

Things to Ponder: Right and Wrong

By Grant Williams

When we are young we don't give much thought to our conduct. Our parents do their best to teach us the right way to live. Some parents do a better job than others. Many children learn the difference between right and wrong at any early age, unfortunately some never do.

Infants are very difficult to train, but once a child starts to talk it becomes easier to communicate what we expect from them regarding their beliefs and behavior. It is important to teach a child what yes and no mean. Until they know the difference they will struggle. However when they are able to grasp the meaning of those two words we can begin

to train them to love (fear and respect) God. The reason that is so important is because God will one day hold us (them) accountable for everything we have ever done or said.

The writer of Hebrews said in chapter 4:12-13, "For the Word of God is living and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart. Nothing in all creation is hidden from God's sight. Everything is uncovered and laid bare before the eyes of Him to whom we must give account." If children aren't equipped to know right and wrong, yes and no, they will never be able to tell the difference between acceptable behavior

and things that lead to trouble. Think about your own life experiences and how your parents tried to teach you the essentials of life.

Did they hold you accountable for your actions? Were there other people, like Sunday School teachers, coaches, and older role models that helped point you in the right direction? God puts all these people in our lives to help us grow up and be well balanced successful adults.

Sadly, many people did not receive the necessary instruction to equip them for living a productive and fruitful life. Even if you are well into life and feel like a failure I want to encourage you to not give up. God loves you and wants to help you discover how

to become healthy and whole. He wants to forgive you and restore your sense of worth. God made you in His image and will never ever give up trying to reach you with the truth about His plan to show you how important you are to Him. God loves you so much He sent His Son Jesus to prove He cares about you! Far too many people believe God is more concerned about judging and condemning the world, but the Bible tells a different story.

The Bible reveals a God who wants to free you from your sinful past. He wants more than anything to be able to welcome you into His eternal kingdom. Ask Christ to come into your life and remake you into the person He wants you to be.

Banks and Scappoose Identified as High Risk for Dangerous Radon Levels

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more than 20,000 lung cancer deaths per year in the United States. Radon is the second leading cause of lung cancer in the U.S. after cigarette smoking, and the leading cause of lung cancer among non-smokers.

The Radon Program is joining the U.S. Environmental Protection Agency (EPA) in urging Oregonians to take action and test their homes for radon during January as part of National Radon Action Month.

Testing homes for radon is simple and inexpensive. Radon test kits can be purchased at local hardware and home improvement stores, or online from radon test kit supply companies. Many test kits are priced between \$15 and \$25. Radon problems can be fixed by qualified contractors for a cost similar to that of many common home repairs, such as painting

or having a new water heater installed. The best time to test for radon is during the heating season, when the windows and doors are closed up tight. This is when you would expect to find the highest radon levels in your home.

"Radon has been detected in homes all across Oregon. The only way to know if your home has high radon levels is to test," Sherry says.

Radon levels vary throughout Oregon depending on the underlying geology. Residents can see what levels have been detected in their neighborhoods by visiting the Radon Program website at www.healthoregon.org/radon, which lists radon test data by city and Zip code.

There are many cities and Zip codes in the state for which the Radon Program has little to no

data. In an effort to get a better understanding of the radon potential across the state, the Radon Program is offering a free radon test kit to residents whose homes are in Zip codes with fewer than 20 radon test results. Residents can visit the Radon Program website to see if they are eligible.

Those living in Zip codes where there are fewer than 20 test results can send an email to radon.program@state.or.us to receive instructions on how to get a free test kit, which will be provided while supplies last.

For more information on radon, radon testing and mitigation, radon-resistant new construction, or to order a test kit online, call the Oregon Radon Program at 971-673-0440 or go to www.healthoregon.org/radon or visit the EPA's website at www.epa.gov/radon/nram.

Bridge Street Bits

By Karen Miller

JUST CURIOUS how many of you wrote 2014 on any of your checks. Happens to me every year, writing last year's year... but so far so good.

