

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

THIS SPACE PAID FOR BY VERNONIA SENTRY
AS A COMMUNITY SERVICE TO OUR AREA

Speed Limits

SPEED
LIMIT
25

Because of numerous complaints about speeding, the Vernonia Police Department has been putting the radar reader board in locations where drivers can see for themselves the speed they are maintaining.

Assuming that a word to the wise is sufficient, wise drivers will maintain the legal speed limit. Speed in excess of the legal limit may be very expensive.

SPEED
LIMIT
45

SPEED
LIMIT
35

Chief James Walters
Vernonia
Police Department



Santa Claus needed a lot of helpers for the annual Vernonia Toy & Joy program, among them are the volunteers pictured above. The two assistant Santas were Matt Poetter and Ray Cota; other helpers included Shelley Cota, Katie Poetter, Holly and Wayne Vaughn, Teresa Bernardi, Christie Brown, Ben Davis, John Ragsdale, Darrell Wolfe, Jeremy Woodall and Scott Swaner.

Use caution with nonprescription drugs and kids

Non-prescription, or over-the-counter drugs are more numerous than ever today. In fact, more than 600 products sold over the counter today use ingredients or dosage strengths available only by prescription 20 years ago. Rarely are these non-prescription

drugs packaged specifically for children, so it's important to take special precautions when giving them to youngsters.

Here are some tips from the U.S. Food and Drug Administration for safely using non-prescription drugs with children.

Children aren't simply small-

er versions of adults, so don't estimate the dose based on their size. Read the label carefully and follow all directions.

Double check instructions that call for exact quantities of drugs. Be sure you know the difference between a tablespoon (abbreviated as Tbsp.) and a teaspoon (tsp.) The difference between the two measurements is significant for children.

Be careful when following dose instructions. If the directions call for two teaspoons, it's best to use a measuring spoon or dosing cup marked in teaspoons rather than common kitchen silverware.

Be sure to follow age limits listed on the label.

Sunnyside Cafe

Daily Lunch & Breakfast Specials

ORDERS TO GO: 503-429-4810

Open Daily 5 am-2 pm • 58360 Nehalem Hwy. S., Vernonia

Community Calendar

JANUARY	FEBRUARY	MARCH	APRIL
S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

VERNONIA

Al-Anon	Mondays	6:30 p.m., Head Start Bldg.
Alcoholics Anonymous	Mondays	6:30 p.m., Head Start Bldg.
Alcoholics Anonymous	Saturdays	7:00 p.m., Head Start Bldg.
Arts & Crafts Society	2nd Thursday	2:00 p.m., City Library
Boosters	2nd Wednesday	7:30 p.m., VHS Library
Boy Scout Troop 201	Tuesdays	7:00 p.m., Head Start Bldg.
Boy Scout Troop 860	Wednesdays	7:00 p.m., LDS Church
Cemetery Beautification Comm.	2nd Thursday	7:00 p.m., City Library
Chamber of Commerce	2nd Wednesday	Noon, Lew's Place
Doll Club	4th Tuesday	1:00 p.m., Senior Center
Girl Scouts	Thursdays	6:30-8 p.m., Christian Church
Izaak Walton League	3rd Thursday	For location call 429-7193
Lions Club	1st & 3rd Tuesdays	6:30 p.m., Lew's Place
Narcotics Anonymous	Thursdays	6:00 p.m., Head Start Bldg.
Nehalem Valley Car Club		For Info Call 429-4074
Preschool Story Hour	Mondays	10:30 a.m., City Library
Upr Nehalem Watershed Council	4th Thursday	For location call 429-2401
Vernonia Airport Committee	3rd Wednesday	7:00 p.m., City Library
Vernonia Cares Directors	1st Thursday	For location call 429-1414
Vernonia City Council	1st & 3rd Mondays	6:30 p.m., City Hall
Vernonia Comm. Dev. Corp.	2nd Tuesday	Noon, City Hall
Vernonia Grange	2nd Friday	7:00 p.m., Grange Hall
Vernonia Health Center	2nd Thursday	6:00 p.m., 510 Bridge St.
Vernonia Planning Comm.	1st Thursday	7:00 p.m., City Hall
Vernonia Pride		For Info Call, 429-5201
Vernonia Ridge Riders	Last Thursday	7:00 p.m., City Library
Vernonia RFPD Board	2nd Tuesday	7:00 p.m., Fire Station
Vernonia School Board	2nd Thursday	8:00 p.m., District Office
Vernonia Sr. Center Board	1st Friday	1:00 p.m., Senior Center
Vernonia Volunteer Firefighters	2nd Monday	7:00 p.m., Fire Station
WOEC Directors	3rd Tuesday	7:00 p.m., WOEC

MIST-BIRKENFELD

M-BRFPD Board	2nd & 4th Tuesday	7:30 p.m., Main Fire Station
M-B Ambulance Assoc.	1st & 2nd Thurs.	7:00 p.m., Main Fire Station
M-B Firefighters Assoc.	1st & 2nd Wed.	7:00 p.m., Main Fire Station
M-B Rescue	3rd Wednesday	7:00 p.m., Main Fire Station
M-B Helping Circle	2nd Wednesday	10:00 am, 755-2346 for info.
Natal Grange	2nd Wednesday	7:30 p.m., Grange Hall
T.O.P.S.	Sundays	7:00 p.m., Main Fire Station

BANKS

Alcoholics Anonymous	Fridays	8:00 p.m., Methodist Church
Banks City Council	2nd Tuesday	7:30 p.m., City Hall
Banks Planning Commission	Last Tuesday	7:00 p.m., City Hall
Banks School Board	2nd Monday	7:30 p.m., Jr. High Library
Banks Youth Group	Sundays, Wednesdays	7:00 p.m., UMC Youth Bldg.
Chamber of Commerce	1st Thursday	12:30 p.m., Brown Derby
Citizen Participation Org.	3rd Monday, odd months	7:15 p.m., City Hall
Friends of the Library	1st Saturday	10:00 a.m., City Library
Lions Club	1st & 3rd Wednesdays	7:00 p.m., Methodist Church
Sunset Park Assoc.	3rd Wednesday	8:00 p.m., Gun Club
T.O.P.S.	Wednesdays	7:00 p.m., Administration Bldg.
Tri-City RFPD Board	2nd Wednesday	7:00 p.m., Station 13

COLUMBIA COUNTY (All meet in St. Helens unless otherwise noted.)

Board of Commissioners	Wednesdays	10 a.m., Courthouse
Citizens for Senior Justice	2nd Tuesday	7:00 p.m., Sunset Park Church
COLCO Transportation	2nd Friday	10:30 a.m., Courthouse
County Council of Seniors	2nd Friday	1:00 p.m., Courthouse
County Fair Board	2nd Monday	7:00 p.m., Fairgrounds 4-H Bldg.
County Parks Commission	3rd Monday	6:00 p.m., 1054 Oregon St.
Emergency Comm. Dist. (9-1-1)	3rd Tuesday	7:00 p.m., Courthouse
Historical Society	4th Wednesday	Noon, location call 429-3713

Organizations and meeting dates not listed may be included by calling 429-9410 or by mail to The INDEPENDENT, 725 Bridge Street, Vernonia, OR 97064.