

**Did You Know . . .**

**From page 22**  
 children. Any items that a child who is removed from a home may need is acceptable. Suggested items range from infant related clothing, supplies, diapers, quilts/blankets, pajamas, socks, sweats, tennis shoes, hygiene supplies, underwear, school supplies, or books/journals. Just bring the backpacks and items to the police station or City Hall and they will be forwarded to DHS.



**CCRA results from May 20**

**From page 12**  
 Trophy Dash: Stacey Fordyce, Vancouver. Heat 1: Kathy Griffin, Scappoose; Kay Bayot, Portland; Linda Holland, Portland. Heat 2: Fordyce; Kari Puncocchar, Hillsboro; Brenda Hurley, Castle Rock. Main: Puncocchar; Fordyce; Hardesty; Holland; Tria Prettyman, St. Helens; Janessa Gladman, Portland; Bayot; Griffin; Susan Thomas, St. Helens.

**PHRA Dwarf Cars** – A Trophy Dash: Corey Esteban, Gaston. B Trophy Dash: Walter Prather, Portland. Heat 1: Esteban; Rick Adams, Hillsboro; Greg Long, Cornelius. Heat 2: Richard Petty, Scappoose; Charles Millar, Gresham; Keith Steenslid, Portland. Heat 3: Jim Dunn, Amboy; Rian McVae, Scappoose; Bob Helmer, Kelso. Main: Adams; McVae; Dunn; Long; Petty; Esteban; Jack Mires, Hillsboro; Macky Cushing, Vancouver; Millar; Steenslid.

**Health Fair had many offerings**

**From page 8**  
 Mist T.O.P.S. group and the Mist-Birkenfeld Fire and Ambulance association.

In addition to the organizers, participants included Columbia County Public Health, Providence Medical Group Vernonia, American Red Cross, Vernonia Family Dental, Peace Health of Longview, Columbia County Sheriff's Office, Jazzercise, Vernonia Senior Center, masseuses Marie Krahn and Heather Lewis, and herbalist Sue Minger. Educational materials were also provided by Oregon Poison Control and Life Flight.

**Muscle mass declines after age 45**

**From page 7**  
 perform 1-3 sets of 8-12 repetitions on a variety of exercises that work the major muscle groups.

It is also important to get the recommended amount of protein in your diet. The bottom line, to maintain strong muscles and a healthy body, is to

eat a variety of foods, including adequate amounts of protein, participate in aerobic exercise at least three times per week, and strength training 2-3 days per week.

*Source: Candance Gabel, M.S. R.D., and Stephen D. Ball, Ph.D., University of Missouri-Columbia*



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**Obituary**

**HAZEL MAXINE BATEMAN**

Hazel Maxine Bateman, 88, Forest Grove, died May 27, 2006. A celebration of life will be held Saturday, June 3, at 11:00 a.m. at Forest Grove Memorial Chapel, with the Rev. Daniel Wilson-Frey officiating, assisted by the Rev. Muriel Marble. Private interment will be at Gales Creek Cemetery.

Mrs. Bateman was born September 9, 1917, in Banks, to Fred Taylor and Maude (Lilly) Wolford. She was raised in Banks, then attended Oregon Normal School (now Western Oregon University), where she received a teaching certificate. She taught in Washington and Clackamas Counties. During World War II, she worked for the Civil Aeronautics Administration in California, Idaho, and The Dalles.

In 1946, she married Charles "Ralph" Bateman. They made their home in Gales Creek. She co-owned and operated Bateman's Grocery Store for several years until 1985.

She was preceded in death by her husband; a son, Roderick; and two brothers, Lyle D. Wolford and Vernon "Mumps" Wolford.

Survivors include a son, Steven B. Bateman of West Bank, British Columbia, Canada; a daughter, Charlotte Hartman of Bend; a sister, Mrs. M.E. Juanita Schoen of Portland; seven grandchildren; six great-grandchildren; nieces and nephews.

Remembrances are suggested to the Gales Creek Camp, Foundation for Children with Diabetes, 6975 SW Sandburg Rd., #150, Portland OR 97223.

Forest Grove Memorial Chapel is in charge of arrangements.

**LOUISE M. BERGERSON**

Louise "Lou" Mitchell Bergerson, 87, Seaside, died May 30, 2006. A memorial service will be held Friday, June 2, at 2:00 p.m. at Hughes-Ransom Mortuary in Seaside.

Mrs. Bergerson was born May 30, 1919, in Twin Falls, Idaho, to Elmer and Charlotte (Mitchell) French. In 1923, the family moved to Vernonia, where she was raised.

