

The Sandy Post

Editorial & Opinion

Scott Newton, editor

Action Center
fights uphill battle

Every month the Sandy Community Action Center puts out a newsletter listing services rendered for the previous month.

The reports on services are kept, in part, so that the Action Center has evidence of its commitment. Governmental funding often depends on a match by the agency receiving the funding.

This monthly report should be required reading. It provides a great deal of insight — the times are really tough.

In April, the Action Center filled five prescriptions with a value of \$96.35. They provided 75 gallons of gasoline to 17 people for such purposes as taking a baby to the hospital, meeting food stamp application appointments or applying for jobs. Nine families would have had utilities cut off had they not received financial help. Emergency food boxes were issued to 159 families for the benefit of 498 people. The food had a market value of \$4,480.

According to Joyce Marcy, chairman of the board of directors, requests for help continue to pour in while aid from governmental agencies becomes more difficult to get.

The Sandy Action Center has unique problems. To set up an appointment in Oregon City — where one must usually go for help — a person must either be patient and wait for the toll-free line to clear (which can consume hours of volunteer time), or pay for a long-distance call. To get the client to Oregon City, a voucher must be made out for gas, or that person must ride the bus to downtown Portland, and then catch another bus to Oregon City. Imagine the frustration for someone who is already down on his luck.

People at the Action Center are working to do what they can, and understanding how the system works is part of that.

Fighting abuses and keeping the operation legitimate in the eyes of the public is another problem. The idea that people are poor because of an inherent laziness is a lingering stereotype.

There are some immediate needs at the Action Center. One is for a carpenter to build shelving. Another constant battle is for cold, hard cash. Paying a utility bill so that the electricity isn't cut off for another month, or buying gas to get someone to a job interview, is a fast drain on resources. (It should be noted that the people who receive these benefits never handle the money themselves.)

We hear a lot about the federal government spending less on social programs, leaving the responsibility to local communities. Sometimes it seems local churches and charitable organizations are stretched to the limit, but we can't give up the battle.

Some people are having a hard time making it. Non-believers need only spend a few minutes with an Action Center volunteer to hear horror stories about the trials and tribulations of the less fortunate.

Letters to the editor

Exchange student
thanks friends, family

I am a high school student from Oulu, Finland. I've lived in Sandy as an exchange student with Educational Foundation for Foreign Study, and I'm writing to thank everyone for welcoming me into your community.

By living here for the past 10 months I've come to understand many things about America. I've been attending Sandy Union High School where the teachers and other kids have been very friendly and supportive. They've helped me understand American phrases and many of your customs that are different than ours in Finland. It's been fun to try so many new things like taking driver's education, drama, choir and going to the prom.

Carol Woody is the EFFS area representative for the Sandy area. She made it possible for me to participate in this exchange program in your town. She has been a fantastic counselor and organized many parties and other activities for us throughout the year.

I guess I would most of all like to thank my host mom and dad, Caroline and Jim Duff, and my host sister Judi. They treated me like a regular member of the family and I will miss them a lot when I go back to Finland this summer. Thank you! I am taking back many happy memories.

Kristiina Konola
Sandy

Efforts of volunteers
appreciated by driver

Since I don't know the identity of the two volunteer firemen who helped to control my bus fire on April 29, I can't thank them personally.

But I wanted them to know how much I appreciated their stopping to help and preventing a very dangerous situation from becoming any more serious than it was. It's certainly nice to know that in this community there are still men will-

ing to give their time and labor to help others without the benefit of pay.

It's no wonder Sandy has such an outstanding Fire Department if it is made up of men like this.

Thanks again from all of us on bus number 17.

Ruth Burg
Sandy

Policy on letters

Letters to the editor should be typed, double-spaced and signed. An address and telephone number should also be provided, although only the name of the letter writer and the city or area he is from will be published.

Letter writers may also wish to include a title or office held if it is appropriate considering the subject matter.

The news deadline of noon, Tuesday is also the deadline for letters to the editor.

Letters should be accurate, free of libelous remarks and in good taste. This newspaper attempts to publish all letters it receives from local residents. We reserve the right to edit letters to conform to style guidelines or for length. A preferred maximum length is 300 words.



Personally Speaking

Being useful best Mother's Day gift

What would you do if someone knocked on your door at midnight, and when you went to see who it was you found your daughter and son-in-law with their three boys, their dog, 11 cats and kittens and two horses?

Would you let them in? Well, of course you would. At least, the people and the dog. The cats and kittens and horses, well, there really wasn't room in the two bedroom mobile home where I live, you know. They had to stay outside.

And in that pouring rain we had last week, remember?

It seems they were renting a farm. And their landlord sold the place. And the new landlord decided, whether on the spur of the moment, or not, to renovate the house. While they were still in it.

And that's what happened. He sent a crew out to tear off the roof of the house. Just before the downpour last week.

