

Community

Police caught helping citizen



Officer Mike Conner was caught in the act of a good deed, last week, when he came to the aid of a citizen at Vernonia Lake with a flat tire.

Spell up a storm at spelling bee

Spell up a storm at the Vernonia Senior Spelling Bee on Saturday, January 13, 2007, at the Vernonia Senior Center starting at 1:00 p.m. Entrants must be at least 50 years of age.

There is a sign-up sheet at

the Senior Center or you can call Audeen at 503-429-9700 to register, or for more information.

Come in out of the cold, have a cup of coffee, and win a trophy!

Beware of repair scams after storm

Because December's wind and rain storms damaged many homes and structures, the Construction Contractors Board (CCB) is warning Oregon homeowners not to fall victim to thieves pretending to be legitimate contractors. Homeowners whose property is damaged are prime targets.

The CCB has the following advice: Be wary of door-to-door repair solicitations, contractors using vehicles with out-of-state license plates and "too-good-to-be-true" bids. Don't pay 100 percent of the bill before the repairs are properly completed.

If roofs, windows, fences, or patio coverings are damaged, or if you have downed trees that should be removed, "Stay away from unlicensed contractors," said CCB Enforcement

Manager Richard Blank. "Scam artists come out of the woodwork after severe weather to prey on people anxious to get their homes fixed because more winter weather is on the way."

Check with the CCB to make sure a contractor is properly licensed. A license offers some financial protection to consumers through the business' CCB bond and insurance. Consumers can verify a contractor's CCB license on the internet at www.oregon.gov/CCB, or by calling 503-378-4621 before signing a home repair contract or paying any money.

The CCB licenses more than 43,000 contractors. Free consumer publications with helpful tips are available at the CCB website.

Senior News

By Karen Miller



So as of this writing, December 18, some of us are still living in the dark ages as we are awaiting the return of electricity! I am wondering how many families played scrabble by candlelight; I didn't...but I did read *How the Grinch Stole Christmas* by flashlight to my granddaughter; she thought camping at Gampy's house was great fun; except for the bathroom trips outside, that is. Through it all, we will emerge with a new resolve, to be more thankful for what we have and take for granted, and thankful for friends and family and yes, even strangers, who looked out

for one another.

I am excited to announce that Community Action Team has provided this center with a Preventative Health grant and we will be using these monies to fund another Health Screening here at the center on Saturday, February 3, 2007. If you are a senior 60 and over, you can sign up for this, it consists of the following screenings by Health Watch Central: Cardio, Vision, a total lipid profile, HDL Panel, cholesterol, bone density, TSH (thyroid), PSA (prostate), glucose, and Hemoglobin. Especially for someone who may not be covered by insurance, don't miss this opportunity. Spots will go fast, call my office to sign up, 429-9112.

We wish to say thank you to the Middle School for hosting such a great Thanksgiving lunch for seniors at their school. Thanks for thinking of us in this most enjoyable man-

ner...eating!

Don't forget we have foot-care here twice a month, Come get your feet pampered for only \$15.00.

Community Action Team's Veteran's service rep: Joseph Pyle at 503-366-6580.

OK, I am scrambling to get this over to *The Independent* for last minute press time! I would like to say thank you to *The Independent*, Rebecca and Clark, for allowing the Senior Center this space for their Senior News! Thank you.

Have a MERRY CHRISTMAS...And "God Bless Us Everyone!!"

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

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 first Friday at 11:00 a.m.
- Sign language class at 9:00 a.m. on Mondays.
- Breakfast every Friday, 7:30 a.m. to 9:00 a.m., \$2.50.

INFORMATION NUMBERS

- Senior Advocate...429-9112
- Senior Center.....429-3912
- Transportation.....429-4304

In The Service

Army Pvt. Caleb J. Isaacson has graduated from basic infantry training at Fort Benning, Columbus, Georgia.

During the nine weeks of training, the soldier received training in drill and ceremonies, weapons, map reading, tactics, military courtesy, military justice, physical fitness, first aid, and Army history, core values and traditions. Additional train-

ing included development of basic combat skills and battlefield operations and tactics, and experiencing use of various weapons and weapons defenses available to the infantry crewman.

He is the son of Emily Blatchford of Vernonia. Isaacson is a 2005 graduate of Vernonia High School.

Camelot Care Center

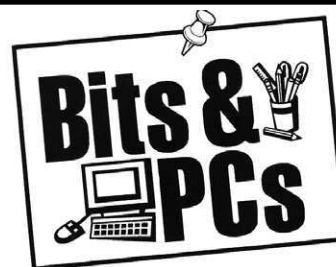
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842 Madison Ave., Vernonia