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Vernonia Lions Club Holds Monday Meet

The Vernonia Lions club met Monday, November 5, at the school district office. Plans were discussed relative to participation in the community Christmas program. It was decided to again sponsor a widow decorating contest in the downtown area and the Christmas baskets. Ted Forbes will head the committee on window decoration and Harry Russell on the baskets.

The next meeting will be November 19, a ladies night. The group plans to travel to Hillsboro for the meeting.

The metropolitan area of Fairbanks, Alaska, has a population of about 40,000.



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Columbia County Pomona Grange Elects Officers

Arnold Tarbell of Warren Grange was re-elected Master of the Columbia County Pomona Grange at their regular meeting on Saturday, November 3 at Marshland Grange. Other re-elected officers included Steve Spinden, Yankton, Assistant Steward; Carl Maplethorp, Chapman, Chaplain; Orville Gilkey, Marshland, Treasurer; Fay Tarbell, Warren, Secretary; Esther Paine, Clatskanie, Ceres.

Other elected officers are Lucy Avis, Warren, Overseer; Joy Cernac, Chapman, Lecturer; Al Zachte, Chapman, Steward; Ed Huntsinger, Yankton, Gatekeeper; Pomona, Teresa Cernac, Chapman; Carol Cernac, Chapman, Flora; Lady Assistant Steward, Carol Hales, Warren; and Executive Committee, Lawton Wadell, Natal, Earl Avis and Ab Logan, Warren. The officers were installed following the close of the meeting with Lucy Avis as Installing Officer, Darlene Zachte as Marshall, Ollie Olen and Mary Logan as regalia and emblem bearers, Earl Avis as Master, Carl Maplethorp as Chaplain and Mary Stevely as musician.

Visitors for the day were Harry Colson, Master of Washington County Pomona Grange and Mrs. Colson and Sandi Ferguson, District 1 Youth Chairman all of Winona Grange, Washington County, Bob, Force, Master of Central Grange in Lane County and Bob Ludi, State Youth Master from Sandy Grange in Clackamas County. Agriculture Chairman Al Zachte reported that applications for forestry seedlings will be in the extension office soon, that fertilizer was in short supply due to foreign sales and that a pamphlet was available concerning soil sampling with directions for sending it in. The Legislative Chairman Earl Avis talked on shortages.

Junior Chairman Laurel Mollenhour relayed a request for skits wanted by Warren Junior Grange. Carol Hales, Youth Chairman, announced a conference of all Youth in the county to be held at Warren Grange on November 17 at 7 p.m. to discuss plans for youth participation in state grange contests. Any Grange youth, age 14 to 35, who would be interested in a drill team, talent, or anything pertaining to youth are invited to attend. Sandi Ferguson announced that the new Youth handbooks were out now and that a new contest - speaking - was included this year.

CWA Chairman Lucy Avis told of the changes in the Needlework Contest for this coming year and urged all to enter items in it and in the Sewing Contest which is the next contest to consider. The annual CWA Conference for the County will be held at Warren Grange on January 28, weather permitting.

Education Chairman Laura Hicks spoke on the idea of closing schools for saving fuel but that it was decided to have an Energy Saving week in December to teach children ways to save energy. She also read the "rules" for a teacher in 1872.

Pearl Becker told of her recent trip to Alaska on a Grange tour. Walter Mollenhour, President of Past Master's Club, reported on their last meeting on October 17 at Clatskanie Grange. New Officers had been elected - Lawton Wadell, president; Al Zachte, vice-president; Hazel Smith, secretary-treasurer; and Mary Logan, chaplain. The next meeting of the Past Master's Club is scheduled for January 16 at Warren Grange.

The Lecturer's Program following lunch served by Marshland Grange included musical

numbers by the Ken Richards family of Marshland, a report on Land Use planning by James Smith, and an article, "Getting Ready for Christmas" by Hazel Smith. Bob Force was called on for a piano solo and Harry Colson read a Letter to the Editor. The song "Beloved Grange" was the final number.

The next meeting of the Columbia County Pomona Grange will be held on February 2, 1974, at Yankton Grange.

VPD Reports Quiet Month

According to the October police report submitted to the city council Monday, November 5, under the signature of Chief of Police John Cunningham, it was a relatively quiet month.

The report showed five VBR's (violation of basic rule); with citations issued; one hazardous moving violation; two violations of vehicle laws; two DUI's with one arrest; six parking violations and one parking violation warning given; one failure to maintain control of vehicle; and one discharging weapon in the city.

Also shown were one burglary, cleared; nine misdemeanor thefts, with five cleared; and one auto theft, cleared. There was one assault and one narcotics cleared.

Arrests for other agencies totaled one; criminal warrants served, one, arrests referred to juvenile department, 17; and there were two bicycles recovered.

