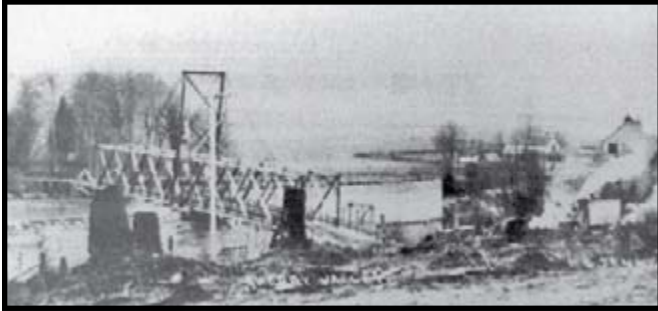


I REMEMBER WHEN...

Early Cherry Valley Schools *By Edna Anderson Wallace*
...continued

"Heckencamp was a large logging camp out on Cherry Gardens road, and a school was proposed and built out there in 1915-1916. Lumber was purchased by the school board, and the building was done by the parents and children. "A break in the day's routine came often for the older boys. At the toot of a boat whistle, they rushed down to the swinging bridge to help turn it aside. Boats came up the river starting in the 1890's to 1917." {note: These paddle wheels steamboats could not go under this first bridge in the area, so it was built to turn to a middle support.) as well as the basketball court."

TO BE CONTINUED... Article Courtesy of The Duvall Historical Society, Wagon Wheel Vol. 1.



The "Old Swing Bridge" Photo Courtesy of the Duvall Historical Society

Ask Shelley

Dear Shelley,

I am recovering from breast cancer and have been advised to seek a support group for women in similar circumstances. My prognosis is pretty good although I have had to have a lot of medical intervention to make that so. My family has been great but I sense that my children, especially, would like the subject of mom's cancer to go away! Me too! So what is your sense of the benefits of support groups, or individual therapy for that matter?

--Recovering

Dear Recovering,

I have just seen a summary of the scientific debate over the effectiveness of support groups in preventing reoccurrences of breast cancer. The evidence for psychosocial support groups isn't strong but it seems to be promising. A researcher, Barbara Anderson PhD, found that women who had remained in a support group for 26 sessions over a one year period showed a stable or increased T-Cell count, indicating a strengthening of their immune systems. Her research also shows that women in the support groups had a lower mortality rate. On the other hand, James Coyne PhD has been arguing that psychosocial intervention has not been scientifically proven to have any effect on survival rates. So there you have it!

I am going to take the view that support groups and/or individual therapy are a benefit. Scientific studies provide important data but the actual experience of people in these programs is also important (though not as easily measurable). One of the most devastating things for the human psyche is feeling isolated. Every person I have known who has had cancer feels, at some point, separate, a burden, damaged, etc. In those times there is great solace in being with others who have had similar difficulties. It is nice to not have to protect others from those thoughts you have had.

There are many resources for groups and counseling, some of which you have probably heard of during treatment. I might also add that groups teaching yoga or tai chi to cancer survivors are also a great source of support. There are also retreats and other workshop style events specifically for breast cancer survivors. If you have questions regarding resources, feel free to contact me at my office.

You can send your questions or comments to Shelley at sburns.counseling@earthlink.net

I use the most modern methods of counseling to achieve fast and effective results...



Shelley Burns MA, LMHC

Treating Depression
Anxiety • Trauma • Grief
Workplace Stress • Relationship Issues

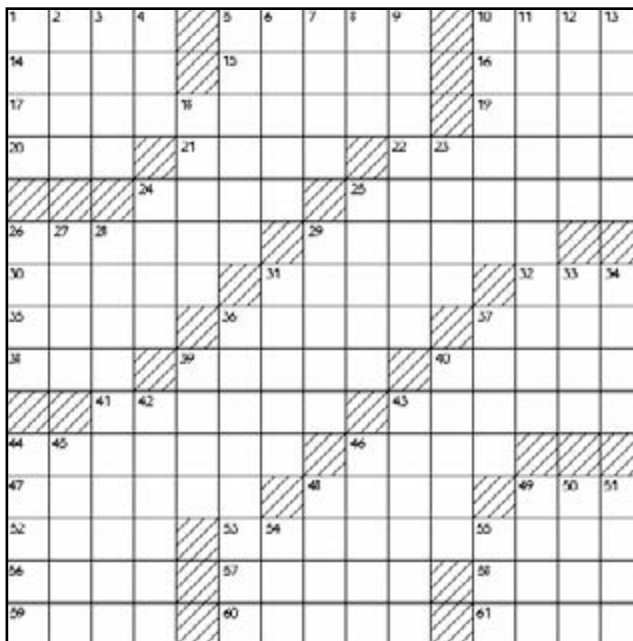
26425 NE Allen St. Ste. #103A • Duvall
sburns.counseling@earthlink.net
425-844-2103

FUN FACTS/TRIVIA

(DAZZLE NON-RIVER CURRENT NEWS SUBSCRIBERS WITH YOUR KNOWLEDGE!)

