

Community

Health News

By Audeen Wagner

School Physicals and Immunizations:

It seems early to start thinking about "back-to-school," but Providence Family Medicine-Vernonia reminds parents and students that it is time NOW for that trip to the doctor's office before school. Whether it is a physical exam necessary for sports activities, or preschool or follow-up immunizations or boosters, it is important to get ready early for the school year. Laura Nichols, P.A., says, "Bring your immunization records with you, so we can determine the student's immunization status. We would appreciate families coming in as soon as possible, rather than waiting until the school year is upon us."

New students to the district will need to have your immunizations updated before you can enter school. An appointment is necessary (even if you only need a shot), so call the clinic at 503-429-9191 to get the process started. To prevent a last-minute rush, parents should take care of this requirement early. The clinic is increasingly busy, so a scheduling problem could occur that would keep your children from entering school on the first day.

Summer Safety:

Paula Stover mentioned that it seems that as summer winds down, people of all ages seem to be a little less careful about outdoor safety. So, the clinic is focusing on "summer safety." As you enjoy the water, hiking, organized sports, biking, or just climbing trees - kids and adults alike need to be conscious of doing all these activities safely. If you are boating or swimming, even in familiar waters, remember that in streams and lakes, the water level is much lower this year, so there might well be obstacles that weren't there last year. Also, there will no doubt be more hot, sunny days before the summer is over. While it's fun to show off a gorgeous tan, the medical world warns us about serious skin problems due to the sun's rays. So use that sun screen, wear a hat, take a break from the heat now and then, drink lots of water. The message is use common sense, and enjoy the summer. And don't become a patient because of injury or sunburn!

Swimming news:

The Forest Grove pool has re-opened after extensive remodeling, and it is beautiful. They have added a therapy pool that is heated to 90 degrees (wonderful for water aerobics); a huge spa; new sauna; and they have remodeled the shower rooms, adding lockers (bring your own padlock), updated the showers and private dressing rooms. They have also added some new classes and swim sessions.

Also new is a "party room" that is ideal for birthday parties. Call the Forest Grove Aquatic center if you have any questions. Their number is 503-992-3237.

Mammovan Schedule:

Next mammovan day is Wednesday, August 15. Appointments are made through the local clinic. (Ladies, did you know that the older you get the more you need an annual mammogram? Over three-fourths of breast cancers diagnosed annually occur in women over 50, and a woman of 70 is almost twice as likely to develop breast cancer as a woman aged 50. So, don't put it off; call for that appointment.)

WOULD YOU BUY MORE CHURCH IF YOU COULD CHARGE IT?



Marketers know that they can sell more of anything if the consumer can put it on a credit card. Clothes. Books. Dinner. Gasoline. Even vacations.

What would happen if churches offered a credit card? Would more people attend worship services? Would more people be willing to teach a Sunday school class? Would more people get involved in outreach programs?

Of course, the problem with that train of thought is that what Christianity has to offer is free. Salvation is a gift from God. It can't be paid for with good works, good intentions, or good credit.

Naturally, this goes against our grain. In our society, we want to do our own thing and expect to pay our own way.

Yet, as we're often reminded, "The best things in life are free." So, you won't need a credit card to worship with us. All we ask is that you come with a willingness to receive.

NEHALEM VALLEY BIBLE CHURCH

500 CALIFORNIA AVE., VERNONIA • 503-429-5378 • PASTOR JERRY JAMES
CURRENTLY MEETING AT THE VERNONIA HEAD START BUILDING

Senior News

By Karen Miller

From the Douglass Book of Wisdom come the following words: "There's 2 things that stink after 3 days: fish and company." Actually, I seemed never to have forgotten that piece of "advice" from one of my parents, so it stands to reason why, to this day, I don't feel too comfortable staying at someone else's house for very long! But, at any rate, I can guarantee a sweet aroma here in Vernonia after three days of fishing and company this weekend after everyone has a great time at our Vernonia Friendship Jamboree.

The Senior Center wishes to thank Pat Lloyd for her painting time and talent in doing our

Celebration for Mingers' 60th



Charles and Irene Minger

Charles and Irene Minger, formerly of Vernonia, recently celebrated their 60 Wedding Anniversary with family and friends in Keizer.

Mr. and Mrs. Minger were married July 1, 1941, in Van-
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new sign out front and West Oregon Electric for hanging it up!!

One of our long-time members here at the Center won't be with us any longer. Florence Akers, who was one of our very oldest seniors, has moved. We hope she can get plugged into a new center where she is now living. We'll miss you, Florence!!

We wish, also, to thank our volunteers, Barbara Harmon and Lee Vaughn, here at the center and our volunteers at lunch time. We appreciate it a lot. Don't forget, you seniors are most welcome to come down here and be a part of the happenings; either volunteering and or with music on Wednesdays. The senior center is all about YOU!!

PLEASE NOTE: The operating cost each week for receiving the bread and pastries is \$50. We have NOT been receiving enough dona-

tions to cover this cost. Unfortunately, we need to announce that if we cannot match this accounts payable each week, we will have to discontinue this service.

The building of our new senior center is still in progress and tentatively scheduled for 2003.

The Senior Center and definitely the ColCo Transportation staff are glad to have Terri Basaka back. We love you, Terri. Friends forever!!

And to all our friends: Have a fun Friendship Jamboree!!

Coming up on August 8 is the annual RSVP Recognition Picnic at Trojan Park near Rainier. This is always a lot of fun so come in and sign up with ColCo.

INFORMATION NUMBERS

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

GRAND OPENING!

Saturday, August 4th, 10am to 6pm
Free balloons, drawings and giveaways!

Smarty Pants

Gently Used Infant, Kid, Teen and Maternity Clothing
Videos, Books and Family Related Accessories

163 N. Main St., Banks

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FREE Children's Book Exchange!
Trade up to 5 good condition children's books each time you visit!
Bring in this ad for a FREE stamp on a SmartyPants Shopper Card!

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Christian Music Concert

Saturday, August 4, 2001 • 3-9:00 p.m.

On the lawn between Vernonia Community Church and First Baptist Church
A Street between State and Washington Avenues



Soul Shot

No Cover Charge
A Free Will Offering will be taken

Praise Band 3-3:30 • Mystery Band 3:45-4
Perfect Attendance 4:15-5:15 • Gene Hall 5:30-7
Soul Shot 7:30-9

Join us in Praise with Pop, Punk, Disco, Jazz, R&B and More!