

Senior News

By Karen Miller



Sorry if you missed our Christmas Bazaar last weekend. See you next year. Oh wait, come in and get your raffle tickets for a decorated Christmas tree, \$1.00 per ticket, or six for \$5.00.

Come join us for our Thanksgiving Dinner on Wednesday, November 18. Best come early for a seat! That's usually the way it is around here for our popular special occasions!

Pauline says to remind everyone to come in and browse our Christmas selections – lots to pick from.

For any new readers to this column, we have great breakfasts on Friday mornings from 7:30 to 9:00 a.m. Only \$3.50 plus \$1.00 maple bars every day.

A few reminders on staying healthy! The six germiest places to always wash your hands after contact:

- 1) shopping carts
- 2) cutting boards
- 3) first floor elevator buttons
- 4) ATM enter keys
- 5) your desktop
- 6) playgrounds (I'm too weak for the monkey bars, myself, so no worries there.)

Till next time, keep the hand sanitizer handy!

Vernonia Senior Center: 503-429-3912.

Come learn about 1979 logging

A presentation, by Merv Johnson, about BCH Logging (Fred Bush) at Humbug Mountain entitled Logging – How It Was in 1979 will take place at the Vernonia Library on No-

vember 21, at 1:00 p.m.

This will be the first showing of photographs taken at this logging site by Johnson. Come see what logging was like in the rough terrain of Humbug Mt.

In The Service

Air Force Airman Russell M. Lende III recently graduated from basic military training at Lackland Air Force Base, San Antonio, Texas.

The airman completed an intensive, eight-week program that included training in military discipline and studies, Air Force core values, physical fitness, and basic warfare principles and skills.

Airmen who complete basic training earn four credits toward an associate in applied science degree through the Community College of the Air Force.

He is the son of Shelly Huson and Russell Lende of Vernonia, and grandson of Russ Lende Sr. of Seaside. Lende is a 2006 graduate of Vernonia High School.

Changes required for Toy & Joy

The Vernonia Rural Fire Department's (VRFD) Toy & Joy program for this year has been restructured. With new personnel and new volunteers, VRFD reviewed the Toy & Joy program requirements and have determined that the program allows them to serve only certain age groups. This year the program will be able to serve children from birth to 14 years of age.

"The entire program will be re-evaluated after this year to determine whether Toy & Joy, or a different program, will better serve this community in the future," said acting Fire Chief Dean Smith.

Applications for the program are available at the Fire Hall, at

The Independent office (725 Bridge St.) or at any of the locations where donation barrels are located: Black Bear Coffee Co., Creatures, and Sentry Market. Applications must be returned by December 13 in order for volunteers to have time to shop.

Xmas parade route to change

There has been a route change for the Lighted Christmas Parade on December 5. The parade will now start on State Ave., turn right onto Bridge St. and finish at City Hall.

Vernonia gets to hear Army Band

The 204th Army Band will give a free performance at Vernonia's Washington Grade School auditorium at 7:00 p.m. on Saturday, December 5, after the parade and city tree lighting.

The performance will include some holiday selections, some patriotic songs and some band classics.

Though free, tickets will be required at the door and may be obtained at Black Bear Coffee Company, Creatures Pet Store/Vernonia Florist, Sentry Market and at the Vernonia School District Office on Bridge Street.



Photo: Clatskanie Chief

The longest 72 hours you'll ever spend at home. Are you prepared?

A winter storm hits and the power goes out. Rain swollen rivers flood the region. Icy conditions keep you stuck at home without heat. Even though our emergency teams in Columbia County are equipped for the unexpected, severe winter weather could leave your family stranded for days. Columbia 9-1-1 urges your family to prepare a 72-hour kit that will help you survive for up to three days.

Pack all of these items in a large waterproof tub or garbage can and store it in an easily accessible place. Go to www.redcross.org for more detailed ideas.

Water. Provide a gallon of drinking water per person per day.

Food. Store a generous supply of canned or dried foods; include a can opener. Remember your pets too.

Light. Have a flashlight at the top of the tub; extra batteries are a good idea.

Warmth. Your kit should have a blanket for everyone, plus warm clothes, hats, gloves and socks. Plan to layer up.

First aid. For starters, a kit should have bandages, gauze, tape, antiseptic, pain medication and scissors.

Communication. Keep fresh batteries in a portable radio and a fully charged cell phone on hand.

Your family should also have a disaster plan. Discuss where to meet inside and outside your own home, what to do if you are separated and whom to call for help or to leave messages. Include phone numbers for utilities and our local public information call center. Also consider making plans with your neighbors.

Finally, when the weather is threatening, or there's a disaster of any kind, stay informed. Listen to the radio, or if you have power, rely on the internet for updates. Follow emergency instructions as best you can. Columbia 9-1-1 asks for your help in keeping the emergency phone lines clear—only call 9-1-1 for life-threatening emergencies. As always, we will be assisting emergency personnel around the clock to keep everyone in our communities safe.



Columbia 9-1-1 Communications District. Always there.




**Put a gift in our
VRFPD
Toy & Joy
Barrel and
Get a Free
Specialty
Coffee Drink.**

831 Bridge St. Vernonia, OR 503-429-0214