

## Education For Families Affected By Mental Illness

A free series of 12 weekly education classes for families and friends of individuals with serious mental illnesses will begin Wednesday, March 9 from 6:00 PM to 8:30 PM at St. Helens Fire Station 105 S. 12th St., St. Helens, OR 97051.

Trained NAMI (National Alliance for Mental Illness) family members will teach the class, known as NAMI's Family to Family education program.

The course covers posttraumatic stress disorder, major depression, bipolar disorder, schizophrenia, schizoaffective disorder, borderline personality disorder, panic disorder, obsessive compulsive disorder, co-occurring brain disorders, and addictive disorders.

Topics include how to help loved ones with mental illness, knowing better what a loved one is going through,

medications, side effects and much more.

Comments from previous class members, "The course was terrific and moving. At last, I feel I have some tools for coping with, and communicating with my ill relative. Now I will be able to help others in the family develop the skills."

"The most positive aspect to me was in the learning about what my ill relative feels and experiences. I have so much more understanding now of so many of the actions and reactions."

Sponsored by NAMI. To learn more about NAMI go to nami.org.

For more information and to register call Teri 503-556-9135 or Tricia 360-577-6934.



## Countywide Rhythm on the River Poster Art Contest



The Blues Committee and United Way of Columbia County would like to invite you to participate in a contest to provide the art for the Fifth Annual Blues Benefit Festival "Rhythm on the River". This is a benefit for United Way of Columbia County. The contest is open to all Columbia County residents.

- All entries must be original art and suitable for family oriented event.
- All art must be maximum of 10" w X 9" h in size, signed and dated by the artist
- Theme -"Rhythm on the River" (5th annual)-Please include theme in art.
- Artists are encouraged to include event title and location:

Rhythm on the River 5th Annual Blues Benefit  
Clatskanie City Park  
Saturday, July 30, 2011

- Entries must be received by March 24, 2011 by 1:00 PM

Mail entries to:  
United Way of Columbia County  
Attention- Blues Festival Art  
PO Box 538

Rainier, OR 97048  
or Deliver to:  
305 W 3rd St., Rm 16  
Rainier, OR 97048

Please phone ahead if you are dropping off. Phone: 503-556-3614

- Original art may also be sent in high quality jpg format suitable for reproduction to:  
uwcc@hotmail.com

Subject line Blues Poster Contest

- Please include contact information when submitting work
- All entries become the property of the Rhythm on the River Blues Committee and United Way.

Entries will be used to raise funds. All proceeds go to United Way of Columbia County.

- Event committee will judge entries.
- The first place winner will have their art displayed as the 5th annual event poster
- There will be a \$50 monetary award for first place and \$25 for 2nd and 3rd place.

## First Friday in Vernonia



Call out to Artists, Crafters, Musicians or anyone who is interested in participating in First Friday Events. First Friday is an extension of Hands on Art that brings the community together to celebrate its local talent, have fun and maybe learn something new. The 2011 Season begins the first Friday in May and ends with the Salmon Festival in October.

We are looking for people who

are interested in helping to organize the event as well as craft vendors and artists.

Come to our planning meeting on Thursday March 10 at the Blue House at 6:00 PM. For more information contact Catherine Helmer 503-914-9525 or Kathy Larsen 429-0589 or email FirstFridayinVernonia@gmail.com.

## Hockey to End Violence?!

Its true! The Portland Winterhawks Hockey Club is partnering with the Columbia County Women's Resource Center (CCWRC) in our work to end violence.

Come out and enjoy the game on Friday March 4, 2011 at 7:00 PM in the Rose Garden. Our Portland Winterhawks take on Seattle in what is sure to be an exciting game. \$4.00 of every ticket purchased in advance will

go to support the work of the CCWRC. The \$20.00 ticket price includes your donation and a Winterhawks hat.

To help us end violence and enjoy the game call Steve Coleman at 971.230.2960 before 4:00 PM on March 4.

CCWRC is the only agency of its kind dedicated to serving survivors of domestic and sexual violence in Columbia County.

## WGS Lunch Buddy Program

The Lunch Buddy Program at Washington Grade School is still going. And there is still a need for more Lunch Buddies.

"Just about every day at lunch I have students ask if I have a lunch buddy for them yet, and the answer has been 'no' for awhile," says WGS Councilor David Spackman. "I would love to have some more volunteers. It's such an easy thing to do and only takes a half hour at most a week."

Lunch Buddies are caring adult volunteers who are matched with an elementary school student to eat lunch together; do various activities such read, play games, or walk on the playground; and spend time one-on-one talking, listening and communicating about things that are important to the student.

For more information about the Lunch Buddy Program or to volunteer, contact David Spackman at WGS, 503-429-7941.

# THE BIRKE

7-10 PM ALL DATES

**LIVE MUSIC  
AT THE  
BIRKENFELD  
COUNTRY  
STORE**

FRI, 2/25	<b>"ERIC TWEED"</b>	PORTLAND SOLO GUITARIST
SAT, 2/26	<b>"T-BONES"</b>	ROCKIN' BLUES
SAT, 3/5	<b>"THIRD MEMBER"</b>	CLASSIC ROCK & ROLL
SAT, 3/12	<b>"T-BONES"</b>	ROCKIN' BLUES
SAT, 3/19	<b>"STEPCHILD"</b>	CLASSIC ROCK
SAT, 3/26	<b>"KIMBERLY HALL &amp; TIM BALTUS"</b>	CLASSIC ROCK
SAT. 4/2	<b>"LOCK, STOCK &amp; BARREL" OUTLAW COUNTY</b>	

**HEY LOCAL MUSICIANS!  
STAGE IS AVAILABLE!  
COME OUT AND PLAY DURING OUR  
FRIDAY NIGHT OPEN MIC**

**CAFÉ OPEN WED-SUN 9AM-6PM, SERVING BREAKFAST & LUNCH  
DINNER ON MUSIC NIGHTS CLOSED MON-TUE  
GROCERY & LIQUOR STORE MON-SAT 9AM-6PM, SUN 9AM-2PM  
1139 HIGHWAY 202 (503) 755-2722**

VISUALIZE   
WORLD PEACE

PeakDyslexicBird@aol.com

**"You cant depend on your eyes when  
your imagination is out of focus!"  
MARK TWAIN 1835-1910**