

## Immunization deadline Feb. 19

February 19, 2003, is the deadline for children to be up to date on their immunizations or be excluded from school. The state-imposed deadline is fast approaching for parents to have their children immunized.

Immunizations help protect children from potentially harmful diseases, which is why the state requires children to be vaccinated in order to attend public schools and other child-care facilities.

### Student Bloopers

George Washington married Martha Curtis and in due time became the Father of Our Country.

The Constitution of the United States was adopted to secure domestic hostility. Under the Constitution the people enjoyed the right to keep bare arms.

## Can you dig it?

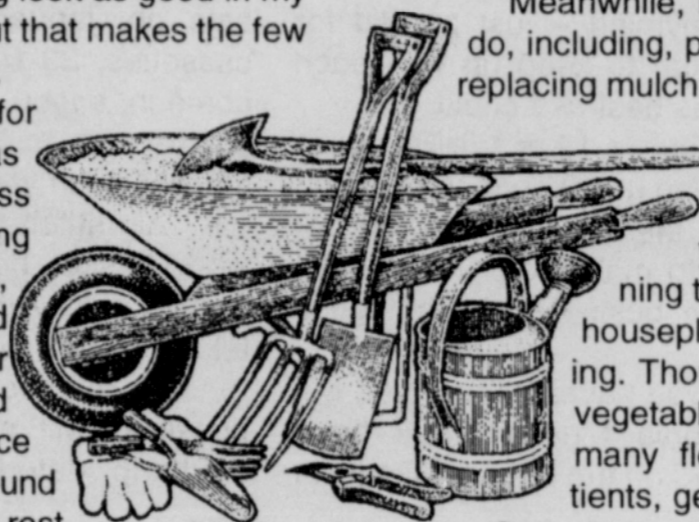
By Schann Nelson



Our part of Oregon is such a great place for gardeners to live. Even now, at the beginning of winter you can already see the signs of the approach of spring if you look closely enough. On the filberts (hazelnuts, for you non-native speakers), the flower buds are already lengthening and will burst into long yellow bloom with just a few short days of sun next month. Buds also are beginning to swell on elderberry and wild plum.

For those of us who garden by mail, this time of year brings a mailbox full of catalogues, both old and new varieties. For me, the real challenge is keeping my orders in line with both my budget and my available space. Rarely does anything look as good in my garden as it does in the catalogue pictures, but that makes the few beautiful successes all the more appreciated.

Now is the time to attempt to get in shape for actual gardening, which may begin as early as next month. As we age, our joints become less and less flexible – and more and more unwilling to withstand the stress of digging, planting, pruning, pulling, etc. Giving yourself a bad case of tendonitis in your elbow or wrist, or pulling a muscle in your back is NOT a good way to start the season. Especially since, once you have injured yourself, you have to sit around and look at all the work you can't do while you rest



and heal. Check with your physician, or a qualified trainer, for specific exercises but here are a few suggestions.

Easy exercises that strengthen and stretch the wrists, arms and shoulders will help prevent injury to these areas. Make sure that you perform any exercise slowly, and with intention, concentrating on the muscle you wish to improve. Exercises can include any kind of push-up you are capable of performing, using weights to strengthen arm muscles, and working on improving the rotation and flexibility of your shoulders. Your back, so easily injured while turning over that new garden bed, will be greatly helped by exercises that strengthen the core muscles of the abdomen and lower back. Specific examples of exercises can be found in a variety of videos, books, and on-line. You could also prepare by joining the gym or taking a class, such as yoga or Jazzercise.

Meanwhile, if you can get outside, there are things to do, including, pruning and dormant spraying of fruit trees, replacing mulch that has blown off, cleaning up dead flower stalks if not already done (I really need to get out and do this!) and pulling up weeds and grasses that are trying to grow where you don't want them. In addition to planning this year's garden and getting stuff ordered, houseplants need attention to watering and fertilizing. Though terribly tempting, it's too early to start vegetable transplants indoors, but you can start many flowers as indoor plants, including impatiens, geraniums and coleus.

Stay warm, stay dry and enjoy the season.

## Church Directory

### VERNONIA FOURSQUARE CHURCH

Pastor Paul Pastor  
850 Madison Avenue  
Vernonia, 503 429-1103

Sunday Worship Service: 10:30 a.m.  
Children's Sunday School

Wednesdays 7:00 p.m.  
Evening Service  
Youth Ministry  
Children's Ministry  
Nursery Available

Men's Ministry 7:45 a.m.  
3rd Saturday each month

### VERNONIA COMMUNITY CHURCH

Grant Williams, Pastor  
957 State Avenue  
Vernonia, 503 429-6790

Sunday School 9:45 a.m.  
Morning Worship 11:00 a.m.  
Children's Church w/Nursery  
Sunday 6:00-7:30 p.m.  
Jr. & Sr. High, AWANA, Adult Study  
Nursery provided  
Prayer Meeting, Wed. 7:00 p.m.  
Women's Bible Study, Thurs. 7:00 p.m.

