

Community

Senior News

By Karen Miller

There may be some of you out there in readerland that don't always appreciate my humble writing efforts. To you, I say, be glad I don't write the cooking column! I'm sure no one would care for my "Nut Stew." It took several months to notice the top of my little convection oven dangling down where that solid steel nut came loose and fell into my baking meatloaf.

What a big crowd we had here for our Easter dinner last Wednesday with a delicious lunch, as usual, and great singing. We are coming right along with all our re-doings around here. I am beginning to wonder what we are going to be doing next...a new dance floor? No, outside paint and re-finishing the dining room floor.

Good news! We are happy to announce a new Treasurer that will be taking over this job from Jacqueline Ramsay this

Lecture on hormones and cancer

David Zava, Ph.D., a biochemist and research scientist, will speak on hormone imbalances and breast cancer, Thursday, April 26 at 7:00 p.m. at St. Mary's Church in Vernonia. The public is welcome to attend this free presentation.

Dr. Zava is an internationally known speaker on the subject of hormone imbalances, natural hormone replacement, saliva hormone testing, and breast cancer. He lectures extensively to both lay audiences and professionals, tying together the importance of hormonal balance and the origins of breast cancer.

After receiving his degree in biochemistry from the Univ. of Tennessee in 1974, Dr. Zava pursued his interests in cancer research. Working in the U.S.A. and Switzerland he focused on hormonal control of breast cancer.

Over the past 25 years he has published extensively on basic and clinical research relating to the effects of estrogens (natural and plant estrogens and pollutant xenoestrogens), and progesterone on breast cancer. He is currently



July. And we won't have to worry about George Gans' spelling, as he was the third place winner at our Senior Spelling Bee!

Another Senior event that is worthy of mentioning is this story about Zada Snook. Zada will be 94 years-old in May and has not ever had an Easter Basket. But thanks to the Lari at 4-H Horse Club, she was the recipient of a sweet basket or basket of sweets, I should say. Zada wishes to tell them a big thank you for their thoughtfulness. May all the kind deeds of Grandma Snook's continue to be returned to her! And a BIG Happy 94th soon-to-be birthday!

I did enjoy my recent trip to Baguio City, Philippines, basking in the warm China Sea, eating fresh mangos and different fruits each day. It's always fun listening to the Seniors here with their lives' travel stories, especially military stories, as my Dad was a WWII Navy Pi-

writing a book on "Breast Cancer Prevention" which will be published later this year.

Dr. Zava developed saliva testing as a simple, non-invasive means to test hormone levels and maintains a "state of the art" clinical laboratory (CLIA certified) in Portland. Because steroid hormones play a vital role in health maintenance, knowledge of an imbalance in any one or more hormones can help illuminate the cause of health problems, and provide a basis for correcting the imbalance through diet, exercise, or hormone supplementation. Saliva testing measures the hormones that escape the blood stream and may enter tissues such as breast, uterus, brain or skin. Saliva testing is a simple means to evaluate hormonal risk factors for breast cancer.

St. Mary's Catholic Church is located at 960 Missouri Avenue, Vernonia.

Church schedules friendship luncheon

A Friendship Luncheon Tea will be held at Vernonia Community Church, 957 State Avenue, May 5 at 11:30 a.m.

The theme for the tea is Friendship in the Community - "A friend loves at all times." (Proverbs 17:17)

Guest speaker Sheri Wilson will be sharing from her heart.

To make reservations, call Gladys Sharar at 503-429-6541, or Dorothy Hass at 503-429-5924 by April 16.

lot, and he and Floyd Ragner swapped stories when Dad came to town. Come on down and join in the fun and visiting!

Now, as for my nut stew, if anyone else has ever made one, let me know how it turned out. The first one who asks my husband what happened to him — he happened to be the one who bit into it — gets to enjoy a free lunch down here. Sorry, no nuts included!

INFORMATION NUMBERS

COLCO Transportation

..... 429-4304

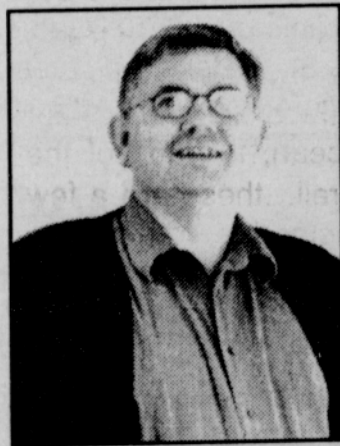
Senior Advocate.. 429-9112

Senior Center..... 429-3912

New pastor at Assembly of God

Vernonia Assembly of God Church, which has been without the services of a resident pastor, is happy to announce that a vacancy no longer exists. Pastor Darwin Harvey has moved to Vernonia and will minister to the local congregation.

