

Wear red tomorrow to support women's heart health

From page 8

- Increased or irregular heart rate.
 - Feeling of impending doom.
- Even though more women

die of cardiovascular disease than the next five causes combined, studies show that women are more likely to be concerned about cancer than

cardiovascular disease. Additionally, women are more concerned about their weight than they are about cancer OR cardiovascular disease (from 2008 What Women Want study, Meredith/NBC Universal). That's why Go Red For Women is dedicated to increasing awareness of heart disease, helping women to know their personal risk and educating them about how to take action.

Heart disease can be prevented. In fact, research shows that 80 percent of cardiac events in women may be pre-

vented if women make the right choices for their hearts, involving diet, exercise and abstinence from smoking. You can Make It Your Mission to help stop heart disease by:

- Knowing your numbers.
- Visiting your doctor once a year.
- Getting 30 minutes of exercise daily.
- Stopping smoking.
- Eating healthy.
- Learning more at GoRedForWomen.org.

No cost for new job search tool

From page 4

three to four hours of proctored assessments in applied math, reading and locating information. To date, over 4,400 Oregonians hold a certificate, and 68 businesses have added their names to a growing list of those who prefer to recruit job applicants with an NCRC. Oregonians interested in earning a certificate can begin by talking to a local WorkSource Oregon center or visiting www.OregonNCRC.org.

Mariolino's

Daily Soup & Sandwich Lunch Specials!

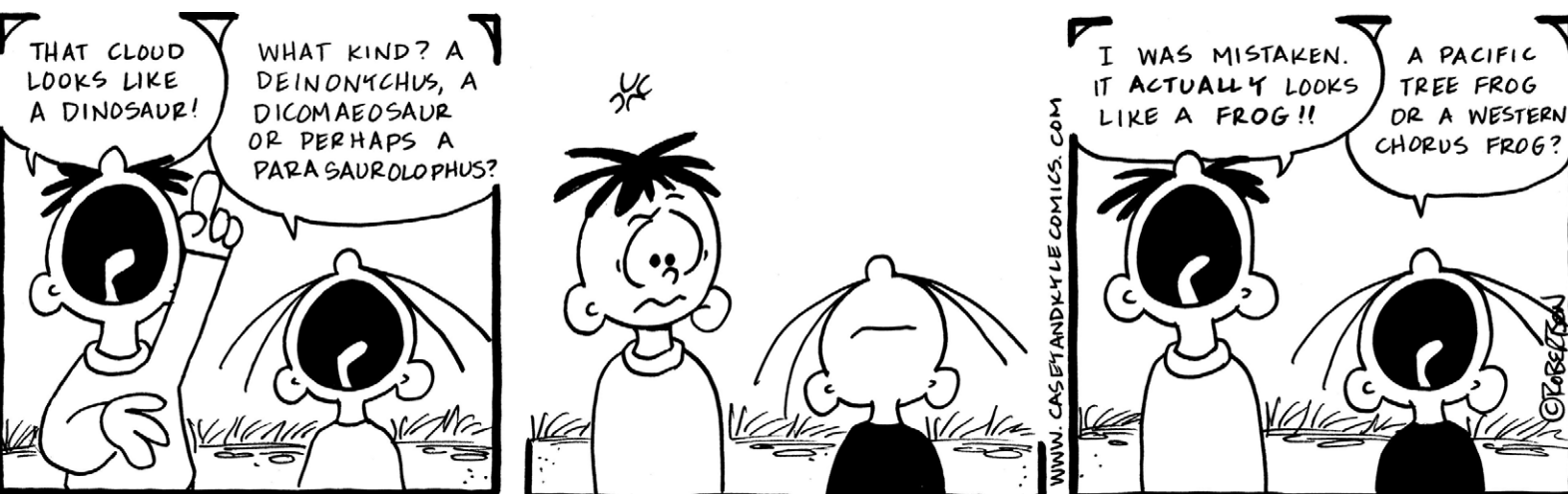
721 Madison Ave.,Vernonia • 503-429-5018

HAVE A GREAT LUNCH!



Just for Fun

Casey and Kyle by Will Robertson



Solve this Sudoku

		2		6	3			
			7			4		
7	5	6			2			
		1			9			5
	2						9	
8			1			6		
			9			5	4	3
		8			1			
			3	2		9		

Answer to Janury 20
Sudoku is on page 22



I find television very educational. Every time someone turns it on, I go in the other room and read a book.

GROUCHO MARX

American comedian and film star (1890-1977)