The department investigated one traffic accident; made 16 vacation home checks; aided at three fire calls; and located three missing persons. Three motorists were assisted, ambulance calls totaled four; animal complaints, 5; criminal mischief, three, assist to other departments, one and two attempted suicides.

Six reserve officers donated a total of 112 non-paid hours to the Vernonia Police Department while patrol car 130 logged 3,340 miles, the truck, 47 and the old police car (loaner) 68 miles for a total mileage of 3,455.

As You Live And Breathe

John J. Greve, M.D., President
Oregon Thoracic Society

TB is caused by a germ. But unhealthy living habits can set the stage for infection and disease. TB can flourish against a backdrop of poverty, where undernourished people live in cramped rooms with little fresh air and sunlight. TB germs are spread by the coughs and sneezes of someone who has live TB germs in his or her sputum. Overcrowding and poor ventilation are natural allies of the TB germ.

Poor people too often have poor health. And poor health affects the way the body's defenses work to fight off infections such as TB. When a healthy person breathes in TB germs, the germs are killed quickly by special cells that literally eat the invading germs. Or the germs are walled off and imprisoned by a ring of encircling cells, which close off the route of further infection. But when the body's defenses are down, the invading germs can continue their march through the lungs and body.

Three to ten weeks after live TB germs enter the body, the chemistry of every cell changes slightly. The cells become allergic to TB germs. And the allergy exists as long as the germs stay in the body, which may be for life. The tuberculin skin test can measure this allergic response. A doctor can prescribe pills to prevent the infection from developing into illness. Pills can also cure the illness if it has developed. Even though TB thrives in an environment of poverty, anyone can have the disease. Everyone should have a tuberculin skin test at least once to find out his or her TB status. Using Christmas Seals is another way to help the fight against TB. Christmas Seals support the Oregon Lung Association's fight against TB, emphysema, air pollution and cigarette smoking. Continuing the fight is a matter of life and breath.

Clatskanie Tops UGN List of Contributors

Clatskanie tops the list of United Good Neighbor contributors by reaching \$4,832 or 120 percent of their goal for this year's UGN campaign. County-wide the total is \$18,374 with 53 percent of their goal received thus far. Rainier has reached \$1031, or 18 percent of their goal; St. Helens \$9,661, 42 percent; Scappoose, \$1,570 or 62 percent and Vernonia with \$1,280 or 64 percent of their goal.



DEBBIE GALLIANO and Mark Jorg take a few minutes off from their busy schedule to relax following their performance at the Lincoln Grade School. She is the daughter of Mr. and Mrs. Dale Walker of Vernonia.

CARC Views Film On Care Handicapped

"Picture crib after crib of severely retarded children, eyes dull and listless, bodies thin, crippled and deformed, some unable to see or hear, most unable to speak. These are youngsters, ages three to ten years at the Sonoma State Institution in California. Life consists of being washed, fed, diapered, then the routine begins all over again. There were no federal or state funds available to promote or improve the present program. The staff got together and decided life just had to become more meaningful for these youngsters."

They began with the hospital therapist showing nurses and aides how - by taking a few extra minutes a day - to properly exercise the child's limbs as they washed and bathed them. She introduced the use of booster pillows placed around the child's body to prevent further crippling from lying on one side too long. New ways of bringing a smile to a once blank face or a sign of recognition became a real challenge to the staff. Awareness of a black hen perched on the foot of a crib, or seeing the wonderment on a little girl's face as she ran her fingers through the fur of a bunny rabbit, more than repaid the staff's extra time and effort put into the program.

The staff's enthusiasm was contagious, soon teenagers from the nearby town were taking the youngsters for a stroller ride on the institution grounds. Senior citizens, parents and staff rocked them, talked to them, and loved them. There were no big miracles; one of the youngsters who previously drank her food from a straw is now being spoon fed. The constant crying in the ward has ceased and because of the staff's concern life for these youngsters will continue to be a little brighter.

There was not a dry eye in the room when Mrs. Carol Hall, Program Chairman for the Columbia Association For Retarded Children finished showing this film, "Somebody Waiting," at the October CARC general meeting.

Mrs. Angie Noelle CARC president, chaired the October 23 meeting held at the Warren Grade School. Members voted to hire Joan Warren for the position of bookkeeper. Mrs. Amanda Kammer was appointed to head a special committee to gather revenue sharing data. Mrs. Helen Kieger reminded members that beginning January 1 at Social Security will administer a new program called Supplemental Security Income.

SSI will provide monthly cash payments to people with little or no income who are disabled. A disabled child may himself be eligible for benefits and it is not necessary for the child's parents to be retired, or disabled, or deceased. The amount of benefit will depend in part on the income of the parents. Disabled individuals may be eligible for a basic cash benefit up to \$130 to \$195 for a couple. This is a different payment from Social Security and is paid out of a separate fund, she said.