HOPE ALL HAD A SAFE NEW YEAR'S. Stayed home this year. Didn't go anywhere. I did stay up and made a few midnight calls.

NEW CHANGES COMING this new year to the Senior Center. A new look and new happenings. But one thing doesn't change: We still appreciate your donations to the thrift store. And your patronage. Come in to eat.

Lunches are still being served.

NOTE AGAIN: Please do not drop off your old bulky TV sets. Let us know if you see this happening. Thanks.

DID YOU MAKE ANY NEW YEAR'S HEALTH RESOLUTIONS. Here's one to consider: 8 GREAT REASONS to DRINK WATER and NOT SUGARY DRINKS:

1. Your body needs water. It is what makes all the systems in your body able to do their work.
2. Water is sugar free. Soda is not. Sugar is bad for the teeth. Acids in sodas can cause tooth decay.

3. Water has zero calories. Sugary drinks can lead to weight gain. Drinking water before meals can fill you up so you eat less.
4. Water helps you stay healthy. Your risk of type 2 diabetes, heart disease and obesity may all go down when you choose water instead.
5. Water is cheaper than the sugary drinks out there.
6. Drinking tap water is good for the planet. Fewer bottles and cans to recycle.
7. Water helps you stay active longer. When muscles don't have enough water, they don't work as well. Getting tired faster is one symptom.

8. Water keeps you cool. Water helps keep your body temp where it needs to be. Drink extra water when you are exercising and on warm days.

This info from Community Action Team brochures.

SENIOR SERVICES:
Karen/Vernonia 503-366-6581
Marge/Clatskanie-Rainier 503-366-6581
Heather/St. Helens-Scappoose 503-366-6542

SENIOR SIGN OFF: When everyone tends to their own business news is scarce.

Vernonia Senior Center • 446 Bridge Street • 503-429-3912

Church Directory (in alphabetical order)

Assembly of God
Sunday School: 9:45 AM
Morning Worship: 11:00 AM
Sunday Evening Prayer: 6:00 PM
Wayne Marr, Pastor
662 Jefferson Avenue
503-429-0373

Church of Jesus Christ of Latter Day Saints
Sunday Schedule:
Sacrament Meeting: 10:00 AM
Sunday School & Primary: 11:20 AM
Relief Society, Priesthood and Young Women: 12:10 PM
Roger Cook, Branch President
1350 E. Knott Street
503-429-7151

Grace Family Fellowship
Sunday School: 9:00 AM
Worship Service: 10:30 AM
Thursday Prayer: 6:00 PM
Greg "Mac" McCallum, Pastor
957 State Avenue
503-429-6790

Nehalem Valley Bible Church
Sunday School: 9:45 AM
Worship Service: 10:45 AM
Wed. Ladies Bible Study: 10:00 AM
Wednesday Service: 7:00 PM
Sat. Men's Prayer Meeting: 6:30 AM
Gary Taylor, Pastor
Grant & North Streets
503-429-5378

Open Door Gathering Place
Service: Sunday 6:00 PM
Grant Williams, Pastor
375 North Street

St. Mary's Catholic Church
Wednesday Religious Education: 3:15-4:30 PM
Sunday Mass: 12:00 PM
Rev. Luan Tran, Administrator
960 Missouri Avenue
503-429-8841

Vernonia Christian Church
Sunday School: 9:45 AM
Worship Service in Youth & Family Center: 11:00 AM
www.VernoniaChristianChurch.org
Sam Hough, Pastor

410 North Street
503-429-6522

Vernonia Foursquare Church
Sunday Worship Service: 10:30 AM
Children's Sunday School
Carl Pense, Pastor
850 Madison Avenue
503-429-1103

Vernonia Seventh-day Adventist Church
Sabbath (Saturday) Services
Sabbath School: 9:30 AM
Worship Service: 11:00 AM
www.VernoniaSDAC.org
Larry Gibson, Pastor
2nd Ave. and Nehalem St.
503-429-8301