

Spring Beach Cleanup a success

In spite of cold, rainy and windy weather on the coast, 4,000 hardy volunteers turned out to participate in the 18th annual Great Oregon Spring Beach Cleanup. The entire Oregon coast, over 362 miles, was cleaned of debris accumulated during the stormy winter months. Volunteers removed an estimated 30 tons of trash from Oregon's coastline, eight tons more than was collected in the 2002 Spring Beach Cleanup.

Major sponsors were Henry Weinhard's, Jantzen, a subsidiary of Perry Ellis International, Inc., LP, Made in Oregon, Tektronix and Wells Fargo. The Zone Sponsor was Boyd Coffee, the Media Sponsor was KGW Northwest NewsChannel 8, the Truck sponsor was Chevrolet and the Communications Sponsor was AT&T Wireless. Along with SOLV, the event was coordinated by the Oregon Parks and Recreation Department and the Oregon Refuse and Recycling Association. Funds came from the sale

of Oregon personalized plates.

Among the items found on the beaches were four refrigerators, a Korean shampoo bottle, a dinghy, a wheelbarrow, a diver's tank, a computer monitor and keyboard, six toothbrushes, wooden pallets, tires and thousands of plastic and glass bottles, pieces of styrofoam and pieces of plastic.

Jack McGowan, SOLV's Executive Director, commented, "Once again, our citizens have demonstrated their pride in this great state by turning out to preserve and enhance Oregon's beaches. We extend our special thanks to our partners, Oregon Department of Parks and Recreation and the garbage haulers all along the coast who help make this event possible."

SOLV is a statewide organization founded in 1969 by Governor Tom McCall and other community leaders to act as a catalyst in linking business, government and citizens in preserving the livability of Oregon.

Hormone therapy is topic for tea

Perspectives on Hormone Replacement will be the topic as Tuality Healthcare presents a Women's Tea on Saturday, May 3, from 9:00 a.m. to noon at Tuality Health Education Center, 334 SE Eighth Avenue in Hillsboro.

Even in 2003, misconceptions and confusion prevail regarding hormone therapy and how it affects the health of women. A multidisciplinary panel of Tuality physicians will present unique perspectives on the health risks and benefits associated with hormone replacement. The panel will discuss issues like short-term relief of menopause symptoms, prolonged cardiac benefit, breast health, long-term cancer risk, osteoporosis and more.

Panelists include Christine

Corbin, M.D., obstetrics and gynecology specialist, Naji Hamdan, M.D., cardiology specialist, Nathalie Johnson, M.D., general surgeon and Lisa McCluskey, M.D., gynecological oncology specialist, all of Tuality Healthcare.

The event also provides an opportunity for participants to receive some important health screenings, including blood pressure and body composition, which are included in the registration fee, cholesterol for \$5 and bone density for \$10.

Refreshments will be available, along with live music and fine door prizes.

A registration fee of \$5 is required. For more information and registration forms, call Tuality Healthcare Community Education at 503-681-1700.

Obituary

HELEN B. ROSS

Helen Barbara Kappel Ross, 90, Tigard, died April 11, 2003. A celebration of life was held April 15 at Forest Grove Memorial Chapel. Interment was at Forest View Cemetery, Forest Grove.

Mrs. Ross was born February 5, 1913, in Forest Grove, to William and Hettie Kreider Kappel. She grew up in Forest Grove and graduated from high school in 1930. She attended Pacific University for two years.

In 1934, she married Donald F. Helmick. They lived in Portland and San Diego, California. They divorced in 1949.

In 1966, she married Lester H. Hewitt. They lived in Forest Grove. He died in 1969.

In 1975, she married Allan A. Ross. They lived in Tri-Cities, Wash., then moved to Vernonia. After retiring, they moved to Tigard.

Mrs. Ross worked for the Forest Grove News-Times, the International Woodworkers of America, Pacific University Optometry Clinic, the Valley Times in Beaverton, Textronix and Shell Oil. In Vernonia, she and her husband, with partner Dave Gambee, owned and operated the Vernonia Golf Course and worked in lumber brokering. She retired in 1979.

She was preceded in death by her husband Allan Ross in 1989; a son, Donald Gary Helmick in 1986; two sisters, Wilma Moore and Phoebe Sheppard; three brothers, Orvil Kappel, Ted Kappel and Karl Kappel.

Survivors include two daughters, Janet C. Bavelas of Victoria, B.C., and Helen Kay Helmick of New Westminster, B.C.; a sister, Harriet Brabham of Tigard; nieces and nephews.

Remembrances are suggested to any hospice provider or to the Alzheimer's Association, 1311 N.W. 21st Avenue, Portland, OR 97209.

Forest Grove Memorial Chapel was in charge of arrangements.

CORVIN L. SHELTON

Corvin Leslie Sheldon, 88, Forest Grove, died April 4, 2003. Private family services were held. Interment was at La Center Cemetery, La Center, Wash.

Mr. Sheldon was born September 17, 1914, in Skamokawa, Wash., to Charles and Mettie Ransier Sheldon. He grew up in La Center, Wash., and attended Diamond Hill grade school and graduated from high school.

In 1936, he married Ina E. Jaskari. They lived in Birkenfeld, then moved to Viola. In 1940, they moved to Forest Grove, to Salem in 1965, and returned to Forest Grove in 1974.

