

Community

Senior News

By Karen Miller



Do I hear 10... 10... 10... SOLD! Hear ye, hear ye! Come to our barn auction to be held July 12.

The Center would appreciate any good used or new on-approval donations. Bring them in or call us at 503-429-3912 if your donation needs to be picked up. Due to termination of State and Federal funding to the Columbia County Council of Seniors, as of June 30, we are hoping for great community support. Together, we'll keep

the Center rollin'! The Golden Oldies Band will be playing at the Vernonia Pioneer Museum Open House on Sunday, June 29 from 1:00 to 3:00 p.m. Come join in the fun and support our community heritage.

Sharpen those pencils! June 7 at 1:00 p.m. is the Senior Spelling Bee, right here at 446 Bridge Street.

Congratulations to one of Vernonia's 2003 grads, Paul Orlando. Paul has been a special help to us this year doing "whatever" jobs around the Center. He will be missed, especially by me. Now I have to go back to hauling in the wood. See ya around, Paul.

Hey Pops! Father's Day lunch, here, June 11. The regu-

lar great food, fun, music and prizes on the agenda.

Studies show that, in the long run, older adults in all age groups hurt their health far more by not exercising than by exercising. As a rule, older people should stay as physically active as they can. Wednesday, May 28, was the 100th Anniversary of National Senior Health and Fitness Day. In celebration of this event, we'd like to publicly honor 82 year old Russ Taylor, winner of our hula hoop contest (no muscles were twisted, we're happy to report) and Russ was also winner of our fitness bag full of goodies for being the oldest senior who regularly uses weights on a strength and muscle building program. Way to go, Russ!

Join us on Mondays for Ladies Fun and Fitness class at 1:30 p.m.

"Fitness - It's For Every Body"

INFORMATION NUMBERS

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

ATTENTION

The Senior Center cannot sell mattresses or box springs of any size - baby, full, queen, king or cot size - because state law requires them to be fumigated. PLEASE do not leave them for seniors to dispose of.

County Fair is theme of Vacation Bible School at Christian Church

SonHarvest County Fair, a Vacation Bible School, will be held at Vernonia Christian Church, 410 North Street, from 9:00 a.m. to 12:00 p.m., on June 16 through 20.

There will be singing, skits, crafts, learning about missions, snacks and games

Children entering Kindergarten through Grade 6 are welcome at the SonHarvest County Fair.

For more information, call 503-429-0200, 503-429-1620 or 503-429-6522.

Fireworks planning underway; fundraising is major concern

Believe it or not, it is just about fireworks time again. For quite several years, Vernonia Pride has sponsored the annual 4th of July fireworks and parade. This has been accomplished with donations from generous individuals and businesses... who are asked time and time again to contribute to some project.

It does not seem fair that these same people pay the \$3,500 cost to put on the fireworks for so many people to enjoy, said Donna Webb of Vernonia Pride. This past year, Vernonia Pride came up short and had to come up with a few additional projects to cover the cost.

The public has never been charged for this event, Webb noted, though donations are requested.

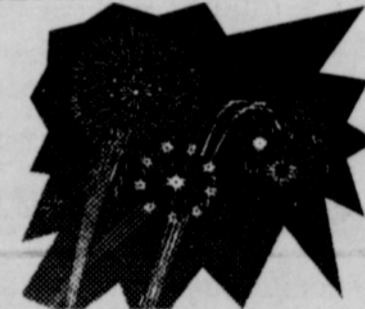
"It is sincerely hoped that spectators will come forward this year, dig in their pockets and donate generously to this fund," she said. "We will continue to do our best to put the show on, but remember, it is up to you to make it happen."

There are Fireworks donation cans around town and the annual Spaghetti Feed fundraiser will again be held at Lew's Place. This year, the spaghetti feed will be buffet style, too, so everyone is sure to go away full. The feed will be on Sunday, June 22. See the next issue of The Independent for further details.

Vernonia Pride is now accepting contributions for this year's fireworks display. Sponsors names will be displayed at the fireworks site. Contributions of any amount will be gratefully accepted.

Checks may be mailed to Enid Parrow, 842 2nd Avenue, Vernonia, OR 97064.

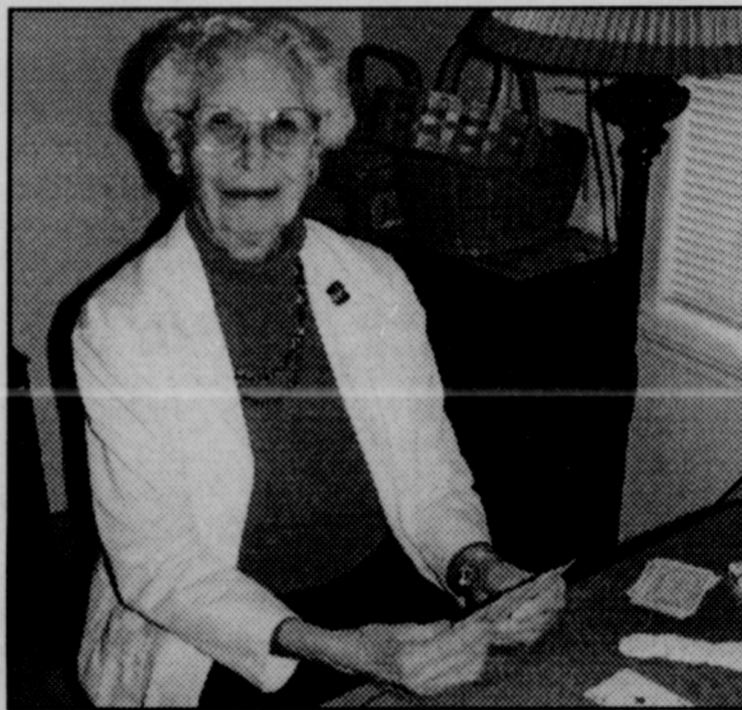
For more information, call Carolyn Keasey at 503-429-2021 or Donna Webb at 503-429-5201.



The SCHAUMBURG HITCHIN'
TERRY and NANCY

The wooin' and the courtin's done!
We're proud to announce we're hitchin' the knot!
Y'all best get gussied up in your cowboy best!
Be there with Spurs on, Dagnabbit,
We intend on celebratin' western style.
We're hostin' this shindig at the
Ol' Stoney Point Road Barn at High Noon
Followin' there'll be a pig roast, 'possum stew,
homemade fire water, and plenty of hootin',
shootin' and hollerin' until the coyot's howl.
So bring the kids and lock up the livestock, cause
Saturday, the Seventh of June
is hereby and forever after "spoken for"!

Our Indian brothers at this rendezvous have given
their word not to do a rain dance.
But it is June in Or-e-gon so bring pots, pans
and kettles to keep your powder dry.
There ain't no need to bargain at Trader Joe's
cause our "tepee is full."



Family ties...

I have lived at Jennings McCall 10 years, and I have really been very satisfied with everything. The staff has always been exceptionally receptive. I like to read and socialize with my cousin who lives here, too!"

- Anne Laemerman

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