

Community

Senior News

By Karen Miller

Child's hardwood desk and bench \$18.50; baby buggy excellent condition \$15; white gas range with trash burner \$15; table model radio-phonograph \$15; never used clarinet \$15; antique san back chair \$10; steel guitar \$12; Franciscan wild flower pottery service for 4 \$15; sable-dyed muskrat fur coat \$15; antique, late Victorian shaving stand \$15; large doll house with furniture \$5; American flyer electric deluxe train \$15; old amber vase-candlesticks \$3.50; cedar chest \$12.50; washing machine \$15; maternity corset, 35 hips, \$5.

Sound like items from our resale shop? Actually, these were taken from Thrifty ads in a 1950 *Oregonian* newspaper! But, you know, our prices can be pretty competitive here at

our newly remodeled Boutique! Come check out our jewelry case, handmade blankets, and buttons, threads and yarn in our well stocked craft corner. Come on down and browse around a warm fire and coffee.

Since there were only two of us signed up for the Senior Spelling Bee, for a while I thought I had a chance of winning a prize—until the other 21 people, from age 50 to 88, showed up and dashed my hopes. We did have a good time on Friday, March 16. Congratulations to the winners:

- 1st - Noni Andersen
- 2nd - Barbara Sturdevant
- 3rd - George Gans

Good Job! Thanks, Audeen! The Five Area Senior Lunch will be held here in Vernonia on the last Monday of this month. If you want a great lunch with great company, come on down.

Another reminder: We are looking for a Treasurer to take over these duties here at the Center. If you are looking for a valuable place to serve, we could use you!

Closing for now, after one last thought: Now, I like vintage clothes, but ... maternity corset? Sounds like something I'd pay YOU to take out of here! Happy Spring!

INFORMATION NUMBERS

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

Class on driving in later life

Who should report impaired drivers? What happens during an Oregon DMV Re-Examination Evaluation? These questions, and more, will be discussed at a program on "Driving Decisions in Later Life" to be presented by OSU Extension Agent Jan Pahl on Tuesday, March 27 from 10:00 a.m. to noon, in the Columbia County Extension Conference Room, in the courthouse at St. Helens.

Driving symbolizes independence, convenience and competence as an adult. The following quote from one older person reflects this importance: "I can barely hear, barely see and barely walk. Things could be worse, though. At least I can still drive." When does driving no longer become an option?

This program will look at issues surrounding driving in later life, the physical changes that put an older person at risk and what it means to quit driving. The program also examines the roles of the state licensing agency, health care providers and family members when older drivers do not realize the potential danger of their driving.

The program is open to anyone working with an older person. Ideas and strategies will be provided for helping an older family member find workable solutions to driving issues. When driving is no longer an option, ways to disable the car and help the individual give up driving will also be discussed.

Call Extension at 503-397-3462 if you would like to attend or for further information.



Is that an "a" or an "o"? Judges at the Vernonia Senior Spelling Bee put their heads together to check a word. From left are EIDonna Williams, Candy Olson and Donna Gerhke. Behind the judges are Bob Wagner and Ralph Keasey, who helped with the event.



Displaying the trophies won in the Senior Spelling Bee were George Gans, who placed third, Noni Andersen in first place, and second place winner Barbara Sturdevant.

Volunteer training scheduled to help victims of violence, abuse

The Columbia County Women's Resource Center is seeking volunteers to work with those who have been hurt by domestic violence, sexual assault or child abuse.

Training is available to enhance your volunteer experience. The amount of training required varies, depending on your interest. Spring volunteer training begins March 24 and will be held in the auditorium at the Columbia Technology Center in St. Helens. Dates and times are as follows:

Orientation, Oppression &

Anti-homophobia and Counseling Techniques - March 24, 9:00 a.m. to 5:00 p.m.

Advanced Sexual Assault - March 27, 6:30 p.m. - 9:00 p.m.

Advanced Legal Advocacy - March 29, 6:00 p.m. - 9:00 p.m.

Child Abuse, AMAC & Community Resources - March 31, 9:00 a.m. - 5:00 p.m.

D.V. Basics & Effects on Children - April 3, 5:00 p.m. - 9:00 p.m.

Crisis line & Suicidology - April 5, 5:00 p.m. - 9:00 p.m.

For more information, call 503-397-7110.

"Everyday Art" wanted for Earth Day exhibit at Columbia Gallery

Artists are invited to submit work for the Earth Day "Everyday Art" exhibit at the Gallery at Columbia Center. The show will run April 6 - 27 at 375 S 18th Street in St. Helens.

Works will be accepted 4-6:00 p.m. on Monday, April 2, at Columbia Center. Featured artist will be John Lillich, displaying Found Art Objects. Lillich and his wife, Kris, own the No Wonder Gallery in Clatskanie.

Obscure materials such as floppy discs, eyeglasses,

Garden seminar just for non-gardeners

A yard and garden seminar for non-gardeners and borderline gardeners will be presented by OSU Master Gardeners of Washington County on Saturday, March 31 from 9:00 a.m. to 2:30 p.m. at the Capital Center, 18640 NW Walker Road, Suite 1400, Beaverton. Use Entrance D1.

The cost for the seminar is \$20 for full day and \$15 for half day (lunch on your own).

For more information, call Louann Metzger at 503-645-7216 or visit the Washington County web site <www.osu.or.edu/extension/washington>

smoke detectors, styrofoam packing, greeting cards, old sneakers and recyclables of all types are appropriate materials for everyday art, said Maeona Urban, chair of the Columbia Foundation Arts Gallery Committee.

The First Friday reception will be April 6 from 6-7:30 p.m. The reception will also provide an opportunity to meet the center's new Executive Director, Lynne Cox. Refreshments will be catered by Simply Delicious of Vernonia.

For more information, please call Bonnie Moss at 503-397-1139 or Maeona Urban at 503-543-7482.

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Scams & Frauds

We live in a fast-paced world where technology develops faster than most of us can keep up with. With the technology come those who make their living using it to cheat you out of your money. Now, just about everyone has a computer in the home and is connected to the Internet. With the Internet you can go anywhere you want in a moment's notice. This also means anyone can visit you at your computer.

There are hundreds of different types of scams being sent to people through their computers, including e-mail messages that give the impression you will receive money if you respond and help in some way. Remember, **IF IT LOOKS TOO GOOD TO BE TRUE, IT PROBABLY IS!**

Do not open e-mails you do not recognize. In addition to the risk of being scammed, you may also receive a virus that can destroy all of the data on your hard drive. The Vernonia Police Dept. tries to keep a current list of virus information. If you would like a copy, come in and we will provide it to you.

If you think you have received fraudulent e-mail, you can obtain more information or report it to the FBI at their web site: www.1fclfb.gov

Jim Walters
Chief of Police
Vernonia Police Department