

Community

Senior News

By Karen Miller

There is only one word to describe the atmosphere here at the center these past few days: HOT! I know we have needed rain, but, oh how these days have brought out motivation to get our legs moving; not so much in the garden; more like the dance floor! Come down and join us on Wednesdays for socializing with food, fun and music. We were delighted to have seniors from the Forest Grove Center join us last week.

I did have a good time on my week to the Washington D.C. area in April. Always fun to visit my old stomping grounds and reminisce (It's great to know I have a champion speller editor; I can slaughter all the words I want and that is one of them she can correct!).

You know I never fly without a package of Big Red gum. I recall on one flight to Denver, years ago, the stewardess came on the intercom an-

nouncing a scavenger hunt! I woke up instantly. The race was on! I remember most of the items: One was a picture of yourself and a pet, which I had, a paper clip, which some college-age kid with a briefcase slipped to me across the aisle, but the clincher was a package of Big Red gum, which is still my favorite! I felt a little sheepish when I found out my lone competitor was a little kid in the back of the plane — a fact my teenage son felt compelled to bring to my attention. The prize? An airline hat that, yes, would've looked better on him. But, hey, I won fair and square.

Speaking of games, come on down Thursdays and be a part of the fun with free bingo and prizes! See ya then!

Mark these dates!

June 13 — Father's Day Lunch. Please sign up beforehand to be assured a meal, as we are operating on a tight

budget. Hope to see you there!

June 15 — The Golden Oldies (we consider them *our* folks) will be playing at the Vernonia Grange Dance. Good music, nice folks; call for the time!

June 25 — Five Area luncheon at Clatskanie. We will be taking a van over. Sign up and come along.

July 1 — Attention! The positions of Director and Vice Chairman of the Senior Center will be voted upon. If you are interested, please call Willie Brewer at the center, 429-3912.

Our Craft \$ Boutique is having a Half-Price Sale. Also, a 50 cent bag sale on unmarked clothing.

INFORMATION NUMBERS

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



Frank and Liz Serafin were recipients of Vernonia Pride's first Yard of the Month award. The yard of the Serafin's home, at 258 Bridge Street, is a model of eye-pleasing color and design, from well-established rhododendrons and azaleas to colorful hanging baskets and a well-cared for lawn.

"Helping Hands" is easy way to help Vernonia Cares

Many people who would like to make a \$15 or \$30 donation to Vernonia Cares, can't afford to do so in a lump sum. For that reason, the local emergency food service has started "Helping Hands," a coupon book that provides an easy way to make a monthly, tax deductible donation in any amount — \$1, \$5, \$10 or more — as the donor chooses.

The organization's directors hope that Helping Hands will help stabilize Vernonia Cares' financial status through regular, monthly donations. Again this year, it was forced to ask United Way for an early allocation of funds in order to maintain operations until the Business Expo fund raiser is complete.

"United Way has been a life saver for the food bank," said Director Lisa Edgar, who will be

leaving Vernonia Cares in June, "when, many times in the past, we have been forced to look at closing the doors due to lack of funding.

"If enough community members join Helping Hands, the food bank will be able to feed needy families without financial emergencies between the scheduled allocations of United Way donations," Edgar said.

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Helping Hands coupon books are available by calling Vernonia Cares at (503) 429-1414; leave a message with your name, address and phone number and arrangements will be made.

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Health Notes

By Audeen Wagner

New Personnel: Paula Stover has been hired by Providence Family Medicine-Vernonia as a permanent part-time employee, working 20 hours/week and sharing the duties at the front desk with Sue East.

Paula and her husband, Loren, and two daughters, have lived in Vernonia for about 10 years. She loves the rural life of a small town, and feels that the people here really care about each other. This attitude carries over to her feelings about her position at the clinic.

With some college credits behind her in general studies, Paula is now taking correspondence courses, working toward a Medical Assistant certificate. "I feel that the more I know about the medical field, the better I can help our patients," she says, "just being familiar with medical terminology is a big plus." She really enjoys learning, and her aspirations lean toward eventually studying to be a Physician's Assistant. She loves working for the Providence system, and especially the staff at the local clinic. Her work experience includes working in a family practice clinic, and in a drug-store as a pharmacy tech.

Paula loves tooling around town in her pride and joy, a light blue 1976 Toyota Land Cruiser. She also raises birds as a hobby, and has a cockatoo and a cockatiel. In her spare time she enjoys reading, and is an accomplished calligrapher.

We welcome Paula to the clinic. Her upbeat personality and warm smile are a great addition to the Vernonia Clinic.

A Message for High School Graduates: Congratulations!! The Clinic hopes that you have a wonderful, fun, safe celebration of this important accomplishment. National statistics show that one person dies every fifteen minutes as a result of an accident involving alcohol or drugs. The message is loud and clear for people of any age: If you drink alcohol or take drugs, don't drive. And, don't ride with anyone who does!!

A huge all-night party is planned for the Class of 2001 at VHS. It is a drug- and alcohol-free event that is not only safe and sane, but loads of fun. Lani Vandehey, one of the parent-organizers, says this year's party will be a huge success, with prizes and gifts that are exceptional, food, games, sports, and much more! "Thanks to many generous sponsors, this year's senior party will be absolutely super," Lani said. She encourages every single graduate to take part. "We hope that parents will strongly encourage their seniors to celebrate graduation in this safe environment," Lani added.

So, seniors, this is the message from the Vernonia Clinic: Have a wonderful graduation, and please, don't become an Emergency Room patient — or, as the Grim Reaper would say, "A name on a tombstone."

Mammogram Van: The next trip to Vernonia for the Mammovan will be June 20. Call 503-429-9191 to make an appointment.

Vacation Bible School scheduled

The annual Vacation Bible School at the Vernonia Christian Church will be held June 18 through 23 from 9:00 a.m. to noon.

Horns blaring, light flashing, and wailing sirens all signal the theme "Jesus to the Rescue!!" Action, adventure and days packed with fantastic Bible lessons, fun, excitement,

great games, creative crafts, and yummy treats for all await the children, while they learn to be alert to God's message, and to be full of courage and character in facing a challenging world and more.

For more information, call Ina Bateman at 503-429-3324 or Alethea Graham at 503-429-6551.



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