

## Community

### Senior News

By Karen Miller



Interested in health care choices? Back by popular demand, Michelle Moore

from Health Net of Oregon will be at the Center on February 25 at 11:30 a.m.

Health Net of Oregon offers the first Medicare PPO (Preferred Provider Organization) in the Pacific Northwest with its Health Net Options Plus plan. PPOs are a popular option in the commercial health insurance market, and are now available to Medicare beneficiaries in Oregon and southwest Washington. Be sure to join us and decide whether any of these options could be for you.

Circle this! April 2 is the date set for Audeen Wagner's annual spelling bee here at the Center at 1:00 p.m. for seniors 50 and up. So all of you spelling competitors, sharpen those pencils.

### Artists invited to submit work

Artists are invited to submit work for the March show at the Gallery at Columbia Center. This "Open Show" is an open media, open theme show intended to celebrate creativity in all forms. Two and three-dimensional art in any style as well as photography are welcome.

"The Open Theme show was one of the most successful in 2003, with sixty-five pieces of art on display," said Art Committee Chairman Patty Kadel. "We're hoping that by inviting art of every style and theme we'll have another big turnout. We want every artist's work to be seen and enjoyed," she added.

Submissions will be accepted Monday, March 1, from 4:30 to 6:30 p.m., in the Armstrong Room at the Columbia Center, 375 S 18th Street, St. Helens. Art will be on display from March 2 through March 31.

For more information contact Kadel at 503-397-9174, or email <phkadel@yahoo.com>.

We now have an ongoing 1/2-price section here at the Thrift Store. Come in regularly and browse. Our already affordable items will be even more so!

It is your donations that keep this Senior Center running. Please place your donations in the drop box located by the ramp next to the side door. Our donation hours are 9:00 a.m. to 8:00 p.m., 7 days a week.

Congratulations! The Senior Center has elected Sharron Gibson as our nominee for the My Fair Lady 2004 Court. The pageant is held during the Columbia County Fair each year to recognize senior women for their outstanding service to their communities.

We had a fun time at our Feb. 11 Valentine lunch. I haven't checked to see how much of the candy George and Gladys Gans won (twice) has been devoured. Thanks for everyone's help and participation:

Rosie and Dave McCoy, decorations

Ramana Manussos, dessert  
Elaine James, crocheted hearts

### Poetry contest open to public, deadline May 31

The International Library of Poetry has announced that \$58,000.00 in prizes will be awarded this year in the International Open Poetry Contest. Poets, particularly beginners, are welcome to try to win their share of over 250 prizes. The deadline for the contest is May 31, 2004. The contest is open to everyone and entry is free.

"Any poet, whether previously published or not, can be a winner," stated Christina Baylon, Contest Director. "When people learn about our free poetry contest, they suddenly realize that their own poetic works of art can win cash prizes, as well as gain national recognition," continued Baylon.

To enter, send one original poem, any subject and any style to: The International Library of Poetry, Suite 19919, 1 Poetry Plaza, Owings Mills, MD 21117. The poem should be 20 lines or less, and the poet's

Golden Oldies Band, love songs

Kindergarteners, handmade Valentines.

Please NOTE: We stand corrected on our final lunch rate decision. Lunch fees here at the Center are as follows:

Age 60 and up, by donation  
Under 60, \$2.50

Great prices...great lunches...great company. Join us weekdays Mon. - Fri. at 11:45.

#### REMEMBER:

- Pastries and bread Wednesday and Saturday a.m.
- Bingo, Mondays at lunch.
- Music with the Golden Oldies on Wednesdays.
- Games on Thursdays.
- Willoughby Hearing every second Friday at 11 a.m.
- Sign language class Monday, 10:30 to 11:30 a.m.

If you know of a senior who would like a visit from the Senior Advocate or has any senior needs and concerns, call our office.

#### INFORMATION NUMBERS

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

name and address should appear on the top of the page. Entries must be postmarked or sent via the Internet by May 31, 2004. You may also enter online at <www.poetry.com>.

The International Library of Poetry, founded in 1982, is the largest poetry organization in the world.

### Musicians and singers wanted for band & choir

Local musicians are invited to join the Hands On Art (HOA) Choir, String Orchestra or Community Band. All ages are welcome. No experience is necessary for choir, but a minimum of one year with your instrument is required for orchestra or band. HOA has some instruments available for your use.

Rehearsals have started for all groups, but it is not too late to join. To register, call Madeleine Gendron at 503-429-9402, or Debbie Hall at 503-429-8382.

### Linear Park clean-up day Feb. 21

The community is invited to participate in cleaning up the Banks-Vernonia Linear Trail, from Anderson Park to the Beaver Creek Trailhead. Four Saturday clean up days are scheduled for 2004 with the first set for February 21. One goal for this year is to trim brush away from the trail and renew the equestrian path alongside the pavement, as much as can be done with hand tools.

Participants should meet in Anderson Park at 9:00 a.m., bringing work gloves and hand tools, including lopping shears, flat-bladed shovels, heavy rakes, stiff brooms, etc. Drinking water and garbage bags will be supplied. We will work until approximately noon.

Groups or individuals with an interest in a particular project should call Schann Nelson at 503-429-8930 or email

<schann@pacifier.com>.

Additional clean-up days are scheduled to be held on April 24, June 19, August 21 and October 23.

### Performance at Pac. U. by Vishten

Vishten will perform at McCready Hall at Pacific University on Saturday, March 6, at 7:30 p.m. With a mixture of French, Irish, and Scottish styles that involve fiddling and powerful step dancing.

Formed in 2000, this five-member group has played major festivals across the U.S. and Canada. With flying fingers and an unabashed sense of celebration, Vishten has impressed audiences with its whirlwind combination of music and dance.

Ticket prices range from \$20.00 standard to \$10.00 for youths under 12. To reserve your tickets contact the Pacific box office at 503-352-2918.



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