

Community

Senior News

By Karen Miller

In the wake of our recent "dumpster diving" article, I must confess: I've been guilty. Many years ago, I was working in a potato factory in Pasco, Washington. My job was to pick out the rotten potatoes as they went by on a belt. One day, I accidentally kicked my purse onto the moving belt down by my feet, unbeknownst to me until the lunch whistle blew. By that time, it had found its way all through the factory, clear outside into the tallest silo I've ever seen. I talked some more

New year starts for Awana Club

Awana Club will begin on Wednesday, October 25, and continue through April 2001, at Vernonia Community Church, 957 State Avenue. The club will begin after school at 3:15 p.m. and run until 4:30 p.m.

The Crosstrainer format will be used again this year, with a continued emphasis on memorizing Bible verses; Bible stories, game time with age appropriate games, singing and, of course, a snack. Children are encouraged to bring their Bible, a friend and weekly dues of 50 cents per child.

Awana Club is for children from four years through sixth grade. Parents are invited to bring their children and visit in order to become familiar with the club's activities. Feel free to call the church office at 503 429-6790 if you have any questions about Awana.

Fern Hill Grange schedules sale

The annual Fern Hill Grange Fall Basement Sale will be held Friday and Saturday, October 20 and 21 from 8:00 a.m. to 4:00 p.m. both days.

Included among the sale items will be used men's, women's and children's designer clothing, appliances, furniture, knick knacks, tools, books and plants. Lunch will be prepared and served as a fundraiser by Fern Hill Livestock and Country Cousins 4-H Clubs and the Grange will sell desserts, coffee and tea.

Fern Hill Grange is located on Fern Hill Road, four miles south of Rainier. For more information on shopping or how to donate items for the sale, contact Shannon or Martin Stennick at 503-556-9878.

soul into climbing up and dumpster diving into the rotten potatoes to get it back.

A foot clinic is scheduled on October 20 at Meadow Park Care Center in St. Helens. The cost is \$20. Transportation is available with COLCO for an additional \$8 (less, if we can get several riders). Call ahead for appointments for both the clinic and the COLCO ride.

From the Seniors' kitchen: Thanksgiving is just around the corner. Once again, Vernonia Senior Center will be holding its Thanksgiving lunch, which this year will be on Friday, November 17.

As you know, we have a large crowd. There will be a sign-up board at the Senior Center for anyone willing to help with serving, in the kitchen or baking a pie. We welcome any time you can give.

We all receive junk mail on a

Study Club plans year's activities

The Vernonia Study Club began its fall session with a full meeting at the home of Faith Reynolds. Under the aegis of Dixie Polvorosa, president, with the aid of vice-president Louise Hamnett and secretary-treasurer Irene Christensen, members were welcomed and introduced to the program for the up-coming year.

This year's theme will be "Getting to Know You." Throughout the year, each

Students will fix wheelchairs

In recognition of National Physical Therapy Month, Pacific University's Pre-Physical Therapy Club and School of Physical Therapy are hosting a free wheelchair maintenance and cleaning clinic on Sunday, October 22, from noon until 3:00 p.m. The clinic will be held in the Physical Therapy Building, off Cedar Street, next to the soccer field.

Everyone is invited to come and enjoy coffee while having his or her wheelchair cleaned and serviced. Students will clean seat upholstery; inspect, tighten and replace loose screws and bolts; adjust locks, if necessary; and lubricate wheel bearings.

Fifth Sunday Sing scheduled

The Vernonia Ministerial Association invites the community to join in the Fifth Sunday Sing, October 29 at 6:00 p.m., at the First Christian Church, 410 North Street, Vernonia.

Fifth Sunday Sings are held each month when there is a fifth Sunday. Participants sing hymns and choruses, and enjoy special music and readings from members of local churches. The host church will provide a fellowship time following the sing, with hot and cold drinks. The other churches are encouraged to bring snacks to share with everyone.

daily basis, but don't overlook an important handbook for seniors and disabled people coming to your mailbox entitled *Medicare & You 2001*. Medicare has a free hotline at 1-800-MEDICARE and a website at www.medicare.gov.

COLCO would like to announce two new, up and coming drivers! Well, maybe, but it will be a while. Hannah Darlene, born September 25th, is the granddaughter of our head driver, Terri Baska; my first grandchild, Maggie Elyse, was born October 5th. What a great way to begin a new century!

If you think we like to fiddle around down here, you're right! So much so that on October 25, we are taking a van trip to an evening of old-time country music with Truman Price and his Appalachian-style fiddle! Cost is \$5. Come join us! We'll be leaving at 6:00 pm.

member will present a brief written autobiography and essay on themselves and some of their favorite things - people, pets, music, colors, collections etc. The intent is to learn new and interesting items which may provide better insight into one another.

The loss of Isabel Culbertson, at age 101, was acknowledged. "Izzie," as she was known to many, was for many years an active member of the club. Her input and humor have been sorely missed in these last years. The group will honor her with the purchase of a memorial book for the local library.

Preparations are underway for the year's activities as club members look forward to another interesting and entertaining year.

Health Notes

By Audeen Wagner

Special notice from Providence Family Medicine:

To Our Valued Patients:

We have been notified by Providence Health Systems that the Flu Vaccine for the year 2000 will be in limited supply.

Providence Family Medicine-Vernonia will be giving shots ONLY to our established patients who are over 65 or are medically at risk due to health issues.

All other patients and other individuals will need to receive shots through Public Health or community injection clinics.

Thank you for your understanding.

—Providence Vernonia Staff

The reason for the nationwide shortage has to do with production of the vaccine, according to news articles this month in *The Oregonian* and elsewhere. The best guess as to when the vaccine will be available in Vernonia is mid-November. It is currently on back-order.

Rose Lockhard, Clinic Coordinator at Providence-Vernonia, reports that patients who wish to have the annual flu shot, but do not fall into the above risk categories, can still get their shots through various other sources. "Some business, such as Costco, Albertson's and Fred Meyer, are participating in the program and have (or will have) limited supplies of vaccine. It might be a good idea to give them a call," she says.

Mammovan schedule: The Mammovan visits Vernonia on a monthly basis. Schedule for the rest of this year: November 15 and December 20. Call the local clinic to schedule your mammogram screening.

Early birds study Bible, not worms

At 6:30 a.m., while most teens are still asleep, a small group of Vernonia youth, 14 to 18, are deep into the study of the Old Testament. Seminary is a four year daily commitment for youth in the Church of Jesus Christ of Latter-day Saints.

"It starts the students' day in the right mood," says instructor Lyn Thomas. Students have commented that their day goes better when it starts with seminary, that it has a good effect in their lives, including improving school grades.

Jeremiah Haverlind says he has learned more about the gospel of Jesus Christ, and de-

veloped good friendships. Another student says "...seminary makes me think about what I can do to improve my life."

Teaching seminary requires dedication and daily preparation, too. According to Thomas, it has helped her reevaluate her principles and find answers to her questions. Since beginning the program, she has also seen positive changes in the students as well.

"They ask good questions and are beginning to see things in a new way," Thomas says. "This is a group of great kids."

Despite the early hour, teacher and students benefit from their study.



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