### GRACE REFORMED BAPTIST CHURCH

D.J. Dickey, Pastor  
Grant & North Streets  
Vernonia, 503 429-1919

Sunday Services: Adult Prayer &  
Children's Sunday School 9:45 a.m.  
Morning Worship 11:15 a.m.  
Evening Worship 5:00 p.m.

Wednesday Service:  
All Family Bible Study, 7:00 p.m.

### ASSEMBLY OF GOD

Darwin Harvey, Pastor  
662 Jefferson  
Vernonia, 503 429-4615

Sunday School 9:45 a.m.  
Morning Worship 11:00 a.m.  
Evening Worship 6:00 p.m.

Bible Study, Wednesday 7:00 p.m.  
Youth & Kids, Thursday 7:00 p.m.

### FIRST BAPTIST CHURCH

John Cahill, Pastor  
359 "A" Street  
Vernonia, 503 429-1161

Sunday School 9:45 a.m.  
Morning Worship 11:00 a.m.

Evening Worship  
Saturday, 6:00 p.m.

### NEHALEM VALLEY BIBLE CHURCH

500 California Ave  
Vernonia, 503 429-5378

Sunday School 10:00 a.m.  
Morning Worship 11:00 a.m.  
Nursery available  
Wednesday Service 7:00 p.m.

### ST. MARY'S CATHOLIC CHURCH

Pastoral Associate  
Juanita Dennis  
960 Missouri Avenue  
Vernonia, 503 429-8841

Mass Schedule  
Sunday 12:00 Noon  
Religious Education  
Sunday 10:30 a.m.

### CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS

Lee Knowlton, Branch President  
1350 E. Knott Street  
Vernonia, 503 429-7151

Sacrament Meeting, Sunday 10 a.m.  
Sunday School & Primary 11:20 a.m.

Relief Society, Priesthood and  
Young Women, Sunday 12:10 p.m.

### SEVENTH DAY ADVENTIST

Kevin Reiner, Pastor, 543-2254  
2nd Ave. and Nehalem St.  
Vernonia, 503 429-8301

Sabbath School 9:15 a.m.  
Morning Worship, 11:00 a.m.  
Prayer Meeting, Wed. 7:00 p.m.

### ST. AUGUSTINE (CANTERBURY) EPISCOPAL CHURCH

The Rev. Robert Grafe, Pastor  
375 North St. (Vernonia Grange Hall)  
Vernonia, 503 429-3700

Sunday Services 10:00 a.m.

### CHRISTIAN CHURCH

Joel Stith, Pastor  
410 North Street  
Vernonia, 503 429-6522

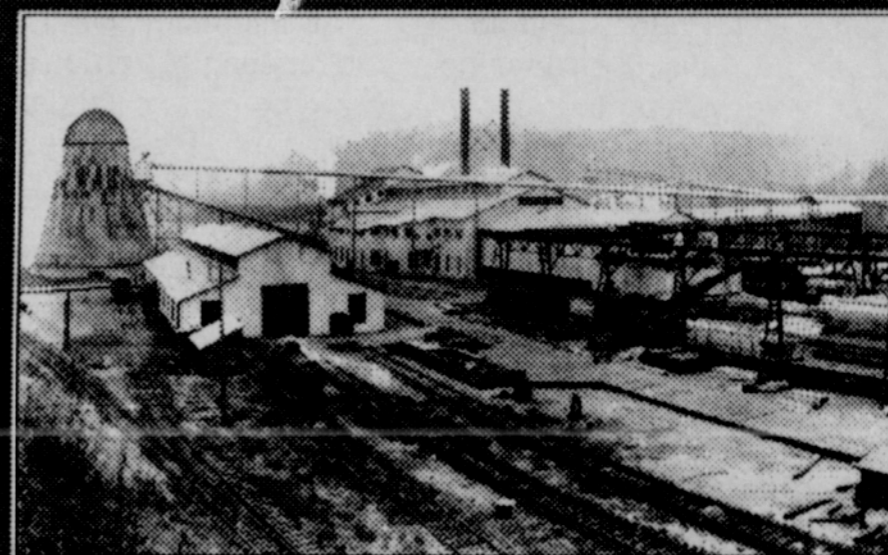
Sunday School 9:30 a.m.  
Morning Worship 11:00 a.m.

Every Wednesday:  
Ladies' Bible Study 9:15 a.m.  
Children's Choir 3:00 p.m.  
Family Bible Study 6:30 p.m.  
Women's Fellowship, 2nd & 4th  
Wednesdays, 1:30 p.m.

## AVAILABLE JANUARY 2003!

### THE OREGON-AMERICAN LUMBER COMPANY

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Bruce MacGregor  
Author and Western railroad historian

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