

Between the Bookends

By Cecelia Sadtler
Volunteer, Banks Library

If you live in the Banks area and are interested in supporting the Library, mark your calendars for March 7th at 7:00 pm. That is the date for the next meeting of the Friends of the Banks Public Library. The Friends always welcome new members. Membership donations, along with other projects, are part of their ongoing fundraising efforts. The Friends' contributions make possible many of the Library's vital functions, such as Pre-School Story Time, monthly recycling and tons of best-selling books. The Friends also purchase items for the Library, such as book-ends and step stools. You can become more familiar with the Friends' mission and activities by stopping in the Library lobby to read the minutes and notes which are posted there from their most recent meeting.

There are several books that are new in Banks this week, including *Dr. Atkins' Age-Defying Diet Revolution*. Atkins, the world-renowned medical expert who has shown millions how to lose weight and keep it off, now presents a revolutionary program for a longer, better, and healthier life. The book shows clear and effective ways to add years to your life, boost your immune system, enhance brain function, lose weight, and reduce risk for certain diseases. Dr. Atkins co-authors this latest work with Sheila Buff, a specialist in medicine, nutrition, natural history, and the outdoors.

Parents all over the country are raving about John Gray's newest release. Gray, the popular author of *Men Are From Mars, Women Are From Venus* now brings us *Children Are From Heaven*. In this work, Gray gives a reassuring message that children of today do not need to be motivated by fear of punishment. They already have within themselves a healthy desire to please their parents as well as what they need to grow to develop the necessary skills for successful living. His book teaches techniques that parents can use to bring forth those innate qualities, and it shows how to deliver the five central messages that support a strong sense of self, and contain the secret to raising cooperative, confident and compassionate children.

In an entirely different category is a gruesome account called *Monster*, written by the master of psychological thrillers, Jonathan Kellerman.

Kellerman has brought his expertise as a child psychologist to numerous tales of suspense and twisted plots, and this ingenious new novel is his most riveting story yet. In *Monster*, Kellerman brings back Dr. Alex Delaware and his partner, Milo Sturgis, to solve a series of grisly and baffling murders. Their investigations draw them into a web of family secrets, vengeance and manipulation where death, sex and drugs are marketed as commodities. The climactic discovery they make as they race to prevent more killings gives fresh and terrifying meaning to the concept of monstrosity.

Another blood-chilling novel, new to Banks, is *Kiss of the Bees* by J.A. Jance, the New York Times bestselling author of the J.P. Beaumont series, the Sheriff Joanna Brady mystery series, and the suspense novel, *Hour of the Hunter*. Set in the beautiful Southwest, this recent release by Jance is a tale of blended cultures, and of a dark and brilliant excursion into evil that will haunt the memory for a long time.

Also new is the twelfth book in the masterful "Redwall epic" series by storyteller Brian Jacques, *The Legend of Luke*. Be sure to get to the Library early to grab these prized selections.

Remember that new books are arriving daily. This is a great time to pick up something new and interesting for a dark, rainy night. The Library reminds us, too, that it's getting closer to tax time, and new forms are in. The Library is a convenient place to get your tax forms or to make copies while you are there.

Spring cleaning time is here so don't forget to take all your recyclable items to the SWATCO Service Yard on Sellers Rd. this Saturday, Feb. 12th. Volunteers and Friends of the Library will be glad to assist you between 9:00 a.m. and 3:00 p.m. If your spring-cleaning includes books that you'd like to donate to the Banks Library, please call first to schedule time to go through the books and to verify donation criteria. This saves time and effort for you, and the Library staff will appreciate your courtesy.

Banks Public Library: 111 Market Street.
Hours: Tues., Wed., Thurs., 11 a.m. - 7 p.m.;
Fri. and Sat. 11 a.m. to 5 p.m.
Preschool Story Time, Weds., 10:15 a.m.
Phone: (503) 524-1382
Internet: www.WILnet.wccls.lib.or.us.

Letters to the Editor

Ham radio operators are prepared to help

To the Editor:

Happy New Year! Y2K made it here with few problems. The Columbia County emergency agencies and utilities were ready for the worst. Amateur Radio Emergency Services was there, too. We had 20 Ham operators manning different sites at Columbia County Operations Center, Columbia 9-1-1 Communications District, Vernonia Fire, and Rainier Fire. There were ARES mobile units on the East side of the county, on the road and ready to go

anywhere with extensive portable capabilities, and on the West side covering Vernonia, Mist, Birkenfield, Hwy. 47, and Hwy. 202. The 20 Hams put in 84 man-hours for this event. These dedicated Amateurs deserve a big "Thank You" for the use of their time and equipment.

New Years eve was also the first "test" of the amateur station at the new Columbia 9-1-1 Communications District dispatch center. The equipment there became operational just

the day before. It was made possible by generous donations from Hams county wide. Special Thanks also go to Sally Jones, administrator for the district, and the staff at Columbia 9-1-1. They were very accommodating during our installation, and they donated a room with desk and divider.

Boise Cascade and the St. Helens Police Department have donated computers for use as packet radio stations at each fire district main station in the county. This was a big step to-

O-A Hill annexation hearing draws little comment, either pro or con

Brett Costley, a Louisiana Avenue resident, was the only person to express concern at a public hearing before the city council, Jan. 24, about the annexation of several properties between O-A Hill and Mellinger Road, by the City of Vernonia.

