

Community

Senior News

By Jacqueline Ramsay



HELP -
Is there anybody out there??
I know people are reading this column

because some tell me they like my articles. It keeps them up on things. So, your Senior Center needs bodies to help keep it up and running.

The Quilting Ladies, numbering two, have just put a queen size top on the frame to quilt. Personally, I have not seen it, but I understand it was pieced by the same lady that made the pansy top. Thank you.

You don't have to be a seamstress to quilt. The rewards are many. It's giving a piece of you to someone else, younger or older, to enjoy for years to come. The feeling of "I did it" can give you much pleasure; also, spending time out of your rut is good for the soul.

Please check with Louise or Faith.

Help #2 - The thrift shop needs people to work. School is starting up again soon. The young ones will be working again, so make yourself get out of the house and help yourself help the center. Help get the myriad of clothing items that have come in back to good use and, please, if you know what you're bringing down to us is in need of repairing, washing or mending and is too far gone, please use your own dumpster. Our garbage bill went up the same as yours this summer and we pay much over the ability of our dumpster to get rid of unusable clothing and house-

Sawyer, Finzel do well at State Bee

Carol Sawyer and Tobie Finzel placed first and second at the Vernonia Senior Spelling Bee, after dazzling the audience with their handling of very difficult words in a grueling tie-breaker. They almost repeated that performance at the Oregon State Senior Spelling Bee, held in Aurora on August 11.

hold items that people can't afford to fix. We are here to help you save \$\$ on many things, but we cannot pay to feed and clothe you if you can't help by being fair with us.

Help #3 - Did you know you don't have to be a senior to help in the center in many capacities, but you can't be so young you should be getting your education either. Main quality - be alive, breathing, smiling, friendly and willing to learn a merchandising skill from folks who have been through this mill called life on the run.

The berries are ripe at the lake and boy are they good.

It was foggy at 8:00 a.m. the

Sawyer placed second in the statewide event, and Finzel was right behind her in third place. And, just as in Vernonia, these evenly matched competitors were separated by only one word! They were awarded their trophies at the Vernonia Senior Center last week.

day of the 5K Run sponsored by Vernonia Cares. Runners, walkers and strollers all had fun, fun, fun. The sun did shine on a good job. Roughly 50 participants, plus all who helped make it work right down to the Bagel Baker. Thanks to the watchers, too.

Think on this: Saturday, September 17 is Senior Day at the Portland Zoo.

Flash - the center will be selling calendars for 2003 later this fall. Don't be behind time. Everyone needs one to keep up with the flying of time.

The State Spelling Bee winners August 11 were Carol Sawyer, Second Place and Tobie Finzel, Third Place. Way to go!

Remember, the City Wide Yard Sale on September 21.

We are looking forward to October 30 - Sadie Hawkins Dance.

M-BRFPD potluck Saturday

The Mist-Birkenfeld Rural Fire Protection District will host a Pot Luck Picnic on September 7, at 1:00 p.m., at the main station, 12525 Hwy 202 in Mist.

Hamburgers, hot dogs and oven baked beans will be served, along with lemonade, hot coffee and table service.

Guests are asked to bring a favorite salad and/or dessert.

Tickets are still available for the raffle of a 1981 Cadillac, and can be purchased at the

From Senior Advocate Karen Miller:

Stop by our office for information and to receive a free resource kit on Alzheimer's Disease. 446 Bridge Street, Vernonia.

