

Senior News

By Karen Miller



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valuables than your bank account.

The weather is turning cooler, but hey, not cold enough to keep ice cream lovers away on the last Wednesday of every month here at the Center during lunch to join in ice cream sundaes with all the works. Sponsored by The Grove Assisted Living facility in Forest Grove. So delicious you have to stand in line! See you October 27 if not before!

October 15: Free Jazzercise class for seniors to promote Active Aging Week, conducted by a trained Jazzercise manager. Co-ed class, should be lots of fun, wear comfortable work out attire, 3:00 p.m. for an hour – if we last that long!

1/2 price day at the Center's thrift store continues on the last Friday of every month.

September 21 we had a great time at free Senior Day at the Zoo – a bus load of us went and I heard there was an ice cream stop on the way home – join us next year.

We are still accepting newspapers here – bring them in during our open hours, Monday through Friday from 9:00 a.m. to 3:00 p.m.

Always we appreciate our volunteer help, and can use more, come in and see us if this seems like a way you'd like to do some helpful service for your community.

Seniors sixty and up, call the Senior Advocates office to see if you qualify for housekeeping and/or respite care services.

Next foot care day: October 29.

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.

INFORMATION NUMBERS

Senior Advocate...429-9112

Senior Center.....429-3912

Transportation.....429-4304

Domestic violence awareness month

October is Domestic Violence Awareness Month. The Columbia County Women's Resource Center and the Columbia County Domestic Violence Council have an activity with the theme, "It IS your business."

For too long, battered women have worked to stop domestic violence with too few male allies in the fight. To promote the awareness that do-

mestic violence is *everyone's* business pledge cards will be distributed and collected from area residents and information will be given on how to make a difference. The pledges state that the signer will vow NOT to use violence in their relationships. There will be information about domestic violence as well as teen dating violence. Men in our community are being asked to help put an end to domestic violence. By learning about the behaviors abusers use to control their partners, and interrupting such behaviors in others, men will be a powerful force against domestic violence. When batterers know that they will lose friends, jobs, and support from family and the community, the abuse will end. Please join as a male ally by

signing the pledge. Challenge male friends and neighbors to become allies as well.

Signers of the pledge will be invited to a reception at the end of the month. Pledge cards are available in Vernonia at Sentry Market, City Hall, Columbia Community Mental Health and The Independent. For other locations in Columbia County, call 503-397-7110.

For more information about domestic violence and ways to help, for a list of needs from the Women's Resource Center, or for volunteer opportunities, call 503-397-7110. If you or someone you know is facing domestic violence, support and information are available on the 24-hour crisis line, 503-397-6161, or toll free at 1-866-397-6161.



Young and not so young, everyone who attended enjoyed the 34th annual St. Mary's Quilt Fair held September 16 to 18. In addition to the beautiful quiltwork, the soups, rolls, pies and cinnamon rolls were also enjoyed by many.

Finzel takes second at spelling bee

Tobie Finzel, 56, Vernonia, took third place for the second year in a row at the National Senior Spelling Bee in Cheyenne, Wyoming, on September 11, 2004. Another Oregonian, William Long, 52, Salem, took second place at the bee.

For the past two years, the national champion has come from Oregon. This year the winner was Jeff Kirsch, 52, Madison, Wisconsin. The 2003

champion was Carol Sawyer of Vernonia. Audeen Wagner, also from Vernonia, previously took the national championship.

Entrants competed in four elimination rounds of written spelling with the top 15 spellers going on to oral competition. This was the ninth year the Senior Spelling Bee has been held. Anyone 50 and older may compete in the event.

Nehalem Valley Bible Church

Invites the Vernonia Community to the Dedication Service of our newly purchased building.

Sunday, Oct. 10 at 1:30 p.m.
At 500 North Street, Vernonia
(the former home of Grace Reformed Baptist Church)

Our guest speaker will be Earl Brubaker, president of Northwest Independent Church Extension (N.I.C.E.).

Our regular service times are:

- Sun. 10:00 a.m. Sunday School
- 11:00 a.m. Morning Worship
- Wed. 7:00 p.m. Bible Study & Prayer
- Sat. 6:30 a.m. Men's Prayer Meeting



**Vote...
Sally
Harrison
for Mayor
Vernonia**

I'm committed to:

The promotion of commerce, culture, and quality of life and the preservation of our historical heritage.

Progress without compromising the integrity of our community.

Paid for by Jimmy Johns, Vernonia