

Senior News

The Senior Citizens' Center has taken on a new look in the past month as members have cleared out all of their flea market goods, donating them to a Portland children's agency. Likewise, most of the newspapers accumulated for recycling have been removed.

The flow of items continues, so there will still be many good bargains for people who need clothing and household goods, Nellie Tipton reports.

In the meantime, hopes are high that the bingo games launched June 1st by the Senior Center and the Vernonia Community Center Fund will enable the seniors to develop social programs within the center to better serve the senior citizen population.

The first such venture is under way as the seniors are conducting a survey to learn how many seniors would be interested in developing an afternoon social hour with music and dancing. The survey is being conducted informally at the center.

Since the bingo games are the joint venture of two organizations, each group must supply volunteers to operate the games. At present two volunteers are needed for three hours each game night from each group. Board chairman Bob Wiley stated that the seniors must uphold their end of the bargain if they expect to share in the revenue. Members are urged to check with Wiley or Tipton if they are willing to help.

Volunteers are still needed for paper rolling. It is particularly urgent at this time of year, when the demand for paper is high. Anyone, regardless of age, Wiley says, with time on their hands can do a worthwhile service for the center.

In the meantime, the seniors continue to be plagued by "donations" of unuseable and unsaleable materials. The center's garbage bill runs to nearly \$100 a month to dispose of worthless materials dumped at the center when it is closed. Old, worn out, unuseable mattresses and

bulky, unuseable furniture are a serious problem since they cannot be burned and must be hauled away.

In other matters, Wiley said a determination must be made concerning the code requirements if the center is to continue having a woodstove. It is likely that installation of a new chimney and a new stove, large enough to handle 20 inch firewood, will be required. The donation of that size stove, which meets existing codes of emissions, would be appreciated.

On a more positive note, the seniors are pleased that a local nurse, Cheryl Johnson, has been secured to provide a regular foot care program at the center, beginning at 9 a.m. on the fourth Thursday each month. Plans are also in the making for a monthly arts and crafts sale, member Pearl Garvin has announced.

Activities enjoyed by the seniors this May included a

trip to the zoo on the 11th; a wedding reception for Henry and Eunice Hudson on the 14th; a trip along the coast on the 21st; a Five Area lunch at the Rainier center on the 23rd.

The June schedule calls for another coastal excursion on the 10th; the Gales Creek Strawberry Festival on the 12th; the annual Retired Citizens Volunteer Program awards celebration, honoring all volunteers who have served the center in the past year, on the 14th at 1 pm.

Tipton reminds members that July 1st is the beginning of the next fiscal year, and that membership fees of \$5 are due at that time.

Birthdays for July are Margaret Berndt, 1st; Isabelle Culbertson, 6th; Marguerite Trahan, 12th; Lyle Taylor, 14th; John Steele, 20th; Hazel Shipman and Ruth Tandy, 22nd; Ethel Bartles, 29th; Scotty Weimer, 30th.

