

Community

Senior News

By Jacqueline Ramsay



Greetings from some other place. I just want to say thank you to one and all for the prayers,

cards, flowers, visits and calls, that saw me through the trip through the valley of the shadow, that I didn't know I'd be taking. I was well Sunday morning. At 2:00 p.m., I was in Emergency. By 4:00 p.m., I was in intensive care. At 7:30 on Tuesday night, I was one heartbeat from being gone.

It was not a cancerous kidney, just a very sick one. I'm now short one kidney and 1-1/2 ribs, so I don't belong to Adam anymore.

Thank you again and again.

Karen may be finishing this article. If not, you get a respite from Shadow and me. See ya next time.

By Karen Miller

Our regular columnist, Jacqueline Ramsay, is on the mend. We wish her well and she will be back soon!

Hey, some of us have been kickin' around the idea of a senior exercise class. Now, I must admit, I have a trail of exercise equipment from my house to the shed, but this video I came across claims you can begin simply by using a can of soup! So, move over, Chubby Checker; how does the Tomato Soup Twist sound? And, if Dee Dee Sharp can do the mashed potato, surely we can do the "noodle"!

We'd again like to mention we have large women's clothing, maternity, kids, etc., and do come in to see our weekly specials.

Our Fifth Area Luncheon in

January was, as usual, a big success. Once a month, a Senior Center in Rainier, Scap-

poose, Clatskanie, St. Helens or Vernonia hosts a luncheon for visitors from the other centers. Bill Yeo was our auctioneer, which makes Vernonia a favorite place to come. No doubt, also, because of Jamie Peura, our fine head cook on Mondays, Wednesdays and Fridays. Join us, too, on Tuesdays and Thursdays with Carol Davis and Rosie McCoy as our can't-be-beat volunteer cooks.

So, come on in, soup's on! Hmm, how about the mine-strone mambo?



Bethany Lutheran Church quilt show

The 22nd Annual Quilt Show at Bethany Lutheran Church, in Warren, will be held Friday, February 14, from 10:00 a.m. to 6:00 p.m. and Saturday, February 15, 8:30 a.m. to 3:00 p.m.

This premier quilt show is known for its old, new and unique display of quilts from around the area. This year's featured quilter is Ginger Gaff from Clatskanie.

A lunch of homemade soups, sandwiches and pies will be served each day, 11:30 a.m. to 3:00 p.m. Saturday only there will be a pancake breakfast from 8:30 to 10:00 a.m.

There will be quilts for sale, a raffle for a quilt handmade by Bethany's talented quilters, a silent auction for other quilt items, a bake sale and copies of Bethany's cookbook.

Admission is free, however, canned or dry foods for the local food bank are appreciated.



Storrs, Wagner wed in California

Jessica Laine Storrs and Michael Wagner will be married March 22, 2003, in Walnut Creek, California.

The bride, a 1991 graduate of El Cerrito High School, is a teacher at Hillcrest Elementary School in Rodeo, California.

The groom is a 1986 graduate of Vernonia High School and is a Land Surveyor in San Ramon, California.

Colco rates reduced for in-town trips

The Columbia County Council of Senior Citizens Inc. (CCCSC Inc.) Board, in an effort to assist residents of Columbia County to obtain transportation, recently voted to reduce in-town fares to \$1 each way.

"We are looking to meet the needs of each community, since we provide transportation in all cities in the county," said Council President Ray Godsey. "We want people...seniors, disabled persons and the general public...to be able to access shopping, senior centers, take care of personal needs and especially be able to keep medical appointments," Godsey added.

New in-town rates took ef-

Natal Grange to host 55 Alive driving class

Natal Grange is planning a 55 Alive class on March 4 and 5 from 9:00 a.m. to 1:00 p.m. Ten or more people are needed for the class to be held. The cost of the class is \$10, and checks may be made out to AARP.

Natal Grange is located 12 miles north of Vernonia and four miles south of Mist on Highway 47.

For more information, call Trish at 503-755-0710 or Jeanette at 503-429-8970.

fect February 1. Town-to-town rates will remain unchanged, as will the Portland commuter route. Rates for passes will also stay the same. "The reduction of in-town rates should enable more customers to access ColCo Transportation," said Merri Reamer, Executive Director of CCCSC Inc.

"We are always interested in hearing our customers concerns regarding transportation needs and how we can effectively meet those needs," Reamer added, "Do give us a call at 503-397-4000 or 503-366-1582."

ColCo Transportation schedules and rates are available at the ColCo office, 277 Strand, St. Helens, or by calling 503-366-1582. Office hours are 7:00 a.m. to 5:00 p.m., Monday through Friday.

INFORMATION NUMBERS

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



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- Jim and Lita Deyoe



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