

Community

Senior News

By Karen Miller

Anyone who has stood solemnly over the sunken battleship, the Arizona, at Pearl Harbor, or walked Arlington Cemetery and observed the Tomb of the Unknown Soldiers, or stood in awe, gazing at the enormity of the tattered and worn American flag that inspired Francis Scott Key to pen his now famous *Star Spangled Banner* has, like me, got to feel a grateful pride toward the men and women of our armed forces who helped make our country a home of the brave.

Boy Scouts will hold garage sale

Vernonia Boy Scout Troop 860 is seeking donations for a garage sale fundraiser in August. Your unwanted items are needed.

For more information, call Scoutmaster Jim Waters at 503-429-8006 or Committee Chairman Marion Johnston at 503-429-0188.

Bible Conference at Grace Baptist Church

The annual Spring Bible Conference at Grace Reformed Baptist Church will held Memorial Day Weekend, May 25 - 27.

Pastor Robert Elliott, originally from Scotland, now from Riverside, Calif., is this year's speaker. Pastor Elliott will address the theme, "The Christian Home; Intended For Joy".

Preaching services will be Friday and Saturday at 7:00 p.m. and Sunday at 9:30 a.m., 11:00 a.m. and 3:00 p.m.

A picnic, with games for the kids, will be held at Hawkins Park beginning at 12:15 p.m. Saturday. Lunch will be provided between services on Sunday.

A Men's Prayer Breakfast is planned for 6:00 a.m. Saturday at the Church, followed by a men's basketball game at 9:00 a.m. at the high school.

The community is welcome to attend any or all of the planned activities. Grace Reformed Bible Church is located at 500 North St. in Vernonia.

and land of the free. This Memorial Day, beside having a day off, pick up the phone, write a note, shake a hand or give a hug to someone you know who has served or is serving our stars and stripes, and may we honor our flag with sacred commitment to never forget, as a people, the cost of a free and undivided republic.

News and Notes:

May 24 is free Bingo Day from 1:00 to 4:00 p.m. Prizes for winners! Come join us!

We have foot care once a month here at the center. June 21 is the next care day. Call Willie for an appointment.

A hearing aid technician is here the second Friday of

every month. Call Willie for an appointment.

Games every Thursday.
Music every Wednesday.

From the cook and senior center:

A big thank you to Randy Parrow and Sentry Market for all your generous donations. They are greatly appreciated!

Have a safe and fun Memorial Day weekend!!

INFORMATION NUMBERS

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

55 Alive driving class scheduled

A 55 Alive Driving Safety Program class will be held at the Vernonia Senior Center on June 4 and 5 from 12:45 p.m. to 5:15 p.m. The charge for the class and materials is \$10.00. Participants must attend both classes to receive the certificate of completion.

Class topics include staying independent in older years by learning to be safe, defensive drivers. Facts are presented on how aging affects driving skills and how to make allowances for these changes. Course ma-

terial helps in learning how to evaluate bad driving habits and how to change attitude and behavior when driving.

Those attending will learn how to deal with the problems that typically lead to traffic violations committed by older drivers, including failure to yield right-of-way, improper left turns, incorrect lane changes, passing, and entering and leaving freeways.

For more information, call the Vernonia Senior Center or Ruth Bell, instructor, at 503-429-4949.

Gospel performance

Southern gospel music returns to the Columbia Gateway as Community Christian Concerts presents a concert featuring Undivided, from Kingsport, Tenn., and The Gloryland Way from St. Helens.

The concert will be held at St. Helens High School's Olmscheid Auditorium, 2375 Gable Road, St. Helens, on Friday, May 18 at 7:00 p.m.

There will be no charge for admission, though a free-will offering will be taken. For information, call Greg Fischer at 503-397-5342.

Grange plans dance

"Spring into Summer" is the theme for the Vernonia Grange community dance.

The dance will be held in mid-June to help commemorate and celebrate the 100 year "Golden Anniversary" of the Grange. The local band, Golden Oldies, will be playing, featuring all of your favorite dance tunes for an evening of pure enjoyment and relaxation at the Grange hall on the corner of Washington and North Streets in Vernonia.

Details with be forthcoming in the next issue.

Health Notes

By Audeen Wagner

Information regarding prescriptions: As regular patients at Providence Family Medicine may already know, High School Pharmacy offers prescription delivery service to Vernonia on a daily basis, Monday through Friday.