Pastor Harvey grew up in Hood River, moved to Portland in 1987 and has lived in the St. Johns neighborhood for the past 14 years.



He studied at Berean College in Springfield, Missouri, via correspondence,

and will be fully ordained on April 23. Berean requires certain levels of service prior to being ordained, and he has served as associate pastor at Calvary Temple and minister of education at St. Johns Assembly of God Church. The Vernonia assignment will be his first as head pastor.

Among the things he wants to institute in Vernonia is a Kids Crusade, in late June, perhaps in a cooperative effort with other local churches. He also plans to schedule regular teen activities and raise funds to send children to church camp.

Pastor Harvey also earned a BS in accounting from Portland State University, in 1989, and works part time in that field. Both he and his wife, Mary, are Licensed tax consultants. They have two sons; 15-year-old Joseph attends Vernonia High School; 13-year-old Joseph is a Downs syndrome child in special education.

Health Notes

By Audeen Wagner

Spring has sprung, and it brings a sense of renewal and, hopefully, good health.

Diet and Exercise! Doesn't it seem that no matter what is wrong with you, your doctor always recommends "diet and exercise" as a practical way to feel better? We should all strive for a healthy diet—you know, less fat, less sugar, more fiber. We've been told that the diet prescribed by the American Diabetes Society for managing and preventing diabetes is the healthiest diet possible, and staying on it is not so difficult—you can make some very minor changes in your eating habits and feel and look better, lose weight, and be in great shape.

Now the exercise part. Everyone should have some kind of regular physical activity, and again, it need not be so drastic a change that it becomes drudgery. An hour of exercise, two or three times a week is recommended—of course this varies according to age, weight, and physical condition. Ask your doctor, and with good spring weather coming up (hopefully), you will feel energized and enthusiastic about taking care of your body.

My husband and I are really enjoying water exercise. It is a great way to get the physical activity without placing undue stress on our aging joints. The Hillsboro Aquatic Center, next to Shute Park, has a full aerobics and swim schedule for people of all ages and interests, plus other amenities such as weight room, hand ball, sauna and hot tub. The class that fits our needs is called "Arthritis Plus" and the session includes not only a series of routines designed to exercise each and every joint (from head to toe), but also a trip to the deep end with flotation devices to partake in some fun exercises that add a cardiovascular component. These are continuous aerobics with such intriguing names as bicycle, cancan, jumping jack, row your boat, and scissors. Or how about open the gate, scarecrow, hula, and pendulum? And it is always stressed that each person goes at their own speed and ability.

The Forest Grove Aquatic Center is closed for major remodeling at this time. Sherri Mead, Aquatic Supervisor and Instructor, reports that the new facility is on track to reopen on schedule in mid-June. They will offer their usual range of aerobic and swimming activities, and the new addition will include a 30 x 30-foot therapy pool and a hot tub. The therapy pool will be warmer than the main pool, heated to a temperature recommended for rehabilitation and aerobic exercise. The lap swimmers and swim teams need cooler water for their activities, so everyone will be happy! Again, this "new and improved" facility will be up and running by about June 15.

For more information about water sports, here are the numbers of these two facilities:

Forest Grove Aquatic Center, 503-992-3238

Hillsboro Aquatic Center, 503-681-6127

If swimming is not your thing, try walking, jogging, gardening, bicycling, or whatever. Your stronger, healthier body will be your reward!

Next mammogram visit date is May 16.

THIS SPACE PAID FOR BY VERNONIA SENTRY AS A COMMUNITY SERVICE TO OUR AREA

Identity Theft

Identity theft starts when someone acquires personal information about you such as your address, phone number, Social Security number, credit card numbers, driver's license, etc. This information is then used for a number of things: Open a credit card account in your name and have the statements sent elsewhere to keep you unaware; open a bank account in your name, then write bad checks; access your current accounts and withdraw cash; start cellular phone service in your name; use your Social Security number to obtain a job, loan or other things that require a good credit history.

You could become the victim of identity theft by being in the wrong place at the wrong time if, for instance, a thief overhears your Social Security number or accidentally comes across some of your mail. But most identity theft is caused by professional thieves who work to get personal information about you. They steal wallets and purses for credit cards and identification. They steal mail, especially bank and credit card statements, pre-approved credit offers, telephone calling cards and tax information.

Identity theft can ruin your good credit and your good name, and it can take months, or even years, to straighten out. Protect your personal information as though it were gold...it's even more valuable.

Jim Walters
Chief of Police
Vernonia Police Department

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