

Community

Senior News

By Jacqueline Ramsay



A big Thank You to Jim Brunsmann for the two very beautiful salmon he

brought in to the cook. Jamie is planning a salmon dinner for the near future.

The Thrift Store closed on the 18th in honor of Louisa Pelster. She will be greatly missed.

For those wondering about hearing aid service, New Man, New Service. Kezar Hearing Center - Asher Hamilton. Call him, toll free, 1-888-806-6100. You call him, he calls you back, sets up an appointment (at your home). He has left batteries at the center for sale. Ask Ruth.

We are still being inundated with lots of things, clothes, ? items and some genuine trash. We have only so much room to store stuff and too few people to sort. If you'd like to learn, we can train you to sort, price and etc., and believe me, there is a knack to checking items and

knowing what to look for. Both sides of a toaster have to work. Zippers must go up as well as down and hidden seams must be seams, not holes.

I missed the sidewalk sale this year. Was booked to help Marquis Cares Oktoberfest in Forest Grove. If you have never taken time to go, plan on it next year. The flag raised to begin the day-long festivities flew over the White House on September 5. Even some of the Golden Oldies entertained the large crowds of people who attended.

Fall is upon us and Sadie

Hawkins is a comin' to the center October 30, 6:00 p.m., Vernonia Senior Center. Open to the public, cafeteria style food, fun, games, dancing and more. Singles \$5.00, Couples \$7.50. Music by the Golden Oldies. No Alcohol, No Smoking, but you can chew gum, if you don't spit it on the floor or parking lot.

P.S. Stopped in to visit Fyrne Taylor last Tuesday. She looks good, feels great and says "Hi to all my friends," so Hi! Have you been to see her lately?

From the office of Senior Advocate, Karen Miller:

The Oregon-Idaho Chapter of the Alzheimer's Association has announced the second Annual St. Helens Memory Walk, Saturday, October 5, 10:00 a.m., Olde Town, St. Helens.

Receive a T-Shirt with a suggested donation of \$15. For more information, call 503-366-8070.

