

Rural mail box theft going high tech

Over the last several years, the Columbia County Sheriff's Office has received numerous complaints from citizens regarding thefts from rural mail boxes. Both incoming and outgoing mail have been targeted, according to Sheriff Phil Derby.

Sometimes the thieves are looking for cash, only, and will take it from incoming and outgoing Christmas and birthday cards, as well as any other cash in mail. Others look for credit cards or related information which they use to purchase items that will be charged to the cardholder.

With new technology available, there are enterprising individuals who take checks and money orders stolen from mail boxes, "wash" them and re-write them to fit their needs.

"I would like to ask for your assistance in helping to combat this form of crime," said Derby, "by adhering to the following recommendations when mailing financial documents or other important items."

- Do not place the mail in your rural box to be picked up by the mail carrier. Take it to a post office or place it in a blue USPS mail box in various city locations. These boxes have

been re-keyed recently and are much safer than they were.

- Ask your banking institution for water-marked checks which are more resistant to alteration.

- Find out what the +4 zip code is for the person or business you are mailing items to. This will help insure the mail gets to the exact address.

- If you go on vacation, have

your mail delivery stopped while you are gone or have someone pick it up daily.

- Do not send cash in the mail.

- Do not leave mail in your mail box any longer than necessary.

These steps may be burdensome, but they are needed to reduce your chance of becoming the victim of mail theft.

Volunteers wanted to join study of group treatment for depression

Pacific University's Psychological Service Center (PSC) in downtown Portland is seeking participants for a study in treating depression in group therapy settings.

The groups will include 8-10 people and sessions will be led weekly by professional therapists and graduate students. Both forms of therapy will be used over an eight-week period. Participants will pay a modest (\$15) fee for each session. The first group began earlier this year and new groups are beginning each month. The center offers a free assessment to anyone interested in joining one of the

groups. Call 503-352-2400 for an appointment or more information. The center is located at 511 SW 10th Avenue, Suite 400, and is located near Tri-Met bus lines and the Max light rail line.

COMPUTER SALES



REPAIR
and
PARTS

Open
Tue - Sat
12 pm-8 pm
503-
429-8020

998 Bridge St., Vernonia

Vernonia Photo

Overnight and 1 Hour

will be closed Oct 4th to Oct 9th while Matt is gone for his wedding. Overnight developing will be available Oct 9th through Oct 18th, then full service will

Thank you all!

See you when I get back!!

SCAPPOOSE SAND & GRAVEL

• Crushed Rock • Fill • Sand

Main Ofc: 503-543-8821

Orders/Dispatch:

503-397-7861

Monday thru

Friday

7:30 am - 4 pm



Serving Columbia
County since 1940

Service Directory

TONY JOHNSON CONSTRUCTION

Specializing in Remodel & Repair

DRYROT
DRYWALL
TILE, VINYL
ROOFING

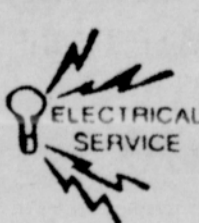


FENCING
DECKS
SIDING
CCB# 85280

"Have Tools Will Travel"

503-429-7009 Mobile: 503-939-8083

DENNIS ELECTRIC, INC.



503-429-8930

Licensed & Bonded
FREE ESTIMATES
CCB No. 19808

Dennis & Schann Nelson
16725 Timber Rd. E., Vernonia, OR 97064

VINCENT BAKER CONSTRUCTION

- Excavation.....CCB #109588
- Septic Installation.....DEQ #37688

• Concrete Flatwork / Walls
LICENSED • INSURED • FREE ESTIMATES

503-429-5014

Vaughn's

NEHALEM VALLEY PUMP CO.

Pumps • Pressure Systems
Filtration • Chlorination
Low Well-Output Holding Systems



Complete Water Systems.
from the well to the faucet.

SALES • SERVICE • INSTALLATION

PVC Plumbing Pipe & Fittings
Hoisting Service Available — Roofing, Trusses, etc.

503-429-7311

CCB #84814

VAUGHN'S WATER CONDITIONING



OR LIC. 106893 DEQ 37308

- Licensed Septic Installations • Ditches • Site Preparation
- Land Clearing & Leveling • Driveways • Drain Fields

LICENSED • BONDED • INSURED

Dick Titus — 503-429-1492

57230 Timber Road, Vernonia, OR 97064

ALAN FERGUSON CONSTRUCTION

FRAMING • DECKS • SIDING • DOORS • WINDOWS

FINISH CARPENTRY — REMODELING

Free Estimates • Prompt Service

1-503-366-4305

Licensed, Bonded & Insured

CCB# 138303



RAY
PELSTER
4-HAIR

APPOINTMENTS
AVAILABLE

503-429-4000

821 BRIDGE ST., VERNONIA

†The NEW WAY

MOVING & STORAGE
1-800-570-5296

World Wide Movers

Paul Arpin Vanlines Agency
540 Milton Way
St. Helens, OR 97051

GARDNERS FARM & HOME SUPPLY

Large & Small Animal and Pet Feed, Care Items, Dog & Cat Food, Animal Hardware, Fencing, Straw Shavings, Eastern Oregon Alfalfa & Grass Hay

GALES UPHOLSTERY

ESTIMATES — SAMPLE BOOKS

503-429-6481

Hrs: Tues-Fri 10-6...Sat 10-4 • 1-1/2 Miles north Vernonia Hwy 47

VCR Cleaning
\$18.95

Present coupon
prior to repair

\$10 OFF
TV REPAIR

DOES NOT APPLY TO COMBO TV

RAINBOW TV & ELECTRONICS

232 NE Lincoln, Suite J
Hillsboro, Oregon 97124

2 Blks East of Court • Ph/Fax: 503-640-5018



Meyer's Auto Body

GARY MEYER
Owner



Phone:

503-429-0248

493 Bridge Street
Vernonia, OR 97064

Building or
Remodeling?



Kitchens, Bathrooms, Windows, Skylights,
Tile, Counter Tops, Finish Carpentry,
Vinyl Floors & More!

Jim Morrison Jr. 429-0154

Licensed • Bonded • Insured CCB# 112057

BE HERE WHEN THEY NEED YOU!

7,000 readers see The INDEPENDENT twice a month and when they need service, they use

The INDEPENDENT
Service Directory - It Works

For Information Call 503-429-9410



POPPINO
PAINTING

FREE ESTIMATES

Licensed • Bonded • Insured • CCB No. 90548

503-429-7101



ECON-O-FAB
Pole
Buildings

CCB #51042
P.O. Box 6205
Aloha, OR 97006

503-649-5454