Here's how it works: Prescriptions are called or faxed to the pharmacy, and they are sent out as soon as possible via courier—usually it's a one-day service. It is a great convenience to have your medicine sent directly to the clinic, especially if you're not feeling well.

Some important considerations:

- The service is available ONLY to patients of the local clinic.
- The clinic would like patients to pick up their prescriptions promptly—within 72 hours of the office call. Prescriptions not picked up must be returned to High School Pharmacy.

According to Sue East, clinic staff tries to call patients to let them know that their medicine is ready to be picked up. Occasionally they are unable to reach every patient, therefore she suggests that, if you are expecting a prescription, it is a good idea to call the office after 4:30 to check to see if it has arrived.

In the case of refills, patients may call directly to the pharmacy to arrange for delivery. Patients are advised to allow several days for refilled prescriptions to be completed. "Plan ahead, and when you are getting low on your prescription, please give everyone plenty of time to renew it and get it here. Giving the pharmacy advance notice helps the system run smoothly," said Sue.

Briefly, the Providence Prescription Policy is:

1. Patients are asked to pick up prescriptions within 72 hours.
2. If patients are unable to get in to pick up the prescription when a reminder call is made, please let the clinic know and they will make special arrangements to hold the medicine for you.
3. Per the clinic's agreement with High School Pharmacy, prescriptions not picked up within 72 hours will be returned to them, unless special arrangements have been made.

Sue also says that when patients call and talk to her about any problem in picking up prescriptions, she is able to hold the package for an extra day or two. So it's a good idea to give her a call if you can't get in to the office to pick up the medication right away. The clinic is happy to be able to handle medicines for their patients in this way.

MAMMOVAN: The next regular visit of the Mammovan will be June 20, 2001. Please call 503-429-9191 to schedule your mammogram.

Help yourself survive a heart attack

Many people are alone when they suffer a heart attack. Without help, a person whose heart stops beating properly and who begins to feel faint, has only about 10 seconds left before losing consciousness.

However, these victims can help themselves by coughing repeatedly and very vigorously. A deep breath should be taken before each cough, and the cough should be deep and prolonged. A breath and a cough must be repeated about every

two seconds without letting up until help arrives, or until the heart is beating normally again.

Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps it to regain normal rhythm.

Following this procedure could give heart attack victims time to get to the hospital and save their lives.

More on Health, see page 7

Take off with
TOPS!

Come to an Open House.

Visit our weight loss support group. It's free!

May 20, 2001 7:00 p.m.
Mist - Birkenfeld RFPD - Main
12525 Hwy 202, Mist, OR
Claudia 503-429-7503

There's no obligation.
Bring a friend and we'll see you there!

tops
TAKE OFF POUNDS SENSIBLY

MEMORIAL DAY CEREMONIES

The public is invited to join us in honoring those who have served, given their lives or are still missing...

Monday, May 28th at 11:00 a.m.

Vernonia Memorial Cemetery

2080 Bridge Street • Vernonia

WELCOME Synda Allen	SPEAKER Pastor Paul Pastor Vernonia Foursquare Church	21 GUN SALUTE Jim Waters & Group
PRESENTATION OF COLORS Boy Scout Troops 860 & 201	PRESENTATION OF FLAG FOR RAYMOND GARCIA Garcia Family and American Legion Post 119	CEREMONIAL WHITE DOVES Creatures Pets of Vernonia
OPENING PRAYER Pastor Joel Stith Vernonia First Christian Church	REVEILLE & TAPS Bugler LCdr. Mark Livingston, MC, USNR	CLOSING PRAYER Pastor Darwin Harvey Assembly of God Church
VERNONIA HIGH SCHOOL CHOIR Robert Isted, Director		FLYOVER 142nd Fighter Interceptor Group Air National Guard

LIMITED SEATING AVAILABLE • PLEASE ARRIVE EARLY

For information, please contact Synda Allen, Caretaker
Vernonia Memorial Cemetery, 503-429-7053 / 1001 Bridge St., Vernonia, OR 97064
Ceremonies Sponsored by City of Vernonia



This space courtesy of
Fuiten, Rose & Hoyt
Funeral Home
Forest Grove & Vernonia