

**Senior News**

By Karen Miller



Get ready for our Senior Moments Bazaar 2004, to be held here at the Center on Saturday, Dec. 4 from 11:00 a.m. to 6:00 p.m. and Sunday, Dec. 5 from 11:00 a.m. to 5:00 p.m. Limited numbers of tables are available for \$10 each. You may sell gift items, antiques, or homemade items. There will be a drawing every hour. Also quilt tickets for sale for \$1 each. The beautiful quilt that our ladies have spent many loving hours working to put together will be raffled off on Sunday, Dec. 5, at 4:00 p.m. Call Louise Hamnett at 503-429-7401 to sign up for a table.

Again, thank you to our quilters, who faithfully come in every Tuesday. They have donated 12 quilts to Vernonia police department's Village Kids Program, a program that gives quilts to child victims of trauma in our community, a very generous and worthwhile project. Vernonia quilters, we're proud of you!

Call the Senior Advocate office for information on Community Action Team's Energy Assistance Program. This program's waiting list has begun.

A new Senior Assist Program for free prescription drugs is now available for low income and qualifying seniors. Call the Senior Advocate's office for information.

**FOOT CARE:** This has been a very popular and needed service that we provide here at the Center. Call to sign up. Have Judy pamper your feet for a very reasonable fee of \$15. Her schedule is the last Friday of the month. Our slots fill up fast!!

We wish to thank JIM DANDY FARM MARKET, located on Hwy. 26 between the Vernonia turnoff and Banks turnoff. They have generously donated fruits and vegetables for our food program here at the Center. They also delivered. Thank you to O.J. and Jim Dandy Market.

Our Jazzercise Lite class held here Friday, Oct. 15, was lots of fun. Thank you to PENNY COSTLEY and DEANNA GONZALES. For information

on their classes, call Penny at 503-429-0196 or Deanna at 503-429-5299.

We can never thank our volunteers enough: Thanks and a hat tip to CINDY BALL for bringing corn from Sauvie Island.

Thank you to ALLEN RUSSELL for hauling the excess donations to Goodwill, and to ALL the other people who volunteer to help.

This Center cannot run without its volunteers.

P.S. And thank you to ELAINE JAMES from Karen Miller for the computer help. You, too, PAT DERRICK!

**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



**Mike Seager  
 for Mayor  
 City of Vernonia**

**Planning Commission 6 years**

**Airport Manager 17 years**

**Local Business Owner 24 years**

**“Service to the community  
 for a better quality of life”**

Paid for by Mike Seager

**Dine Out for United Way**

The first “Dine Out For United Way” is taking place throughout Columbia County the week of October 17 through 24.

Businesses throughout the county have pledged to help raise awareness of United Way’s “Give Where You Live Message” and raise money.

In Vernonia, the following businesses are participating as indicated:

- Oct. 18-23 at the Buckhorn

Restaurant, \$1.00 from each burger sale.

- Oct. 18-23 at Mini Mart, the proceeds from all sales of hot dogs and hamburgers.

- Oct. 24 at Leonetti’s Pizza, all proceeds from a pancake breakfast.

Country Kitchen and Black Bear Coffee Company also participated with events on Oct. 20. For other participants see the web site at <unitedway.col-center.org>.

**Vernonia Cares in planning process**

Vernonia Cares has been closed and in a state of reorganization since September 1. They expect to re-open their doors soon. A new Board of Directors has been formed, The Oregon Food Bank has promised \$5,000, and they received \$1,000 from United Way.

Vernonia Cares has received strong community support in the form of cash donations at businesses, free advertising on Vernonia CATV Ch. 7, and radio time on 98.7 KUPL. The October 1 Chicken/Hamburger BBQ, sponsored by the Vernonia Foursquare Church, and the Salmon Bento booth, sponsored by the Nehalem Valley Development Corporation at Salmon Festival, together raised \$1,700.

The Board of Directors is more confident they will be able to meet the food demands during the holidays.

**Canned Food Drive Oct. 25 – 29**

A Canned Food Drive will be held October 25 through 29, to benefit Vernonia Cares.

The effort is sponsored by the seventh and eighth grade Community Service class at Washington Grade School, in cooperation with Wauna Federal Credit Union.

Donations of canned foods or personal hygiene items will be accepted at Wauna Federal Credit Union all day. Donation barrels will be set up for donations from 7:45 to 8:00 a.m. each morning at Vernonia High School or Washington Grade School (WGS). Perishable items cannot be accepted.

WGS classes will also compete to see which can bring in the most donations. Members of the Community Service class are Keli Krieger, Sara An-

derson, Kirsten Godel, Josh Tankersley, Sierra Roberts, Katy Stevens, Danny Vander-sheldon, Chris Schilling, Dakota Burch, Zach Dillon, Zach Shaw, Alex Lende, Taylor Smith, Charles Tungwenuk, and Dylan Vaughn.



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