

Senior Center Has New Information Representative



Rosie McCoy considers herself a "hometown Vernonia girl." So, who better to assist Vernonia senior citizens with information and assistance than one of our own? Rosie McCoy was born in Vernonia, moved away after she married, and then moved back around thirty years ago. She is currently President of the Vernonia Cares Food Bank Board, and has just recently taken this new position with the Vernonia Senior Center.

McCoy says she will be available at the Center on Mondays, Wednesdays and Fridays, from 9:30 A.M. until

the end of lunch and can help seniors get information about legal services, housing, healthcare and prescription drugs. "There's all kinds of help and free services available for seniors," says McCoy.

McCoy is also hoping to schedule some planned social activities like game days or craft days, and also some special events.

Senior Center Activities

5-Area Luncheon: March 29th at the St. Helens Senior Center.

Connie's Fabulous Breakfasts: Fabulous breakfasts are available to the public on Fridays for a cost of only \$3.50. The event happens at the Senior Center (446 Bridge Street) from 7:00 to 9:00 AM each Friday. Meal price includes a beverage, too. Enter through the side, parking lot door. What a deal!

Week Day Lunches: The Vernonia Senior Center offers nutritious and tasty lunches each weekday for only \$3. These are available to the public, not just Senior Citizens. (Mealtime is noon; late arrivals may not be served.) You can reserve your lunch by calling by 11:15 AM, or further in advance if possible, to assist the cooks as they prepare the day's meals.

Maple Bars available locally! Connie King, the cook at the Senior Center, is making maple bars each day. The maple bars are available to the public, too, and only cost \$1 each. Availability is subject to quantity on hand. You can assure yourself of a good supply by pre-ordering them directly from Connie by call-

ing the Senior Center (503-429-3912) any week day, from 7:00 AM-3:00 PM. Please allow one day lead time for larger orders. The Center's front door opens at 9:00, but the side parking lot door opens at 7:00. Ah, sweet treats!

Thrift Store: Bargain prices can be found in Vernonia's Senior Center in their Thrift Store. The retail store is open Monday through Friday, from 9:00 AM until 3:00 PM. The Thrift Store provides funds for the Senior Center's facility and its many activities. Donations can also be dropped off during those same hours, and donated clothes need to be clean and in good condition so they are "sales ready". Buy locally and support your local Senior Center.

Drop-offs only during store hours, please.

Membership Dues: Another way to support Vernonia's Senior Center is to pay the \$15 annual membership dues. Checks may be mailed or dropped off at the Senior Center. Anyone 50 and older may join.

Vernonia Lions To Meet at New Location

The Vernonia Lions Club will begin holding their meetings at the New Hong Kong Restaurant, 669 Mist Drive, Vernonia. The Lions regularly meet on the first and third Tuesday of each month. They will also hold the monthly Texas Hold 'Em Tournament at the New Hong Kong Restaurant on the second Saturday of each month.

The Vernonia Lions delivered flags to all

first and second graders at Washington Grade School on February 17th in honor of President's Day. This is an annual event for the Lions. Participating for the Lions Club were members Pat Stiles, Marjorie Lowrance, Tommy Sherman, Randal Harvey and Aaron Miller, who is also the Washington Grade School Principal.

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HUGE GARAGE SALE

FRI & SAT **MARCH 19TH & 20TH**

625 JEFFERSON (FOLLOW THE SIGNS)

LOTS OF FUN STUFF!

STOP BY THE HOPE FOR HAITI TABLE



Marge Lowrance of the Vernonia Lions Club presents Washington Grade School students with American flags.

U.S. 26 (Sunset Highway) Dennis L. Edwards Tunnel Project

Public Meeting

Banks Open House

Tues, March 16
5:00—7:00 pm
Banks High School Cafeteria
450 South Main St
Banks, OR

For more information, visit:
www.dennisedwardstunnel.org

Or contact: Lili Gordon, ODOT Community Affairs Coordinator
503-731-8247 • Lili.D.Gordon@odot.state.or.us

The Oregon Department of Transportation (ODOT) is designing improvements to the U.S. 26 Dennis Edwards Tunnel 27 miles west of Portland. ODOT invites the community to learn more about the project and traffic impacts, and to provide feedback on design options at the following open house:

Cedar Mist Studios

Deborah Steffen is a registered yoga instructor and certified hypnotist serving Vernonia for over 5 years.

Located 5 miles from Vernonia at 20960 Scappoose Vernonia Hwy.

Hypnotherapy

- Stress/Pain Management
- Weight Loss
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Yoga

- Tues & Thurs 9-10AM
- Weds 4:30-5:30PM

503-429-2103
CedarMistStudios.com