

Voices In My Head: Does Anybody Miss Saver Shields?

By P.J. O'Leary

Does anybody miss Saver Shields? The introduction of Sentry's new high-tech register equipment (which does everything but say "Put the Oreos back, Beach Ball Butt") has resulted in the phase-out of the old Saver Shield system. I'm guessing that the check-out people don't miss them too much. I know I have cringed as I've handed over a saliva-soaked Saver Shield page prepared at the very last second. Of course the employees were always too polite to use rubber gloves or tongs as they accepted the sheet, but I'm sure it wasn't their favorite part of the job. But even though it was a disgusting experience for everyone involved, it was worth it for the free eggs. There was until recently an entire generation of Vernonians who were unaware that everyone else in America actually pays for their eggs.

Come to think of it, I bet the chickens don't miss Saver Shields much either. "I'm working my pin feathers off here trying to make quota," they'd say. "I'm knocking these eggs out like Red Man wads at a NASCAR race, and I still can't keep up. I even have my profile registered on E-Hatchery.com, trying to find dates to keep this egg laying enterprise in the black. I'm killing myself here, and Vernonia Sentry is giving eggs away? That's it, I'm done. Call Frank Perdue and tell him he's got a whole fryer looking for a home."

My editor mentioned that since this is the November issue I might want to offer some heart-warming salute to Thanksgiving. OK, here goes.

It seems there was this fellow who had a particularly foul-mouthed parrot. The parrot cursed at every opportunity, and this behavior so agitated the man that he finally presented the bird with an ultimatum. "If you curse one more time your punishment will be ten minutes in the freezer," the man said. Predictably, the parrot responded with some disrespectful cussing and was immediately tossed into the icebox. Ten minutes later the parrot was removed, shivering uncontrollably and obviously chastened. "I promise I'll never swear again," said the parrot. "I'm happy to hear that," said the man. "I just have one question," said the parrot. "What did the turkey do?"

(*Special thanks to my daughter Madeline for the E-Hatchery.com line. I don't know where she gets her peculiar sense of humor.)

Corn is for Horses and Cows, not Dogs

By Lisa Edgar

Did you know that your dog does not digest corn, yet it is one of the first ingredients in many top named pet foods? Not only do they not digest it, it is one of the leading causes of skin irritations and allergies. So why do food manufacturers use it? It's cheap!!! (Maybe they will reconsider with the prices going up lately.) Dogs are carnivores, have one stomach, do not chew their cud (mine sometimes doesn't chew at all), and are not able to withstand much roughage.

Your dog's overall health depends on being fed a good quality food. The quality of food you feed your dog can greatly affect his health from keeping his internal organs functioning properly to his coat being shiny and soft. Behavioral problems such as hyperactivity, listlessness, short attention span and the ability to learn can also be affected by your dog's diet. Many common health problems are directly related to what grade of food you feed.

Rules to use in purchasing dog food:

1. Read the label!
2. Corn should not be an ingredient including corn gluten
3. Meat should be at least one of the first ingredients listed
4. Accept NO "By-Products" including meat by-products, beef and bone-meal

The first three ingredients make up 75% of the product in the bag. Many labels show corn as a first ingredient and corn gluten as a third ingredient. If you think you are saving money buying inexpensive foods, consider the issues caused from that food and the amount of the vet bill due to the food. Overall it is much better for you and your dog to buy quality first.

Safety Matters

By Chief Mathew Workman

I hope many of you were able to watch the television program "Crystal Darkness" on Tuesday evening October 9. It was a tremendous documentary about the continued effects that Methamphetamines have on our society and families. If you weren't able to see the program, the Vernonia Police Department has ordered a copy of the DVD and will be teaming up with the Community Drug-Free Coalition to show the documentary again. The VPD also has a copy of "Crystal Misery," a documentary produced in Washington County using subjects and events involving Meth from the local area. We will be presenting this film as well in the near future. Meth labs are not as prevalent anymore, but the effects of Meth use are worse than ever. If you need information on the effects of Meth or would like a list of Meth resources for Columbia County, there are resource lists at the front window of the station and a "Meth Resources" link on the VPD website at <http://vpd.vernonia-or.gov>

Since the beginning of summer, the City of Vernonia has seen an increase in the amount of Criminal Mischief/Vandalism incidents. The incidents range from the painting of graffiti in bathrooms and on the Rock Creek Bridge to the damaging of picnic tables, breaking of flower baskets, and damaging the new bicycle skills park being constructed on the old mill property. When I look at these vandalism incidents, I look beyond the tangible monetary costs of the damage. I look at the effect on the victim(s), the effect on the community, and the overall picture that this activity paints of the City of Vernonia. Prospective businesses, residents, and visitors do not want to invest in or even go to a community that has crime issues, even comparatively small issues like vandalism. An act of vandalism can be perpetrated for many reasons including: revenge, boredom, accident caused by reckless behavior, or even a strong anti-social mindset. Regardless of the cause, people do not want to live in a community where their hard-earned money is spent repairing their property or publicly-owned property.

Criminal Mischief is covered under ORS 164.345 (3rd Degree); 354 (2nd Degree); 365 (1st Degree). 3rd Degree states: intent to cause substantial inconvenience...person tampers or interferes with property of another; Class C Misdemeanor. 2nd Degree states: intentionally or recklessly damages property of another in amount exceeding \$100; Class A Misdemeanor. 1st Degree states: damages or destroys property of another in excess of \$750, or by means of explosive, or by starting a fire in an institution, or is a livestock animal defined by statute, or property of public utility, railroad, transport facility, medical facility; Class C Felony. If convicted of any of the Criminal Mischief statutes you can face a fine, jail time, fees, and restitution to the victim(s). Consecutive acts of could also be viewed as cumulative damage putting several small damages over the \$750 threshold making it a Felony. Being convicted of a Felony will follow someone the rest of their lives and put many restrictions on them. Something to think about next time before spraying that paint, breaking that window, or tearing up that construction site.

If you have any information on any acts of vandalism in the Vernonia area, please call the police department with the information. You can remain anonymous if you so choose. Vernonia Pride is offering a reward for any information that leads to the arrest and conviction of the party(s) responsible for the graffiti damage on and under the Rock Creek Bridge by Shay Park as well as the damage to the hanging flower baskets around Jamboree. You can call the Vernonia Police Department at 503-429-7335 to provide information on any crime or to access the numerous resources provided by the department. You can also email me at chief@vernonia-or.gov.

Community Gallery Seeks Artists

The Vernonia Community Learning Center Gallery is seeking exhibition-ready original art, photography and sculpture for display and possible sale. Also seeking people with a strong interest in Art to serve as jurors for the selection process. Selection process will take place on November 30. Entries should be received at the Learning Center no later than November 27.

Submission criteria available at the Learning Center between the hours of 9:00 AM and 4:00 PM, or by e-mailing the Learning Center: vcclc@vernonia.or.gov. Newcomers to gallery exhibition encouraged.

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