Large crowd at picnic/reunion

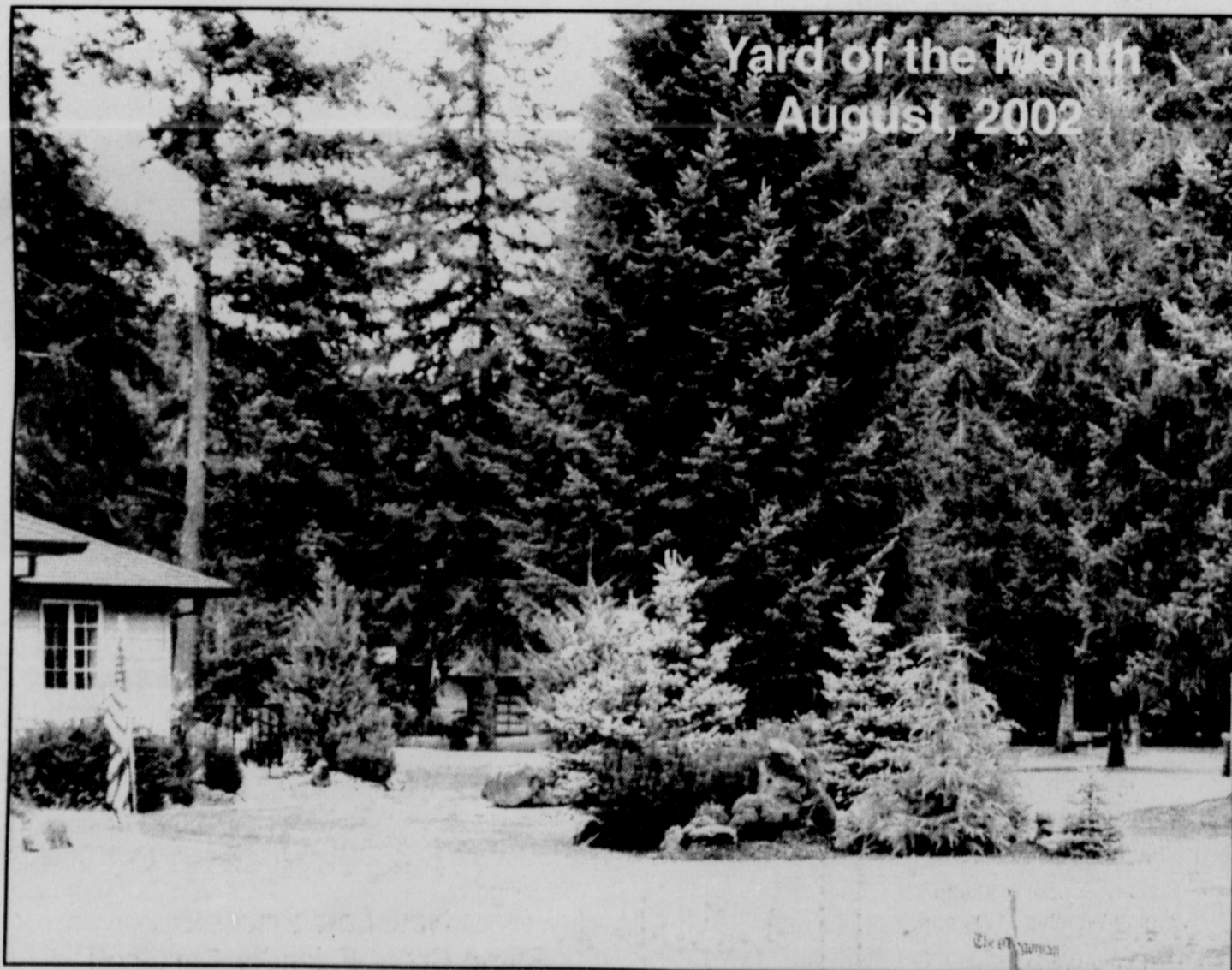
A grand time was enjoyed by at least 210 present and former Vernonians as they renewed friendships at the annual "Old-timers" reunion and picnic at Anderson Park on the third Sunday of August.

Coming the farthest to attend the reunion were Charley and Margie Davis from Trenton, Kentucky. The most senior of the seniors were Cecil Johnson, 95, and Melba Johnson, who was a few days shy of her 91st birthday. The earliest local graduate was Zelma New, from the Vernonia High School Class of 1930.

main station.

Life Flight ambulance volunteers will be taking blood pressures and, barring any emergencies, Fire Pup will be present at noon to promote fire safety. Fire Med/Life Flight memberships and renewals will also be available.

Community service groups interested in having a table at the main station during the picnic are asked to register with Mary Lou at 503-755-2710.



The Yard of the Month for August is actually the adjoining yards of Jan and Zeke Miyasaki and Pat and Frank Schrier on Fairway Lane. As the Miyasakis developed their yard in the Douglas fir-dominated development, using open areas emphasized by clustered plantings of varied deciduous shrubs and evergreens, the Schriers continued the theme, resulting in a park-like atmosphere between the two homes.

Evergreen Dance Center

Classes Every
Tuesday
Starting Sept. 10

Age 4-6 Years
3:30 p.m.

Age 7 and Up
4:30 p.m.

At Vernonia
Community Church
957 State Ave, Vernonia

Teacher: Jessica Weller



To Register, Call 360-423-7410, Longview