

Things to Ponder: Scared Me to Death!

By Grant Williams

Early in my hiking career my friend Lenny and I tackled an easy but long hike. From where we parked our car at the mouth of Hurricane Gulch it was about 32 miles down the Escalante to Lake Powell. The Escalante is one of the main tributaries flowing into the lake. At first the canyon walls weren't very deep, but the closer we got to the lake they took on massive proportions. Their colors were brilliant red, orange, yellow, gold, silver and brown.

Because we were in a canyon that was narrow most of our time was spent walking in the stream bed. There wasn't much water so it was easy to see where to put our feet. The first day presented no problems of major concern, but day two put the fear of God in us. We were in about a foot of water and all of a sudden we were in neck deep quick sand. The only thing we knew to do was pump our legs like giant pistons and hope we would pop back up. Fortunately we did, but every step after that was taken with fear we would sink again and maybe not pop back up.

The more I think about it the more I realize everywhere my friend Lenny took me had an element of suspense and surprise in it. As we continued on our hike we saw massive arches, steep side canyons entering on both sides and every shape cloud you could imagine.

We finally got to the lake only to discover the opening into the lake was long and narrow which made it impossible to see much. On our way out we hiked up a side canyon that eventually gave us a great view of the lake.

Every adventure I went on helped me appreciate the power of the Creator and the beauty of His creation. Romans 1:20 says, "For since the creation of the world His invisible attributes, His eternal power and divine nature, have been clearly seen, being understood through what has been made, so that they are without excuse." Some people believe that an earth and atmosphere that was hostile to life produced life. It is illogical to think that plants and animals could survive without each other. Both provide what the other needs for existence.

It is also true that God offers each one of us the opportunity to discover how important He is to our existence and survival. John 1:1-4 says, "In the beginning was the Word, and the Word was with God, and the Word was God. He was in the beginning with God. All things came into being by Him, and apart from Him nothing came into being that has come into being. In Him was life, and the life was the light of men."

The Bible reveals who God is. My life experience confirms that He loves me. He invites us all to follow Him!

Pebble Creek Road Closure – Bridge Replacement

Pebble Creek Rd will be closed from June 15th through September 30th for replacement of the 126-foot structure that crosses Coon Creek. Construction began early in the month preparing for the removal of the structure and closure of the roadway on June 15th. A detour has been set up to reroute traffic onto McDonald Road and Highway 47 through Vernonia.

The scope of work will include the replacement of the existing timber/concrete multi span structure with a new steel girder single span concrete structure. The bridge will be wider with shoulders along the travel lane, improvements to the roadway leading up to the new bridge, and approach rails meeting current bridge rail standards.

Coon Creek

Bridge has been weight limited now for over 10 years and the structure most recently was weight limited down to 13 tons. Replacing this structure has been a long time goal of the Columbia County Road Department.



Bridge Street Bits

With this issue of *Vernonia's Voice*, volunteers from the Vernonia Senior Citizens board and members have agreed to collaborate on this column. We hope to continue in the fine tradition started by Karen Miller to whom we wish a happy retirement!

JUNE FOOTCARE SIGN UP DEADLINE is June 19. Our new provider, Joyce Jossi, RN, will be at the Vernonia Health Center from 9:30 until 4 pm on Wednesday, June 24. She is certified in senior and diabetic foot care. Please call Tobie at 503.705.2173 by Friday, 6/19/15, to make an appointment. Cost is \$25.

RUSS CLARK, COLUMBIA COUNTY VETERANS SERVICE OFFICER, IS STILL AVAILABLE to meet with clients in Vernonia. Russ will be at the Senior Center (former VCLC) in the office at the end of the hallway on the first Tuesday of each month from 1:00 to 7:00 P.M.

DR. THIRINGER WILL BE AT SENIOR LUNCH at noon on Wednesday, June 24, to talk with seniors about their health care concerns. Lunches are served at the American Legion Hall; see details below.