In 1941, she married Harold Bergerson. They made their home in Vernonia until moving to Seaside in 2004. She was a homemaker.

She was preceded in death by a brother, Bill French.

Survivors include her husband; a son, Bill of Gearhart; a daughter, Ann Carson of Amboy, Washington; a sister, Montana Calac of Escondido, California; three grandchildren; five great-grandchildren; nieces and nephews.

Remembrances are suggested to a charity of choice.

Hughes-Ransom Cremation and Mortuaries in Seaside is in charge of arrangements.

**ANNA MAE COP**



Anna Mae Cop, 88, Aloha, died May 27, 2006. A celebration of life was held today at Fuiten, Rose & Hoyt Funeral Home, followed by interment at the Union Point Cemetery in Banks.

Mrs. Cop was born May 30, 1917, in Caldwell, Idaho, to Plummer Cason and Fanny (Daly) Cason. She was raised in Caldwell until the family moved to Banks in 1929. She graduated from Banks High School in 1935.

In 1938, she married Ralph Lawrence "Dutch" Cop. They made their home in Hillsboro until they purchased a farm in Banks in 1949. She moved to Aloha in 2000. In Hillsboro, she worked for the Washington County Taxation Department. In Banks, she cooked part-time at Banks Elementary School before retiring to be a housewife. She and her husband co-owned the Union 76 Service Station in Banks

from 1952 to 1975.

She was preceded in death by her husband; three brothers, Frank, Bud, and George Cason; and three sisters, Edna, Faye, and Francis.

Survivors include two sons, David Ralph and Donald Alan Cop, both of Banks; a sister, Grace Brown of Seaside; four grandchildren and six great-grandchildren.

Remembrances are suggested to the Susan G. Korman Breast Cancer Foundation.

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

**ROBERT W. HEINO**

Robert W. Heino, 66, Aloha, died May 16, 2006. A celebration of life was held May 20 at Christian Praise Center in Cornelius.

Mr. Heino was born November 23, 1939, in Astoria, to Eino and Ina Heino. He was raised in Astoria. He served in the U.S. Air Force. He earned a bachelor's degree in forestry and business from Oregon State University. After moving to Idaho Falls, Idaho, he worked for Massey Ferguson, Firestone and several financial institutions.

In 1970, he married Ramona Akers. They made their home in Spokane, Washington, and Eugene before moving to Aloha. After he retired in 2003, he worked at Dick's Country Dodge until retiring again in February 2006.

Survivors include his wife, two step-daughters, Luann Hyde of Boise, Id,

and Cyndi Akers of Tualip, Wash.; a brother, Don of Banks; a step-granddaughter; two step-great-grandchildren; nephews and cousins.

Remembrances are suggested to the American Cancer Society, 0330 SW Curry St., Portland OR 97201.

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

**SANDRA WEAVER**

Sandra Weaver, 60, Hillsboro, died April 28, 2006. A memorial service was held May 20, in the Rose Chapel at Valley Memorial Park. Interment in the cemetery will take place at a later date.

Mrs. Weaver was born August 16, 1945, in Willmar, Minnesota, to Clarence and Virginia Grund. She was raised in Minn.

In 1964, she married Kenneth Pies. They later divorced. She then moved to Oregon and married Melvin Weaver of Vernonia. After his death, she moved to Hillsboro.

She was preceded in death by two brothers, Bob and Larry Grund.

Survivors include a son, David Pies; three brothers, Richard, Dennis and Kevin Grund; five sisters, Donna Webster, Carol Hemphill, Betty Omann, Marilyn Hassler, and Valerie Lawrence.

**DALLAS CARL WEBER**

Dallas Carl Weber, 86, Beaverton,

died May 23, 2006. Graveside services were held May 30 at Forest View Cemetery in Forest Grove, with Dee Mitchell officiating.

Mr. Weber was born August 27, 1919, in Litchfield, Nebraska, to William C. and Lois J. (White) Weber Sr. He was raised in Nebraska. He moved with his family to Oregon in 1937, settling in Banks in 1940.

In 1963, he married Alice "Irene" Bunke. They made their home in Banks until 2002 when he moved to a nursing home in Beaverton.

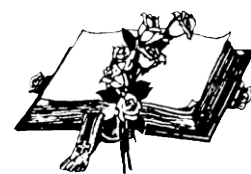
He was preceded in death by his wife and a brother, William Jr.

Survivors include two siblings, Justice Carson of Portland and Dwayne Weber of Corbett; nieces and nephews.

Remembrances are suggested to a charity of choice.

Duyck & VanDeHey Funeral Home was in charge of arrangements.

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