Costley's concerns dealt mainly with the condition of Louisiana Avenue and what impact there would be from increased development.

Twelve property owners are affected by the proposed annexation. Of these, Costly and a neighbor, Milton Dennis, were the only two who did not

return consent forms to the city. They are also the only property owners among the twelve whose property has been covered by 1993 agreements to be annexed in exchange for city water service.

A second hearing is set for Feb. 10, at 6:30 p.m., before the Vernonia Planning Commission. This hearing was rescheduled from Jan 20th.

The council will hold a special meeting, Feb. 14 at 7:00 p.m., to make a decision on the annexations. Both meetings will be held in the council chamber at Vernonia City Hall.

Letters to the Editor

Fears other effects of flouride treatment

To the Editor:

About two weeks ago, my son brought home a permission slip from grade school.

"King Flouride has offered mouth rinse and tooth brushes for a program guaranteed to reduce cavities." It sounded great! Reading on I noticed the chemical as flouride short for sodium fluoride. I looked up in a 40 year old emergency book and the definition is rat poison. I then went to the internet and found so much information on this "cavity fighter."

Since the 1950s the aluminum factories by-products has been the butt of controversy. Alcoa Aluminum was being fined for pouring among other toxins, fluorides into the rivers. It was soon discovered this caused biological problems to aquatic life. Searching, the scientists of these companies discovered a use for this by-product. Cavity fighter. But still there was so many questions to be worked out.

Yes it does cause learning impairment, bone cancer, premature aging, along with reproductive problems. So why has it been added to the water systems of over 60% of our nation's cities? This all slipped through the cracks of American logic because a lawyer for the aluminum companies was paid \$750,000 to run for the Federal Security Administration in charge of the U.S. Public Department of Health. Oscar Ewing was almost immediately advanced to a position in the U.S. govt. to pass the bills for Sodium fluorides and legalize its use. The end to the companies' problems and a monetary boost for the dental business, especially since they "paint" the children's teeth with it now.

OK it's true, it does reduce cavities by 13 to 15% (not 30%), but the repercussions are far greater than a simple cavity. Incidentally, there is enough sodium fluoride in a tube of toothpaste to kill a small child. Children, under age 5, swallow approximately 50% of the fluoride rich with saliva when they dutifully brush their teeth.

So what's the answer on how to keep our children toxic free? Just be aware and research everything these days. There seems to be a lot of dollars behind some of the decisions made these days.

With all the dangerous additives in our everyday lives, why add one more to the toxic pile.

Please research this "simple mouthwash" before agreeing to this program!

Claudia Lee
Vernonia

ward our goal of having packet and voice communications in each fire district, as well as the EOC and Columbia 9-1-1. We are lacking monitors and printers so donations of equipment or cash would be appreciated. If you have anything, contact John Clouse at (503) 366-3565 or Martin Anderson at (503) 397-2272.

There is also consideration of adding another packet node to cover the needs of the Columbia County Network. The Goble node, behind Rainier, was very crowded on new year's eve, creating access problems for lower powered stations. It is the only packet node in Columbia County and faces a difficult future. It is located at a City of Rainier radio site and will have to pay increased site fees. All are encouraged to contact Rainier officials about the value of packet, and other, modes of amateur communication for public safety and public service. For more information call Anderson, KC7ILK, at the number above, or contact Bill, owner of the Packet Node at WA7SJM@wa7sjn.#wa.wa.usa.noam.

Suggestions have been made to add more voice repeaters for improved coverage. The repeater at Meissner Lookout has full county coverage, but the area is too rough and big to have full quieting coverage for a single repeater. The owner of a repeater in North County would be glad to move his (it sits in a hole and covers about 4 square miles) if a better location could be found. Vernonia is struggling to put a Packet Node on Corey Hill. They have 75-percent of the system but need around \$450 to complete the project.

There are ARES positions open in the Scappoose and Mist-Birkenfield Fire Districts for Assistant Emergency Coordinator. ARES members don't have to live in the districts but need to live close by. They must work closely with the district chief and his staff on meeting the goals of Emergency Management Communication Organization, and ability to "activate" other volunteers. Again, contact Anderson.

Remember, getting involved doesn't mean giving up your life or your hobby. It can only enhance it Show your family, friends, and neighbors that Ham Radio really means Amateur Radio Service.

Until next time...73s from the Columbia County ARES.

Martin Anderson, Columbia County Amateur Radio Emergency Coordinator
e-mail: kc7ilkmartin@juno.com
Packet: kc7ilk@wa7sjn.#wa.wa.usa.noam

POLICY ON LETTERS

The INDEPENDENT welcomes readers' letters and will publish as many as possible. All letters must be signed and include a verifiable address and telephone number, although the address and phone number will not be printed except at the writer's request. The INDEPENDENT reserves the right to edit submissions for brevity or clarity.

Ike Says...

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for a bigger meeting place is necessitated. Meeting time is 7:00 p.m. Unless a lot of interest is generated, this project will not be undertaken.

Keep a tight line and good fishing.

Izaak Walton League

meetings are on the third Thursday of each month, 7:00 p.m. The public is welcome. For meeting location, call (503) 429-7193.