

## 2012 Summer Canning Class Schedule

Have you thought about learning to can this summer? Are you an experienced canner who would like an update on the latest USDA recommendations? Plan to attend one or more of the canning classes offered by the Columbia County Extension Service. Classes will be held at the First Lutheran Church, 360 Wyeth St., St. Helens. Each class will cost \$20.00 or \$70.00 for all four. A small number of scholarships are available. Payment must be made in advance to hold your spot. Class size is limited.

- Wednesday, July 11th, 5:30 to 8:30 PM - Canning Jams & Jellies
- Wednesday, July 25th, 5:30 to 8:30 PM - Canning Fruits and Pie Fillings
- Wednesday, August 8th, 5:30 to 8:30 PM - Pressure Canning Vegetables & Meats
- Wednesday, August 22nd, 5:30 to 8:30 PM - Canning Pickles, Tomatoes and Salsa

For more information and to register for classes, please call or visit the OSU Extension Service office at: 505 N. Columbia River Highway, St. Helens, OR 97051. 503-397-3462

## Readers Lend Their Voices...

To the Editor,

As a member of the Columbia Health Coalition (CHC), I would like to extend a special thanks and acknowledgment to the Centers for Disease Control and Prevention (CDC) for sponsoring ACHIEVE (Action Communities for Health, Innovation, and EnVironmental change). Their trickle down and direct funding grants to the National Association of County and City Health Officials (NACCHO) and other organizations played an integral role in the transition to what is now known as the Columbia Health Coalition, comprised chiefly of front line volunteers. Through this partnership and the various local, community programs, CHC has been able to play an important

part in implementing strategies that support and sustain healthy lifestyles where people live, work, learn, and play in Columbia County, which is also represented by our logo, and goals of CHC. I think I speak for the other volunteers when I say, the volunteers would like to especially thank the Public Health Foundation for the invaluable help of Ashley Swanson and Sherrie Ford of Public Health. Their leadership has been instrumental in sustaining and creating a successful, long term, county and community coalition of dedicated volunteers.

Bill Blank  
Scappoose Community Club Farmers' Market

### HOW TO SEND LETTERS TO THE EDITOR

Vernonia's Voice welcomes and requests your thoughts, opinions and ideas. Please include your name, address and phone number, limit your letters to 300 words or less. Vernonia's Voice reserves the right to edit, omit, respond or ask for a response to letters submitted. We will print letters space permitting. Deadline is the 1st and 3rd Monday of each month. Email: [scott@vernonias-voice.com](mailto:scott@vernonias-voice.com) or mail to: Letters, PO Box 55, Vernonia, OR 97064.

## Overwhelmed with leftovers?



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The program is for both households and businesses. Please check with the drop-off site before bringing more than 15 gallons. Please do not bring paint thinner, aerosols or empty paint cans. Empty cans may be placed in your regular trash (or recycling if allowed in your area). Remove lids so your trash collector knows they are empty.



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To learn more: [www.paintcare.org](http://www.paintcare.org)

## Upcoming Events

**Upper Nehalem Watershed Council Steering Committee meeting, June 28, 6:30 PM--** at the Fishhawk Lake meeting hall. The public is welcome. For more information see our website <http://unwc.nehalem.org>, call the UNWC at 503-429-0869 or email [steve@nehalem.org](mailto:steve@nehalem.org).

**4th of July Celebration, 5:00 PM,** at Greenman Field. Featuring Jesse Cain concert and other family fun

entertainment. Fireworks at dark.

**Annual Community Wide Garage Sale, August 25, 9:00 AM-5:00 PM.** All residents & businesses wanting to be included on the maps can sign up by calling Helen Bateman @503-429-6203, last day to sign up is August 21st. Maps of all participating locations will be available Friday before the sale. In the past years over 45 locations have held a sale.

To the Editor,

The VHS Class of 2012 All Night Party Committee would like to thank the sponsors, donors and chaperones for your support of the June 2 event. 51 seniors attended and all reported having a good time. The all-night graduation party is a drug and alcohol free event sponsored by the Vernonia Prevention Coalition. It is organized each year by parents, host families and guardians of high school seniors.

### Sponsors:

Vernonia Prevention Coalition & DeAnna Pearl, VHS Class of 2012, Curl's Transportation & Shelley Cota, Vernonia Christian Church  
Chaperones: Scott Rethwill, Aaron Miller, Christina Morgan, Torie Fallau, DeAnna Pearl, Lisa Edgar, LeeAnne Krause, Darby Dooley, MaryAnn Shaw, Jennifer Butcher, Kelley Murphy-Shaw and Betsy Miller

### Donors:

Scott, Marla and Janet Rethwill, Aaron and Betsy Miller, Vernonia Florist - Ben and Lisa Edgar, Keith and Kelley Shaw, Jon and Kinnell Steward, Cristi Tungwenuk, Randall Harvey, Amber Bozied, Kaptain's Kraft, Rainbow Lanes Bullwinkles Family Fun Center, Vernonia Sentry Market, Bridge Street Mini Mart, Black Bear, Napa Auto Parts, Vernonia Golf Course and Blue House Cafe

Thank you again.  
Betsy Miller  
2012 VHS All-night grad party committee

To the Editor,

The Columbia Health Coalition would like to thank representatives from OSU Extension, Christ Episcopal Church, Snoopeeland, and the Vernonia Community Garden for presenting at our "Community Gardens in Action" event June 2nd. Community and school gardens are of growing interest

in our county and have the potential to improve nutrition, education, outdoor involvement, the environment, and participant empowerment.

In addition to the rise in community and school garden initiatives, other policy and programmatic changes within our county include an increase in nutrition education due to efforts by the Columbia Pacific Food Bank and the Columbia County OSU Extension Office, the installation of an asphalt walking trail at Clatskanie Elementary School to increase physical activity for students and the community, and numerous policy changes in Vernonia focusing on wellness, physical activity, and tobacco use on school grounds.

Columbia County is a community that strives for multifaceted health improvements. Though each community within the county focuses on health topics unique to their demographic, the collaboration of a wide variety of groups county-wide has strongly influenced each of the positive health changes and initiatives. With thanks to the diligent community agencies and individuals involved, Columbia County has many health achievements to be proud of.

For information on the Columbia Health Coalition, or to join, call Ashley Swanson at 503-397-4651 extension 2007.

Nicole Grondin  
Columbia Health Coalition Member

To the Editor,

I am not happy that Vernonia Pharmacy is no longer here! Come on people! As a business owner in Vernonia for 18 years, I have struggled to feed my family so that I could stay in a community where I thought people cared about each other. I have struggled so that I could raise my children with the morals I wanted to instill, and be there for them. It has not been easy. I hear many say, "I can get it cheaper at Walmart or Winco. Well does Walmart donate to your kids sporting events? Does Walmart make sure you have a gallon of milk at 8:30 at night so your kids can have breakfast? Does anyone at Winco even say Hi to you when you walk in the door? No, no and no! If I needed a prescription, and had questions, Phillip was there to answer my questions. He made time to make phone calls and get my prescriptions when I ran out even though it was my own fault. He had a face and a family to feed. Now he is gone because so many felt it was easier to use the internet or mail order prescriptions. It might have saved you some money but what happens when you run out and you have forgotten to order? Now you have to take the time and gas to drive, not such a big savings now.... Do you think those insurance companies

*continued on page 8*

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