

**Welcome Additions**

**Austin Kenneth Fish**

Austin Kenneth Fish was born January 27, 2002, to Ken and Dori Fish of Beaverton. He weighed 6 pounds 1 ounce and was 20 inches long.

He will join his two sisters, Cori and Kennedy, at the family home in Beaverton.

Grandparents are Larry and Jan Bernardi of Vernonia, Dennis and Helen Askew of Gresham, and Bob and Zoya Fish of Portland.

Great-grandparents are Eleanor Thompson of Vernonia and Hazel Hoekstra of Gresham.

**Church Bulletin Bloopers**

Next Sunday Mrs. Vinson will be soloist for the morning service. The pastor will then speak on "It's a Terrible Experience".

A song fest was held at the Methodist church Wednesday.

**Volunteers, donations are needed for daily lunches at Senior Center**

Because of funding shortages, the Columbia County Council of Seniors has had to reduce services to each community and two lunches a week are gone from the Vernonia Senior Center.

Several community members are working to keep the Tuesday and Thursday lunch service going for an average of 15-16 people, but more help is needed. Donations of fruit, vegetables, condiments, beverages, and cash are all needed.

**In the Service**

**Christopher R. Gambell**

Army Pvt. Christopher R. Gambell has arrived for duty in Hohenfels, Germany.

Gambell is a heavy equipment operator assigned to the 94th Engineer Battalion.

He is the son of Heather Berg of Birkenfeld.

Because everything used for the Tuesday and Thursday lunches must be kept separate from all supplies provided through the Council of Seniors, even items such as cooking oil, napkins and dish soap must be purchased.

At present, volunteer Carol Davis is handling the Tuesday/Thursday lunch operation, but more help is needed. "No one will ever mistake me for a cook," Carol said, "but this is a way to thank the Vernonia Senior Center for the companionship and caring they have provided to so many, for so long."

Donations are tax deductible and checks should be made out to the Vernonia Senior Center Tuesday/Thursday Club.

For more information, or to volunteer some time, call Davis at 503-429-9671 and leave your name and number.

**Health Notes**

By Audeen Wagner



**Scabies Alert!!**

Do you have "the itch" at your house? Providence Family Medicine-Vernonia has been seeing lots of young patients with this annoying disease.

Scabies are little bugs (mites) that get under the skin and cause extreme itching. They are highly contagious, and affect mainly infants and children. So, if you see

the signs (tiny gray, scaly swellings that develop into a reddish bumps), please contact the clinic. You will need to apply a special cream, not only on the victim, but the whole family. Then follow up with a bath 8 to 12 hours later to wash off the cream. Most of the time, one such treatment does the trick; if it doesn't go away, the treatment can be repeated a week later. Please see the clinic if this fast-spreading infestation has hit your household, if you have questions about Scabies and its control. Good luck!

In keeping with the ongoing policy of "preventive medicine" at Providence, the Vernonia Clinic is offering some suggestions for staying healthy. Here are a couple to think about:

**1. BREAST CANCER UPDATE**

We keep hearing encouraging reports regarding the treatment and cure of breast cancer, and the numbers are improving all the time. That's why regular exams, mammograms and breast self-examinations are so important to women's health.

What are your chances of getting breast cancer? Here's what the American Cancer Society says about your risk: Your chances of getting breast cancer increase as you age. Your risk, by age:

- Age 30...1 out of 2,525
- Age 40...1 out of 217
- Age 50...1 out of 50
- Age 60...1 out of 24
- Age 70...1 out of 14
- Age 80...1 out of 10

A mammogram can detect an abnormality BEFORE you or your doctor can! The Tuality Mammovan comes to Vernonia every month. The next visit of the mammovan is February 27. If you are a woman and over age 30, it's a very good idea to get your mammogram scheduled. Call the clinic for an appointment.

**2. PROSTATE SPECIFIC ANTIGEN (PSA)**

What is prostate specific antigen? It is a protein produced only by the prostate gland. The amount of PSA produced by the prostate has been shown to increase when a man has prostate cancer.

Prostate cancer has become the most commonly diagnosed cancer among men in the U.S.—it is now the second leading cause of cancer deaths among American males. A PSA test, which is a simple blood test, is one of the latest tools for early diagnosis and treatment of prostate cancer. The American Cancer Society recommends that all men begin having annual prostate screenings at age 50.

We will attempt to keep you updated on some other health issues having to do with prevention of disease, and staying healthy in general.

**Church Directory**

**VERNONIA FOURSQUARE CHURCH**

Pastor Paul Pastor  
850 Madison Avenue  
Vernonia, 503 429-1103

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

**VERNONIA COMMUNITY CHURCH**

Grant Williams, Pastor  
957 State Avenue  
Vernonia, 503 429-6790

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

AWANA, Wednesday 3:15 p.m.  
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, 503 429-1919

Sunday Services: Adult Prayer & Children's Sunday School 9:45 a.m.  
Morning Worship 11:15 a.m.  
Evening Worship 5:00 p.m.

Wednesday Service:  
All Family Bible Study, 7:00 p.m.

**ASSEMBLY OF GOD**

Darwin Harvey, Pastor  
662 Jefferson  
Vernonia, 503 429-4615

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

Men's Study, Tuesday 10:30 a.m.  
Women's Study, Wednesday 1:30 p.m.  
Youth & Kids, Thursday 7:00 p.m.

**FIRST BAPTIST CHURCH**

John Cahill, Pastor  
359 "A" Street  
Vernonia, 503 429-1161

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

Evening Worship  
Saturday, 6:00 p.m.

**NEHALEM VALLEY BIBLE CHURCH**

Jerry James, Pastor  
500 California Ave  
Vernonia, 503 429-5378

Sunday School 10:00 a.m.  
Morning Worship 11:00 a.m.  
Nursery available

Wednesday Service 7:00 p.m.

**ST. MARY'S CATHOLIC CHURCH**

Pastoral Associate  
Juanita Dennis  
960 Missouri Avenue  
Vernonia, 503 429-8841

Mass Schedule  
Sunday 12 Noon

Religious Education  
Sunday 10:30 a.m.

**CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS**

Lee Knowlton, Branch President  
1350 E. Knott Street  
Vernonia, 503 429-7151

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

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

**SEVENTH DAY ADVENTIST**

Kevin Reiner, Pastor, 543-2254  
2nd Ave. and Nehalem St.  
Vernonia, 503 429-8301

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

**ST. AUGUSTINE (CANTERBURY) EPISCOPAL CHURCH**

The Rev. Robert Grafe, Pastor  
375 North St. (Vernonia Grange Hall)  
Vernonia, 503 429-3700

Sunday Services 10:00 a.m.

**FIRST CHRISTIAN CHURCH**

Joel Stith, Pastor  
410 North Street  
Vernonia, 503 429-6522

Sunday School 9:30 a.m.  
Morning Worship 11:00 a.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.

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