

After breast cancer conference slated

Issues After Breast Cancer, a conference for breast cancer survivors, their families, and those touched by breast cancer, will take place March 11, from 8:00 a.m. to 4:30 p.m.

The event highlights include keynote speaker Musa Mayer - breast cancer patient advocate, author, and 16-year survivor - over 30 exhibitors, and breakout sessions covering hot topics

including: Metastatic Breast Cancer - the latest treatment options and clinical trials, Sister Study - a federally funded study of environmental and genetic risk factors, Intimacy and Sexuality - getting what you really want, and Young Women and Breast Cancer - issues unique to women diagnosed before age 45.

The conference will be held

at the Oregon Convention Center, 777 NE Martin Luther King, Jr. Blvd in Portland.

Cost is \$25 per participant and the deadline to register is March 3. For a registration form or more information call 503-553-3674, 1-800-404-8241, or visit www.komenoregon.org.

Aletheia school offers spring workshop

Wouldn't it be nice if your Health Care Provider not only learned the fundamentals but also had opportunity for practical application with scenarios posed by real people with real concerns, not just test book cases?

Or, as a layperson, to be exposed to cutting edge alternatives that empower you to partner in your health maintenance and choices?

This is what sets *Aletheia* apart.

Aletheia was founded to fill a void. It is a school with a unique and innovative teaching format. Designed to have an atmosphere where friends and colleagues can come together and

share knowledge that they have developed a passion for because they have personally experienced the success of these modalities, theories and philosophies.

Cedar Ridge was chosen as the site because it offered a restful atmosphere. A schedule with ample 'down' time was set to allow opportunity for absorption, practice and/or discussion.

Now, *Aletheia* is a reality. It is a continuing education format for professionals where laypeople are welcome, in fact encouraged to attend, as well. They play an integral part in helping to keep the classes fresh and the professionals focused

not just on what they are learning but how best to apply new techniques in partnership with their clients. Taught by instructors proficient in their disciplines, each course is specifically developed to assist and encourage the individual on their journey towards knowledge, wisdom and personal excellence.

Presented twice a year, the three day retreat offers the opportunity to participate in classes from Traditional Chinese Medicine, Aryurvedic Healing Remedies, Native American Drumming and Smudging, and Eastern Energy Work, to Nutritional Studies that focus on specific needs (i.e., cancer, menopause, diabetes), Therapies for Lymphedema, Fibromyalgia, and many other topics.

For more information about the upcoming spring retreat, visit the website at www.aletheia-hti.com or call Heather Lewis at 503-429-4677.

Health Notes

By Audeen Wagner



MENINGOCOCCAL DISEASE

What is Meningococcal Disease? It is an inflammation of the membranes that cover the brain and spinal cord. It is caused by a bacterium called *Neisseria meningitidis*, also called "meningococcus." Meningococcal meningitis occurs when *N. meningitidis* enters the blood stream. This bacterium lives in the noses and throats of five to 10 percent of the population, but rarely causes serious disease. The disease strikes when *N. Meningitidis* spreads through the body via the blood stream after penetrating mucous membranes of the nose and throat. It affects young people—70% under the age of five—in the US each year.

What does this mean for us? Fortunately, it is not nearly as contagious as the common cold or influenza; it is spread among people through the exchange of saliva and other respiratory secretions during such things as coughing, kissing, or sharing food and drink. Symptoms usually occur three to four days after exposure, but may range from two to 10 days.

Signs and Symptoms. The common symptoms are high fever, headache and stiff neck similar to flu-like symptoms); increasingly high fever and a spotty, purple rash are signs that the bacteria have entered the blood stream. Other signs and symptoms are nausea, vomiting, weakness, and sensitivity to bright lights. Be sure and contact your healthcare professional if these symptoms are present, to determine if the patient should be seen.

How can we prevent the spread?

- Stop smoking, and don't allow children to be in rooms where people are smoking;
- Prevent upper and lower respiratory tract infections by receiving flu shots, when possible and pneumococcal vaccine if recommended by your doctor;
- Avoid close contact with people who have coughs and colds.

The above information has been provided by the Columbia County Health Department. Karen Ladd, Public Health Nurse for Columbia County, has been helpful to our community in educating us about how to handle this health concern. She suggests that families with questions can contact the Public Health Department. Their number is 1-800-244-4870.

Vernonia School District has sent a letter to the parents of Vernonia students, which gives helpful information about this health problem. If your family has not received this letter, or if you don't have children in the public schools, call the school district office at 503-429-5891 for a copy.

We hope and pray that this medical problem will be over soon. "We want to assure everyone in the community that the risk of your child contacting the disease is very small. Please do not hesitate to call the clinic to report any symptoms that you are concerned about," said Cathy Rozinek, manager at Providence Vernonia Clinic.

SPORTS PHYSICALS

Free sports physicals will be given this year on February 18. More information will be forthcoming in the next issue of *The INDEPENDENT*.

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Tel: 503 429-2103

Yoga Classes

Come to our **FREE** Introduction on Saturday, February 18 to find out more. Open enrollment starts February 1st for our first 6-week session.

Free Intro—Sat. 2/18 at 10 am
Sessions start Feb. 21



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