

Housing rehab. loans are available

Does your home need repairs? Perhaps your roof needs to be replaced, faulty wiring or plumbing to be upgraded, or a new furnace installed. Low-to-moderate income homeowners may qualify for loans with no interest and no monthly payments for various structural repairs, foundation work, energy saving measures, or other critical health and safety repairs.

City of Astoria has partnered with Community Action Team, Inc. (CAT) to apply for an Oregon Community Development Block Grant to provide loans for

home repairs. In addition, CAT has received a Housing Preservation Grant from USDA — Rural Development, which will also be used for home repair loans.

Requirements for the program include: must own and reside in a home in Columbia, Clatsop or Tillamook Counties; must meet income requirements; and property must meet eligibility requirements of the program.

For more information or to apply, contact Katie Lewis at CAT at 1-800-955-1675.

Traits of prosperous communities listed

What will it be like to live in Columbia County in 10-20 years. Real changes in how we live, travel and work may be expected. Robert Coppedge, an Oregon State University Extension rural development specialist, noted how communities that prosper in times of transition share many of the following traits:

1. Evidence of community pride: Successful communities are often showplaces of care and attention. Neat homes, nice parks, good libraries, walking paths, and community celebrations.

2. Emphasis on quality in business and community life: People in successful communities believe that something worth doing is worth doing right. Institutions and facilities are built to last.

3. Willingness to invest in the future: People concern themselves with how and what they are doing today will affect their lives and the lives of their children, grandchildren and others who will come into the community.

4. Participatory approach to community decision-making: Power is deliberately shared. Leaders work through the systems, formal and informal, to build consensus.

5. Cooperative community spirit: The stress is on working

together toward common goals and the focus is on positive results.

6. Strategic realism: Successful communities build on strengths and minimize their weaknesses.

7. An active economic development program: Usually a public-private partnership that develops the potential of existing businesses and recruits new ones that fit the community well.

8. Deliberate transition of power to a younger generation of leaders: Careful cultivation of under 40 year-old educational, civic and business talent.

9. Women in leadership roles: The community supports capable women leaders in entrepreneurial and civic positions.

10. Strong belief in and support of education: Education is the foundation of communities. It develops leaders and encourages knowledge-intensive in-

dustries to locate in the community.

11. Problem solving approach to health care: Local health care is a concern for all and there are a lot of ways to deliver that care.

12. Strong multi-generational family orientation: For both old and new families.

13. Sound and well-maintained infrastructure: This takes planning with the future in mind.

14. Careful use of fiscal resources: Prudent and thoughtful with community buy-in.

15. Sophisticated use of information resources: Getting information is easier. Knowing how to use it is critical.

16. Willingness to seek outside help: A wise community knows how to hire the right outside talent for specific needs.

17. Conviction that, in the end, you have to do it yourself.

Source: Chip Bubl, OSU Extension Faculty

Make Vernonia Shine on April 28

Mark your calendars for April 28, Make Vernonia Shine 2007. Get ready to register at 9:00 a.m. in front of Providence Medical Center. This will be the 14th annual clean up day.

Volunteers are needed with pickups, weed eaters, chainsaws, etc. There will not be a free dump day this year, but

there will be curbside scrap-metal pickup and a dumpster for yard debris at the vacant lot across from the library. Call 503-429-4019 to arrange for curbside pickup.

Work time is from 9:00 a.m. to 1:00 p.m., then all working volunteers can enjoy a free lunch at the Scout Cabin.

Encourage girls to be physically active

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commit to walking for 30 min-

utes a day for three weeks. When they've reached their

goal reward them, and set a new one.

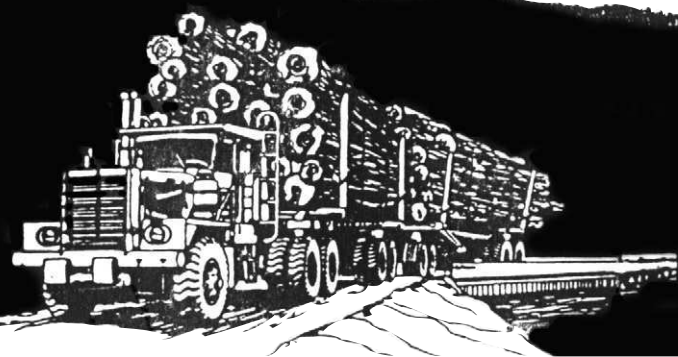
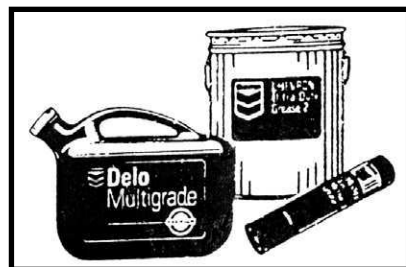
Even if your own knowledge of sports is limited, that shouldn't stop you from getting actively involved. Grab a soccer ball or playground ball and find an open space indoors or outdoors, free of fragile, breakable objects. Start by standing fairly close and gently kick the ball to each other. Experiment by kicking the ball with different parts of your feet to see how it affects your aim and how the ball moves. As you get more confident, stand farther and farther apart, seeing how well you can aim. If you have poor aim, don't worry — just laugh it off and use the opportunity to run after the ball and get some exercise in the process!

Article provided by Jazzer-cise. For more information on Jazzercise go to jazzercise.com or call 1-800-FIT-IS-IT

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