

Smoke Alarms Really Do Save Lives

The Mist-Birkenfeld Rural Fire Protection District has been participating in the Oregon Fire Marshal's Smoke Alarm Program, working to increase the number of residences with working smoke alarms.

According to Mist-Birkenfeld Assistant Chief Mary Lou Busch, last year Mist-Birkenfeld staff and volunteers went door-to-door in their community, handing out fifty free smoke alarms they received through the Oregon Fire

Marshal's program.

Bill Armstrong, a resident in the district was a recipient of one of those smoke alarms and also a recipient of the benefits of having a working alarm installed and functioning properly.

Armstrong says he was asleep in his home in the middle of the night when his pellet stove malfunctioned and began filling the house with smoke. The alarm sounded and he was able to get the house opened up and safely cleared

out the smoke.

"That alarm probably saved his life," says Busch.

According to the Oregon Fire Marshal, smoke alarms more than double a person's chance of surviving a fire. Components of the smoke alarm program include workshops, campaigns, smoke alarms on fire department apparatus, smoke alarms for the deaf and hard of hearing, real estate agent training, brochures, and partnering

with Tualatin Valley Fire and Rescue to support their multi-family housing fire reduction program training. The smoke alarm program supports the Office of State Fire Marshal's key performance measure percentage for the homes in which there is a working smoke alarm.

Have you checked recently to insure your smoke alarms are working properly? Maybe it's time you did.

Tourism Director Opens Office Hours at County Chamber

The South Columbia county Tourism Director will be available for walk-in meetings at the County Chamber of Commerce office Thursdays beginning February 24th. Tourism Director Amber Dennis regularly visits with local business owners and meets with stake holders. But following disbursement of a \$10,000 grant to the chamber from the Tourism

Fund, the chamber offered to let the tourism committee use a vacant office space in the chamber building. Dennis thought this could be great way for tourism efforts to have a more visible presence in the community.

If you have a business that can benefit from attracting visitors, belong to agencies, clubs or associations that might like to

meet in St. Helens, or are working to organize an event; Dennis would love to meet you and coordinate any kind of support possible.

The South Columbia County Chamber office is located at 2194 Columbia Blvd, in St. Helens. Call 503. 397. 0685 ext. #107 to schedule or email tourism@travelcolumbiacounty.com for more information.

Who Wants to Be a Dairy Princess?



Columbia County Chapter of the Dairy Women's Association is now accepting applications for candidates for County Dairy Princess Ambassador. To enter, a girl must be at least sixteen, a high

school Junior, and not over 23 years of age as of June 1, 2011. Candidates must be a resident of Oregon at least 12 months prior to the contest, unless they are currently a full-time student in a college outside of Oregon. She must be single, never married or had a child; and IF not living at home, must NOT be co-habiting with anyone.

Candidates must also qualify in ONE of these areas: (a) lived or worked on a dairy farm or facility at some time; (b) be the daughter of anyone employed on an operating dairy farm, (c) anyone who is employed or an owner of a milk processing plant or distributor, (d) or any person employed in a dairy related industry. (e) A member or former member of 4-H or FFA that raised or showed a dairy project.

A successful candidate must be willing to represent Columbia County at the State Dairy Princess Ambassador contest, travel throughout the county and state promote healthy nutrition by eating Three-A-Day Dairy products, and raise awareness about the dairy industry. Training for these activities is provided to all county candidates by the Oregon Dairy Women. Any qualified candidates should call Diane Larson at (503)397-0418 by Monday, February 28th 2011.

Donations for scholarship for Amanda Worman, the outgoing County Dairy Princess Ambassador, are also being sought at this time. Anyone who would like to contribute a tax free donation for Amanda may contact Pam Heimuller at (503)369-1634 by April 1, 2011.

Each year, the Columbia County Dairy Women vend at local events to promote Dairy products and raise funds in support of scholarship awards for any graduating Seniors and the Dairy Princess from Columbia County. Scholarship applications may be picked up at any high school in the County or contact Diane Larson at (503)397-0418. Applications are due by May 1, 2011.

Senior Center Activities

5-Area Luncheon: Monday, February 28 at the Rainier Senior Center

Connie's Fabulous Breakfasts: Fabulous breakfasts are available to the public on Fridays for a cost of only \$3.50. The event happens at the Senior Center (446 Bridge Street) from 7:30 to 9:00 AM each Friday. Meal price includes a beverage, too. Enter through the side, parking lot door. What a deal!

Week Day Lunches: The Vernonia Senior Center offers nutritious and tasty lunches each weekday for only \$4. These are available to the public, not just Senior Citizens. (Mealtime is noon; late arrivals may not be served.) You can reserve your lunch by calling by 11:15 AM, or further in advance if possible, to assist the cooks as they prepare the day's meals.

Maple Bars available locally!

Connie King, the cook at the Senior Center, is making maple bars each day. The maple bars are available to the public, too, and only cost \$1 each. Availability is subject to quantity on hand. You can assure yourself of a good supply by pre-ordering them directly from Connie by calling the Senior Center (503-429-3912) any week day, from 7:00 AM-3:00 PM. Please allow one day lead time for larger orders. The Center's front door opens at 9:00, but the side parking lot door opens at 7:00. Ah, sweet treats!

Thrift Store: Bargain prices can be found in Vernonia's Senior Center in their Thrift Store. The retail store is open Monday through Friday, from 9:00 AM until 3:00 PM. The Thrift Store provides funds for the Senior Center's facility and its many activities. Donations can also be dropped

off during those same hours, and donated clothes need to be clean and in good condition so they are "sales ready". We are offering half off during the first week of each month. Buy locally and support your local Senior Center.

For after hours drop-offs please contact Pauline 503-429-5810.

Special Days: On the last Wednesday of the month Wauna Credit Union will be serving ice cream. On the last Friday of the month we will serve birthday cake and ice cream to celebrate that month's birthdays.

Membership Dues: Another way to support Vernonia's Senior Center is to pay the \$15 annual membership dues. Checks may be mailed or dropped off at the Senior Center. Anyone 50 and older may join.

Questions? Call: (503) 429-3912

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