

Things to Ponder: Less Than a Minute to Go!

By Grant Williams

Have you ever been in a situation where you realized you could be dead in just a few precious seconds? In August of 1992, 14 of my close friends from college and I floated the Colorado River. We rented four, eighteen foot, Sotar self-bailing boats, fully laden with food and supplies for the sixteen day trip. Most of us had been rafting together many times during the early 70s to the mid 80s and considered ourselves to be well prepared for this trip.

We had previously floated the Green, Salt, Verde, Oak Creek, Illinois and the San Juan Rivers just to name a few of them. Everything was set for a great trip with time for catching up on the past and reminiscing about the good old days of college.

All went well the first five days. Lots of sun, food, great rapids and plenty of stories of which I'm sure many were a lot like fishing stories, you know, just partly true. On the fifth day the weather made a dramatic turn for the worse. The temperatures during the day dropped into the 70s and the 40s at night. And by the way, I will never forget the torrential rain fall. For the Grand Canyon in the summer that was exceptionally cold and wet. We found out when we

got to Diamond Creek at the end of our trip that Hurricane Andrew had hit while we were on our float and that explained the weather anomaly we experienced.

On the seventh day, if I recall accurately, we met the first real challenge to our 100% success rate of running rapids without an incident. Crystal Rapid! The most feared rapid on the Colorado, with the possible exception of Lava Falls, was dead ahead. We scouted the rapid and formed a game plan. We split up into two groups with Lenny and Garret piloting two boats and Jack and myself piloting the other two. Needless to say after going through Crystal Rapid only two captains maintained their perfect record. Garret and I flipped our rafts! If you would like to see my slides give me a call, 503-702-3553.

This is where the almost dead part of the story picks up. I was under water for almost a minute. The current was moving extremely fast and fortunately I didn't hit anything before I popped up, but when I did there was a huge boulder right in front of me. I was freezing cold but managed to go right of the rock which probably saved my life. If I had gone left there was close to fifteen miles of steep cliffs and would have most surely drowned with no hope of rescue.

What happened during that solitary minute? I thanked God for a great life. I told my wife how much I loved her. I wondered what heaven was going to be like.

Do you know what you would have done? If you are not sure please keep reading this column and I'll do my best to fill you in.

Columbia Humane Society Featured Pet



This is Hutch, he is about 8 years young and ready to go to his new forever home. He is a Jack Russell Terrier mix, gets along well with other dogs, kids and cats. He weighs in right around 16lbs. Hutch is very sweet, fun loving, full of energy, but not too much energy. He is a real people pleaser. The adoption fee of \$165.00, includes his neuter and all his vaccines. Come in today to meet this wonderful guy.

2084 Oregon Street
St. Helens, OR 97051
Web: www.columbiahumane.org

Email: animalwelfare@columbiahumane.org
Phone: 503-397-4353

Vernonia's Voice is published twice each month on the 1st and 3rd Thursday. Our next issue will be out March 5th.

Bridge Street Bits

By Karen Miller

MARCH IS NATIONAL NUTRITION MONTH! There is no one food, drink, pill or machine that is the key to achieving optimal health.

A person's overall daily routine is what is most important. That is why, as part of National Nutrition Month, 2015, the Academy of Nutrition and Dietetics urges everyone to "Bite into a Healthy Lifestyle."

Each March, the Academy encourages Americans to return to the basics of healthful eating through National Nutrition



Month. This year's theme encourages consumers to:

- Adopt a healthy lifestyle that is focused on consuming fewer calories.
 - Make informed food choices.
 - Get daily exercise in order to achieve and maintain a healthy weight, reduce the risk of chronic disease and promote overall health.
- A healthy lifestyle - one based on regular physical activity and an eating pattern chosen to meet individual nutrient needs within calorie limits - is vital to maintaining good health and quality of

life. This year's "Bite into Healthy Lifestyle" theme gives consumers an easy reminder that achieving optimal health is not about a specific food or time of year, but rather a life-long commitment that leaves plenty of time for the foods and activities we love.

This information courtesy of Community Action Team, 503-397-3511.

WE'VE MOVED!!!!!! Come see us at the Learning Center for your thrift store needs on Bridge Street in town. YELLOW building next to the Blue House... with RED HOT deals.

PLEASE NOTE: IN HOUSE MEALS will be at our new location in the Learning Center at 939 Bridge

Street. There will be a slight delay until the new location is ready for service. Call us for info, 503-429-3912.

FOR SWIM PASSES through Preventive Health Grant from Community Action Team see Pat Ray at the Learning Center.

SENIOR SIGN OFF: The cheapest way to have your family tree traced is run for public office.

SENIOR SERVICES:
Karen - Vernonia 503-366-6581
Marge - Rainier/Clatskanie 503-366-6581
Heather - Scappoose/St. Helens 503-366-6542
Nikki - Family Caregiver Coordinator 503-366-6545

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
Tues. Ladies Bible Study: 9:30 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