

Wrestling; team aspect of the sport explained

From page 21
that average member. Verbalize your team commitment and

work to support that commitment by supporting your decisions to improve; to quote a fa-

mous author, "Get hung by the tongue."

Top things every senior should know

From page 9
your "free" report.

8. Consider signing up for the do-not-call registry. Registering your phone number with the do-not-call registry will reduce the number of unwanted calls you receive. To register your phone on the national reg-

istry, call 1-888-382-1222. You can still be called by charities, political parties, pollsters, and businesses with which you have a relationship, but telemarketing calls will stop.

9. Read the fine print on gift cards. Gift cards are not all the same. Some cards expire after

a certain amount of time. Other gift cards charge a fee for transactions or inactivity. If you are going to give someone a gift card, be sure that you understand the fees associated with the card.

Source: *Missouri Family Newsletter*

ABCs of diabetes and eye care discussed

From page 8
warning signs. Over time, however, the vision blurs and everyday tasks become more difficult. Vision loss cannot usually be regained.

EyeCare America's Diabetes EyeCare Program is designed for people who:

- Are age 65 and older
- Are U.S. citizens or legal residents
- Have not seen an ophthalmologist in three or more years
- Do not have insurance through an HMO or the VA

People eligible for a referral through the program receive a comprehensive, medical eye exam and up to one year of

care at no out-of-pocket cost for any disease diagnosed during the initial exam. Volunteer ophthalmologists accept Medicare and/or other insurance reimbursement as payment in full. Individuals without insurance are seen at no charge.

For a Diabetes EyeCare Program referral, those interested may call 1-800-272-EYES (3937) toll-free, 24 hours a day, every day, year round.

To learn more about diabetic retinopathy, its risk factors and treatment options; view informative videos; and to learn how your vision would be affected by diabetic retinopathy, visit

www.eyecareamerica.org.

Founded in 1985, EyeCare America, a public service program of the Foundation of the American Academy of Ophthalmology, is committed to the preservation of sight, accomplishing its mission through public service and education. EyeCare America's (ECA) public service programs provide eye care services to the medically underserved and for those at increased risk for eye disease through its corps of 7,000 volunteer ophthalmologists dedicated to serving their communities.

WEATHER REPORT

SEPTEMBER 2009

DATE	TEMPERATURE		PRECIP. AMT.
	HI	LO	
1	72	46	--
2	82	43	.03
3	75	47	--
4	71	47	.23
5	66	50	.17
6	63	51	.40
7	67	41	.01
8	73	41	--
9	72	49	--
10	79	48	--
11	91	43	--
12	89	44	--
13	67	53	--
14	74	49	--
15	80	45	--
16	69	45	.09
17	70	43	--
18	84	41	.19
19	66	42	.01
20	68	40	--
21	84	34	--
22	91	36	--
23	86	37	--
24	68	43	--
25	74	39	--
26	69	35	--
27	77	32	--
28	64	32	.02
29	60	37	.20
30	57	46	.01

Temperature and precipitation amounts are from the official U.S. weather station at the Vernonia water plant. Measurable precipitation in September totalled 1.36 inches.

WEATHER REPORT

OCTOBER 2009

DATE	TEMPERATURE		PRECIP. AMT.
	HI	LO	
1	61	46	.08
2	57	33	.07
3	54	33	T
4	63	34	--
5	65	29	--
6	68	30	.01
7	65	37	--
8	67	36	--
9	64	35	--
10	60	30	--
11	54	24	--
12	55	28	--
13	53	36	.59
14	59	45	.60
15	58	44	T
16	64	46	.01
17	66	52	.07
18	60	50	.20
19	59	48	.01
20	59	47	.23
21	63	44	.02
22	56	50	.01
23	57	41	.37
24	57	38	--
25	51	39	.16
26	54	40	.65
27	51	31	.13
28	49	31	.50
29	50	42	.07
30	57	48	.23
31	56	41	T

Temperature and precipitation amounts are from the official U.S. weather station at the Vernonia water plant. Measurable precipitation in October totalled 4.01 inches.

Action Ads

HELP WANTED

Deputy District Attorney - Level 1
Columbia County, Oregon
Part-time 24 hrs/week
See web site for details
www.co.columbia.or.us
Columbia County, 230 Strand, St. Helens, OR 97051, 503-397-3874
Deadline: 5:00 pm November 18, 2009 EOE B11/05

Accounting Clerk
Columbia County, Oregon
See web site for details
www.co.columbia.or.us
Columbia County Civil Service, 230 Strand, St. Helens, OR 97051, 503-397-3874
Deadline: 5:00 pm November 23, 2009 EOE B11/05

Caregivers, Company & Care in St. Helens is seeking Vernonia caregivers for possible future Vernonia clients. Seeking dependable, flexible people - great job for retirees. Call 1.888.226.4211 for a job description or companyandcare.com.
B10/15-11/05

CARD OF THANKS

Thank you from the family of Myra Baska for your prayers, cards and flowers. Thank you also for the food for the luncheon. Vernonians are always there for you and we are very thankful to live in this caring community. Thank you for sharing in her memorial service. A special thank you to the ladies who did such a great job of taking care of the luncheon.

CLASSES

CPR & First Aid, adult, child, infant courses, AHA and ASHI programs, On-site or Off-site, Individual or group. 503-543-2821 or <http://www.abcforlife.net>. BTFN

NRA handgun safety course. Meets concealed handgun requirements. 503-709-1878 or www.abcforlife.net. BTFN

MISCELLANEOUS FOR SALE

Hay for sale, 503-429-7503. BTFN

MISCELLANEOUS WANTED

Buying junk or scrap metal. 503-429-0123 or 503-369-1924. B11/05

Roommate wanted. \$400 a month, includes utilities. For DHS reasons - must be female. Call John 503-429-1609. B11/05

Action Ads

INEXPENSIVE - EFFECTIVE

503-429-9410

SERVICES

Lulu's Antique Refinishing Repair & Caning

If your furniture isn't becoming to you, you should be coming to me.
Antiques Bought & Sold
429-7633 Eves.

SERVICES

KARMEL'S FLOWER PATCH

Floral Arrangements for all Occasions, Houseplants, Plant & Gift Baskets

503-429-9273

Handyman: Reasonable rates, all work guaranteed. Call Brian at 971-242-9076. P10/01-12/17

I do weddings! Select your vows from my collection, or write your own. I'll help you make your wedding day as special as you want it to be. 503-397-5868. BTFN

Animal Communication with your pet, any species. I get the animal's answers to your questions. Results guaranteed, \$30. Call 503-429-0269. BTFN

TRIVIA ANSWERS

(from page 17)

1. Pioneers who settled Oregon.
2. Portland-born creator of *The Simpsons*.
3. Via the Oregon Trail, in the 1850s.
4. *Oregon Literature*, in six volumes.
5. Renowned swimming coach (1914-1949) at the Multnomah Athletic Club whose "Cody Kids" won a host of individual, team and nat'l championships, as well as Olympic gold in the women's 4x100 freestyle relay at the 1948 games in London.
6. Originally called Hardhack Island, due to the native vegetation, sailors corrupted the name to Hardtack Island for navigational coincidences.