

Between the Bookends

By Cecelia Sadtler
Volunteer, Banks Library

The Banks Public Library Summer Reading Program, which began today, June 1, is in full swing! The agenda is filled with exciting entertainment and there is still time to participate in the fun. Each summer the Washington County Cooperative Library Services sponsor programs encouraging kids to keep up their reading skills during the school break and have some fun with reading. When they sign up, the kids keep track of their reading and are eligible for prizes and can attend special events. Kids of all ages are invited to participate by signing up before July 18, setting a goal, reading or listening to books from the Washington County Libraries, and returning the reading records to their Library during August. A free book will be awarded to those who meet their goals.

Remaining in the Summer series at Banks are four special programs taking place on Thursday afternoons at 2:00 p.m.

July 9, Oregon Fantasy Theater presents "Little Red Riding Hood", with Celeste Rose and her marionettes. This program is sponsored by the Friends of the Banks Library.

July 16, Flying Safari Ants Marimba Ensemble is an hour-long program of children's music from Zimbabwe and Ghana. It features dancing, storytelling, marimba, drum, voice and various percussion instruments. Music forms the heart and core of many African cultures, so come prepared to join your voice with the Flying Safari Ants as they teach and perform African songs created for children. The Washington County Cooperative Library Services (WCCLS) sponsors the Flying Ants and the Flying Art programs.

July 23, local storyteller Dave Barrett will spin yarns from all over the world. This is another program sponsored by the Friends of the Banks Public Library.

July 30, Flying Up Art is Tom Yahner (as Tom Question) performing in a delightfully dazzling display of living and laughing. Included will be stiltwalking, Chinese yo-yo, danger juggling and oodles of audience participation. Truly a fabulous, festive affair!

But the library isn't just for kids. Old and young alike should come by soon and check out

the benefits of the Banks Public Library. For people who are too busy to read or have a long commute, the library has a good selection of books on tape. And for those who have questions, but no time to run to the library for an answer, Washington County provides a Telephone Reference Service. When you call 526-2577 a reference librarian is there to take your call Monday-Thursday from 9:30 a.m. to 8:45 p.m., Friday and Saturday from 9:30 a.m. to 5:15 p.m., and Sunday from noon to 5:15 p.m. The Banks Library has loads of new books, old favorites, books for sale, excellent reference materials, flyers and local periodicals (including *The INDEPENDENT*), a convenient copy machine and much more! The library is indeed a valuable resource for Banks and the surrounding communities.

The Banks Writer's Group will continue to meet through the summer months in the Library's Community Room. This is a small, friendly, informal group of people who share a desire to set aside some time to write. It's an opportunity to explore ideas and develop skills in the company of others who have similar interests. The group meets on the second Monday of each month from 4:00 p.m. to 6:00 p.m. July's meeting will take place on the 13th. Call me at 324-0223 for more information.

On the second Saturday of each month, the Friends of the Banks Public Library sponsor a recycling day staffed by local volunteers. On July 11th you can bring your recyclables to the SWATCO yard at 15945 NW Sellers Rd. between 9:00 a.m. and 3:00 p.m.

The Banks History lecture series that took place during the early months of this year was videotaped by Tualatin Valley Community Access. The cable company has made these tapes available for purchase at a reasonable price. If you missed this popular series or would like to have your own copy of any one of the four programs call the Banks Library at 324-1382 for further information.

Banks Library 111 Market Street.
Hours: Tues. and Thurs., 1 p.m. to 7 p.m.;
Wed., Fri. and Sat. 11 a.m. to 5 p.m.
Phone: (503) 324-1382

Health Notes

By Pat Stacklie

Healthy Gums Don't Bleed!

Healthy gums are generally pink in color, firm, and they certainly don't bleed. If you're an adult, chances are you may have gingivitis, an early, reversible stage of gum disease. In fact, three out of four adults have some form of gum disease during their lifetime — and many don't even know it.

How can you tell if you have gingivitis? Your gums may become red and swollen and they may bleed easily. Unlike a tooth that aches when there's a deep cavity, gingivitis is usually painless.

The major cause of gingivitis is plaque; a soft, sticky, almost colorless bacterial film that forms continuously on your teeth. The teeth can feel "furry" to the tongue or as if there are "sweaters" coating them. The bacteria in plaque produces toxins and enzymes that can irritate your gums and lead to gingivitis.

