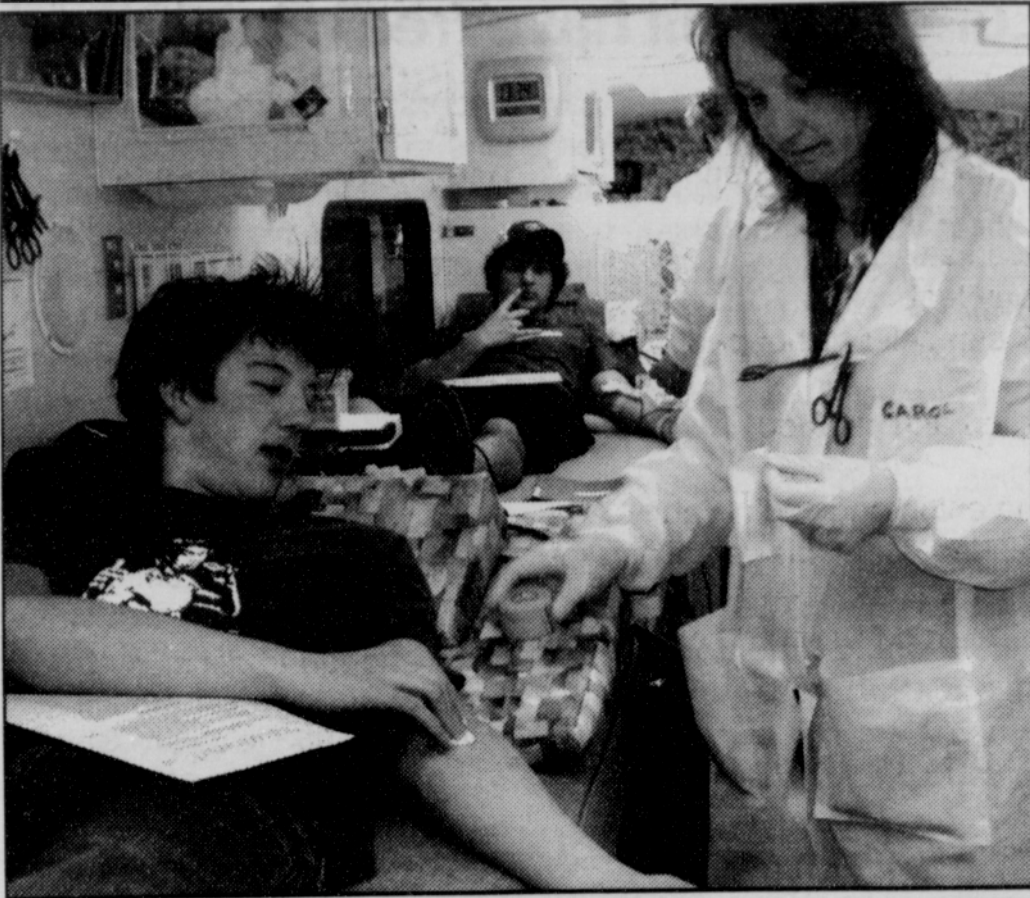
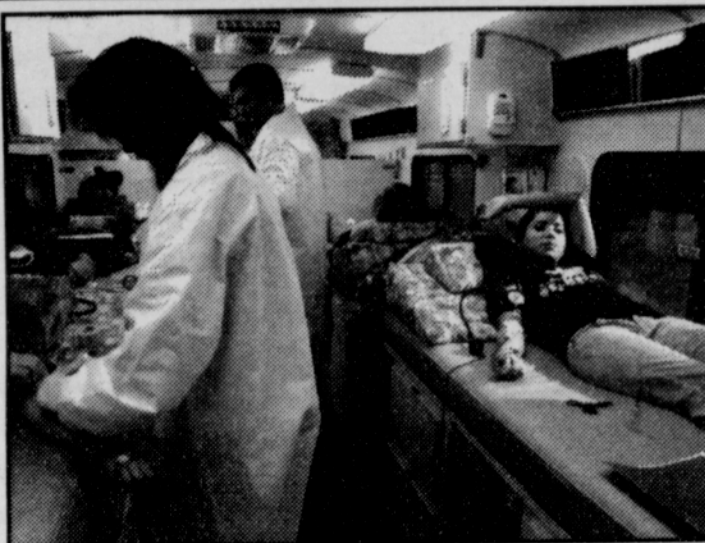




Christopher Richardson, above left, and 36 other donors helped give a gift of life by donating blood last week, when the Red Cross Bloodmobile came to Vernonia High School.



Remember the Country Market?

Last year a small group of dedicated volunteers and vendors managed to have at least some presence every other Saturday through the summer at Shay Park. Vendors reported that they did okay, even when only one vendor was there. Many questions were answered by Master Gardeners, a service not previously available in Vernonia. Lots of people wanted produce but not many vendors were able to fill this need. Generally everyone had a good time hanging out in the

center of town, talking and waving to people, and relaxing on Saturday afternoons.

If you are interested in continuing to have an open air market in Vernonia now is the time to begin planning. The biggest need is for a coordinator to begin contacting vendors, secure the space and begin an advertising campaign. A small amount of money is available to begin these projects.

If you want to see the market continue, call Schann at 503-429-8930.

Ridge Riders schedule 1st meeting

The Vernonia Ridge Riders have scheduled their first meeting for 2005 on Thursday, March 31, at 7:00 p.m. in the Vernonia Senior Center. Members are urged to attend.

People who are interested in

Trout stocking continues at lake

Vernonia Lake will be stocked with trout by the Oregon Department of Fish and Wildlife sometime during the week of March 14 and the week of April 18.

Senior News

By Karen Miller



I'm wondering if the sun or rain is going to march in with the month of March.

My well hopes it's rain, and so does the fire department, I'm sure (Hi, Paul).

Thank you to Vernonia Pride Chair Donna Webb for opening the museum for a group that came from Portland to join our Valentine's party on Wednesday, February 16.

If you weren't here Wednesday, February 23, you missed The Grove Assisted Living ladies ice cream sundaes. Join us here every last Wednesday of the month.

CURRENT COMMUNITY ACTION TEAM PREVENTATIVE HEALTH SERVICES AVAILABLE AT NO CHARGE FOR SENIORS 60 AND OVER:

1. FOOT CARE: Our foot care nurse is now available twice a month. Call my office to sign up, 503-429-9112.

2. JAZZERCISE LITE Class: Every Tuesday 2:00 p.m. for seniors 60 and over. Don your sweats and comfy shoes.

3. 30 MINUTE WOMEN'S HEART CHECK including cholesterol test, EKG, blood pressure, body fat analysis, blood sugar and a personalized women's heart risk profile. Transportation included for a \$10 fee. APRIL 30. Call for your reservation as space is limited.

4. DIABETES WORKSHOP: Tentatively scheduled for April 7 and 8. Instructor: Gloria VanDehey, R.N., C.D.E. (Certified Diabetic Educator).

Class #1:

- 1) What is diabetes?
- 2) What is pre-diabetes?
- 3) What you should do about it.

Class #2 : What can you eat?

There will be snacks and door prizes. Call my office, 503-429-9112, with questions.

Come in to see our selection of beautiful wedding gowns - Thanks, Sharon, for your donation.

55 Alive Class: March 10 and 11 from 1:00 to 5:00 p.m., the cost is \$10. Call our office to sign up.

Membership Drive: Thank you if you are one of our 63 paid members so far this year.

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.
- Jazzercise class at 2:00 p.m. on Tuesdays.

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, call our office.

INFORMATION NUMBERS

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

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- High Chairs, Cribs
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