

Community

Senior News

By Karen Miller

I informed my husband there's a chance I might be bringing Vernonia Vern home to live with us. It didn't faze him much, since I already have brought home Arthur Ritis and Ben Gay. What's one more man? Actually, Vernonia Vern is a 25-inch porcelain Logger Doll made by Vernonia doll artist, Barbara Heidloff Corl. A drawing for him will be held at our annual Christmas dinner December 20, here at the center. Tickets will be available at Lew's Place, U.S. Bank and Sentry Market. Don't forget to purchase your raffle tickets for Nellie Tipton's hand made quilt that will be raffled off at the Christmas Bazaar at Washington Grade School, Dec. 3.

We are trying to locate seniors in our area who are isolated/not leaving their home and

Some risks involved in fresh apple cider

During the fall, a very popular weekend activity is to drive along the country roads and pick up apples from the old varieties of apple trees and then return home to crank up the apple press to prepare a wonderful blend of fresh-pressed apple cider. It is very common for fresh-pressed apple cider to be consumed without any heat treatment.

In recent years, unpasteurized (unheated) apple juice has been linked with illness caused by E. coli O157:H7 bacteria. If these bacteria are in the feces of deer or cattle, apples that fall on the ground could be contaminated.

People who are more vulnerable to food poisoning should avoid drinking cider that hasn't been pasteurized to kill bacteria, says Carolyn Raab, OSU Extension foods and nutrition specialist. That includes pregnant women, young children, older adults and people with AIDS, cancer and other serious illnesses that affect the immune system.

If you get apple juice from roadside stands, ask whether it has been pasteurized.

would benefit from a weekly visit by another senior. The Senior Companion Program is now available in our area. Please call 503-429-9112 if you are aware of a senior needing company once a week. We are also looking for a male senior willing to visit other senior men for approximately 20 hours a week. There is a small income for a qualifying man. (Sorry, Ladies, the woman's position is filled.)

Recently, a Vernonia citizen who works out of town asked if the Vernonia Senior Center was a possible recipient of United Way funds. She was hoping to direct her contribution to the center as a way of supporting her home town. A resounding "Yes" was her answer.

She felt that other United Way contributors might benefit from this information; and, of course, the center would definitely be grateful for additional support.

If you are interested, just direct your contribution to Vernonia Senior Center, 446 Bridge Street, Vernonia OR 97064 on the corresponding lines of your United Way form. This is also a tax deductible contribution.

Are you a senior or disabled? Do you have children under the age of six? Are you having a hard time paying your heating costs? You may be eligible for the Low Income Energy Assistance Program (LIEAP). Call Community Action Team at (503) 397-4951 for more information.

We have been hearing some reports that the Senior

Center is not accepting clothes anymore. NOT SO! We welcome your items, clothes, furniture, etc. and we wish to thank the community for your support in this.

We are happy to report that Nellie Gregg is recovering nicely from her recent broken hand. Navigating with a metal contraption on her arm has been a real experience, she relates. Nellie is a welcomed volunteer here at the center, especially in the kitchen.

See you at our Thanksgiving dinner.

INFORMATION NUMBERS
COLCO Transportation 429-4304
Senior Advocate.. 429-9112
Senior Center..... 429-3912

Wish you had an extra car and driver?

COLCO
TRANSPORTATION

Let COLCO transport you or your children to the Golf Course, Library, School, an appointment or shopping. CALL

1-888-GO COLCO

Public Transportation for ALL Columbia County Citizens.

Our caring, courteous drivers are committed to safety.

Please call 24 hours in advance.
M-F 8:00 a.m. - 3:30 p.m.

Welcome Additions

Clara Nicole Andersen

Clara Nicole Andersen was born Nov. 14, 2000, to Tosha and Matthew Andersen of Woodinville, Wash. She weighed 9 pounds, 2 ounces and was 21 inches long.

She will join her brother, Curtis, at the family home.

Grandparents are Dirk and Karen Andersen of Leavenworth, Wash.

Great-grandparents are Dirk and Noni Andersen of Vernonia, and Marian and Harold Wyborne of Phoenix, Ariz.

24 Hour
Towing



Auto &
Truck

**Gasoline Alley
Auto Wrecking**



Tues-Fri
8 am-5 pm

Closed
Sun & Mon

54372 Nehalem Hwy. S., Vernonia

429-7581

324-2071

Vernonia Photo 1st Annual Photo Contest

2 age groups
5 categories:

- Children
- Landscapes
- Pets/Animals
- Sports
- Vacation/Travel

1st prize in each category gets a \$10.00 gift certificate good for film services. Grand prize for overall gets \$20 gift certificate. Print Name, Age group (under 21 or over) category, and phone number on back of entry photo, and drop off at:

Entries due by 12/31/00

Buds & Blooms
859 Bridge St. 429-9273

VALLEY VETERINARY CLINIC



**Rabies
Special**

\$8.50

Dog or Cat

Every Thursday*
10 am - 5:30 pm

*We will be closed Thanksgiving Day
58376 Nehalem Hwy. S., Vernonia, near Sunnyside Cafe

**O
P
E
N
H
O
U
S
E**

Grey Dawn Gallery
879 Bridge Street
Vernonia, OR 97064
503 429-ARTS (2787)

We invite you to ignore the building construction still in progress and come celebrate our opening.

SATURDAY, DECEMBER 9, 2000

10:00 am — 6:00 pm

Grey Dawn Gallery is pleased to feature the following works:

Photography by Christopher Burkett

Pottery by Jeff Patterson

Woodworking by Hardwood Originals

Our regular business hours will be:
Monday — Saturday 10:00 am — 4:00 pm

We want to take this opportunity to thank everyone for your help and encouragement during these past two years of construction.

—Dan and Heidi Brown

Creative Impulse Espresso Bar & Deli

HOT, ICED & BLENDED DRINKS & TEA
PASTRIES • MUFFINS • COOKIES • BAGELS
SANDWICHES • SALADS • SOUPS • CHILI • CHILI DOGS

Happy Thanksgiving

We will be closed Thanksgiving Day

Therapeutic Massage: Call 503-429-9011 for details

**Nail & Tanning Appointments
Available • Walk-ins Welcome**

REG HOURS: Mon 6a-12:30p • Tu-F 6a-5p • Sa 7a-5p • Su 8a-2p
854 BRIDGE ST., VERNONIA • 503-429-9011