget.

Peter Darr
Chairman of governing body
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IN THE CIRCUIT COURT OF THE STATE OF OREGON FOR THE COUNTY OF MULTNOMAH

Probate Department
Estate of:
DUANE G. BANKER
Deceased
No. 135019

NOTICE TO INTERESTED PERSONS

Probate proceedings in the estate of Duane G. Banker deceased, are now pending in the above entitled court, wherein Mr. & Mrs. Ralph Banker, the undersigned, has been appointed and has qualified as the personal representative of said estate. All persons having claims against said estate hereby are required to present them, in due form, within four months after the date of the first publication of this notice, as stated below, to the undersigned at the following address now designated as the place for the presentation of claims, to-wit: P.O. Box 427, Sandy, OR 97055 or they may be barred.

All persons whose rights may be affected by the said probate proceedings may obtain additional information from the records of the court, the undersigned personal representative or the latter's attorney(s) who is (are) Vernon L. Richards, P.O. Box 427, Sandy, OR 97055.

Ralph Banker
P.O. Box 427
Sandy, OR 97055
Gladys Banker
P.O. Box 427
Sandy, OR 97055
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6-25

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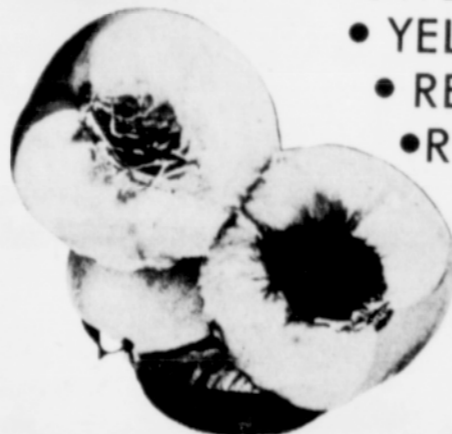
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