

Readers Lend Their Voices...

To the Editor,

The Vernonia Lions Club is blessed by the unwavering support of the citizenship of Vernonia and surrounding communities.

Our raffle sold out, the walk-up and mail-in donations were nothing short of astonishing.

Your trust in us to invest back into our community is, without question, an honor we hold in highest regard.

We Thank you.

Join us. We Serve.

Vernonia Lions Club

Free COVID-19 Testing Sites and Vaccine Clinics

Updated 1/3/22

Getting Tested for COVID-19

If you have symptoms of COVID-19 or if you were in close contact with someone with COVID-19, you should get tested as soon as possible, even if you've been vaccinated or boosted. Close contact means being within six feet of someone for 15 minutes or more over the course of a day, with or without a face mask.

If you are *unvaccinated*, don't have symptoms, and are getting tested because you had close contact with someone who has COVID-19, it's best to test as soon as you learn of your exposure and again at 5 to 7 days following your exposure. You should stay home and away from others while you wait.

If you are *vaccinated*, don't have

symptoms, and are getting tested because you had close contact with someone who has COVID-19, it's best to test 5 to 7 days following your exposure.

Vaccinated individuals should get tested if they have symptoms of COVID-19 or were in close contact with someone with COVID-19.

You can get a free local COVID-19 test at one of the testing sites listed below. If you are planning to travel, you can get tested at one of these sites. You do not need insurance to get tested. All ages are eligible.

Vernonia Adventist Health Center

1005 Cougar St, Vernonia, OR
(503) 429-1953

Mist-Birkenfeld Fire Department

12525 Highway 202 Mist, OR
503-755-2710.

Scappoose OHSU Clinic

Crossroads Plaza – 51377 SW Old Portland Rd. Unit C, Scappoose, OR
503- 418-4222

Vaccine Clinics

There will be a vaccine clinic in Vernonia on January 6 from 1-4 at the Scout Cabin. All vaccines, all types. To schedule an appointment call Kim Tierney at 971-678-2444 or Mist-Birkenfeld Fire 503-755-2710, or to find out about additional dates for clinics.

Drive through vaccine clinic will be held at the Columbia County Fairgrounds, 58892 Saulser Road in St. Helens, January 6 - 16 from 10:30-5:30. All vaccines, pediatric vaccines, and boosters. Weekends included.

Mental Health

During these uncertain times, it is normal to feel stressed, anxious and even depressed. However, if you are having thoughts of suicide, feel hopeless or can't cope right now, help is available. If you are experiencing a crisis, please call:

- Lines for Life and OHA have launched the Safe + Strong Helpline at 800-923-4357 (800-923-HELP). The line offers free, 24-7 emotional support and resource referral to anyone who needs it – not only those experiencing a mental health crisis.
- National Alliance on Mental Illness (NAMI) of Columbia County – NAMI Family Support Groups are free, confidential and safe groups of families helping other families who live with mental health challenges by utilizing their collective lived experiences and learned group wisdom. <https://namior.org/>

- National Suicide Prevention Lifeline 24 hours a day/7 days a week 1-800-273-TALK (8255)

- 24/7 Lifeline Crisis Chat Line En español: 1-888-628-9454 TTY: 1-800-799-4TTY (4889)

- YouthLine – Offers teen to teen crisis help with both a phone line and a texting support line through Lines for Life. Teens respond from 4:00 to 10:00 pm, Monday through Friday 24 hours a day/7 days a week Call 1-877-968-8491 or Text teen2teen to 839863.

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@vernoniasvoice.com or mail to: Letters, PO Box 55, Vernonia, OR 97064.

Yes, I support Vernonia's Voice with this one time donation.

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\$75

\$24

\$100

\$50

Other \$ _____

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 \$35

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Mail check or money order to:
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PO Box 55, Vernonia, OR 97064

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Upper Nehalem Watershed Council Quarterly Board Meeting Thursday, January 27 5:30-7:30 pm

Hybrid meeting to be held at the Vernonia Grange. Masks are required for in-person, email claiuto@gmail.com or call 307-321-6867 for Zoom registration.



Mist-Birkenfeld RFPD Board of Directors

will meet by teleconference for their regular board meeting
Tuesday, January 18, 2022 at 7:00 pm.

Join Zoom Conference Call Meeting
Call In: 1-415-762-9988
Meeting ID: 890 8870 1692
Passcode: 861846



<http://www.mistbirkenfeld-rfpd.org>
(503)755-2710



Columbia Humane Society



Purr-fect Pals



This little lady is ready and waiting to head to her new forever home. Cardi-B is about 2 years old and came to our program through our local animal control. We have no idea what her past life was like, but we are pretty sure she had a high parasite load and didn't get regular food. When we got her she was missing patches of her hair all over her body. The vet thought this was likely from poor nutrition. Since being in our care, and being warm and well fed, you can almost see her hair growing back on a daily basis. We don't know her history with other cats or with dogs. If you are interested in meeting her we ask that you please email adoption@columbiahumane.org in order to obtain an adoption application. Once you have an approved application on file we will then schedule a time for you to come in and meet her. Her adoption fee is \$125 which includes her vaccines, microchip, spay, and treatment for fleas and worms.

Featured Dog



Duke is one of the newest additions to the CHS family. He is around 4 years old and currently weighs right around 97 lbs. This guy is big and powerful but has a spirit that will keep you smiling. Duke was an owner surrender after he was not able to get along with the small children in the home. He is very familiar with living in the house, however he enjoys his time out smelling and sniffing and is going to need ample space to run and do what hounds do. His previous owners told us he was reactive with other dogs, but we have not seen any of that behavior at the shelter. We also don't know what his experience is with cats. This guy loves to hang with his people and is very sweet and gives amazing kisses. His adoption fee is \$300 which includes his neuter, current vaccines, microchip, and treatment for fleas and worms. If you are interested in meeting him please email adoption@columbiahumane.org in order to obtain an application. Please note that if you call the shelter there is a strong chance that your phone call may not be returned in a timely manner. We prefer email communications as most of our days are spent working with the animals in our care and we don't have a lot of time to answer the phone.