

In Memory of...

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Washington; Alexandria #210, Beaverton, Oregon Transue and her fiancée, 97006, in his memory.

To sign the online guest book or to send a condolence to the family go to www.fuitenrosehoyt.com.

Fuiten, Rose & Hoyt Funeral Home in Forest Grove is entrusted with the arrangements.



Karen L. Mains

April 17, 1951 - July 9, 2015

Karen L. Mains, 64, a resident of the Vernonia community, died Thursday evening, July 9, 2015 at her home. Arrangements are pending through Tualatin Valley Funeral Alternatives in Hillsboro.

The family suggests that remembrances may be contributions to the Manning Bible Church, 46975 Sell Road, Banks, Oregon 97106, or to Care Partners Hospice, 1600 NW Compton Drive,

New Football Coach: Thor Ware

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said Ware. "We have four offensive packages that we will run. We've put one in and we've been working on our two minute offense in the 7 on 7 games, so we still have two more for them to learn."

Assistant coach Nathan Wilfong, who has coached with Ware previously and played football at Portland State University, joins Ware's staff in Vernonia and is playing a big role in the conditioning program. Coach John Murray returns to the program and Ware says he expects to have several volunteer coaches helping out, including his son Thor and Vernonians Mike Ryland and Don Shulte. Ware says Little Guy football coach Mark Lemay has also been part of the program and is learning the new system.

The regular weight lifting seems to already be having an impact. "I can already see dramatic changes in some of these players," says Ware. "We're going to keep lifting every day before practice; it's something I really believe in, that will help us have success."

Ware obviously believes in his players and his program. When asked about the team's chances this season, he starts talking about opponents like Burns and Gold Beach. Those are not teams Vernonia will face in league play, but rather teams they might meet in the state play-offs.

"I keep telling the kids, 'It's five months to the state championship,'" says Ware.

That's not to say Ware is looking past his Northwest League rivals like Knappa and Gaston, he just has high expectation and an infectious self-assurance about his player's ability and talent on the field and his own ability to coach and motivate.

"They know we're coming after them," says Ware. "They're going to have to come to play us every time they walk on the field. The days of whipping Vernonia are done. I can promise you that."

**Burn Ban in effect.
503-429-8252**

Vernonia's Voice is published twice each month on the 1st and 3rd Thursday. Our next issue will be out August 6th.

Bridge Street Bits

JULY FOOT CARE will be Wednesday, July 29, from 9:30 am to 12:30 pm and 1:30 pm to 3:30 pm. Please call Tobie at 503-705-2173 or email tobiefa@aol.com to schedule an appointment.

Those who came in June were very pleased with our new provider, Joyce Jossi, RN, who is certified in senior and diabetic foot care. Cost is \$25 payable directly to Joyce by check or cash at the time of service. You may bring nail polish if you'd like to have Joyce give your toes a real finishing touch.

DR. THIRINGER WILL AGAIN BE AT THE SENIOR LUNCH at noon on Wednesday, July 29, to talk with seniors about their concerns regarding diabetes, recommendations regarding nutrition in relation to this disease and other challenges of aging. Tommy Disco will provide music during this Last Wednesday special lunch.

The SENIOR PICNIC is Friday, August 14, at noon at Anderson Park. Hot dogs and hamburgers will be provided. The band will be there, too!

Contact the Senior Center for more details.

Because of the picnic, the VERNONIA SENIOR CITIZENS board meeting will be Thursday, August 6, from 3:00 pm to 5:00 pm at the American Legion Hall. Members are encouraged to attend.

THE VERNONIA SENIOR CENTER 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 am at 503-429-1414. Suggested donation for seniors over 60 is \$4.00; under 60, the cost is \$5.00. Daily home-delivered meals are still available to qualifying persons; contact the Community Action Team office on Mondays at 503-366-6584 for more information or to register.

We are seeking additional MEALS-ON-WHEELS DRIVERS to help us get lunches to homebound citizens Monday, Wednesday and Friday mornings. The Senior Center has insurance that covers you while delivering meals. Schedules can be set up to match yours. Please consider helping with this much needed service. A small stipend helps cover your gas expense, and all meal deliveries are in or close to town.

BARGAINS ON BRIDGE STREET at 939 Bridge Street accepts donations during its regular business hours: Monday - Friday 9:00 am - 3:00 pm and Saturday 10:00 am - 3:00 pm. Please bring donations inside. The thrift store welcomes you as a shopper, too. All purchases support senior services in Vernonia. We really need more volunteers to help our store team, so please call Pam at 503-429-3912 to request an application. Even one day per month would be a big help.

WALKING WEDNESDAY is an

opportunity 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 am 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 one or more circuits around our lovely lake. TONING THURSDAY is on hiatus for the rest of the summer months. For a Friday option, Dr. Carol McIntyre's Qi Gong classes continue most Fridays at 9:30 am at the Grange by donation.

RUSS CLARK, COLUMBIA COUNTY VETERANS SERVICE OFFICER, IS 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 pm to 7:00 pm.

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