

Flu shots come to Vernonia on Dec. 3

From page 1
 in deciding who will receive flu shots at this clinic. The guidelines allow shots for:

- Adults 65 or older,
- Children 5-23 months old,
- Anyone 2-64 with a chronic health condition (kidney dis-

ease, heart disease, diabetes, asthma, cancer, HIV/AIDS, or anyone on immune therapy because of organ transplant),

- Over 14 weeks pregnant,
- Caregivers or household members of an infant younger than 6 months,

- Health care workers involved in direct patient care,
- Children 6 months to 18 years on chronic aspirin therapy.

The CDC has allocated flu vaccine to Oregon DHS Department of Health and Human Services, who passed the vaccine on to the counties.

For questions, call Public Health at 1-800-244-4870.

Holiday organization ideas given

From page 9

- Whenever you find yourself frustrated, step back, take a deep breath and try to see the comedy in whatever is bothering you at the moment.

- After the holidays, take time to pack your holiday decorations in an orderly fashion and next year will be a breeze.

- Wrap strings of lights or garland around empty paper towel or gift-wrap tubes.

- Put gift tags in a large envelope.

- Store ornaments in holiday decorated boxes or tins pretty enough to set under the tree during the holidays.

- Roll up leftover gift-wrap and store inside the tube to keep it fresh for next year.

Friends of B-V Park set December meet

The Friends of the Banks-Vernonia State Park will hold their December 9 meeting at the Brown Derby Restaurant in Banks at 7:00 p.m. The meeting will be preceded by a no host dinner at 6:00 p.m.

All those interested in participating in activities that support or improve the B-V Trail are invited to attend.



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