

Food Bank's USDA eligibility guidelines increased for 2004

In hard economic times, it's nice to hear of opportunities to help families. One of those ways is through Vernonia's food bank which offers eligible households three days-worth of emergency groceries, once a month.

Vernonia Cares Food Bank operates according to USDA Income Eligibility Guidelines. In February of this year, those guidelines were increased. The new guidelines are as follows:

Household Size	Gross Monthly Household Income
1	\$1,435
2	\$1,926
3	\$2,416
4	\$2,906
5	\$3,396
6	\$3,887
7	\$4,867

For each additional household member, add \$490 per month.

Vernonia Cares is open Tuesday and Thursday, from 10:00 am to 2:00 pm. It is located in the American Legion Hall at 627 Adams Avenue.

"We assist about 100 households containing about 350 people, each month," said director Sandy Welch. "So far, we've been able to help supply groceries for people who need it the most. Our food and financial donations have been down lately. I'm hoping people who have supported us in the past, as well as new donors, will step forth and help. It's desperately needed at this time," concluded Welch.

Women's Group changes meeting time to 10:30 a.m.

A women's support group is forming now. The group is designed to promote women coming together to share common life issues.

The meetings will be held Thursdays from 10:30 a.m. to noon at the Headstart building, next to Washington Grade School in Vernonia. Babysitting will be available.

Sponsored by Columbia Community Mental Health and the Columbia County Resource Center, for more information call 1-866-397-6161.

Evening Chats offered on a number of health issues

The following free seminars will be offered at Tuality Health Education Center:

- Arthroscopic Rotator Cuff Repair on Wednesday, April 21 from 6 to 7:30 p.m.

Orthopedic specialist Brooke Benz, M.D., will discuss how the use of arthroscopic techniques for shoulder pain and other problems. Shoulder arthroscopy uses three small holes to peer into the shoulder. This outpatient procedure means less pain, easier rehabilitation, and shorter return-to-work times for patients.

- New Directions in Cancer Care on Saturday, April 24 from 9:30 a.m. to noon.

At 9:30 a.m. radiation oncologist Arthur Hung, M.D., will discuss treating prostate cancer with radiation therapy. Cancer is the second leading cause of death in the United States. For men, the greatest threat is prostate cancer, which is responsible for 10 percent of all cancer-related deaths. Dr. Hung will review how physicians screen for and detect prostate cancer, then focus on

newer treatment techniques using radiation therapy.

At 10:45 a.m., Mark Ono, M.D., also a radiation oncologist, will discuss lung cancer. At about 160,000 deaths per year, lung cancer kills more Americans than any other type of malignancy. But modern cancer treatments can help to prevent many of these deaths. Dr. Ono will focus on newer treatment techniques that have shown some encouraging results for those who suffer from lung cancer.

- Diabetic Foot Care on Monday, April 26 from 6 to 7:30 p.m.

Gary Chiotti, D.P.M., podiatric specialist, will discuss preventive care for the feet of people with diabetes. His presentation will include helpful information about routine podiatric foot care, surgical options, and the importance of proper footwear.

- Preventing Type 2 Diabetes on Monday, May 3 from 6 to 7:30 p.m.

An estimated 12 million Americans between the ages of 45 and 74 have a specific pre-diabetic condition. That in-

cludes about 152,000 Oregonians. The good news is that you can prevent or delay developing diabetes if you have "pre-diabetes." The discussion will be on learning who is at risk of developing diabetes and how to prevent it. There will be a \$5 charge for the optional blood glucose screening.

- Women are Not Immune from Heart Attacks on Thursday, May 6, from 6 to 7:30 p.m.

A long-held myth is that heart attacks happen only to elderly men – not to women. It's true that women usually are not prone to heart disease until much later in life than men. But after a certain age, a woman is just as likely to develop heart disease as a man, and it can be more devastating. Cardiology specialist Charles Oh, M.D., will focus on effective steps that women can take to protect themselves against heart disease.

All seminars are free and registration is not required. They will be held at Tuality Health Education Center at 334 SE 8 Ave., Hillsboro.

Boy Scout Troop #201

**Cinco De Mayo
Taco Feed and
Silent Auction**

**5:30 pm - 8:30 pm
May 7, at Scout Cabin**

**Auction items include
Glass Art**

**1 Night at
Embassy Suites**

**Gift Certificates
& Gift Baskets**

Morning Mist & Out on a Limb

Invite you to join us April 29, 6 p.m.

FENG SHUI CLASS

Join Alex Freeman to learn about Feng Shui and its principles.

Feng Shui explains how the placement of objects and colors affects us in our homes and businesses.

Refreshment will be served too!!



Out on a Limb

*Morning Mist
Gifts & More*

**Wed. - Sat. 11 A.M. to 6 P.M.
Sun 12 P.M. to 4 P.M.**

919 Bridge St. • Vernonia • 503-429-7003

Thousands of former POW's eligible for benefits

There are 36,500 living former Prisoners of War (POWs) in the United States today, according to the Oregon Department of Veterans' Affairs, and about 21,000 of them are receiving compensation for injuries and illnesses incurred or aggravated during their military service.

This means that there are thousands of America's former POWs who may be eligible for U.S. Department of Veterans Affairs (federal VA) benefits but have not applied for them. They may not be aware that recent legislation may make them and their dependents eligible for VA compensation.

"I am concerned that there are many former POWs and surviving spouses of POWs

who are out there suffering in silence, when in fact, they could be entitled to benefits and services that could improve their quality of life," said Jim Willis, Director of the Oregon Department of Veterans' Affairs. "We encourage them to contact the Oregon Department of Veterans' Affairs to obtain more information about the benefits to which they may be entitled."

Former POWs, whether or not they have service-connected disabilities, are eligible for VA hospital and nursing home care without regard to their ability to pay. While former POWs are receiving treatment in an approved outpatient treatment program, they are eligible for needed medications, eyeglass-

es, hearing aids, prostheses and needed dental care.

If you or someone you know is a former POW or the surviving spouse of a POW who is not currently in receipt of VA benefits, call the Oregon Department of Veterans' Affairs at 1-800-692-9666, or your local County Veterans' Service Office.

Martenev, Green wed in Lebanon

Melissa Green and Matthew Martenev were married October 4, 2003, at the First Assembly of God Church in Lebanon. They are making their home in Banks.

Mrs. Martenev works as a medical receptionist for Kaiser Permanente and Mr. Martenev is a supervisor at Wells Fargo Bank.

The bride is the daughter of Russell and Kay Green of Buxton and a 2002 graduate of Portland Community College.

The groom is a 2000 graduate of Oregon State University. He is the son of John and Molly Martenev of Lebanon.



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