And, well, you know, roofers can't



by JOY WOOD

work in the rain, can they? To put the new roof on?

Well, people can't live in a house without a roof in Oregon in the rain, either. No heat, no lights, but plenty of water on and in everything.

There was nothing for them to do except look for shelter. So, they packed up and came to Grandma's house. So, over the weekend a stall and pasture has been found for the horses, and the cats and kittens will share the barn with them.

Margaret, the basset hound, seems comfortable enough on the porch, days, but she howls nights, necessitating her being in the house sleeping beside one of the boys, who is on the floor in the spare bedroom. And one boy is in the single bed in there, too. The baby, 2 years old, is sharing Grandma's bed. Along with Grandma's cat, who seems to be really put out at the inconvenience.

Daughter and son-in-law are in the

day bed in the living room. All their furniture and appliances are either in storage, or given to Goodwill, or sold to a second hand man.

There is a corridor throughout the house, lined with boxes and bags of clothes, dishes, pots and pans, and assorted necessities of life.

The washing machine runs steadily. The dryer likewise, and there is constantly a rack full of drying clothes on the porch.

Grandma has moved everything of hers that is possible into her bedroom.

And she has decided that this was the kind of a Mother's Day present she needed. She feels blessed. Useful.

To be useful is really a gift to an "older" person. She considers this to be a real Mother's Day present, even if it is only temporary.

Personally Speaking

Dieters don't need exotic theories

by ROSE RINALDI

Fat sells.

A glance at the best seller list will confirm it.

Why?

Because people are desperate to learn how to lose weight any way they can: With sex... during sleep... through positive imagery.

The problem with these books is that they spend so much space on their exotic theories, they neglect the basics. But take heart. Here you will find everything you need to know

about dieting. So pour yourself a glass of cola (with sugar, of course), open a bag of potato chips, and read on:

Diet: This is something you can go on. It is also something you go off at certain times, such as when your grown children come back home to live or your best friend has a face lift and the box boys at Safeway start flirting with her.

Calorie: This is a unit of measurement. It measures the amount of flavor contained in a particular food.

Carrots, which everyone knows were never meant for human consumption, have few. Hot fudge sundaes, which have the ability to solve any problem known to exist, have many.

Exercise: It doesn't help. Haven't you noticed how your jogging path always seems to wind past Baskin Robbins? Dorothy Parker used to say that whenever she felt like exercising she would lie down until the feeling went away. Dorothy Parker was a very wise woman.

Pills: Don't let the scare tactics of certain medical authorities keep you

from using diet pills. They may not help you lose weight, but you'll feel so good you won't care.

Diet "tricks": Forget them. There is no self-respecting banana cream pie that will allow itself to be hidden behind a carton of cottage cheese.

Longevity: Finally, ignore that nonsense about the extra years of life you can have with a meager diet. Ask yourself one question: Would you prefer 60 years of life in the company of pepperoni pizzas and Big Macs or 120 years with lettuce and carrot tops?

Commentary

Oregon boasts top research facilities

by GOV. VIC ATIYEH

The story has all the drama of a major motion picture.

A Portland doctor telephones a molecular biologist at the University of Oregon, says he has heard about the biologist's research, and asks if the university can help with a mysteriously ill patient.

The patient, a 9-year-old girl, is suffering increasing paralysis from a disease with no known cure or diagnosis.

The UO biologist says he doubts he can be of much help, but asks the doctor to send him a tissue sample that he can study.

Within weeks, the UO biologist develops methods both to diagnose

and to cure the girl's disease. Today, the Portland girl is out of her wheelchair and is healthy once again.

This is the kind of world-class research that nearly 40 Oregon business and civic leaders recently learned about first hand. They were members of a four-day, privately financed "education mission" that I led to our eight state-supported colleges and universities.

It was the first time in Oregon — and I believe in the nation — that a governor has led such a mission to publicly financed institutions statewide.

Every mission member visited the U of O, Oregon State University, Portland State University and the

Oregon Health Sciences University, then we divided into four groups and drove or flew to Eastern Oregon State College at La Grande, Oregon Institute of Technology at Klamath Falls, Southern Oregon State College at Ashland and Western Oregon State College at Monmouth.

I brought together leading citizens from all over the state to see our nationally recognized research capabilities, to meet with world-renowned researchers, and to witness the big-ticket economic benefits of our institutions of higher education.

I have long been concerned that the incredible research strength of our first-rate colleges and universities is less well known in Oregon than na-

tionally.

At every stop, we met in large and small groups with research scientists and educators who told us about, for example: 1. Development of disease-resistant wheat varieties; 2. Laser research in chemistry and electrical engineering; 3. Work on computer circuits 100 times faster than conventional circuitry; 4. Research into the regulation of genes that is increasing our understanding of cancer's causes.

The payoffs to Oregonians are not only enormous, but they will grow.

Ultimately, every dollar for research pays dividends by saving, extending or improving the quality of Oregonians' lives.