

Community

Senior News

By Karen Miller



Isn't it great to live in a small, caring community? Need some help on a Saturday

doing some hard to do chore? Call our office and sign up for a visit from a friendly neighbor crew!

Free Eye Exams For Seniors

105 volunteer ophthalmologists in Oregon provide medical eye care through the EyeCare America Seniors Program. This program offers eye exams and care to seniors who are without an ophthalmologist (a medical eye doctor) at no out of pocket expense.

At least one-third of Americans, 65 and older, have some form of vision-impairing eye disease and may experience no symptoms.

Seniors may call 1-800-222-EYES (3937) to find out if they are eligible for a referral to a volunteer ophthalmologist in the EyeCare America Seniors Program in their area.

EyeCare America is a public service foundation of the American Academy of Ophthalmology

and is co-sponsored by the Knight Templar Eye Foundation Inc.

The Low Income Energy Assistance Program waiting lists are open. Households with Seniors, persons with disabilities and children under 6 years old may begin calling October 1, 2003. All other households may begin calling October 8, 2003. 1-866-722-4951 Toll Free.

If you are 60 and over and homebound, or can't prepare adequate nutritional meals, call our office to see if you qualify for home-delivered meals.

See you at our Fifth Area Lunch here at Vernonia Center, October 27. Great food, fun and auction.

REMEMBER:

- Pastries and bread Wednesday and Saturday mornings.

- Bingo, Mondays at lunch.
- Ladies aerobics Mondays, too, after lunch.

- Music with the Golden Oldies on Wednesdays.

- Games on Thursdays.
- Willoughby Hearing every second Friday.

Call our office for any senior needs and concerns.

INFORMATION NUMBERS

Senior Advocate... 429-9112
Senior Center..... 429-3912

Mist-Birkenfeld Helping Circle Fall Festival will be October 25

Mist-Birkenfeld Helping Circle's annual Fall Festival will be held Saturday, October 25, at the Mist Grade School Gym.

Refreshments including hot cakes, chips, cookies, home-made pies, coffee and juice will be served at 6:00 p.m. The program will begin at 6:30 p.m., featuring Mist Grade School children and other entertainers, followed by an auction at 7:30 p.m., with "Wild Bill Yeo" wielding the gavel.

Fair at Vernonia Christian Church October 31st

The 17th annual Fall Fair will be held at the Vernonia Christian Church's new Youth and Family Center, 410 North Street, on Friday, October 31, from 7:00 to 8:30 p.m.

There will be carnival games including a cup cake walk, dice toss, toss for goldfish, bingo, ring toss, dart toss, fishing pond and more, plus delicious refreshments and a place to rest from a busy night. Admission is free.

For more information, call Sue Robertson at 503-429-4901.

Vernonian has Astoria Exhibit

Ninety-Nine Leaves, a Mono-print Exhibit by Doreen Buchan, formerly of Vernonia, opened October 8 and will continue through October 31, at The Hair Gallery, 1292 Commercial Street in Astoria.

Auction items will include gift certificates and merchandise that have been contributed by local businesses. Raffle tickets will be available for a hand-made quilt and afghan, and there will be grab bags and door prizes.

Funds raised by the Helping Circle go toward a scholarship for a graduating senior, needed supplies and services for Mist Grade School, street lights at Mist and upkeep of the Mist Cemetery, among other things.

The Helping Circle meets on the second Monday of the month, April through November, at the Mist-Birkenfeld Main Fire Station. All those interested are welcome to join.

Welcome Additions

Jesse James Waters

Jesse James Waters was born Sept. 23, 2003, to Jeni and Jim Waters of Vernonia. He weighed 4 pounds, 6 ounces and was 17 inches long.

He joins his brother, Haven, and sister, Teann, at the family home.

Grandparents are Donna and Sam Waters and Barb and Wayne Ervin of Vernonia.

Fairgrounds slate holiday activities, bazaar, Santa, more

The annual Friends of the Columbia County Fair Christmas Bazaar and visit with Santa will be held November 21 and 22. Friday hours are 10:00 a.m. to 4:00 p.m., Saturday hours are 9:00 a.m. to 3:00 p.m. Santa will be available on Saturday from 11:00 a.m. to 3:00 p.m. You may take your own pictures or the Scappoose Mid School Cheerleaders will provide a Polaroid camera for \$3.00 per picture. Craft table applications are available by calling 503-397-4231.

Santa's Mail Box will again be at the Fairgrounds from November 21 through December 31. The St. Helens Kiwanis Club will assist in making sure that all letters written to Santa are answered. Be sure to have a return mailing address on each letter.

Last year, 564 cars drove through the fairgrounds to see the Christmas Lights. To decorate one of the inside Pavilion Booths for free, call the Fair Office for more details. The dates of the drive through and the Live Nativity will be announced in November.

For details on volunteering at the Columbia County Fair, call 503-397-4231.

"THE MAKING OF THE VERNONIA INCIDENT"

A fascinating behind-the-scenes look at the cast and crew in action during the production of the 1989 feature film, "The Vernonia Incident."

Professionally made. Fully narrated.

Runs 31-minutes. VHS \$9.98 + \$2.50 shipping.

GOLDEN WEST FILMS

960 NW 131 Avenue, Miami Florida 33182

VOLUNTEER!

MAKE A DIFFERENCE

BECOME A

CRIME VICTIM ADVOCATE

The 1st Annual Collaborative Volunteer Recruitment by the Columbia County District Attorney's Office, Sheriff's Office, Community Corrections, Child Abuse Assessment Center and Womens' Resource Center is Currently Accepting Applications for Advocate Training Workshops.

For Information or to Apply: CALL 366-3914



FARMWOMAN'S NURSERY

The Best Little Nursery Around

*Christmas in the Country
Antique & Craft Bazaar*

Come and Enjoy Booths of Fine Treasures

Nov. 21, 22, 23

Booth Space still
Available

Browse
though our
Forest of Live
Christmas Trees

Sign up for
a Fund Raiser
sell Wreaths
Call for
Details

**Still time to plant
Perennials and Fruit Trees**

KNOWLEDGEABLE STAFF • GREAT CUSTOMER SERVICE

12891 KEASEY ROAD • VERNONIA

7 MILES WEST OF VERNONIA - WATCH FOR SIGNS

PHONE 503-429-8200 • WINTER HOURS THURS TO SAT 10 - 2