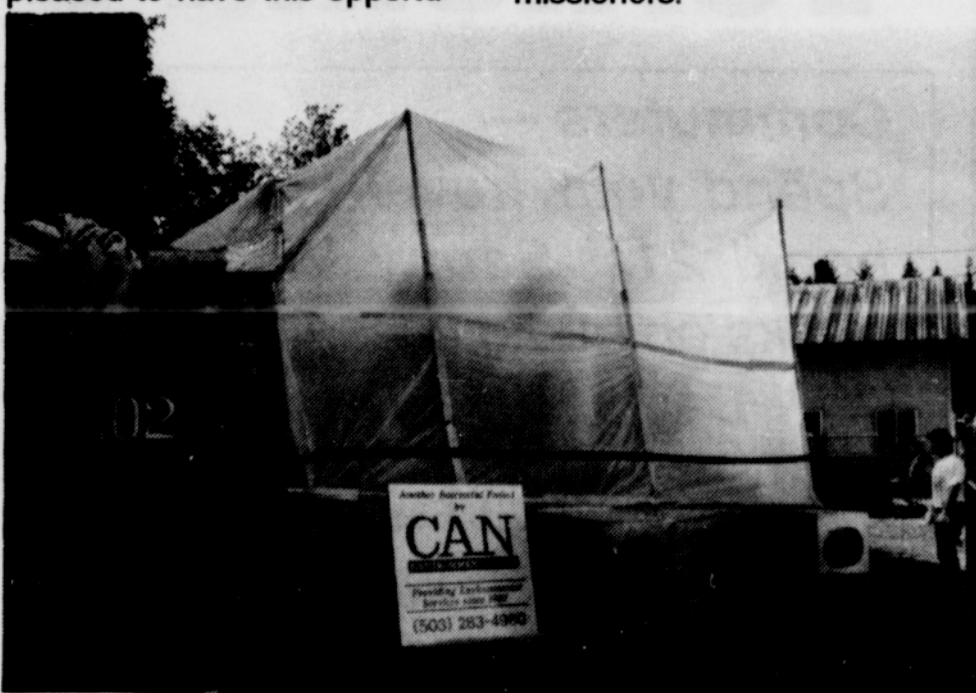
Lori Foster appointed to county advisory agency board on aging

Lori Foster of Vernonia was appointed by the Columbia County Board of Commissioners last month to the Columbia County Area Agency on Aging. Lori and her husband, Don, own and operate Rising River retirement residence in Vernonia.

Pleased with the appointment, Foster said, "As a lifelong advocate of senior social and economic programs, I'm pleased to have this opportunity

to represent the concerns and interests of local seniors. I invite seniors to contact me at home (429-1152) or at the senior center to express their views and ideas regarding county services and programs that will benefit the elderly."

The AAA Council evaluates existing programs, identifies needs and gaps in service and makes recommendations to the board of commissioners.



CAN Environmental Services covered the Shay Engine with plastic while removing all of the asbestos so renovation can continue.

Cooking Corner by Gladys

By Gladys Sharar

I was happy to interview Debbie Johnston in Birkenfeld for my column this month. Debbie, the mother of three boys, was born and raised in Vernonia. Being the oldest girl in a family of good cooks, she started young in the kitchen beside her mother, Betty Curl. Now, Debbie and Alan Johnston's home is the gathering place for most of the large family dinners. Debbie says she is not a gourmet cook, however; a balanced meal suits her family fine.

June starts the season for picnics, so Debbie is sharing her pasta salad with us, along with her favorite dinner rolls. She also has a couple of recipes for Fathers' Day that will have most dads smiling.



Debbie Johnston

PASTA SALAD

2-1 lb. bags rotini
1/2-1 lb. bag shells
1 lb. vegetable rotini
1 can sliced black olives
1 jar sliced green olives
4 or 5 sliced green onions

Cook pasta; drain and place in very large bowl. Add sliced olives and green onions.

Dressing: 2 or 3 pkg. Good Seasons Italian Salad Dressing (depending on how much pasta) mixed with the correct amount of vinegar, 1 or 2 tablespoons of water and NO oil. Mix in 1-1/2 cups plain yogurt, or 1 cup mayonnaise and 1-1/2 cups sour cream.

Add other seasonings to taste if you wish. Can be made the night before and refrigerated.

HOT ROLLS

3 eggs
1 cup warm water
1/2 cup sugar
1 pkg. dry yeast
1/2 teaspoon salt
4 cups flour
1/2 cup butter or margarine, melted

Dissolve yeast and sugar in water, let set about 5 minutes. Mix everything together except flour. Add flour, 1 cup at a time. (a food processor works great). Mixture will be quite gooey. Put in refrigerator and chill (can be stored up to a week covered with damp cloth, knead down occasionally). Working with 1/4 of dough at a time, knead slightly, using small amount of flour to prevent sticking. Roll out to an 8" or 9" circle, 1/4 inch thick. Cut into 8 pie-shaped wedges. Roll each wedge, starting from the big end and rolling toward the point. Place on cookie sheet and let rise 1-1/2 hours. Bake for 10 minutes in 400 degree oven.

