

Deadly chemicals threaten children in their homes

Many Oregonians are putting their children at serious risk and may not even know it. The danger exists inside the house, produces a distinct odor, contains poisonous and cancer-causing chemicals, may trigger an asthma attack in children and has been linked to Sudden Infant Death Syndrome (SIDS). Dangerous chemicals have been found in the air of homes throughout Oregon. Fortunately, this life threatening situation is completely avoidable. What's the source of these dangerous chemicals in Oregon homes? Tobacco smoke.

The simple act of lighting a cigarette can turn your house into a dangerous environment that impacts everyone, especially children and their developing lungs. Hydrogen cyanide, carbon monoxide and arsenic are just a few of the 4,000 chemicals found in secondhand smoke. More than 40 of these chemicals are known to cause cancer, and 200 are considered poisons. The smoke from the tip of a cigarette has 20 times the amount of carcinogens as the smoke inhaled by the smoker.

The U.S. Environmental Protection Agency estimates that secondhand smoke is responsible for between 150,000 and 300,000 lung infections in infants and children, resulting in 7,500 to 15,000 hospitalizations each year. According to a recent poll conducted by the

Oregon Health Division, almost a third of Oregonians don't believe secondhand smoke is very harmful to children.

"Secondhand smoke in the



home is a first-rate killer," said Clay Parton, Oregon Tobacco Program Manager. "Each year, thousands of Oregon children get sick from secondhand smoke. If someone is smoking in the home, parents need to take immediate action to protect themselves and their children."

Parents can take steps to make their home smoke-free. Posting a sign that your house is smoke-free helps inform your guests before they light up. Provide an outside area with an ashtray and chair so people can have a place to smoke and discard their cigarettes safely. Don't forget to thank the smoker for respecting your house rules and the

well-being of your family and friends. And insist that your childcare provider or babysitter understands that your child

should never be in a home where smoking occurs.

Oregon's Tobacco Prevention Education Program is a comprehensive effort to reduce

the use of tobacco and exposure to secondhand smoke. It includes programs in local communities, schools, businesses, media and special populations. The program is funded by a tobacco tax increase approved by voters in 1996. Ten percent of the new revenue is allocated to tobacco use prevention and reduction.

The toll-free Oregon Quit Line is a cessation counseling service available to Oregonians. To quit tobacco for good, call 1-877-270 STOP (English), 1-877-2NO-FUME (Spanish), or 1-877-777-6534 (TTY).



Health Notes

By Audeen Wagner

Insurance coverage at clinic – Rose Lockard, clinic manager, has provided a complete list of insurance providers which contract with Providence Family Medicine-Vernonia. They are:

- Blue Cross-Blue Shield HMO, Commercial/OHP
- Youth Advantage, PPP, Blue Choice
- Providence Health Plan (Commercial HMO)
- Providence Preferred (formerly Vantage)
- Medicare Life Wise
- ODS (not OHP) PACC/Qual-Med
- Champus - TriCare Care Oregon
- United Health Care

This list represents those insurers that the clinic has contracts with; there may be others that can be honored here. So, if your insurance company is not listed above, and you wish to receive your health care in Vernonia, give the clinic a call, they may be able to see you under your policy.

Physical Therapy – The new unit is operational, and patients are being cared for two afternoons a week. The program is proving to be a very successful one in Vernonia, and the idea of NOT having to drive to the city for physical therapy is the big plus. Remember, it is not required that you be a Providence patient to take advantage of this service. Watch for a new banner on the side of the building highlighting the Physical Therapy department.

Mammovan – Next mammovan visit is May 17; call 429-9191 to make an appointment.

AIDS Quilt tour at PCC campus

The AIDS Memorial Quilt will come to Portland Community College campuses. The intricate series of quilts will be on display at the Cascade Campus gymnasium (located at 705 N. Killingsworth) from 5 to 8 pm on Friday, April 28 and from 10 am to 4 pm on Saturday, April 29. The quilt, brought to PCC in honor of former Cascade student body president Robert E. Wright who died of AIDS in June of 1999, consists of 12-

by-12-foot panels of smaller quilts memorializing local individuals who lost their battle with AIDS.