THE VERNONIA SENIOR CENTER NOW OPERATES IN TWO LOCATIONS. The Senior Center Office and the Thrift Store, "Bargains on Bridge Street," reside in the former VCLC building at 939 Bridge Street. The senior meal program has relocated to the American Legion Hall at 627 Adams Avenue. Meals are served Mondays, Wednesdays and Fridays at noon. To reserve a meal, please call Wendy by 11:00 A.M. at 503-429-1414. Daily home-delivered meals are still available to qualifying persons; contact Community Action Team office on Mondays at 503-366-6584 for more information or to register. BARGAINS ON BRIDGE STREET at

939 Bridge Street accepts donations during its regular business hours: Monday – Friday 9-3 and Saturday 10-3. Please bring donations inside. The thrift store welcomes you as a shopper, too. All purchases support senior services in Vernonia. We are always pleased to add to our store volunteer team, so please call Pam at 503-429-3912 to request an application.

WALKING WEDNESDAYS AND TONING THURSDAYS are opportunities for gentle exercise for seniors and anyone in the community who'd like to join us. Walking Wednesdays happen at Vernonia Lake at 9:30 a.m. each Wednesday, rain or shine. Walk at your own pace with a friend or solo. No fee and no pre-registration – just come and walk around our lovely lake for one or more circuits. TONING THURSDAYS are held at the Vernonia Grange Hall, 375 North Street, at

9:45 a.m. Led by Certified Jazzercise Instructor, Penny Costley, these exercise routines set to music are intended to gently strengthen and tone arms, legs and core. Cost for each session is \$5 payable at the door. Exercises can be done with or without small weights (bring your own) and most can be done sitting or standing. And if you want a Friday option, Dr. Carol McIntyre's Qi Gong classes continue most Fridays at 9:30 a.m. at the Grange. We all know the benefit of a fitness program, but sometimes it's hard to motivate oneself to do it alone. Having it on your schedule may help you maintain your commitment to stay fit, especially if you can enjoy it with friends.

VERNONIA SENIOR CITIZENS, INC. 939 Bridge Street, Vernonia OR 97064 Phone: 503-429-3912 Non-Profit Tax ID #23-7422295

Vernonia Senior Center • 939 Bridge Street • 503-429-3912

Church Directory (in alphabetical order)

Assembly of God
Sunday School: 9:45 am
Morning Worship: 11:00 am
Sunday Evening Prayer: 6:00 pm
Wayne Marr, Pastor
662 Jefferson Avenue
503-429-0373
Church of Jesus Christ of Latter Day Saints
Sunday Schedule:
Sacrament Meeting: 10:00 am
Sunday School & Primary: 11:20 am
Relief Society, Priesthood and Young Women: 12:10 pm
Roger Cook, Branch President
1350 E. Knott Street
503-429-7151

Grace Family Fellowship
Sunday School: 9:00 am
Worship Service: 10:30 am
Thursday Prayer: 6:00 pm
Greg "Mac" McCallum, Pastor
957 State Avenue
503-429-6790
Nehalem Valley Bible Church
Sunday School: 9:45 am
Worship Service: 10:45 am
Tues. Ladies Bible Study: 9:30 am
Wednesday Service: 7:00 pm
Sat. Men's Prayer Meeting: 6:30 am
Gary Taylor, Pastor
Grant & North Streets
503-429-5378

Open Door Gathering Place
Service: Sunday 6:00 pm
Grant Williams, Pastor
375 North Street
St. Mary's Catholic Church
Wednesday Religious Education: 3:15-4:30 pm
Sunday Mass: 12:00 pm
Rev. Luan Tran, Administrator
960 Missouri Avenue
503-429-8841
Vernonia Christian Church
Sunday School: 9:45 am
Worship Service in Youth & Family Center: 11:00 AM
www.VernoniaChristianChurch.org
Sam Hough, Pastor

410 North Street
503-429-6522
Vernonia Foursquare Church
Sunday Worship Service: 10:30 am
Children's Sunday School
Carl Pense, Pastor
850 Madison Avenue
503-429-1103
Vernonia Seventh-day Adventist Church
Sabbath (Saturday) Services
Sabbath School: 9:30 am
Worship Service: 11:00 am
www.VernoniaSDAC.org
Larry Gibson, Pastor
2nd Ave. and Nehalem St.
503-429-8301