- Toni Morrison won the 1988 Pulitzer Prize for fiction for her novel "Beloved", which Oprah Winfrey made into a movie in 1998.
- K stands for the element potassium on the periodic scale.
- Polar Bears have black skin.
- A V8 engine is shaped like a "V" and has eight cylinders.
- The U.S. Air Force was a corps of only 50 soldiers when World War I broke out.
- J. Paul Getty earned infamy for noting: "A billion dollars isn't worth what it used to be".
- Mikail Gorbachev was the last president of the Soviet Union.
- Sacramento was the last California city that the last Pony Express rode end in.
- Abraham Lincoln had a five-dollar bill from the Confederate States of America found in his pocket after he was shot.
- Jimmy Carter was the first U.S. president to adopt the informal version of his first name.

CROSSWORD



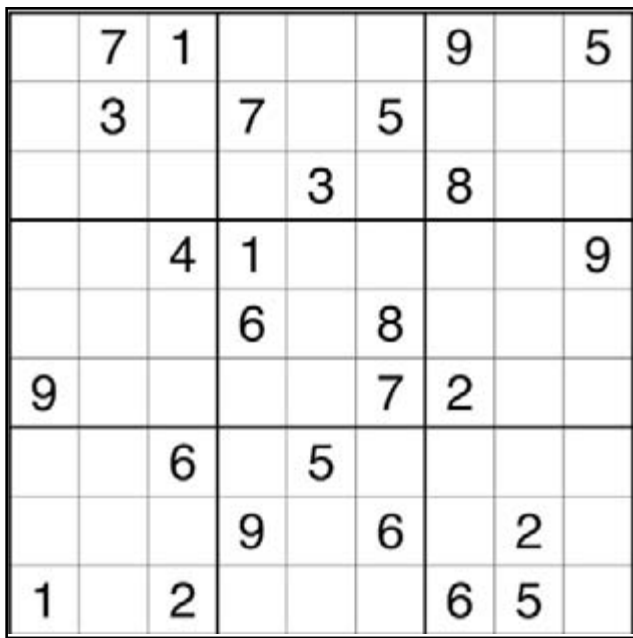
ACROSS

- Encourage
- Send, as payment
- Types of airplanes
- Encounter
- Palm cockatoo
- Not the entrance
- Points of reference
- Tropical root
- Frequently
- Formerly (archaic)
- Mortarboard attachment
- Gin flavor
- Backslide
- System
- Besmirch
- Approximately
- Subtraction
- Decay
- Diving bird
- Diatonic
- Farewell gesture
- Explosive letters
- Inn
- H2O
- Listener
- Rule
- Clothing
- Well-ventilated
- Gamma globulin
- Elliptical
- Seated oneself
- History
- Addiction
- ___ meridiem
- For all to see
- Pack down
- Lascivious look
- Leases
- Sword

DOWN

- Eardrum
- Coral ridge
- Lady's man
- And so on
- Marked by rigidity
- Delete
- Shopping place
- Perturb
- Esthetic
- Not flotsam
- Worsen
- Grows weary
- Robbed
- Serf
- "Oh, my!"
- Cold-shoulder
- Kidney-related
- Kiln-dried barley
- Black, in poetry
- Dentifrice
- Eatery
- Highway inn
- Not under
- Cousin of a gull
- Bullfighter
- Not straight
- Injury
- Involving the entire planet
- A celebration of the Resurrection
- A New York football team
- Dismay
- Flying machine
- Turn away or aside
- Not closed
- Break
- Highest point
- Sort
- Biblical first woman
- French for "Summer"

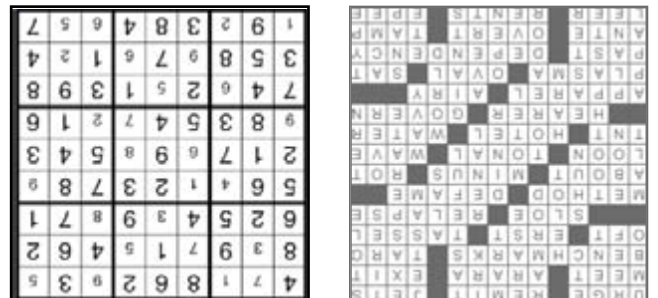
SUDOKU



Call to Advertise
206-390-2101

Deadline: Thurs. @ Noon

PUZZLE ANSWERS



HEALTH & WELLNESS LOCATOR

ACUPUNCTURE
Duvall Oriental/Medicine Clinic
Sheila Blackman
26831 NE Cherry St. - Duvall
206-696-2478

CHIROPRACTIC
Metcalf Chiropractic Health Center
Dr. Jeffrey Metcalf
15315 1st Ave NE #5 - Duvall
425-844-6428

COUNSELING
Shelley Burns, MA
Treating Depression • Anxiety • Trauma
Grief • Workplace, Relationship Issues
26425 NE Allen St., #103A • Duvall
425-844-2103

PHYSICIANS
Natural Medicine
Peter Dodge, N.D.
Family Practice • Adults & Children
Insurance Accepted
15435 Main St., NE • Duvall, WA
425-941-6596

MASSAGE THERAPY
Sno-Valley Massage
Jessica Weiss, LMP
15435 Main St. NE • Duvall
(206) 227-0573

Susan Bull, LMP
Valley Chiropractic Wellness Center
14524 NE Main St., Ste 115 • Duvall
425-985-9171

DENTISTRY
Caron Nelson Glickman, DDS
26425 NE Allen St., #102 • Duvall
425-788-1551
www.great-smile.com

Duvall Dental Center
14703 1st Ln. NE Ste. 203 • Duvall
425-788-2626
www.duvalldentalcenter.org