

Spring and Summer Fun with P.P.&L.

Spring and summer are seasons of renewal. What better way to revive yourself, and your family, than at one of Pacific Power & Light Company's recreational areas along the Lewis River in southwest Washington.

Camping, fishing, water skiing, swimming, boating, picnic tables — all within a one-to-two hour drive from the metropolitan Portland-Vancouver area.

Pacific Power owns and operates both day-use parks and overnight campgr. ands on the lands surrounding its three hydro-electric reservoirs. The reservoirs are fed by the north fork of the Lewis River and are a favorite re-

creational area for both Oregon and Washington families.

Five parks are available for day use. Merwin, Speelyai and Yale parks are open year round. So enjoy them now and return in the fall and picnic among the fallen leaves.

Merwin and Speelyai parks are located at Merwin Dam. Yale park is on Yale Reservoir.

Cougar Park, located on Yale Reservoir, opens May 23 — just in time for the Memorial Day weekend and will remain open through October.

Washington state's fishing season opens April 20 and Pacific's Saddle Dam park on Yale Reservoir will unlock its gates a few days prior to the opening to allow entry to its boat ramps. The park closes for the winter on November first.

Families and small groups do not need reservations at the day use parks.

Group accommodations are available at Merwin Park — lots of picnic tables and open fields. Reservations are required for groups of fifty or more persons.

Pacific maintains three campsites: Cougar, Beaver Bay and Swift. A nominal fee of \$2 a night is charged for each site. The camps do not have recreation vehicle hook-ups.

Accommodations, reservation and requirements and opening dates vary. For ease of reference, details for each camp are listed below.

Beaver Bay — The gates to Beaver Bay, located on Yale Reservoir, open on or before April 20. If you are a rough and ready camper, you could set up a tent at that time. However, the official opening of the camp — which includes grounds maintenance, running water, toilets and showers — will be May 23. Unless you are used to roughing it, you may not want to show up until late May. No reservations are required for family camping, but groups of 15 or more must reserve space.

Cougar camp on Yale Reservoir opens May 23 and reservations are available. Some sites can also be obtained on a first come, first-served basis. A group camp area, including fifteen camp sites and a covered shelter, can be reserved for \$30 a night. Cougar offers:

swimming, toilets, showers and a boat ramp.

Swift — Like Beaver Bay, Swift camp access will begin on April 20, but the official opening, including grounds and sanitation maintenance, is scheduled for May 23.

No reservations are required.

Swift does not have facilities for group camping.

Reservations for large groups at Merwin's day park, group camping sites at Beaver Bay or either individual/group camping at Cougar, can be made by contacting Pacific Power's recreation department in Portland. Call (503) 243-4778 during business hours — Monday through Friday, 8:00 a.m. until noon; 1:00 until 5:00 p.m. You may also write to Recreations Facilities Department, 920 S.W. 6th, Portland, Oregon 97204.

Vitamins Are Not As Easy As A-B-C

Do we need extra vitamins? At least one out of every four Americans thinks so. But not all physicians and dietitians agree that the nearly \$3 billion spent on supplements each year is worth it.

Those touting their value contend that they can help with a number of health problems. Research has shown that B-6 attacks bronchial asthma, and calcium and vitamin D may slow bone deterioration. Perhaps most important, Dr. Peter Greenwald, director of cancer prevention at the National Cancer Institute, is "encouraged that substances related to vitamin A, especially, block cancer formation and reduce tumors in laboratory animals."

Critics such as Prof. Jack Cooperman, director of nutrition programs at New York Medical College, find that hard to swallow. He argues that "vitamins can kill!" Since vitamins A, D, E and K are soluble in fat, they don't pass quickly in urine the way water-soluble C and B-complex vitamins do and, in large doses, can crowd the body's storehouses and become potential toxins. Even megadoses of water-soluble vitamins are dangerous. Too much niacin can cause rapid heartbeat, vomiting, flushing and liver damage. And too much of the mineral calcium can calcify the kidneys.

So what do we do? Experts polled suggest the following:

- If you're eating regular, balanced, nutritious meals, and you feel healthy, you probably don't need sup-



Speaker Josie R. Johnson, Educational Consultant from Houston, TX.

Delta Sigma Theta Sorority's 8th Annual "Women of Excellence Awards" Luncheon

Delta Sigma Theta Sorority, Inc. will hold its 8th Annual "Women of Excellence Awards" Luncheon, Saturday, May 17 - 12:15 p.m. at Jantzen Beach Red Lion (formerly Thunderbird Inn). Featured speaker: Josie R. Johnson, Educational Consultant - Discipline

and Motivation, Houston, Texas. Five women and a youth will receive awards for their outstanding contributions to their communities and four high school seniors will be recipients of scholarships.

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HOW TO READ A NEWSPAPER

by Walter Cronkite

Walter Cronkite has for years been television's foremost news anchorman, and an ardent advocate of the need for a free people to remain free by keeping fully informed, to tell you how your newspaper can help you cope better with your world each day.

If you're like most Americans, you try to keep up with the news by watching it on television.

That's how 65% of us get 100% of our news — from the 24-minute TV news broadcast each evening.

The problem — and I know the frustration of it firsthand—is that unless something really special happens, we in TV news have to put severe time limitations on every story, even the most complicated and important ones.