The quilt tour, sponsored by the Associated Students of PCC (ASPPC), will feature Cascade AIDS Project members and Multnomah County Health Department personnel answering questions. On sale during the tour will be symbolic red ribbons, calendars, posters

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Church Directory

VERNONIA COMMUNITY CHURCH

Grant Williams, Pastor
957 State Avenue
Vernonia, 429-6790

Sunday School 9:45 a.m.
Morning Worship 11:00 a.m.
Children's Church w/Nursery
Evening Fellowship 6:00 p.m.
Nursery Care
Prayer Meeting, Wed. 7:00 p.m.
Men's Group, Thursday 7:30 p.m.

GRACE REFORMED BAPTIST CHURCH

D.J. Dickey, Pastor
Grant & North Streets
Vernonia, 429-1919 or 429-8720

Sunday Services: Adult Prayer & Children's Sunday School 9:45 a.m.
Morning Worship 11:00 a.m.
Afternoon Worship 2:00 p.m.

Tuesday Service:
All Family Bible Study, 7:30 p.m.

Every Second Sunday, the 2:00 p.m. Worship is replaced by a Fellowship Meal following the 11 a.m. service.

FIRST CHRISTIAN CHURCH

Joel Stith, Pastor
410 North St., Vernonia, 429-6522

Sunday School 9:30 a.m.
Morning Worship 11:00 a.m.
Evening Service 6:30 p.m.

Every Wednesday:
Ladies' Bible Study, 9:15 a.m.
Children's Choir 3:00 p.m.
Family Bible Study, 6:30 p.m.

Women's Fellowship, 2nd & 4th Wednesdays, 1:30 p.m.

FIRST BAPTIST CHURCH

John Cahill, Pastor
359 "A" Street
Vernonia, 429-1161

Sunday School 9:45 a.m.
Morning Worship 11:00 a.m.

Evening Worship
Saturday, 6:00 p.m.

ST. MARY'S CATHOLIC CHURCH

Fr. Tim Mockaitis, Priest-Moderator
Pastoral Administrator
Lani Vandehey

960 Missouri Avenue
Vernonia, 429-8841

Mass Sundays 10:00 a.m.
Reconciliation 9:30-9:45 a.m.
or by appointment

SEVENTH DAY ADVENTIST

Roger Kruger, Pastor, 397-6883
2nd Ave. and Nehalem St.
Vernonia, 429-1941

Sabbath School 9:15 a.m.
Morning Worship, 11:00 a.m.
Tuesday Prayer, 7:00 p.m.

ASSEMBLY OF GOD

Michael Jackson, Pastor
662 Jefferson
Vernonia, 429-7058

Sunday School 9:45 a.m.
Morning Worship 11:00 a.m.
Evening Service 6:00 p.m.

Women's Bible Study,
1st & 3rd Mon. 7:00 p.m.
Women's Ministry,
Alternate Wed. 7:00 p.m.

ST. AUGUSTINE (CANTERBURY) EPISCOPAL CHURCH

The Rev. Robert Grafe, Vicar
960 Missouri
Vernonia 429-3700

Sunday Services, 9:30 a.m.

NEHALEM VALLEY BIBLE CHURCH

Jerry James, Pastor
500 California Ave
Vernonia, 429-5378

Sunday School 10:00 a.m.
Morning Worship 11:00 a.m.
Nursery available
Wednesday Service 7:00 p.m.

VERNONIA FOURSQUARE CHURCH

Pastor Paul Pastor
850 Madison Avenue
Vernonia, 429-1103

Sunday Worship Service: 10:30 a.m.
Children's Sunday School

Wednesdays 7:00 p.m.
Evening Service
Youth Ministry
Children's Ministry
Nursery Available

Men's Ministry 7:45 a.m.
3rd Saturday, each month

CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS

Lee Knowlton, Branch President
1350 E. Knott Street
Vernonia, 429-7151

Sacrament Meeting, Sunday 10 a.m.
Sunday School & Primary 11:20 a.m.

Relief Society, Priesthood and Young Women, Sunday 12:10 p.m.



Easter Lilies

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In celebration of the Easter Season, we would like to invite you to a

Good Friday Soup and Bread Supper and Communion Service

April 21, 6:30 p.m.

It is our tradition to remember Christ's death with a service to honor His death, burial and resurrection. Everyone is welcome. Please call 429-6790 if you would like to join us.

Jesus said, "Come to me and I will give you rest all of you who work so hard...for I am gentle and humble, and you will find rest for your soul." Matthew 11:28

Vernonia Community Church
957 State Avenue

