

Lights ‘n Sirens: Happy Holidays

By Flo Lennox

We would like to thank all the individuals and businesses that made TOY for JOY a great success this year, even with all the challenges of COVID-19. The Vernonia Rural Fire Department Volunteers and the Vernonia Volunteer Ambulance Association members came together under the leadership of Bailey Wegner to collect, organize, and wrap gifts for those in our community going through difficult times.

The Coloring Contest winners were: Jane B., Kati P., and Bailey W., with Honorable Mention for Amanda V. Thank you to all that participated. Prizes will be delivered in January due to COVID restrictions.

We have survived another holiday season. I find myself wondering if anyone else feels sad about all the things we have given up in 2020 just to survive. As we watch the virus strike our small town, please be aware if you have been exposed. We ask that you quarantine per the requirement of the local health authority. Please let others know when you have been exposed or tested positive so we can slow the spread of this virus. The good news is that the vaccines have arrived and are being given to Phase 1 individuals. As more vaccine is delivered we will work our way to the general public in the spring of 2021.

Often, when we start a new year, it's a time to try and make some personal changes. Before starting a new diet or fitness routine we should check in with our primary care physician. No matter what your age, everyone can benefit from a healthy diet and adequate physical activity.

Choose a healthy eating plan

The food you eat can decrease your risk of heart disease and stroke.

Choose foods low in saturated fat, trans fat, and sodium. As part of a healthy diet, eat plenty of fruits and vegetables, fiber-rich whole grains, fish (preferably oily fish – at least twice per week), nuts, legumes and seeds and try eating some meals without meat.

Select lower fat dairy products and poultry (skinless). Limit sugar-sweetened beverages and red meat. If you choose to eat meat, select the leanest cuts available.

Be physically active

You can slowly work up to at least 2½ hours (150 minutes) of moderate intensity aerobic physical activity (e.g., brisk walking) every week or 1 hour and 15 minutes (75 minutes) of vigorous intensity aerobic physical activity (e.g., jogging, running) or a combination of both every week. Additionally, on two or more days a week you need muscle-strengthening activities that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms). Children should get at least 60 minutes of activity every day.

American Heart Association has Life's Simple 7 to help you navigate your Heart Health.

What is Life's Simple 7?

Life's Simple 7 is defined by the American Heart Association as the seven risk factors that people can improve through lifestyle changes to help achieve ideal cardiovascular health.

Manage Blood Pressure – High blood pressure is a major risk factor for heart disease and stroke. When your blood pressure stays within healthy ranges, you reduce the strain on your heart, arteries, and kidneys which keeps you healthier longer.

Control Cholesterol – High cholesterol contributes to plaque, which can clog arteries and lead to heart disease and stroke. When you control your cholesterol, you are giving your arteries their best chance to remain clear of blockages.

Reduce Blood Sugar – Most of the food we eat is turned into glucose (or blood sugar) that our bodies use for energy. Over time, high levels of blood sugar can damage your heart, kidneys, eyes, and nerves.

Get Active – Living an active life is one of the most rewarding gifts you can give yourself and those you love. Simply put, daily physical activity increases your length and quality of life.

Eat Better – A healthy diet is one of your best weap-

ons for fighting cardiovascular disease. When you eat a heart-healthy diet, you improve your chances for feeling good and staying healthy for life!

Lose Weight – When you shed extra fat and unnecessary pounds, you reduce the burden on your heart, lungs, blood vessels, and skeleton. You give yourself the gift of active living, you lower your blood pressure, and you help yourself feel better, too.

Stop Smoking – Cigarette smokers have a higher risk of developing cardiovascular disease. If you smoke, quitting is the best thing you can do for your health.

For more information check out these web site:

<https://www.nia.nih.gov/health/heart-health-and-aging>
<https://www.webmd.com/heart/heart-health-tips#1>
<https://www.cdc.gov/heartdisease/about.htm>
www.heart.org/en/healthy-living/healthy-lifestyle/my-life-check--lifes-simple-7

Crisis line numbers

If you are facing a life-threatening emergency, please dial 911.

Help is available 24 hours a day, 7 days a week for people experiencing a mental health crisis. Concerned friends, family, or community members are also encouraged to call. Please call:

National Suicide Prevention Lifeline 1-800-273-8255

If you need to speak with a mental health professional. If you speak a language other than English, a phone interpreter will be provided.

Multnomah County Mental Health (503) 988-5887

Washington County Crisis Line at (503) 291-9111

Columbia County: (503) 397-5211 Monday-Friday starting at 8 am.

If you are a military veteran in crisis, please call 1-800-273-TALK (8255) and press 1 for support specific to veterans.

Local Logging Outfit *continued from front page*

Practices Act regulations. Videos about each of the three Operators of the Year can be viewed at the ODF website at <https://www.oregon.gov/odf/Working/Pages/default.aspx>.

“Oregonians and people nationwide are counting on forest operators to provide wood products we all need and use in our daily lives,” said ODF’s Private Forest Division Chief Kyle Abraham. “We also count on them while harvesting to protect the soil and water in those forests as well as habitat for threatened and endangered species. These operators have shown an outstanding ability to do both while meeting landowner objectives. We’re

pleased to recognize the leadership they show in exercising extraordinary care and diligence during even the most challenging harvest operations.”

Family owned C&C Logging was honored for continually advancing logging in Oregon by developing testing and adopting new logging technologies. Examples include using camera-guided carriage grappler systems for bringing logs to landing sites, eliminating the need for on-the-ground personnel to do the dangerous job of hooking cables to the logs. C&C was an early adopter of drones to carry cables to anchor points, eliminating one of the more hazardous and time consuming tasks loggers have

to perform. The firm also protects special environmental sites, such as wetlands, stream buffers, and nesting areas of protected species by having its heavy equipment operators employ precise GIS maps on phones or tablets in their cab so they can identify and maneuver around those locations.

The Northwest Oregon Regional Forest Practices Committee also issued Merit Awards to:

- J.M. Browning Logging, Inc. of Astoria
- Greg Johnson Logging of Blodgett
- Greenup Enterprises, Inc. of Estacada
- Wayne Stone Logging, Inc. of Sandy

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