

Community

Senior News

By Patricia Olson

We have been doing spring cleaning at our Center. I think there will be a spring clearance sale coming up soon. Watch for further announcements. It seems others are spring cleaning as well and we are the happy recipients of lots of their good stuff. We'd love to pass it along to you.

We have a "Help Wanted" ad! We need someone to do Meals On Wheels five days a week. It takes about 45 minutes a day, and is basically volunteer. There is a small stipend to cover fuel expense. Another need is for someone to bring the bread and produce from the food bank in Washington County, twice a week. This is needed until about April first, or possibly longer. There is a small pay involved. This may be resolved by the time this issue goes to print, but call anyway, as a back-up person would be very nice to have.

Lincoln School seeking community help for projects

Lincoln Grade school is asking the community for support for two collection drives -- recycling plastic milk jugs and saving labels from Campbell's products.

The school that recycles the most milk jugs in the Recycle and Win Contest gets a great discount on material, plus free freight, on a Rainbow plastic play structure. Milk jugs will be collected through April 15. Before recycling milk jugs, dispose of all bottle caps, rinse thoroughly, flatten and count.

Child support scholarships

Child Support For Children is offering four \$1000 scholarships to graduating students across the state who wish to further their education, but are having difficulty doing so due to non-payment of child support.

These scholarships may be used to attend any accredited four-year college or university, two-year community college, or vocational/ trade school. The funds, which may be used for tuition, books and/or on-campus room and board, are paid directly to the college, and are not renewable beyond the freshman year.

Students interested in applying should contact their high school counselors. All applications must be received no later than April 1, 2000.

Child Support For Children is a statewide non-profit organization which deals with the issues of child support through education and advocacy. The organization is beginning its sixth year of advocacy. Businesses and individuals interested in making a tax deductible contribution may contact Barbara Hansen, Executive Director, at (503) 622-3588.

We are very grateful for the load of wood that was delivered to us. We have had a small supply all winter, and are thankful that it has been a mild one.

If you lost a watch at the Center early in February, please call and describe it to Willie. We may have the one that was yours. It was found in the dining room, so no doubt belongs to someone who ate with us. We would be pleased to put it back in your possession again.

COLCO has announced that there may be a slight price hike in the near future, but is waiting for further confirmation from the county office. They will continue to be closed for school holidays; however, the Center will remain open for all but major holidays. We hope this will make it easier for working people and students to shop.

Louise has not been in to quilt for several weeks, and

Faith has held down the quilting chores all by herself. Won't you come in and at least visit with her while she stitches?

Jac has a couple of students in her crochet class and they are doing a fine job. The band entertains us each Wednesday afternoon. If you come in for lunch, you can enjoy their talents. The Thursday games sometimes go on until 5:00 pm as they munch, sip and bid to their hearts' content. You can too, if you'd like. There is no charge.

We are hoping to raise funds for new carpet and a heating system. All donations are appreciated and are for a good cause. Elderly catch cold easier, and a drafty floor isn't a good thing to have. There will be fund-raisers coming up soon.

Don't pick up that spade yet, it's too early, but try to enjoy the scraps of sunshine we have. Happy Spring!

Pre-counted jugs may then be taken to the garbage transfer station on Feb. 26, Mar. 11 and 25, and April 8. Jugs may also be taken at any time to the parking area behind the old City Hall, or the enclosed yard behind Vernonia Cares.

The Labels for Education collection drive is ongoing, and allows the school to earn free educational and athletic equipment. Community involvement

is needed in order for this program to benefit the school. Look for reminder symbols on eligible Campbell products. Labels, lids and UPC symbols may be deposited into collection containers at Vernonia Sentry Market, Vernonia Senior Center and Vernonia 76.

For more information on how to participate in one or both collection drives for LGS, call Yvette at 429-2016.

Scouts annual Good Will project

Vernonia's Cub Scout Pack 201 and Boy Scout Troop 201 will be delivering Goodwill Good Turn bags to each household within the city limits of Vernonia on Saturday, February 26.

As stated on the bags, the Scouts will collect filled bags on the following Saturday, March 4, after 10:00 am. The community is asked to donate useable clothing and shoes, and to please leave the bags on their front porch for pickup.

If you live outside the city

limits or do not receive a bag, there will be some available at *The INDEPENDENT* office from 9:00 a.m. to 5:00 p.m. Monday through Friday. You will be asked to leave your name, address and phone number so the scouts can locate your donations.

This activity is part of a nationwide program, and has local impact. Articles collected during this drive will be given to St. Mary's Catholic Church in Vernonia for distribution to local families in need.

Health Notes

By Audeen Wagner

Water Aerobics for Arthritis: We have learned about a wonderful program for arthritics, called Arthritis Aquatics, at the Forest Grove Aquatic Center. It is a session of exercises in the water, designed especially for people (of all ages!) who have arthritis. Participants are led through a series of exercises in the heated pool, where the buoyancy and resistance of the water work to improve joint flexibility. No previous swimming skills are required. The exercises are low-impact movements, and participants are encouraged "go at your own pace" so as not to over-stress muscles and joints. Judging from the comments of people in the class, most of whom have been in it for a while, it is helping them immeasurably to feel stronger, more mobile, and more energetic.

"This is a fun, effective way to get the exercise we need. I highly recommend this for our patients," said Laura Nichols, P.A., at Providence Family Medicine-Vernonia. Schedule for the classes is Tuesdays and Thursdays from 2:30 to 3:15 p.m.

By the way, there is also a similar program for all adults, which is the same idea but much more strenuous, I'm sure. To check it out, call the Forest Grove Aquatic Center at 992-3238. Or just show up—the first class is free!

Mammovan Schedule: Next visit March 15. Call the clinic, 429-9191, to schedule.

Good response to fluoride program

Since January 31, Vernonia kindergarten through sixth grade students have had the opportunity to participate in a voluntary supplemental fluoride tablet program at school. Participation, according to the Oregon Health Division, is usually around 40 percent of the eligible students in school districts throughout Oregon.

Vernonia parents have obviously seen the need to help control dental disease in their

children, and the record shows that 80 percent of local students are taking part in the King Fluoride Program.

"The administration, teachers and parents are to be congratulated," said local dental hygienist Pat Stacklie.

Any parent wanting up-to-date information regarding the safety of fluoride usage may contact the office of Dr. Scott vanDyken, D.M.D., 429-2675.

Get ready to bid at benefit auction

This year's Vernonia Cares Benefit Auction will be held Saturday, March 4, with auctioneer Bill Yeo. There will be many wonderful treasures, both old and new, for your bidding pleasure.

Registration is from 5:00 to 6:00 pm, with the auction beginning promptly at 6:00 p.m. at Vernonia Cares, 627 Adams Ave., behind West Oregon Electric Cooperative.

Among the many items are furniture, knick knacks, chickens (!) and much, much more. There will be gift certificates from The Hair Parlour and Sunnyside Cafe, and a kid's Suzuki 4-wheeler (used but runs good). If you would like to donate items, call 429-1414 or 429-4013 and ask for Lisa, or phone Kelley at 429-7026. Items will also be accepted on consignment for 25 percent.



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Child Safety Program

Feb. 19, 2000
9:00 a.m. - 1:00 p.m.

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555 E. Bridge Street

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and
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Ambulance Association

Please visit Project KidCare at www.polnoid.com