He worked as a logger and, later, he and his brother, Harold, formed Sheldon Brothers Logging. He also worked

as a heavy equipment operator for Ross Construction.

Mr. Sheldon was a member of Forest Grove United Methodist Church.

He was preceded in death by his wife in 1998 and two brothers.

Survivors include two daughters, Susan Rickard of Hillsboro, and Judy Hughes of Aurora; two brothers, Lloyd of Cornelius, and Alvin of Woodburn; four grandchildren; nieces and nephews.

Remembrances are suggested to Bonnie L. Hays Small Animal Shelter, 2650 SE Tualatin Valley Hwy, Hillsboro, OR 97123.

Fuiten, Rose & Hoyt Funeral Home in Forest Grove was in charge of arrangements.

REGINA STADELMAN

Regina Marie Duyck Stadelman, 88, Quincy, Wash., died April 4, 2003. Recitation of the Holy Rosary was April 11. A funeral mass was celebrated April 12, at St. Francis of Assisi Catholic Church in Roy, with the Rev. Michael Hemming, celebrant. Interment was at St. Francis Cemetery.

Mrs. Stadelman was born August 17, 1914, in Roy, to Henry and Helen Spiering Duyck. She grew up in Roy and completed eighth grade at St. Francis school.

In 1935, she married Martin Stadelman. They operated a dairy farm,

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raised strawberries and chickens in Mountindale.

She was a member of St. Francis Parish in Roy, St. Edward Parish in North Plains, and St. Pius X in Quincy; the George Burkettes, and Our Lady's Rosary Makers.

Mrs. Stadelman was preceded in death by her husband in 1985, five brothers, one sister and one son.

Survivors include six sons, Francis of Bandon, Fred and Ken of North Plains, Ed of Forest Grove, David of Ephrata, Wash., and Tony of Quincy; a daughter, Marylou Krautscheid of Quincy; a sister, Rita Hermans of Banks; 35 grandchildren; two step-grandchildren; more than 50 great-grandchildren; nieces and nephews.

Remembrances are suggested to St. Edward's Catholic Church in North Plains for a stained glass window memorial, St. Francis Cemetery Fund or Our Lady's Rosary Makers. All contributions may be sent to Ed Stadelman, 1103 Nichols Lane, Forest Grove, OR 97116.

Fuiten, Rose & Hoyt Funeral Home in Forest Grove was in charge of arrangements.

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PUBLIC NOTICE

NOTICE OF BUDGET COMMITTEE MEETING

A public meeting of the Budget Committee of the Vernonia School District 47J, Columbia County, State of Oregon, on the budget for the fiscal year July 1, 2003 to June 30, 2004 will be held at Vernonia School District Office, 475 Bridge Street, Vernonia Oregon. The meeting will take place on the 24th day of April, 2003 at 7 p.m. The purpose of the meeting is to receive the budget message.

A copy of the budget document may be inspected or obtained on or after April 24, 2003 at Vernonia School District Office between the hours of 8:00 a.m. and 4:30 p.m.

This is a public meeting where deliberation of the Budget Committee will take place. Listed below is the time and place of an additional Budget Committee meeting that will be held to take public comment. Any person may appear at this meeting and discuss the proposed programs with the Budget Committee.

Date: May 15, 2003
Time: 7:00 p.m.
Location: Vernonia School District Office
Publish April 3 and April 17, 2003

PUBLIC NOTICE

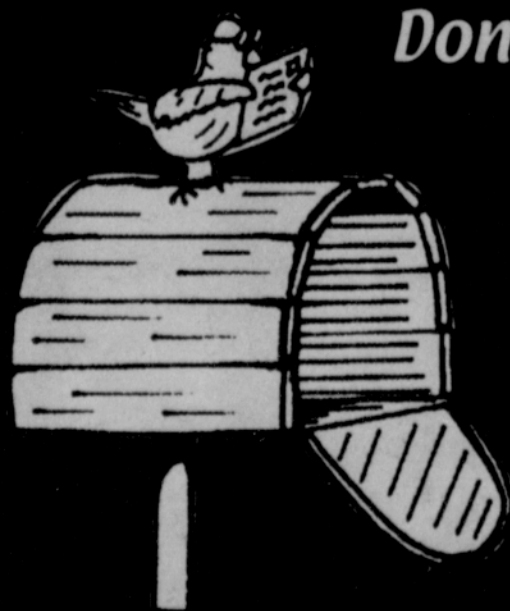
NOTICE OF BUDGET COMMITTEE MEETING

A public meeting of the Budget Committee of the City of Vernonia, Columbia County, State of Oregon, on the budget for the fiscal year July 1, 2003 to June 30, 2004, will be held at 1001 Bridge Street, Vernonia, Oregon. The meeting will take place on the 12 day of May, 2003 at 7:00 p.m. The purpose of the meeting is to receive the budget message.

A copy of the budget document may be inspected or obtained on or after May 13, 2003, at 1001 Bridge Street, Vernonia, Oregon, between the hours of 8:00 a.m. and 5:00 p.m.

This is a public meeting where deliberation of the Budget Committee will take place. Listed below is the time and place of an additional Budget Committee meeting that will be held to take public comment. Any person may appear at this meeting and discuss the proposed programs with the Budget Committee.

Date: May 20, 2003,
Time: 7:00 p.m.
Location: 1001 Bridge Street, Vernonia
Publish April 17, 2003



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