Drinking Increases License Loss Odds

Oregon drivers continue to lose their driving privileges in greater numbers than last year, according to statistics released Monday by the Oregon Motor Vehicle Division. So far this year, 41,404 drivers have had their licenses temporarily suspended, revoked or cancelled, a 12 percent increase over last year. In September, 4,413 persons lost their licenses, compared to 4,261 suspensions, revocations and cancellations for the same period last year. "If you drink and drive in Oregon, your chance of losing your license is also increasing," according to MVD. In September, 919 persons received mandatory suspensions for driving under the influence, an increase of 14 percent over September, 1972.

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Fire Alarms Only - Phone 429-3131
VERNONIA POLICE DEPARTMENT
Dial 429-5141
VERNONIA CITY HALL 429-5291
COLUMBIA COUNTY SHERIFF
Emergency: Vernonia Area 429-5141 - Business: 397-2511
OREGON STATE POLICE
8 a.m. to 3 a.m. - Beaverton Office - 643-4702
3 a.m. to 8 a.m. - Dial "O", ask for Oak Grove 654-6533
St. Helens office - Phone: 397-3131

Recorder's Court . . .

Recorder/Judge
Wm. E. Nelson
2126 - Christopher A. Smith; no operator's license. Plea, guilty; fine \$6.
2127 - Steven Gene Borders; more noise than necessary. Plea; not guilty; found guilty by court; fine \$17.
2128 - Mark Patrick Hicks; expired license. Bail forfeited, \$11.
2129 - Ray Leslie Stanbury; improper passing on hill. Plea, guilty; fine \$11.
2131 - James Robert Lucas; illegal U-turn. Plea, guilty; fine \$11.
2123 - Wm. Richard Pascoe; VBR 35 - 25. Plea, guilty; fine \$11.
2133 - William James Bruce; VBR 35 - 25. Plea, guilty; fine \$11.
2134 - Ado Pool; VBR, 40-25; Plea, guilty; fine \$16.
2135 - Buck Holsey; DUI. Deferred to citation No. 1979
2136 - Buck Holsey; DUI with blood alcohol over .15 percent. Plea, guilty; fine \$255.

La Leche League To Hold First Meeting

The newly organized Vernonia group of La Leche League will hold its first meeting on Wednesday, November 14, at 1 p.m. at the home of Mrs. Robert (Fran) Carson, 185 C Street, Vernonia.

La Leche League is an international organization which offers information and encouragement to all women interested in good mothering through breastfeeding. There are currently 1550 groups in the United States and many foreign countries. Any woman who is interested in breastfeeding is welcome to join the meetings. Nursing babies are always welcome.

The group will meet on the second Wednesday of each month. This group meets under the leadership of Mrs. Gordon (Leanne) Smith, 124 F Street, Vernonia (phone: 429-2771). Please call at any time for further information about the meetings or for breastfeeding help.

TOWN TOPICS

Mrs. Ila Mae Koppig and Mr. Clausen Clark were united in marriage October 27 at Vancouver, Washington. They moved from the Steinhauer house on East Bridge Street to make their home in Portland.

Mr. and Mrs. Frank Schmidlin spent a few days last week at Lebanon visiting her two brothers and wives: Mr. and Mrs. Fred Shaver and Mr. and Mrs. Melvin Shaver.

Mr. and Mrs. Lewis Morgan had a dinner guests on Sunday Mr. and Mrs. Virgil Snook, Mr. and Mrs. Bob Zerling and baby and Mr. and Mrs. Max Snooks and children.

Richard Graves of Beaverton spent Sunday afternoon at the home of his grandmother, Mrs. Mabel Graves.

Mr. and Mrs. Frank Schmidlin visited her son and family, Mr. and Mrs. George Snyder at Hillsboro on Saturday and enjoyed dinner at the home of Mr. and Mrs. Donovan Reynolds at Riverview on Sunday.

Last Thursday, Mr. and Mrs. Harry Sandon attended the Sunset Unit No. 12 of the Retired Teachers breakfast at the Pig N' Pancake in Seaside. Saturday they attended the Colonial Dames of the XVII century at Astoria. It was the installation of new officers. Mrs. Sandon retired from the presidency. They spent the night in Astoria then returned home on Sunday.

Tuesday evening at the Ben Goodman home were Mr. and Mrs. Herman Obrist and son Tony of Gaston.

JP Office Now Open

Phylis R. Busch, newly appointed Justice of the Peace for the Vernonia area, has announced that the office of Justice of the Peace - located in the Vernonia Clinic Building - will be open Thursday, 1 p.m. - 5 p.m. Evening meetings are by appointment only. Mrs. Busch may be reached by calling 429-7141 (office); 755-2452 or 668-5027 (residence).

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