

Be prepared for winter driving

Are you prepared for winter driving?

Drivers can start preparing for potential emergencies with these simple tasks:

Stock your car with basic winter driving equipment:

- snow chains
- a scraper and brush
- blanket
- heavy boots and warm clothing
- a flashlight with batteries
- small shovel, tow chain and

- bag of sand or cat litter
- jumper cables
- road flares

Fill your gas tank and don't run low on gas.

Check your car and be sure it's running properly, including oil, tire pressure and treads, wiper blades and fluid, battery, anti freeze, headlights and more.

When bad weather hits, state, county and city crews try to keep roads clear with sand/gravel, de-icing chemicals and snow plows. These efforts help, but drivers shouldn't expect all roads to be ice-free and shouldn't drive as they do when it's dry and warm.

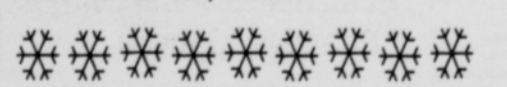
Drivers are advised to:

- Leave plenty of stopping distance between your vehicle and the vehicle in front of you, even if you have four-wheel drive.

- Take it slow and pay attention to traffic conditions.

- Pay special attention to bridges, on-ramps, off-ramps, and curves where ice forms first and melts last.

Most important is if you don't have to drive, don't.



Senior News

By Karen Miller



A-A-A-ARG!!!! You have not signed up yet?? We appreciate all of you who

have paid your \$10 dues for 2005! Dues are for January through December. Members get voting privileges and percentages off their purchases in our thrift store. Your dues help keep your Center operating: A place for good food, fun and fellowship around a warm and cozy stove. Read this column for upcoming events and news!!

Welcome back Golden Oldies music band member Eleanor Thompson who had been dealing with some health issues, but getting good care from Band President Duke Goetler.

Member News: It was good

Board of Comm. meet schedule

The Columbia County Board of Commissioners (BOC) meet every Wednesday at 10:00 a.m. They also hold work sessions on the second and fourth Tuesday of each month at 10:00 a.m. Staff meetings are every Wednesday at 2:00 p.m.

All BOC meetings are open to the public and are held in Room 308 of the Columbia County Courthouse, located at 230 Strand Street, St. Helens.

For special accommodations, call the Board office at 503-397-4322, the day before the meeting.

to have Pat Derrick back eating lunch with us; Pat's health is also improving.

Newspapers: We still accept your neatly bagged newspapers. They are faithfully picked up on a regular basis and the money from them is donated to Cancer Research.

Volunteers: We can always use any help in our thrift store; also anyone available to help drop off excess donations out of town. Thank you to Larry Bernardi, Alan Russell, and Bill James for your help. We are taking applications for hostess here at the Center.

Need a room rental? Our dining hall is available for use Monday nights, Thursday nights and Saturday afternoon and evenings. Our fee is on a donation basis.

55 Alive senior driving class is coming in February. This is not only educational, but for only \$10, it may reduce your insurance rates! You don't need

to be 55 to sign up.

Next Up: Jane Allen and her assistant from the Grove Assisted Living in Forest Grove will be here January 26 with their ice cream and toppings; they bring it all...you eat it all! It is a donated special treat.

SENIOR ADVOCATE SERVICE PROVIDED: Senior Advocates provide current information on services available to seniors age 60 and up. They help access needed services and work through any barriers or problems encountered when trying to obtain services.

LEGAL AID SERVICES:

Community Action Team has limited funding for seniors 60 years old and older residing in Columbia County. Call my office at 429-9112 to see if this service can meet a need for you.

FOOT CARE: Available here at the Center on the second and last Friday of the month. Limited funding is available

through Community Action Team for this service. Call my office to sign up.

REMEMBER:

- Pastries and bread Wednesday and Saturday a.m.
- Bingo, Mondays at lunch.
- Music with the Golden Oldies on Wednesdays.
- Games on Thursdays.
- Willoughby Hearing every second Friday at 11:00 a.m.
- Sign language class on Mondays, 10:30 to 11:30 a.m.
- Free blood pressure checks the first and third Tuesdays, 10:45 to 11:45 a.m.

If you know of a senior who would like a visit from the Senior Advocate or who has any senior needs and concerns, call our office.

INFORMATION NUMBERS

Senior Advocate...429-9112

Senior Center.....429-3912

Transportation.....429-4304

2005 My Fair Lady Court



Nominations Needed

The My Fair Lady Pageant is looking for nominees for the 2005 My Fair Lady Court. The pageant is held during the Columbia County Fair each year to recognize senior women for their outstanding service to our community.

If you would like to nominate someone for the My Fair Lady Court, contact Nancy Harwood at the Columbia County Retired and Senior Volunteer Program (RSVP) at (503) 397-5655 or rsvp@crpud.net for an application.

Nominations will be accepted from each community in Columbia County. Nominees must be 55 years or older but do not need to be a member of RSVP or their local senior center. Deadline for nominations is March 1st.

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