

Health Notes

By Audeen Wagner



Change in Clinic Schedule:

The clinic has announced the following schedule changes, effective immediately, as follows:

Monday through Thursday, clinic hours will be 8:00 a.m. to 6:00 p.m.

— Dr. Stephens will be in the clinic on Mondays.

— Judy Hargis, P.A. will be in Tuesdays through Thursdays.

Friday hours will be 8:00 a.m. to 5:00 p.m.

— Dr. Mike Rodgers will see patients at the Vernonia clinic on Fridays for a limited time (through April and perhaps beyond). Dr. Rodgers is from the Providence Medical Group Clinic in Newberg, and will serve our community for this interim period.

Mammovan Visit:

The next Mammovan in Vernonia is scheduled for April 14, 2004. Call the Clinic (503-429-9191) for an appointment.

Patients and friends are cordially invited to share in the celebration of an

Open House Recognition Party honoring

Laura Nichols, P. A. - C.

*For her years of dedicated service to
Vernonia's Healthcare Community*

Saturday, April 3, 2004

11:00 a.m. to 2:00 p.m.

at the Scout Cabin in Hawkins Park

Presentations and Speakers at Noon

Refreshments will be served

*A memory book will be available ~ patients and friends
are invited to write a short note of appreciation.*



CALLA LILY SALE!

MULTIPLE BLOSSOMS ON LONG STEMS!

6 STEMS FOR \$10⁰⁰

These beautiful Oregon-grown calla lilies will be delivered, fresh, to Vernonia on Friday, April 9, just in time for Easter.

Place your order by calling Dolly Keenon at 503-429-3401, or in person at Vernonia True Value.

Please pre-pay all orders at True Value.

Lilies offered by the Vernonia Area Chamber of Commerce.

Bits & Bites

By Jacqueline Ramsay



Were you in Vernonia on March 7th and 8th? Did we get a taste of Spring to come?

Calm, sunny, quiet water on the lake. Happy faces flipping fishing lines into the water. Trout being pulled ashore. Ahhhhh, how peaceful.

If you feel you are out of the loop and have nothing to do and no place to go the first weekend in April, read on.

April 2 — Senior Spelling Bee, 1:00 p.m. at the Senior Center.

April 2 — 7:30 p.m., Easter Musical, Behold the Lamb, by the Vernonia Community Choir at Washington Grade School gym.

April 3 — Providence

Medical Center from 11:00 a.m. to 2:00 p.m. for Laura Nichols' reception.

April 3 — 3:00 and 7:30 p.m., Easter Musical, Behold the Lamb, by the Vernonia Community Choir at Washington Grade School gym.

April 3 — NOTE — Be sure to set your clocks ahead one hour before you turn in for the night or you will be late for church or wherever you were planning to go Sunday.

Is your battery-driven watch a day ahead like mine? Leap year didn't mean beans to mine. Now I've got to dog out the directions to lose a day and maybe gain an hour.

I understand there may also be a wedding or two to attend. There are movies, walking the Lake and communing with Nature.

Coming up on May 18 is the Election. The 9-1-1 issue will be there. Please, for your own benefit and maybe your neigh-

bors, VOTE YES. If the folks don't pass it this time, in November it's the last chance in Columbia County.

I went to The Passion this past week. I went with my eyes and mind wide open. I came away with much to think about. One thing I did learn was where the meaning of such words as Atrocity, Greed, Shame, Fear, Sadism, Mob Hysteria, Love, Compassion, Hate, and Indecision were really born. There was so much to learn. Each person there held their own thoughts of what they saw and understood.

Reading the Bible, picturing the Old Testament scenes in your mind is one thing, but having it brought to your sight really makes you rethink some of your values. How do you view the Easter Message?

Ponder this next time you have to de-quill your dog. A porcupine has about 30,000 quills. OUCH!

Camp is for kids with diabetes

Children with Diabetes have been receiving help for the past 50 years at the Gales Creek Camp Foundation's 36-acre camp located on Hwy. 6 near Timber. This is the only diabetes camp serving families in Oregon and SW Washington.

Gales Creek Camp provides a seven-week summer camp, plus a middle school family camp and a spring pre-school family camp. At camp, children meet with physicians and nurses for help mastering injection and blood testing techniques. They learn more about diabetes management. Informal nutrition and diabetes classes are held in the evening after campers have enjoyed a full day of hiking, swimming, playing games and field sports. The best part about camp for the child is the realization that they are not the only one living with this serious chronic illness.

The Vernonia Lions Club has been helping families in financial need pay the \$290 camp registration fees for many years. For more information, call Bill James at 503-429-2072 or the Gales Creek Camp office at 503-968-CAMP, or visit their website at <www.galescreekcamp.org>.

Car wash to help defray costs of holding Easter Cantata planned

A car wash will be held on Saturday, March 20, from 9:00 a.m. to 4:00 p.m. to help raise funds for the Vernonia Community Choir's annual Easter Cantata. It will be at the Vernonia School District office parking lot. In case of heavy rain, the date for the car wash will be changed to Saturday, March 27.

This is also an opportunity for the public to drop off any financial donations to support the non-profit volunteer organization. "Show your support by bringing us your vehicles to

wash!" said choir member Susie Armstrong, "Then come the first weekend of April to hear and see the cantata."

Production costs for the cantata — which includes books, music, costumes, sets and lighting rental — are approximately \$1,000 per year. Under the direction of Lynda Cahill, cantata performances will be Friday, April 2, at 7:30 p.m. and Saturday, April 3, at 3:00 p.m. and 7:30 p.m. in the Washington Grade School gymnasium. There is no admission cost; there will be a free will offering.

Vernonia Fire Dept. recruiting

Do you want to help others at times of need?

Vernonia Rural Fire Protection District is recruiting volunteers over 16 years of age. Daytime volunteers, especially, are needed.

For more information or applications, stop by the Fire Station at 555 E. Bridge Street or call 503-429-8252. You can make a difference in your community.

Jamboree \$50 theme contest

You can win a \$50 U.S. Savings Bond by submitting the winning entry for this year's Vernonia Friendship Jamboree theme contest.

The committee is looking for a Jamboree theme that shows the spirit of the great people who live in Vernonia.

Send theme entries by April 7 to the Vernonia Friendship Jamboree Committee, P.O. Box 244, Vernonia, OR 97064.