

Diabetes education class

Healthy Eating with Diabetes: A Diabetes Education Program, will be held at the Columbia River PUD, 64001 Columbia River Hwy. in Deer Island on March 13, 20 and 27 from 2:00 to 5:00 p.m.

The March 13 class will cover an overview of diabetes, including risk factors, symptoms and complications associated with diabetes, and the food recommended in the Diabetes Food Guide Pyramid. The Idaho Plate Method will also be covered, emphasizing fruits, vegetables and grains, while limiting meat and fat.

The Supermarket Tour will be on March 20 (store and time may vary). Based on the Idaho Plate Method, this hands-on approach provides an opportunity

to gain practical knowledge about supermarket foods related to healthy eating.

Preparing Delicious Meals will be the topic for March 27. Menus and recipes will be shared and how to prepare a delicious meal that fits the goals of the Idaho Plate Method.

Sponsored by Clatsop/Columbia Diabetes Coalition, the course will be presented by Jan Pahl, OSU Extension faculty, Family and Consumer Science and Jeanne Flury, RD, CDE. There is a \$10 fee for the three-meeting series.

To register, send name and address, with a check made out to OSU Extension Service, 2001 Marine Drive, Suite 210, Astoria, OR 97103.

New Federal "poverty" guidelines

The federal government has released the 2002 Federal Poverty Guidelines. The guidelines, sometimes loosely referred to as the "federal poverty level", define who is officially considered "poor". The guidelines are adjusted up each year to account for inflation.

State and federal agencies use the guidelines to determine

Funds available to low income for home repairs

The Rural Housing Service of the U.S. Department of Agriculture has \$400,000 available for repair loans to very low income homeowners in rural Oregon. The housing repair program is designed to improve living standards by repairing leaky roofs, installing more energy efficient materials, or correcting basic structural problems.

Loans can be made for amounts up to \$20,000, a maximum of 20 year repayment period, and at an interest rate of one percent annually. Individuals 62 years or older may qualify for a grant, rather than a loan, in cases where an individual lacks the financial ability to repay a Section 504 loan. Under the program, applicants can receive assistance with only a promissory note on loans up to \$7,500. Mortgage securities will be required only on loans exceeding \$7,500.

For more information, call the USDA Rural Development office at 503-414-3335 or visit www.usda.rurdev.rhs

eligibility for a range of programs, such as the National School Lunch Program, Legal Services, Food Stamps and the Oregon Health Plan. The guidelines are not used for the state's cash assistance welfare program, called Temporary Assistance to Needy Families (TANF), or for determining eligibility for the federal or state earned income credits.

The increase in the federal poverty guidelines makes more people immediately eligible for the Oregon Health Plan and other programs.

The Federal Poverty Guidelines are based on the size of the family and are applicable to the 48 contiguous states and the District of Columbia; the federal government sets different guidelines for Alaska and Hawaii. "The poor" are families with incomes at or below the poverty guidelines. While the term is not officially defined, "low income" often means families with incomes at or below 200 percent (twice) the poverty guidelines.

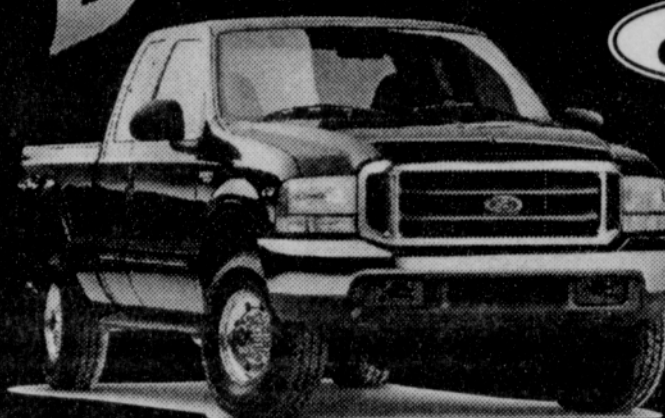
The 2002 Federal Poverty Guidelines are as follows:

Family Size	Yearly Income
1	\$ 8,860
2	\$11,940
3	\$15,020
4	\$18,100
5	\$21,180
6	\$24,260
7	\$27,340
8	\$30,420

For each additional person, add \$3,080 per year.

For more information, visit the OCPP website: www.ocpp.org/poverty/index.htm

DOHERTY FORD



TRUCK territory

New 2001 & 2002

F-150 • F-250 • F-350
• V-8 • V-10 • Diesel

0% APR 36 mos.
or
\$2500
FACTORY REBATE

The Big City Deal with the Small Town Feel!

NEW 2002 Escape 4x4



Chrome Yellow

SALE PRICE

Stk #3990

MSRP \$21,230
Doherty Discount \$1,266

1 AT \$19,964

NEW 2002 F-350 Crew Cab 4x4



Diesel Longbed

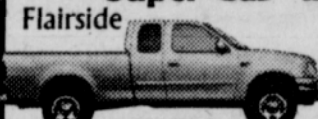
SALE PRICE

Stk #3983

MSRP \$35,530
Rebate \$1,000
Doherty Discount \$4,021

1 AT \$30,509

New 2001 F-150 Super Cab 4x4



MSRP Before Discount \$35,770
Rebate \$2,500
Doherty Discount \$6,682

Stk #3340

1 AT \$26,588

2001 F-150 Super Crew 5.4L 4x4

Off Road Pkg, Power Driver Seat, Loaded



MSRP Before Discount \$34,405
Rebate \$1,500
Doherty Discount \$5,468

Stk #3700

1 AT \$27,437

2001 Ford Excursion Diesel 4x4



MSRP Before Discount \$44,140
Rebate \$2,000
Doherty Discount \$6,225

Stk #3621

1 AT \$35,915

PRE-OWNED TRUCK TERRITORY

1991 Ford F-350 Crew Cab Dually XLT

- Loaded
- Nice Truck



SALE \$6,329

Stk #70477

1997 F-250 4x4 XLT

- Auto
- Diesel
- Low Miles



SALE \$19,825

Stk #70493

1997 Ford F-150 S/C Flairside XLT

- Automatic



Kelly Blue Book SALE \$12,222

Stk #70485

1999 Ford Ranger XLT S/C

- V6
- Auto
- 4x4
- 18K



Kelly Blue Book \$18,500
SALE PRICE \$13,999

Stk #70293

2002 Ford Escape XLT 4x4

- Auto
- Loaded
- Low Miles
- Warranty



SALE \$19,999

Stk #70417

1999 F-250 S/C Long Bed 4x4 XLT

- Loaded
- Diesel



Kelly Blue Book \$27,900
SALE PRICE \$22,999

Stk #70488

WHAT can YOU do at: www.dohertyford.com

...when it comes to buying your next vehicle search our new and used inventory online!

- ✓ Build & Price used vehicles
- ✓ Build & Price a new vehicle of your choice
- ✓ Check new vehicle specials & incentives
- ✓ Get financial approval online
- ✓ Fleet quotes for your business
- ✓ Schedule service appointments at your convenience
- ✓ Monthly service specials at your fingertips
- ✓ Email access to our helpful sales staff

DOHERTY FORD



4223 Pacific Ave. • Forest Grove • 503-357-3114 Fax 503-357-8250 • www.dohertyford.com • Dohertyfd@aol.com
Subject to prior sale. Financing on approved credit. Pictures may vary from actual vehicle. Prices expire Sunday