

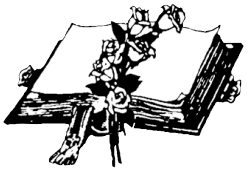
To Your Health

From page 8
provider.
Dietary supplements can be important to overall health and herbal treatments can benefit some people, but they need to be used in conjunction with a healthy lifestyle. It is vital that you always talk to your doctor before you start taking supplements or herbal treatments. They can be problematic in

Obituary

LEA OLA DAILEY
Lea Ola Dailey, 77, LaPine, died March 23, 2008. Services have been held.
Mrs. Dailey was born December 8, 1930, in Safford, Arizona, to Frank and Vivian (Crum) Jennings. Her family moved to Oregon when she was five years old. She worked in the Sportsman Café in Oakridge on and off for 23 years. She earned her GED in 1969 and an LPN nursing license from Pacific Community College in 1970.
In 1970, she married Harry Dailey. They made their home in Forest Grove, then bought a farm in Banks. They retired to travel in 1989.
She was preceded in death by her husband; a brother; a sister; a granddaughter and a great-granddaughter.
Survivors include eleven children, Frank Harer of Bremerton, Washington, Harry "Skip" Dailey Jr. of Quincy, California, Mike Dailey of Scappoose, Paul Dailey of Sonora, Calif., Bill Inman of Prineville, Guy Dailey of Forest Grove, Sher Thompson of Eugene, Helen Hisaw of Prineville, Laurie Horlacher of Banks, Linda Kjelvik of LaPine, and Rebecca Vervalen of Bend; three sisters, Helen Alvarado of Bend, Judy Lilly of LaPine, and Mickey Heagle of Forest Grove; 34 grandchildren and 19 great-grandchildren.
Prineville Funeral Home is in charge of arrangements.

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Attendant: Ray Pelster

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741 Madison Av. Vern.....429-6611
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some medical conditions and can interact with some medications.
Educate yourself and ask your health provider to be educated as well, so you can work in partnership. The next column will review alternative treatments that can be used in conjunction with conventional medicine to achieve relief of some symptoms, reduce stress and

RICHARD POWELL DAVIDSON
Richard Powell Davidson, 57, Vernonia, died April 10, 2008. Services are pending.
A full obituary will be printed when received.
RICHARD "DICK" HERB
Richard "Dick" Herb, 75, Roy, died March 13, 2008. A funeral mass was held April 4, followed by interment at St. Francis of Assisi Catholic Cemetery.
Mr. Herb was born December 10, 1932, in Roy, to Henry and Jeannette (Nielsen) Herb. He was raised on the family farm and attended Banks High School.
In 1951, he married Marcella Vandehy. They made their home in Roy. He worked for Wilbur-Ellis for over 40 years before retiring in 1994.
He was preceded in death by a brother, Keith; and a son, Gerard.
Survivors include his wife; eleven children, Patti Mesenbrink, Gary, Randy, Pam Senz, Jean Hammond, Chris, and Scott, all of Roy, Mike, Rose Delplanche, and Rachel Herb, all of Banks, and Lori Engeseth of Verboort; three brothers; two sisters; 23 grandchildren; and four great-grandchildren.
Remembrances are suggested to Providence St. Vincent Medical Foundation Heart Fund, 9205 SW Barnes Road, Portland OR 97225.
Duyck & VanDeHey Funeral Home was in charge of arrangements.

JOSEPH "WAYNE" HUFF
Joseph "Wayne" Huff, 61, Forest Grove, died April 2, 2008. Private interment has been held.
Mr. Huff was born April 3, 1946, in Santa Maria, California, to Joseph Audry and Joyce (Haley) Huff. He was raised in Calif. and Kansas until his

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improve health. As always, we welcome your comments and questions.
Letters
From page 3
was damaged due to the flooding, there should be assistance available to the city. If it was not damaged by the flood, why venture on this project at this

family moved to Brooks when he was eight years old.
In 1980, he married Shirley "Jean" Skaggs. They made their home in Buxton and Cornelius before moving to Forest Grove. He worked in the saw mill industry as a maintenance worker. He worked for Banks Lumber Company until retiring in 2001 due to disability.
Survivors include his wife; a son, Joshua E. of Forest Grove; a daughter, Crystal M. Lubbes of Buxton; a sister, O. Irene Morrow of Salem; three grandchildren; nieces, nephews, grandnieces and grandnephews.
Fuiten, Rose & Hoyt Funeral Home in Forest Grove was in charge of arrangements.