Get more than headlines

So what we bring you is primarily a front-page headline service. To get all you need to know, you have to flesh out those headlines with a complete account of the news from a well-edited and thorough newspaper.

Is it really necessary to get the whole story? Dorothy Greene Friendly put it this way: "What the American people don't know can kill them." Amen.

News people have a responsibility. And so do you. Ours is to report the news fairly, accurately, completely. Yours is to keep yourself informed every day.

I'll never forget the quotation hanging in Edward R. Murrow's CBS office. It was from Thoreau: "It takes two to speak the truth — one to speak and one to hear."

Take a three minute overview

Here's how I tackle a paper. For starters, I take a three-minute overview of the news. No need to go to the sports section first, or the TV listings. With my overview you'll get there quickly enough. First I scan the front-page headlines, look at the pictures and read the captions. I do the same thing page by page front to back. Only then do I go back for the whole feast.

The way the front page is "made up" tells you plenty. For one thing, headline type size will tell you how the paper's editor ranks the stories on relative importance. A major crop failure in Russia should get larger type than an overturned truckload of wheat on the Interstate, for example.

Which is the main story?

You'll find the main or lead story in the farthest upper right-hand column. Why? Tradition. Newspapers used to appear on newstands folded and displayed with their top right-hand quarter showing. They



Says Walter Cronkite in this article: "TV news coverage, as good as it is, has some limitations. Time slips by quickly. It restricts the length of each story and the number of stories we can cover. A good newspaper can carry more stories and give you considerably more detail."

made up the front page with the lead story there to entice readers.

You'll find the second most important story at the top far left, unless it's related to the lead story. Do you have to read all the stories in the paper? Gosh, no. But you should check them all. Maybe the one that appears at first to be the least appealing will be the one that will most affect your life.

News is information, period

A good newspaper provides four basic ingredients to help you wrap your mind around the news: information, background, analysis and interpretation.

Rule #1 of American journalism is: "News columns are reserved only for news."

What is news? It is information only. You can tell a good newspaper story. It just reports the news. It doesn't try to slant it. And it gives you both sides of the story.

Look out for a lot of adjectives and adverbs. They don't belong in an objective news story. They tend to color and slant it so you may come to a wrong conclusion.

Do look for by-lines, datelines and the news service sources of articles. These will also help you judge a story's importance and its facts.

As you read a story you can weigh its truthfulness by asking yourself, "Who said so?" Look out for "facts," that come from unnamed sources, such as "a highly placed government official." This could tip you off that the story is not quite true,

or that someone—usually in Washington—is sending up a "trial balloon" to see if something that may happen or be proposed gets a good reception.

Another tip: Check for "Corrections" items. A good newspaper will straighten out false or wrong information as soon as it discovers its error. A less conscientious one will let it slide or bury it.

An upside-down pyramid

Reporters write news stories in a special way called the "inverted pyramid" style. That means they start with the end, the climax of the story, with the most important facts first, then build in more details in order of importance. This is unlike the telling or writing of most stories, where you usually start at the beginning and save the climax for last. Knowing about the newspaper's "inverted pyramid" style will help you sift facts.

A well-reported story will tell you "who," "what," "when," "where" and "how." The best newspapers will go on to tell you "why." "Why" is often missing. And that may be the key ingredient.

Many important stories are flanked by "sidebars." These are supporting stories that offer, not news, but the "why"—background and analysis—to help you understand and evaluate it.

Background offers helpful facts. Analysis frequently includes opinion. So it should be—and usually is—carefully labeled as such. It's generally by-lined by an expert on the subject who explains the causes

of the news and its possible consequences to you.

No good newspaper will mix interpretation with "hard" news, either. Interpretation goes beyond analysis and tells you not just what will probably happen, but what ought to happen. This should be clearly labeled, or at best, reserved for the editorial page or "op-ed" (opposite the editorial) page.

Form your own opinion first

I form my own opinion before I turn to the editorial page for the pundits' views. I don't want them to tell me how to think until I've wrestled the issue through to my own conclusion. Once I have, I'm open to other reasoning. Resist the temptation to let them do your thinking for you.

Here's an idea I firmly believe in and act on. When you read something that motivates you, do something about it. Learn more about it. Join a cause. Write a letter. You can constantly vote on issues by writing letters, particularly to your Congressman or state or local representative.

To understand the news better you can also read news magazines. Books help fill in the holes, too. During the Vietnam war, for example, many people felt that the daily news coverage wasn't entirely satisfactory. The truth is, you could have gotten many important new facts on the war from the books coming out at the time.

Pick a TV story and follow it

Now that I've told you about the basics of getting under the skin of a newspaper, let newspapers get under your skin.

Tonight, pick an important story that interests you on the TV news. Dig into the story—in your newspaper. Follow it, and continue to follow it closely in print. See if you don't find yourself with far more understanding of the event.

And see if you don't have a far more sensible opinion as to the "whys" and "wherefores" of that event, even down to how it will affect you—and maybe even what should be done about it.

Keep up with the news the way my colleagues and I do—on TV and in the newspapers.

Learn to sift it for yourself, to sift it, to value it, to question it, to ask for it all. You'll be in better control of your life and your fortunes.

And that's the way it is. This article is one in a series from International Paper that believes in the power of the printed word.

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