

United Way announces allocations

United Way of Columbia County didn't quite reach this year's goal, but donations of \$320,000 still totalled \$9,000 more than last year.

Campaign Co-chairs, Dave Dupuis of Boise and Johneta Johnson of Dyno Nobel expressed thanks for everyone's support. "Your continued support enables us to help meet the ongoing needs of our community," they said. "This truly is a community that believes and practices the 'Neighbor Helping Neighbor' concept."

When the Board of Directors met in March to allocate funds for year two of this two year funding cycle, the decision was made to allocate the same amounts as last year to all programs, with the exception of the Emergency Food programs. Those programs received an increase to help offset the increased demand they have continued to experience.

Funds were again allocated to support qualifying Senior Services in Columbia County and a new grants fund was established. Eligibility criteria for this fund have yet to be determined.

Some of the allocations are as follows:

- Community Action Team for Affordable Housing \$4,601
- Child Care Resource & Referral 2,082
- Emergency Homeless 7,118
- Energy Self Reliance 8,249
- Even Start 5,609
- Kid Care 13,033
- Lifespan Respite 3,521
- Vernonia Cares 11,550
- Women's Resource Center 20,203
- WRC - The Starting Place 5,282
- American Red Cross, Oregon Trail Chapter 3,266
- Boy Scouts; Cascade Pacific Council 2,449
- Girl Scouts; Columbia River Council 857
- Girl Scouts; Pacific Peaks Council 853
- Columbia Pacific Food Bank 24,699
- Columbia Community Mental Health, Drug Prevention/ Intervention 5,670
- R.S.V.P. Foundation (Retired & Senior Vol. Prg.) 4,927
- Salvation Army 3,810
- Senior Grants 5,917
- Community Home Health & Hospice 6,313

Lions Club donates new books to Libraries

Vernonia residents have a great new resource for information about diabetes, thanks to the Vernonia Lions Club, which donated 10 books to the Vernonia Public Library and the Vernonia School District Libraries on subjects of importance to people with diabetes.

In an effort to increase knowledge about diabetes and its management, the American Diabetes Association and the Lions Club have embarked on a program to provide up-to-date, comprehensive diabetes publications as a public service to reduce the burden of diabetes and its devastating complications.

Available now in your public or school library are these worlds best books for people with diabetes:

- ADA Complete Guide to Diabetes
 - Month of Meals Classic Cooking
 - Uncomplicated Guide to Diabetes Complications
 - The Commonsense Guide to Weight Loss
 - The Fitness Book
 - The Diabetes Carb and Fat Gram Guide
 - Women and Diabetes,
 - The Ten Keys to Helping Your Child Grow Up with Diabetes
 - Diabetes Meal Planning on \$7 a Day or Less
 - The New Soul Food Cookbook for People with Diabetes
- Nearly 16 million Americans have diabetes, including one out of every 20 local residents.



Shown above, left to right are; Lions member Sharon Pitts, Glenda Delemos from the school, Lions President Bill James, City Librarian Nancy Burch, and Lion member Carol Barker, with the books recently donated to city and school libraries.

Diabetes is a disease in which the body does not produce or properly use insulin, a hormone needed to convert sugar, and other food into the energy needed for daily life. The cause of diabetes is a mystery, although both genetics and environmental factors such as obesity and lack of exercise appear to play roles.

If untreated, diabetes can lead to severe complications, such as blindness, kidney and heart disease, stroke, and amputations. Many people first become aware that they have diabetes when they develop one of its life-threatening complications.

Diabetes is most common among older Americans, Afri-

can Americans, Hispanics, Native Americans, Asian Americans, and Pacific Islanders.

For more information regarding diabetes call the American Diabetes Association at 1-800-342-2383 or contact them on the web at <www.diabetes.org>.

WGS is service area for Rally

From page 1 morning, from 7:30 to 8:00 a.m. during the "Parc Expose" at Washington grade school. Cars will also be in and out of WGS, which is the service area, throughout the day. They are expected to start returning at about 5:00 p.m.

Performance Rally is one of the world's most challenging and popular motorsports. The Sports Car Club of America presents three forms of the sport: The local, entry level SCCA RallyCross; the regional-based and cost-contained SCCA ClubRally; and the coast-to-coast SCCA ProRally Championship.

Because of the nature of rally racing, with its closed roads, special areas are planned to provide spectators with good views of various race segments. Depending on the location of spectator sites, a shuttle may be provided. A complete listing of spectator locations will be posted at the school.

A complete list of closed roads is included in the Legal Notice section on page 21.



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