GENEVIEVE M. KEMPER
Genevieve M. Kemper, 89, North Plains, died April 1, 2008. A funeral mass was held April 5, followed by interment at St. Edward Cemetery in North Plains.
Mrs. Kemper was born February 8, 1919, in Banks, to Antone and Nettie (Hermens) Sohler. She was raised in Vadis.
In 1940, she married Ralph Anthony Kemper. They made their home in Verboort before moving to North Plains in 1946.
She was preceded in death by a son, Anthony Andre Kemper; and her brother, Harold Sohler.
Survivors include six sons, Richard and Edward, both of Forest Grove, Frank of Buxton, Ray, Ralph Jr. and Tony, all of North Plains; two daughters, Evelyn Herinckx of Banks, and Joann Kemper Fox of Cornelius; two sisters, Virginia Vanderzanden of Forest Grove, and Sister Bernadette Ann Sohler of Beaverton; 13 grandchildren; 21 great-grandchildren; nieces and nephews.
Remembrances are suggested to The Cemetery Fund, St. Edward Catholic Church, P.O. Box 507, North Plains, OR 97133.

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Direct Burial
\$750
Plus Cemetery Costs

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Letters
time instead of repairing streets or other items of immediate need?
I have read where the Home Owners Association of Vernonia, I'm sorry! I meant the planning commission has decided that after you pay several hundred thousands of dollars on a home it must have a covered porch of a certain size facing the street. The home exterior color has to blend with the surrounding structures. So many people still displaced, yet the local government seems to be working against them rather than making it easier for them to return home.
After the council increases property taxes, will the school board also add a tax to help pay for new school buildings?
Please see page 21

Fuiten, Rose & Hoyt Funeral Home in Forest Grove was in charge of arrangements.
HELEN LOUISE LINDSAY
Helen Louise Lindsay, 86, Portland, died April 5, 2008. A memorial service will be held Saturday, April 19, in the auditorium at Willamette View Terrace in Portland.
Mrs. Lindsay was born July 14, 1921, in Seattle. Her maiden name was Lundberg. She moved to Portland as a teenager and graduated from Grant High School.
In 1943, she married Robert C. Lindsay. They made their home in Vernonia, Tillamook and Port Angeles, Washington, before moving back to Portland in 1970. She was a homemaker.
Survivors include her husband; two sons, Jim and Ken; a daughter, Barb Ehli; a brother, Maurice Lundberg; seven grandchildren; and four great-grandchildren.
Remembrances are suggested to PEO Chapter AW.
National Cremation was in charge of arrangements.

JOSEPH A. LONG
Joseph A. Long, 74, McMinnville, died April 8, 2008. A service has been held.
Mr. Long was born May 1, 1933, in Provo, Utah, to George and Ida Bell Robinson Long. He moved to Oregon in 1942 and attended school in Schofield. He attended Banks High School and worked with his brothers at Long Bros. Mill. He served in the U.S. Army in Korea.
In 1952, he married Carol Head. He worked for Publishers Paper, formerly SP Newsprint from 1956 to 1988 as a journeyman millwright.
He was preceded in death by six brothers, Charles, Oscar, Hobart, Harvey, Larry and John; and two sisters, Esther Clift and Barbara Knudsen.
Survivors include his wife; two sons, Kenneth and Brent; two daughters, Anita Beseau and Angela Alleman; two brothers, Hyrum and Huey; a sister, Alice Rasmussen; and nine grandchildren.
Remembrances are suggested to LDS Missionary Fund or hospice, c/o Macy & Son, 135 NE Evans, McMinnville, OR 97128.
Macy & Son in McMinnville was in charge of arrangements.

KATHLEEN BOYD NACHTIGAL
Kathleen Boyd Nachtigal, 75, Hillsboro, died March 20, 2008.
Mrs. Nachtigal was born June 13, 1932, in St. Paul, Minnesota. Her maiden name was Boyd.

In 1950, she married Fred Carl Nachtigal. After her husband graduated from medical school in 1953, the family moved to Long Beach, California. They then moved to Vernonia, where her husband had a practice. In 1956, when the mill closed, the family moved to Hillsboro. She attended Northwestern School of Law, graduating in 1968, and began practicing in Hillsboro. After eight years, she became Executive Director of the Juvenile Law Center in Multnomah County. In 1978, she ran for and won a seat on the bench of the Multnomah Circuit Court. She was active in the community.
Survivors include two sons, Fred C. III, and Charles; a daughter, Helen Quiding; and five grandchildren.
Remembrances are suggested to the American Judge's Foundation.

WEATHER REPORT
MARCH 2008

DATE	TEMPERATURE		PRECIP. AMT.
	HI	LO	
1	47	30	.27
2	50	30	T
3	49	33	.15
4	49	29	.01
5	57	28	--
6	56	26	--
7	50	31	.01
8	52	31	--
9	61	31	--
10	58	42	.20
11	50	33	.10
12	53	32	.30
13	50	40	.70
14	48	36	.12
15	48	36	.11
16	46	36	.05
17	49	37	.18
18	52	32	.01
19	51	31	.12
20	47	32	.41
21	48	30	.05
22	57	28	.08
23	49	35	.20
24	48	29	--
25	49	30	.31
26	42	31	.28
27	41	30	.51
28	41	32	.59
29	43	30	.02
30	46	28	T
31	46	27	.02

Temperature and precipitation amounts are from the official U.S. weather station at the Vernonia water plant. Measurable precipitation in March totalled 4.80 inches.