Yield: 32 rolls.

CARAMELS

2 cups sugar
1-1/2 cups white Karo syrup
Vanilla, to taste
1 cup butter
2 cups cream
1 cup chopped nuts, optional

Mix sugar, butter, syrup and 1 cup cream in large, deep pan. Bring to boil on medium-high heat; when boiling hard, stir in remaining cream very slowly so mixture continues to boil. Continue to boil gently on medium heat, stirring often, until mixture reaches 240 degrees on a candy thermometer (approx. 1 hour).

Add flavoring (See note) and nuts. Pour into buttered 9" x 13" pan; score while still warm. When firm, cut and wrap in wax paper. They may be stored in a freezer for up to 9 months.

Note: For vanilla caramels, add 2 teaspoons of vanilla.

For chocolate caramels, add 2 teaspoons vanilla and 3 oz. melted chocolate.

STRAWBERRY CREAM CAKE ROLL

4 eggs
1 tsp baking powder
1 teaspoon salt
1 teaspoon vanilla
3/4 cup sugar
3/4 cup sifted cake flour
confectioners' sugar
1 cup whipping cream
1/4 cup sugar
1/2 tsp vanilla
2 cups fresh or frozen strawberries, sliced

Grease a jelly roll pan and line it with waxed paper.

Beat eggs and vanilla on high speed with electric mixer for 5 minutes or until lemon color. Gradually add sugar, beating until dissolved. In a separate bowl, combine flour, baking powder and salt. Fold flour mixture gently into egg mixture. Pour into prepared jelly roll pan and bake in a 350 degree oven until lightly browned, 10 - 12 minutes.

Turn out onto a cloth that has been sprinkled with confectioners' sugar. Peel off waxed paper; roll up cake and cloth; let cool.

Whip together cream, sugar and vanilla. Unroll cake, spread filling on it; sprinkle with strawberries. Roll up cake again; chill for 2 hours. To serve, sprinkle with confectioners' sugar and garnish with strawberries.

TIRED OF BEING IN PAIN?

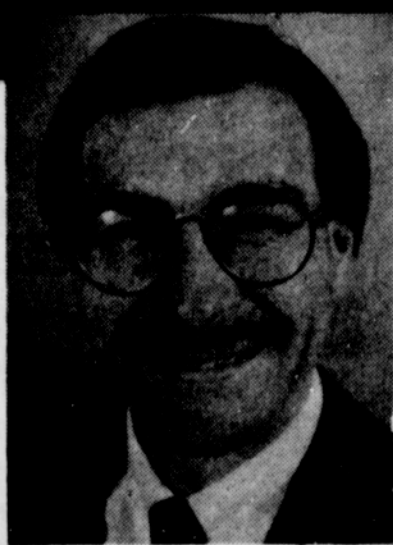
Do you have any of the following danger signals?

1. Headaches
2. Pain between shoulders
3. Neck pain, tight muscles, spasms
4. Shoulder pain, pain down arms, numbness in arms or hands
5. Lower back pain, hip pain, pain or numbness down legs

If so, then call for your FREE examination: Vernonia 429-0512 or Forest Grove 359-5471

Why FREE?

Thousands of area residents have spine related problems which usually respond to chiropractic care. This is our way of encouraging you to find out if you have a problem that could be helped by chiropractic care. It is also our way of acquainting you with our staff and facilities.



Dr. Whitney J. Burton
11 years clinical experience and
400 post graduate educational hours

FREE EXAMINATION

for new patients - includes complete history and examination including spinal alignment and nerve tests. (Offer expires May 24, 1994)

BURTON CHIROPRACTIC HEALTH CENTER

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