

## Bridge Street Bits

**By Karen Miller**

I JUST RETURNED from a week in Boise Idaho. Our motel was right on the Boise River. High, fast, running water, the ducks and geese nearly just outside our patio. So yeah, high water in other places too, but at least our well won't run dry... for awhile.

TODAY I made it back in time for our Senior Center Board meeting and I have some good news: The plans for our Senior Center are moving forward! By June 1 the plans should be completed. Building decisions are becoming more intense, and thank you to Josette Mitchell from City Hall for helping us along this path.

And soon our town will be changing its looks once again! Let's see, what color will

the building be this time, haha. I remember one day I stepped out of my office at the former building to enjoy some sun for a few minutes. A huge truck pulled up to the curb. The driver got out, looked at the building, looked at me next, and said, "Is this a beauty salon?" Locals will chuckle at that I am sure.

**A FEW BOARD TIDBITS:**

We are in need of thrift store volunteers. If this idea appeals to you please come in and see store manager Pam.

**NO DUMPING** of items at the Thrift Store outside of business hours please. It costs us money to dispose of unusable items. Please bring donations in during business hours of 9:00 am to 3:00 pm.

**REMEMBER** to stop by or call our local library for information on book deliveries for those who cannot get out. It's a great service.

**ALSO**, check out the great senior meals at several local restaurants for a modest price: Black Iron Grill, Mariolino's, and Blue House.

**CALL ME** for any senior news to report or share. (503) 429-0273

**NEXT BOARD MEETING** will be June 9 at 10:00 am. Come join us, your input is welcomed.

**SENIOR SIGN OFF:** Isn't it interesting that after the month of April, tax month, it is followed by the first of May... May Day! May Day! May Day!

See ya' around town.

**Vernonia Senior Center • 939 Bridge Street • (503) 429-3912**

## Natural Path to Health: Time is Moving Quickly

**By Dr. Carol McIntyre**

Time is moving quickly! I hope you have all been enjoying the nice weather we've been having and are getting ready for summer. Soon we will be in full garden mode and harvesting before we know it.

Speaking of time, I will be out of the office from May 19 – May 29. I am attending a seminar entitled "The Calculation of Life According to the Eight Signs," Bazi Suanming. It will be examining and understanding the relationships in Chinese philosophy pertaining to psychological and medical assessment.

This seminar will bring further knowledge and depth of Chinese medical diagnosis through connection of all levels of the human being. I am excited to have this experience and training, as it will allow me to even better develop individual treatment plans for people. As time moves forward, changing, our systems change as well. It is important to recognize where we stand in ourselves at any given moment.

At the office I have completed the upstairs "self-treatment" space which includes two inversion tables, an individual infrared sauna, a BioMat

interlaid with jade, amethyst and tourmaline gem stones as well as a "ChiMachine," which is self-explanatory once you see it. I will be creating a sign-up sheet for people who want to spend time in the sauna and/or on the BioMat, as spaces will be in ½ hour increments so everyone can have time to enjoy. There will be a single use charge as well as a monthly fee for those who want to use the space more frequently. Swing by to check it out and see what's happening.

Jenny Hayes is doing massage at the office now which many of you already know. She offers table massage by appointment on Monday and Friday as well as chair massage on Wednesday evenings. Her practice is building steadily so give her a call to schedule your appointment now. She offers Swedish, neuromuscular and deep tissue massage. You can contact Jenny, owner of 'Jenesis' at (503) 709-8780.

Also, there is a bulletin board outside on the front porch of the office which I would like to use to communicate positive messages, gatherings, etc... My hope is to start a list which includes topics of interest for people who would like to participate in the small group gatherings I plan to host at the office. Anyone is welcome to list a topic of interest and

others with the same interest can make note and start a circle of contact to create a discussion group. These groups are still in the planning phase and I hope to have all details worked out over the next few months. Please give your input~ it's important!

That's my quick update. Get out and enjoy the nice weather! Thanks for

joining me ~ Be Well.

Vernonia's Voice is published twice each month on the 1st and 3rd Thursday. Look for our next issue June 1.

### TOO BUSY? Call your LOCAL bookkeeper

**PAYROLL PLUS LLC**

**Edi Sheldon 503-429-1819**  
edisheldon@gmail.com

Licensed tax consultant • Full service payroll  
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The IRS does not endorse any particular individual tax return preparer. For more information on tax return preparers, go to www.IRS.gov.

## Church Directory

### 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  
503-702-3553

### 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  
358 A Street  
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 Avenue and Nehalem Street  
503-429-8301