

Public Health offers free information on West Nile Virus

Columbia County Public Health is providing free information on West Nile Virus.

"We know West Nile Virus will be here soon," said Karen Ladd, Public Health Administrator. "We hope each resident is checking his or her property for standing water — places where mosquitoes can breed."

People can be infected with West Nile from a mosquito bite. The mosquitoes become infected when they feed on infected birds, such as ravens or crows.

Brochures, posters and fliers on West Nile are available from Columbia County Public Health,

2370 Gable Road in St. Helens, *The Independent*, 725 Bridge Street in Vernonia, and the Clatskanie Clinic, 135 SW Tichenor.

For information on pesticides or pond fish that feed on mosquitoes contact Mel Franklin at Columbia Vector Control in St. Helens.

In 2002, there were over 400 human cases of West Nile disease and 263 deaths in the United States, a drastic increase over 2001, when there were 66 severe human cases and nine deaths. Symptoms are similar to flu, often with a

rash and swollen glands. There is no vaccine and no specific treatment.

"The best defense against West Nile," said Ladd, "is to protect yourself and keep a watch out for mosquito breeding areas."

She advised checking door and window screens to keep mosquitoes out of homes and, when outdoors, use a mosquito repellent containing DEET, wear long sleeves and long pants.

For more information, visit the Department of Human Services at <www.dhr.state.or.us/publichealth/acd/>.



The Health Habit

503-429-0501

Complete Co-Ed Gym Facility
Personal Training Available



Weight Loss/Gain • Wolff Tanning
Body Building • Nutritional Counseling
General Conditioning • Toning & Shaping
Olympic Weights • Full Line Apparatus

It's time to get ready for summer!

OPEN: 5a-9p M-F • 5a-5p Sat • Closed Sunday
16720 Noakes Rd., Vernonia, OR 97064

Action Ads Work! Call 503-429-9410 for information.

Professional Directory

INSURANCE

Vernonia Realty & Insurance Center

Ken & Helen Bateman, Agents

Your Local, Independent Insurance Agents

Auto • Home • Business • Life • Health

P.O. Box 248

953 Bridge Street

Vernonia, OR 97064

503-429-6203



KEENON LAND SERVICES



PROFESSIONAL
LAND SURVEYORS

(503) 429-6115

MOBILE (503) 789-0107

1224 E. Alder Street
Vernonia OR 97064

Jim L. Lucas, Lawyer

Family Law, Land Use, Civil Litigation
General Practice

Phone (503) 324-0114

630 S. Main Street / P.O. Box 699
Banks, Oregon 97106

VALLEY VETERINARY CLINIC

Large & Small Animals

9 am-5:30 pm, Every Thursday

near Sunnyside Cafe

58376 Nehalem Hwy. S., Vernonia

Call for Appointment:

1-503-556-3084

26072 Hwy. 30, Rainier



SUMMER COUNTRY MASSAGE CLINIC

Steve Sorbets, LMT • Lic. No. 3998

Swedish Massage • Deep Tissue • Reiki • Reflexology

REASONABLE RATES

CALL FOR
APPOINTMENT:

503-429-5800

WALK-INS
ACCEPTED

OPEN TUE, THU, 12 NOON - 7 PM • 902 BRIDGE ST., VERNONIA

FRIDAYS & WEEKENDS BY APPOINTMENT ONLY

MASSAGE THERAPY

Raindrop Therapy • Deep Tissue • Ear Candling
Reiki • Swedish Massage • Reflexology

503-429-5180

1/2 OR 1 HOUR APP'T. • GIFT CERTIFICATES

MARIE KRAHN, LMT

LICENSED & CERTIFIED • QUALIFIED FOR INSURANCE



Providence Family Medicine Vernonia

Most Insurances Accepted
Financial Assistance Available

Mon & Thu 7-7 • Tu, Wed, Fri 8-5

503-429-9191 For Appointment

Mark Livingston, M.D. • Laura Nichols, P.A.C. • Judith Hargis, P.A.C.
510 BRIDGE STREET • VERNONIA



COLUMBIA COMMUNITY MENTAL HEALTH

Outpatient Alcohol & Drug Services

INDIVIDUAL - COUPLE - FAMILY - GROUP

Driving Under the Influence Program
ODL Monitoring

503-429-1053

COPY & FAX SERVICE

Enlargements • Reductions • Type Setting
8-1/2x11", 8-1/2x14", 11x17"

White, Pastels, Brights

The INDEPENDENT

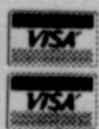
725 Bridge Street, Vernonia • 503-429-9410

TenderCare Dental Center

SAVE

\$50.00

Bring this ad to our office
and we will take \$50 off
your first visit.



NEW PATIENTS ONLY.
\$50.00 max. discount per person.
Please mention ad
when making appointment.



Se Habla Español!
Andrew Thompson, DMD

10395 NW Glencoe Rd., Ste 100 • North Plains, OR 97133

Monday thru Friday 8 AM - 5 PM
Saturdays 9 AM - 2 PM

(503) 647-0055

- Serving Children & Adults
- New Patients Welcome
- Prompt Emergency Care
- Preventative and Cosmetic Dentistry
- Insurance and payment Options
- 5% Senior and Cash Courtesy Discount



Terry P. Tobin, O.D.
Doctor of Optometry

FAMILY VISION CARE

GLASSES - CONTACT LENSES

For Appointment

Phone: 503-429-7008

Wednesdays 9:00 a.m. - 5:00 p.m.

Most insurance accepted.

Call for information.

622 Bridge Street, Vernonia