INFORMATION NUMBERS

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

Help child lose weight by using small changes

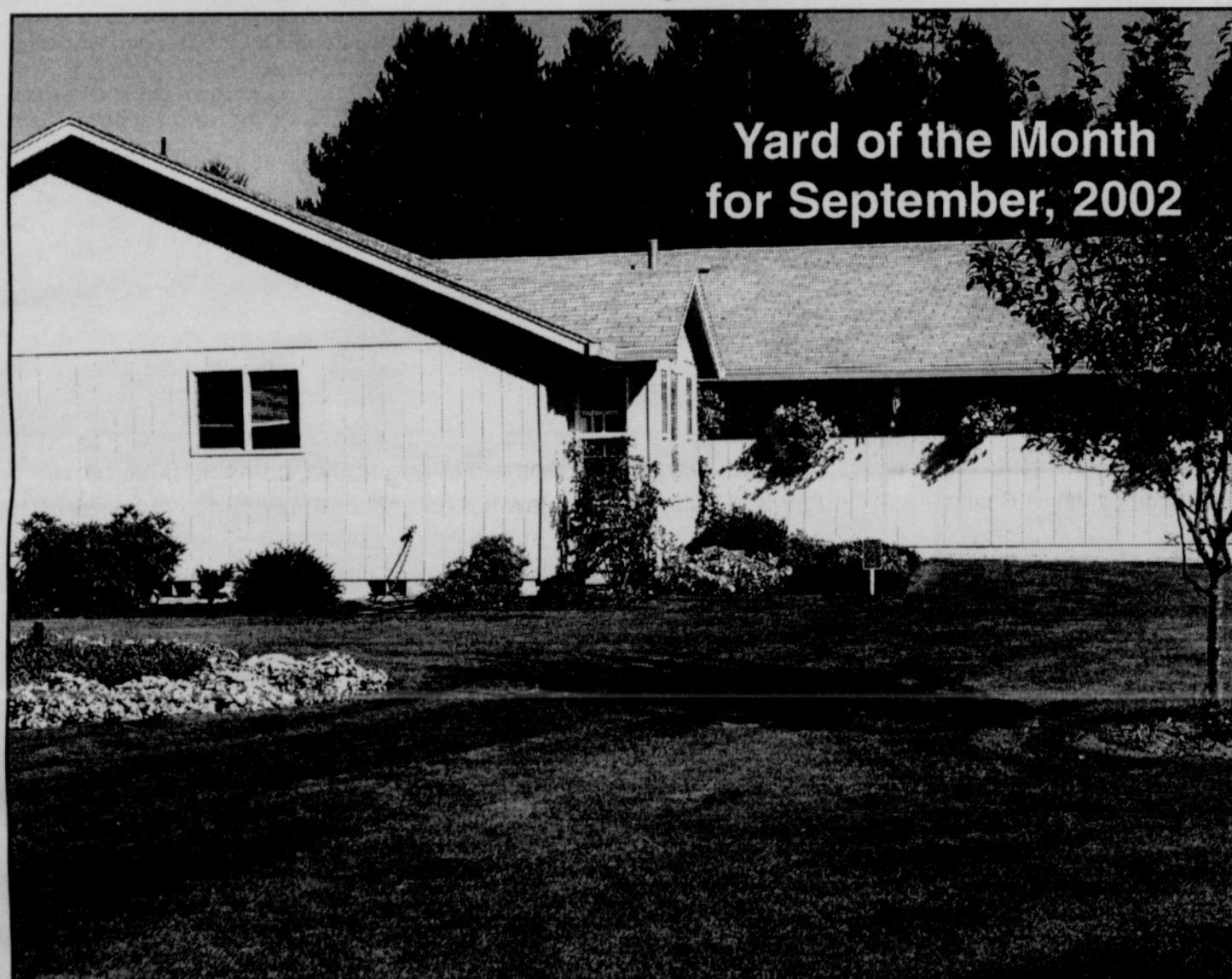
The U.S. Department of Agriculture estimates that one in five children are now overweight and that even small improvements in reducing weight can have large benefits.

The amount of time children watch television has been linked to over weight.

Overweight children can be served meals with less fat by including more fresh fruits and vegetables and lean meats. Children can be encouraged to snack on fresh fruits and vegetables. Low fat milk can be served to children over two years old. Apples, celery and carrot sticks are great snacks.

Turn off the television and get moving. Go for walks. Focus on the changing seasons, leaves turning color, geese and ducks flying south. Play catch or Frisbee. Dial in some favorite music and dance together.

Now is the perfect time to start an action plan. Reduce fats, increase fresh fruits and vegetables at every meal and get everyone moving.



Yard of the Month for September, 2002

The colorful yard of Don and Deloris Webb, on Alabama, doesn't photograph well in black and white because the colors of the brilliant blooms from impatiens, ivy geraniums and fuschias just don't show. Deloris says she doesn't know much about yard care, but the lush blooms in her yard belie her statement.

Help Elect...

RITA BERNHARD
County Commissioner
DEMOCRAT

"A proven public servant who respects the law and the people it serves."



Paid for by Rita Bernhard, P.O. Box 564, Scappoose, OR 90756 • (503) 543-7098

We're Back!

Gloria & Vickie are at

The Spar Tree

62465 Nehalem Hwy. N, Vernonia
503-429-7162

DAILY SPECIALS PLUS...

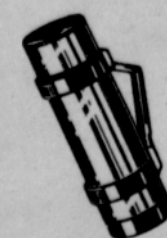
FRIDAY FISH SPECIAL

SATURDAY PRIME RIB

SUNDAY DEEP-FRIED CHICKEN
STEAK SPECIAL ALL WEEKEND

PIES TO GO ON ADVANCE ORDER

Open 5 AM - 9 PM Weekends
During Hunting Season



Reg. Hours:
Tuesday-Thursday 6 AM-8 PM
Friday-Saturday 6 AM-9 PM
Sunday 7 AM-8 PM

