

# Things to Ponder: Is There Any Hope?

By Grant Williams

This world we live in keeps getting crazier every day. There is so much turmoil all around us it's a miracle any

of us are able to live a "normal" life. Of course a normal life looks different for each individual and it is only by God's grace that any of us are able to enjoy some semblance of peace.

For me this dilemma raises some huge questions. Why are so many people unhappy? And even more importantly, why are so many people who claim to be Christians unhappy and suffer from depression?

Sometimes there are medical explanations for the situations we face. For instance, in a time of crisis or fear our body produces adrenalin that gives us super energy. Is it possible that when we get depressed it is because of a chemical our body produces that alters our ability to think clearly and feel healthy emotions resulting in negative affects? In simple terms, isn't depression the absence of peace?

The Apostle Paul seems to address this problem in his epistle to the Philippians in the 4<sup>th</sup> chapter, verses 4-7, "Rejoice in the Lord always; again I will say rejoice! Let your forbearing spirit be known to all men. The Lord is near. Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all comprehension, shall guard your hearts and your minds in Christ Jesus."

There is no doubt in my mind some people will question my line of reasoning. But can you imagine how wonderful it would be for those suffer-

ing from depression if the solution was this simple?

It is not just an accident or coincidence the Holy Spirit instructed Paul to write these words in his letter. The Bible has much to offer us in practical information that goes beyond salvation and gives us real answers to life problems.

Paul says more in Philippians 4:8-9, "Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, let your mind dwell on these things. The things you have learned and received and heard and seen in me, practice these things; and the God of peace shall be with you."

What Paul is communicating in these verses is the way we think affects our wellbeing. The absence of peace in a person's life is relevant to what they dwell on. Remember the old adage, "you are what you eat?" It is equally true that your outlook (emotional wellbeing) is directly related to your mindset.

Being anxious creates uncertainty. Paul is telling us prayer and trusting God will bring peace to our storm. Don't focus on your problems but on the One who promises comfort. Even though you cannot see Him, He is there and He cares!

## Keep It Local Columbia County

*continued from 16*

Columbia County, including Clatskanie, Rainier, and Vernonia as well as the South Columbia Chamber.

"We need to capture some of the lost sales related to having an extraordinarily high percentage of workers living in Columbia County and working outside the County," said CCET Executive Director Chuck Daughtry. "We are los-

ing almost \$200 million in annual per capita sales. This is money that should support local businesses and local jobs."

For more information on Keep It Local Columbia County please visit our website [www.keepitlocalcc.com](http://www.keepitlocalcc.com) or like us on our Facebook page "Keep It Local Columbia County."

Vernonia's Voice is published twice each month on the 1st and 3rd Thursday. Look for our next issue April 7.

NOTICE OF MEASURE ELECTION AND RECEIPT OF BALLOT TITLE  
Filed in the Office of County Clerk 3/07/2016

Notice is hereby given that a ballot title for a measure referred by Vernonia Rural Fire Protection District has been filed with the Columbia County Clerk on March 7, 2016.

The ballot title caption is **Five Year Local Option Levy for Emergency Services Training & Operations.**

<b>Notice of Measure Election District</b>		<b>SEL 803</b>	
<b>Notice</b>	<b>Date of Notice</b>	<b>Name of District</b>	<b>Name of County or Counties</b>
	3/1/2016	Vernonia Rural Fire PD	Columbia
<b>Ballot Title</b>	<b>Date of Election</b>		
Prepare with assistance from the district attorney or an attorney employed by the district.	May 17, 2016		
<b>Caption</b> 10 words which reasonably identifies the subject of the measure.			
Five Year local option levy for Emergency Services Training & Operations.			
<b>Question</b> 20 words which plainly phrases the chief purpose of the measure.			
Shall the District levy taxes of \$0.32 per \$1,000 of assessed value for five years beginning 2016-2017 for training & operations? This measure may cause property taxes to increase more than three percent and will be payable from taxes on property or property ownership that are subject to the limits of Sections 11 and 11b, Article XI of the Oregon Constitution.			
<b>Summary</b> 175 words which concisely and impartially summarizes the measure and its major effect.			
If approved, this measure would provide funding to the Fire District for the salary and benefits package of a Training Captain. This person would be responsible for the training program from its infancy to long term maintenance. Duties of the Training Captain would include but not be limited to: Preparing and maintaining a training calendar, preparing and maintaining personnel training files, working with Oregon Department of Public Safety Standards and Training, assembling drills and training materials, and organizing outside training to keep all staff certified and current. The Training Captain would also be required to respond to incidents during their work shift when applicable, thereby increasing daytime response personnel. This measure is estimated to cost taxpayers an average of \$0.32 per thousand of assessed value each year. For the owner of a home or property, the estimated annual average cost would be \$32 per \$100,000 of taxable assessed value. The levy would raise approximately \$65,294 in fiscal year 2016-17; \$66,926 in 2017-18; \$68,599 in 2018-19; \$70,314 in 2019-20; and \$72,072 in 2020-21.			
<b>Explanatory Statement</b> 500 words that impartially explains the measure and its effect.			
If the county is producing a voters' pamphlet an explanatory statement must be drafted and attached to this form for: → any measure referred by the district governing body; or → any initiative or referendum, if required by local ordinance.			
<b>Explanatory Statement Attached?</b>			Yes <input type="checkbox"/> No <input type="checkbox"/>
<b>Authorized District Official</b> Not required to be notarized.			
<b>Name</b>	<b>Title</b>		
Earl Dean Smith	Fire Chief		
<b>Mailing Address</b>	<b>Contact Phone</b>		
555 E. Bridge Street, Vernonia OR 97064	503-429-8252		
<b>By signing this document:</b> → I hereby state that I am authorized by the district elections authority to submit this Notice of Measure Election and I certify the above ballot title is true and complete.			
<b>COLUMBIA COUNTY CLERK'S OFFICE</b>		<b>03-01-2016</b>	
Signature: <i>Earl Dean Smith</i>		DATE RECEIVED	
MAR 7 2016		Date Signed	

Notice is hereby given that a measure election conducted by mail will be held on Tuesday, May 17 2015.

An elector may file a petition for review of this ballot title in the Columbia County Circuit Court no later than 5:00 p.m. March 17, 2015 (which is the 7<sup>th</sup> business day after receipt.) ORS 255.155

This notice is published pursuant to ORS 255.145 by Elizabeth E. Huser, Columbia County Clerk.

**Bridge Street Bits**  
*The Vernonia Senior Center wishes to congratulate our hometown Loggers on their 2A Boys Basketball Championship!*  
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