

Vernonian will walk 60 miles in 3 days to raise money for cancer

Jeana Gump of Vernonia, will join thousands of other dedicated women and men at the San Francisco Breast Cancer 3-Day benefiting Susan G. Komen for the Cure and National Philanthropic Trust. After months of training and fundraising, participants will walk 60 miles during three days to raise awareness and funds for critical research and community outreach programs.

"I have walked over 150 miles and raised over \$6000 to help fight breast cancer. This year, one of my best supporters lost her battle with breast cancer making this event even closer to my heart than ever before. I do this so that her daughter and my daughters will hopefully live in a world without breast cancer. The Breast Cancer 3-Day is challenging and fun, and the memory of my personal accomplishment will last a lifetime."

The San Francisco Breast Cancer 3-Day will start on Friday morning, September 5, and

end with the Closing Ceremony on Sunday afternoon, September 7. The walkers will cover about 20 miles a day, traveling at their own pace. The walkers will be supported by hundreds of volunteer crew members who will provide meals, liquid and snack stops, gear transport, hot showers, portable restrooms, safety on the streets and 24-hour medical services.

The actual journey starts months in advance when walkers start training and raising the \$2,200 required fundraising minimum. To help prepare for the Breast Cancer 3-Day, each walker is supported by coaches and online assistance that aid in all aspects of training and fundraising, while clinics, meetings, and training walks provide ongoing support. To help Gump reach her goal, please contact her at 503-343-9769 or by e-mail at jandjgump@verizon.net

Proceeds from the Breast Cancer 3-Day are used for breast cancer research, education, and community outreach programs. As the primary beneficiary of the Breast Cancer 3-Day, Susan G. Komen for the Cure receives 85 percent of net

proceeds and the remaining 15 percent goes to the National Philanthropic Trust Breast Cancer Fund. Please visit www.The3Day.org, or call 800-996-3DAY for more information.

Nancy G. Brinker promised her dying sister, Susan G. Komen, she would do everything in her power to end breast cancer forever. In 1982, that promise became Susan G. Komen for the Cure and launched the global breast cancer movement. Today, Komen for the Cure is the world's largest grassroots network of breast cancer survivors and activists fighting to save lives, empower people, ensure quality care for all and energize sci-

ence to find the cures. Thanks to events like the Komen Race for the Cure® and the Breast Cancer 3-Days, the organization has invested nearly \$1 billion to fulfill its promise, becoming the largest source of non-profit funds dedicated to the fight against breast cancer in the world. For more information about Komen for the Cure, breast health or breast cancer, visit komen.org or call 1-877-GO KOMEN.

The National Philanthropic Trust, the event manager of the Breast Cancer 3-Day Series, is an independent public charity dedicated to promoting and facilitating charitable giving by individuals, families and organi-

zations while expanding their knowledge in the field of philanthropy. Founded in 1996, NPT is one of the 100 largest charities in the United States with more than \$675 million in assets under management. Since its inception, NPT has raised more than \$1.2 billion in charitable assets, and made more than 22,500 grants to U.S. and international charities totaling \$650 million.



To Your Health!

To Your Health! will return on August 21, 2008.

Free presentation on migraines

Having headaches? With 12 percent of Americans suffering from migraines, you're probably not alone. Dan Friedman, M.D., a board certified neurologist, will discuss diagnosis and treatment of migraines, and provide a comprehensive re-

view of other types of headaches.

This free presentation will be Thursday, July 24, at 6:00 p.m. at the Tuality Healthcare Education Center, 334 SE 8th Ave., Hillsboro. Call 503-681-1700 to register.

Relationships depend on communication

It's a sad fact that almost half of first marriages in this country still end in divorce. For second and third marriages the statistics are even worse. And while there are many reasons for marriage failures, the most common thread in virtually all fractured relationships is poor communication.

While we humans generally love to communicate, far too often we do a poor job of it with the person who should be the most important one in our lives, our spouse. Poor communication creates walls between husband and wife, often hiding small hurts, issues and problems until they become large, explosive issues.

Communication in a marriage should be a bridge, an avenue through which you can discuss current problems, find an understanding listener, and work together to discover solu-

tions.

To help make that happen, try strengthening basic communication skills with your partner:

1. Listen, really listen, to each other, keeping quiet and not interrupting or trying to defend yourself when your partner is speaking.

2. Listen not just to the words, but also to the feelings in the message and the emotions being expressed.

3. Really try to put yourself in your partner's shoes. You don't have to agree with everything being said, but try to understand, from his or her perspective, the experience being shared.

4. Don't jump to conclusions. Rephrase and repeat back what you've heard, then ask for clarification if it turns out you've misunderstood.

5. Validate what's been said. Provide feedback that shows you understood not only the words, but the feelings and emotions behind them.

6. Be aware of your nonverbal messages. Facial expressions, eye contact, voice tone

and body language all send powerful messages.

7. When expressing your feelings and ideas, use "I" statements, rather than "You" messages that tend to assign blame.

8. Don't make a discussion an ambush. Explain ahead of time what you wish to discuss.

9. Discuss important issues without interruptions – set aside a specific time, away from the house, the kids, phones and other interruptions.

10. Stay focused on the current issue. Don't dredge up past hurts and problems. Your goal isn't to destroy the other person, but to help solve current problems.

Communication within a marriage, or any relationship, can be difficult because of the emotions and the potential depth of the problems. But with planning and patience, and some basic skills, effective, relationship-strengthening communication can take place.

Source: American Counseling Association

Previously known as Bits & PCs

Same place... a whole new look!

Increased Inventory!

agals
COMPUTER & INTERNET SERVICES

- Computer Servicing
- Upgrades & Repairs
- Office Supplies
- Media Transfers
- Ink and Toner Refills
- New & Used Computers in stock
- Cell Phone Service & Accessories
- IPOD accessories
- Internet Services
- Notary Services

Under new management!

503.429.TECH **866 Bridge Street, Vernonia**

Terry's Gym

A COMPLETE CO-ED GYM FACILITY

(503) 429-0501
16720 Noakes Rd Vernonia, OR

New York Life Insurance Company

Life Insurance - Long Term Care Insurance - Retirement Planning - Fixed Annuities* - Mortgage Protection Mutual funds - Business Insurance - IRA/SEP/TSA

Jim Presley, Financial Services Professional
Vernonia, Oregon
Office: 503-429-0747
Cell: 503-929-3455

NEW YORK LIFE

The Company You Keep®

*Issued by New York Life Insurance and Annuity Corporation (A Delaware Corporation)