

## Community

### Senior News

By Karen Miller

Modern technology may make life seem easier, but it may also make it shorter! Science says that people who have a lot of human contact can live twice as long as those who are isolated. In a recent article entitled "13 ways to Reconnect in Your Life," one way recommended was to "talk to older people." Older folks are

natural historians. I agree! For me, interesting people like Jennie Siedelman, Ethel Blackburn, Elsie Taylor, Faith Reynolds, Floyd Ragner and Bob

Wiley help me to connect to my community's and history's past. Try it! You can begin right down

here where we enjoy connecting with one another! And always remember: If you think nobody cares if you're alive...

### Salmon donated to senior centers

The Scappoose Senior Center has received 1000 pounds of Salmon courtesy of the Safari Club International. The Club has asked Scappoose to act as the distribution center to provide portions of the salmon to each of the other five senior centers throughout the County. Founded in 1971, the Safari Club is a worldwide charitable organization that promotes wildlife conservation and education, provides services for people in need, and functions as an advocate for hunters and hunting. With approximately 37,000 members and 200 chapters world wide, the Club has donated hundreds of thousands of dollars to charitable causes and organizations both here and abroad. The donation of fish is conducted through the Club's "Sportsmen Against Hunger" Program. This will be

### Web site has tips on produce, nutrition

During the National 5 A Day Week, the Produce Marketing Association officially launched a website that helps educate consumers about nutrition and health, provides storage and handling tips for fruits and vegetables, offers produce recipes and more. Visit the website at <http://Aboutproduce.com/>. It's very user-friendly and a fun way to learn more about produce in general.

one of the first large scale donations, not only here in Columbia County, but in Oregon, according to Duane Bernard, President of the Safari Club's Portland Chapter and Rainier resident.

The donation is a welcome sight to many of the centers, according to John Helm, Scappoose Senior Center president. "Since 1969, one of the primary missions of the Scappoose Senior Center has been to provide healthy, nutritionally-balanced meals for both our members and other senior and disabled clients in the community. Meals are provided both at the Center and delivered to our home-bound clients via our Meals-on-Wheels program", Helm said.

"This kind of support is not only appreciated, but critical, as we continue to prepare all of our programs for the increasing number of Senior clients in the area," Helm said.

With more than 62 million Americans over the age of 50 and retirees outnumbering teenagers for the first time in history, it is vital that senior organizations prepare for the demand. In Oregon, the numbers are no less startling. Forecasts indicate that by 2010, one in four Oregonians will be 55 or older. By 2025, Oregon is projected to have the fourth highest proportion of seniors in the entire country.

try missing a couple of car payments.

From the kitchen: The cook would like to say thank you for all the donations from the pie auction and thank you for those who made it possible; our Thanksgiving dinner served over 100 people.

We'll be announcing the winner of our raffles from the Booster Xmas Bazaar next issue.

COLCO trips: Dec. 13 to Lloyd Center, cost is \$10.00. Leave at 9:00 a.m.

December 17 Xmas ships at St. Helens, and dinner. Van cost \$5.00. Leave at 4:00 p.m.

December 18 our big van will be taking in the Christmas lights around the community. Cost is only \$1.00. Limited to 12. Call us!

The Christmas season is upon us. You've read the advice: "Don't get caught up in the Christmas rush! Relax and get your cards out AFTER Christmas." So, I followed that advice last year. It is now a year later and, you guessed it. My cards are just going out... this week.

Happy holidays!

### LDS conference held in Hillsboro

"Keeping Our Promises made with God" was the theme of a conference held in Hillsboro for members of the Church of Jesus Christ of Latter-day Saints. Two leadership training meetings and two general sessions were also held. More than 1400 members attended.

Speakers included the president of the Portland Mission, the president of the Portland Temple, and the Hillsboro Stake president, John Powell, who presides over congregations in Hillsboro, Cornelius, Forest Grove, Gaston, Banks, Vernonia, Tillamook, and Neah-Kah-Nie.

### Health Notes

By Audeen Wagner

#### More Flu Shot Information:

Good News — Providence Family Medicine-Vernonia is happy to report that the influenza vaccine is in! Jeanette reports that a supply of vaccine has been received and that more is on the way. It now looks as if all Providence patients who want a flu shot can be assured of getting one.

People who should make sure they get an annual flu shot include the following patients:

- Those patients aged 65 and older;
- Residents and employees of nursing homes or chronic care facilities;
- Adults and children with chronic diseases such as heart or lung conditions, asthma, diabetes, kidney or blood disorders;
- Women who are in the second or third trimester of pregnancy.

If you are unsure of your "risk status" be sure and contact the clinic. You will need to make an appointment to see Jeanette for your injection.

**Mammovan:** The next Mammovan will be in Vernonia on December 20.

### Welcome Additions

#### Katherine D. Goodman

Katherine Dianne Goodman was born Nov. 2, 2000, to Jeff and Karin Goodman of Vernonia. She weighed 6 pounds, 1 ounce and was 18-1/2 inches long.

She will join her brother, Jeffrey and sister, Jessika, at the family home.

Grandparents are Skip and Shirley Goodman of Vernonia and Regina Mainwaring of Jacksonville.

Great-grandparents are Ken Mainwaring of Central Point and Richard Goodman of Vernonia.

#### Chloe Rose Owen

Chloe Rose Owen was born Nov. 8, 2000, to Zackri Owen and Danyelle Dennis of Vernonia. She weighed 9 pounds, 7 ounces and was 20-3/4 inches long.

She will join her brothers, Zack, Levi, Zayne and Sawyer

Owen at the family home.

Grandparents are Milton and Doretta Dennis of Vernonia and Bill Owen of Bend.

Great-grandparents are Jenny Dennis of Vernonia and Frieda and Jim Ince of Vernonia.

#### Wyatt M. Dowdy

Wyatt Michael Dowdy was born November 28, 2000, to Mindy and Jason Dowdy of Hillsboro. He weighed 7 pounds, 11 ounces and was 19 inches long.

Grandparents are Sue Cavinnee and Jerry McCall of Vernonia and Tamra and Dolph Dowdy of Hillsboro.

Great grandparents are Martha Brown of Coeur d'Alene, Idaho; Mindy McDaniel of Forest Hills, California; Jim and Veytha Berry of Woodland, Washington; Trudy Hinman of Coos Bay; George Wood of Paradise, California and Bev and Norm Gressett of North Plains.

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