

Bits & Bites

By Jacqueline Ramsay



We had rain, yes, we did. It made the earth smell different, didn't it? It even made me stop and grab a few dead flowers out of my wheel barrow garden. Even gave me the itch to start looking at flower starts. Where did January and February go?

There is always something new going on around you unless you have your head in the pillow.

When Mt. St. Helens blew I was watching the news – awesome – yes. I called a couple of friends – no, they weren't

watching the news. Huh...

Last Friday, I was on my way to Astoria by the back roads – strange sight – a chopper with a drag line and water bucket trailing under it? Are they practicing for fire season?? I'd only seen this on TV. Neat, but scary when you consider all it entails.

The lake has been very busy the past ten days – trees in bloom, fish, boats, kids, fisherpeople and dogs, but still quiet for those who want to just sit and enjoy the sun and view and visit with strangers to our lake.

For all who enjoy Wednesdays at the Senior Center and the music – Spring is here. The music was Fan-Tab-U-Lous. There were 15 members in the Golden Oldies on March 9 and in today's English, they were rockin', jamming and playing off of each other. Western 40's tunes and Christian, even a bit

of Ireland. It was great.

Thank you, Duke, Eleanor, Darrell, 2 Bobs, DeLores, 2 Als, Everett, Dorothy, Pat, Mike, Ne-cia and Todd. Folks, if you ate and ran you missed a wonderful "Down Memory Lane" experience. It was Foot Stomping Good. Lots of dancing included.

Vernonia Cares wishes to

pass this word along to those that have said "Yes, I can help!" We can use a few gents and or ladies in the repackaging department. It's easy to learn how and not hard work. We even furnish aprons and gloves. Drop in and talk to Sandy.

You want to know what gets my goat about the 6 o'clock news? You're busy, got an ap-

pointment but want to hear what they say is next. Good, you'll catch it just before you leave – ho, ho – three minutes of... you can't wait any longer and the dog is the only one that hears what you were interested in.

News should be news, not interruptions of pills, etc.

Measles makes unwelcome visit to Washington County; watch for symptoms, get booster for kids

At least one case of measles was confirmed in mid-February by Public Health Officials in Washington County, as well as one presumptive case. The two individuals were admitted separately to Portland-area hospitals. Medical providers who may find cases compatible with measles should contact their local health department.

Measles is a disease that occurs most often in the late winter and spring and can easily spread among those who are not immunized.

"Measles is a highly contagious, vaccine-preventable disease that can cause grave harm or illness," explained Dr. Jay Kravitz, Health Officer for Washington County. "The reason that we don't see this potentially serious illness, as in the past, is because of the importance placed on vaccinations. We would recommend to everyone that they keep their vaccinations current."

When a person infected with measles sneezes or coughs, droplets spray into the air and can remain active and contagious for up to two hours. People who contract the illness are usually contagious from about four days before their rash starts to four days afterward.

Symptoms begin with a fever that lasts for a couple of days and can reach as high as 103°F to 105°F. The fever is followed by a cough, runny nose, and conjunctivitis (pink eye). Along with these symptoms, is a red, blotchy rash that develops first on the face along the hairline and then spreads to the rest of the body.

Adverse complications of those who become ill are relatively common, including ear infection, diarrhea, and pneumonia. Less commonly, but of more concern is the possibility of encephalitis, a severe inflammation of the brain, or death.

Those who suspect that they, or someone in their family, may have measles should not go to a clinic unannounced. They are advised to call their healthcare provider and make an appointment, so other patients and medical staff will not be unnecessarily exposed.

People born before 1957 are presumed to be immune. For younger people, it is recommended that vaccinations be kept current. This includes small children and college-bound students, who should receive a booster.

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