

## Community

### Senior News

By Karen Miller



WELCOME BACK, President Bill James. Hope you and Elaine had a

restful week of vacation.

Summer vacation has arrived, so soon? Do your shopping and have lunch right here at our center – good deals on both!

Another way to walk out of here feeling better, besides a good lunch, is to sign up for our once-a-month foot care. Call our office to sign up for the next one.

FREE blood pressure checks beginning in July will be on the FIRST and THIRD Tuesdays from 10:45 to 11:45 a.m. It's a great service provided by Providence Family Medicine Vernonia. The day has moved from Fridays to Tuesdays.

Seniors, join the "Monday Movers" in walking each Monday at 9:00 a.m. at Vernonia Lake to celebrate the theme; "Older Americans... Aging

Well!" See you Mondays!

Our Tuesday quilting ladies would like to invite anyone who can use a pencil, hold scissors, or sew a straight seam to join them on the first Tuesday of every month to put together "comfort quilts" for young victims who have been traumatized in some manner. Don't know how to stitch? They'll teach you! Call Louise at 503-429-7401.

We have beautiful recycled greeting cards here for only 75¢. What a deal! Come shop for a card, and bring your old cards to have them recycled.

#### 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 11:00 a.m.
- Sign language class on Mondays, 10:30 to 11:30 a.m.
- Free blood pressure checks the first and third Tuesdays, 10:45 to 11:45 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.

## Jamboree news update

With Jamboree fast approaching, the presence of all committee chairpersons at the next meeting is crucial. The Jamboree Committee needs an update on the status of each event, and also wants to explain some big changes occurring this year that may affect your event, including additional fundraising opportunities, advertising, marketing, and corporate sponsorships. The next meeting will be Thursday, June 24, at The Buckhorn Restaurant beginning at 6:30 p.m.

Jamboree meetings will continue from now through Jamboree on the second Thursday of the month at Leonetti's and the fourth Thursday of the month at The Buckhorn. All meetings will start at 6:30 p.m.

Glen Purvee has stepped up to chair this year's Dog Show and will need some helpers. Call him at 503-429-9400 if you

are interested.

Volunteers are still needed for all events. Become involved, give back to the community. Take this opportunity to show commitment and pride in our community. Step up now. Come to the next meeting.

Will the person or persons who borrowed two of the Jamboree Committee's canopies please contact Randy at 503-429-0193 to make arrangements for their return.

## Col. Co. Parks meeting June 21

The Columbia County Parks Advisory Commission will hold a public meeting on Monday, June 21, 2004 at 7:00 p.m. at the Columbia County House Extension office, located at 230 Strand St., St. Helens.

### In The Service



#### Anthony C. Morrow

Cadet Anthony C. Morrow graduated from Marion Military Institute during commencement exercises on Saturday, May 29, 2004, in Marion, Alabama. As the top cadet in the class, Morrow also received the Douglas C. MacArthur award.

Following graduation, he was commissioned as a 2nd Lieutenant in the U.S. Army and has assumed the position of Company Commander, 53rd Inf. Brig., 124th Reg., 3rd Bn, with the Florida National Guard. He will continue his education at West Florida University in Pensacola, Fla.

Morrow, a 2001 graduate of Vernonia High School, is the son of Mrs. Jill Wiseman of Vernonia.



#### Keith A. Rondo

Pvt. Keith A. Rondo graduated from Basic Training in the 35th Engr. Bn. at Fort Leonard Wood, Missouri, on May 27, 2004.

Rondo's parents are Patricia and Darin McLean of Banks. His grandparents are Amos and Shirley Cutright of Mist, Richard and Sue (Rondo) Colsen of Banks, and Don and Sheila McLean of Vernonia.

A graduate of Vernonia High School class of 2002, Rondo is now stationed at Fort Drum.



This picnic table has been placed in Shay Park as a tribute to the late Sam Hearing for his many years of service to the community. As the proprietor of Sam's market, he was known for his willingness to help others, a trait he continued with service on many boards and committees.

The table was purchased with donations from family and friends, the City of Vernonia and West Oregon Electric Cooperative. Curl's Service Company transported the table from California to here.

## LANDSCAPING? WE'VE GOT IT!



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