To control gingivitis, you must remove plaque on a daily basis. Proper daily brushing with a soft toothbrush and flossing provides a basis for effective home care resulting in healthy gums. Within 7-10

days of thorough plaque removal (brushing and flossing) bleeding will stop. In a warm, moist environment, it takes longer to heal than a cut on the finger. Most adults do not floss or, if they do, not consistently, which leads to gingivitis between the teeth, and can progress to periodontitis.

Periodontitis is a disease in which the deeper tissue that anchors the teeth to the bone is constantly inflamed. Eventually, the bone that supports the teeth is destroyed. When that happens, teeth loosen and eventually fall out or have to be extracted by your dentist. Once gum disease gets to this stage, only your hygienist or periodontist (gum specialist) can treat it.

Tartar is simply plaque that hardens on your teeth if not removed in the soft, sticky stage. The minerals and salts in saliva help to calcify or harden it over time. It has a snowball effect — the tartar provides a rough surface for more plaque to form and harden, etc. The early stages of gum disease can be reversed by thorough, adequate plaque removal and regular cleaning of tartar buildup by your dental professional.

*Yours for better dental health,
Vernonia Family Dental*

Letters to the Editor

monies for the food and beverages came out of their own pocket, with all the proceeds going to help pay for this coming 4th of July fireworks.

We also would like to recognize the following young ladies who volunteered their services, they kept the dinner plates coming and the beverages flowing. Their names are: Lisa Porterfield, Janean Shaw, Jenifer Normand Krieger, Glendene Harms Douglass and Laura Jackson.

And last, but by no means least, the cook, Priscilla Cradit. Priscilla, you out-did yourself again.

Respectfully Submitted,
Larry Doppke
Vernonia

Questions county employees pay raise

To the Editor:

The Columbia County Board of Commissioners is about to adopt the County's 1998-1999 budget. Included in the budget document is a three percent pay raise for all County employees, including me.

I refuse to accept a pay raise of any amount while the Board of Commissioners is laying off employees due to budget constraints. How can the Board justify a pay raise for some employees and layoffs for others?

Belt tightening means all belts get tightened.

The County's financial situation is not good and is only going to get worse unless we

face reality. Approving a pay raise while reducing staff is not only fiscally irresponsible, it is morally wrong.

Sincerely,
Rita Bernhard
Scappoose

(Ed. note: The three percent pay increase is part of the current union agreement for county employees. Bernhard has filed suit against the county for reducing her hours by 20 percent last year. She is a candidate for Columbia County Commissioner.)

Kids working for trip to Washington, D.C.

To the Editor:

The D.C. Kids' first fundraiser was a huge success. Thank you, community, for bringing us your dirty cars and trucks. A special thanks to the Mini Mart and Sentry Market for your donations. Thanks also to Vernonia Hardware for the use of your wall space.

Our next fundraiser will happen sometime in August, details will be forthcoming.

Until then, the folks at the 76 Station on Bridge Street are letting us set up a permanent collection bin for recyclable cans and bottles. So, if cans are cluttering up your kitchen or garage, please bring 'em on down.

Thanks again for your support.

Alice Brock,
Public Relations
Sheril McWhirter &
Debbie Taylor, Co-Chairs
D.C. Kids
Vernonia

POLICY ON LETTERS

The INDEPENDENT welcomes readers' letters, but all letters must be signed and include a verifiable address and telephone number, though the address and phone number will not be printed. We reserve the right to shorten or edit letters for clarity. Letters containing libelous statements or personal attacks on individuals will not be printed.

Letters . . .

A word to the wise is sufficient, sort of...

To the Editor:

Well, gee whiz. The federal government just spent several million bucks to prove many of us are even fatter than we thought.

In my case, they would only have had to ask the neighbors.

I do agree they are right about my being too fat and I intend to do something about it.

Folks tell me a vegetarian diet is the way to go.

So I'm tapering onto the vegetarian diet. From now on I will only eat animals that eat vegetables.

Todd Bowerman
Portland

Thanks to Knights for fireworks benefit

To the Editor:

If you did not attend the Spaghetti Dinner at Lew's Place on June 17, you really missed out on a great meal. With the large portions that were served I don't think anyone walked away hungry.

My wife and I would like to take this opportunity to thank Pat and Darlene Knight for sponsoring this dinner. The

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