

Community

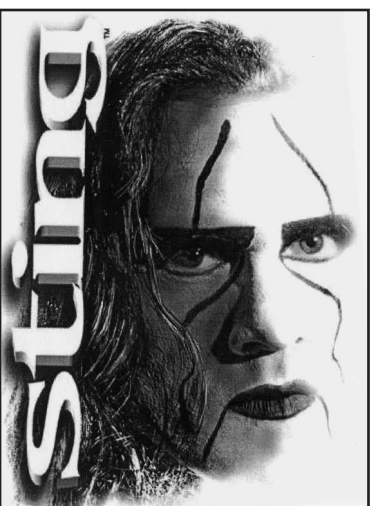
Help paint the VHS grandstand

The Vernonia High School Leadership class is planning to pressure wash the high school's football grandstand on April 23 and will paint the grandstand on May 6 and 7, in conjunction with Vernonia Clean Up Day.

The students need volunteers to help. If you would like to help with this project which will benefit the whole community, contact Samantha Gunter at 503-429-3521.

SOLV's Project Oregon program has donated \$125 for the project, an amount that will be matched by Vernonia Pride.

What became of Sting? Find out



Are you a wrestling enthusiast? Remember world wrestler, "Sting?" Even wonder what happened to him? Vernonia Foursquare Church will reveal the answers as the church shows the movie about Steve Borden, A.K.A. "Sting."

Life was all one big act for Sting, who held the World title ten times in World Championship Wrestling, including two wins over wrestling superstar Hulk Hogan. Sting's black and white painted face dazzled audiences as he created outrageous and bizarre personas for the wrestling ring. Remember some of his moves like the Stinger Splash and the Scorpion Death Lock?

Pastor Carl Pense, of the Vernonia Foursquare Church, invites viewers to finish their Vernonia River Fest activities with this family-oriented movie. Showtime is Saturday, April 23, at 7:00 p.m. at 850 Madison Avenue, Vernonia.

Senior News

By Karen Miller



Attention senior readers age 60 and over: Read this column each publication

for Preventative Health Programs currently being offered through Community Action Team (CAT) in St. Helens. CAT is a private non-profit corporation whose goal is to mobilize resources for reducing the incidence of poverty and to provide services in a manner that will make families and individuals more self-reliant and raise their quality of life. Take advantage of these programs that are funded through grants and available at no cost to you:

1) Footcare: We have a footcare nurse here at the Center twice a month. Call to make an appointment for this great service!

2) Jazzercise lite class: This class is for seniors here at the Center at 2:00 p.m. every Tuesday.

3) Fitness swimming: Group swimming on Thursdays at the Forest Grove Aquatic Center.

4) Health screenings: Currently our Womens Healthy Heart Check is filled. We do have a health screening being set up at the Center on May 14. It will consist of nine different screenings, including cholesterol, thyroid, PSA, and arteriosclerosis, all done by Wellness Clinic. No charge for those 60 and over; call my office to sign up and for the under

60 fees.

5) Diabetic workshops: If you weren't here on April 7 and 8 you missed a fun and educational time with Gloria Vandehy, certified diabetic educator and nurse, along with her blood sugar screenings, great door prizes and fun healthy food! Read this column for a return date.

6) Legal aid: Call to see if you qualify for legal assistance.

Seniors, come join our grief support group now meeting on Mondays at 2:00 p.m. at the Center. This will be a confidential and safe environment. This is for you if you are working through grief of any kind or have worked through grief and could offer support to someone else. Please join us!

We'd like to express our thanks to Jerilyn Kropp, Bill James' daughter, who used her computer skills to put together an ad for the Senior Center to go into the Chamber of Commerce welcome packets.

ALZHEIMERS Caregiving informative speaker, Patrick Gillette from John Hopkins University will be sharing with the public at Grace Baptist Church in St. Helens on May 26 at 7:00 p.m. Call our office for more information.

Our sign language class is still meeting on Monday mornings at 9:00 p.m. at the Center.

Are you in need of respite care, caring for a loved one? We have a program for qualified seniors OR if you are caring for a senior 60 and over. Call me for information about this program for relief by a qualified staff caregiver.

Thanks for donating any extra Saver Shields to our cook for use at Sentry Market.

Michelle Moore from Health Net will be available to answer your health care questions on May 4 at the Vernonia Library at 10:30 a.m.

So, join us for Jazzercise on Tuesday! Surely the exercise some of you get, beating around the bush, jumping to conclusions, climbing the walls, wading through paperwork, dragging your heels and pushing your luck isn't enough. See you there!

Cool Cyber Resource Site for seniors: The Bag Lady Prevention Plan - a website with articles and a discussion forum for women over 50 who want security, fulfillment and fun. www.bagladyprevention.com.

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.

INFORMATION NUMBERS

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

**HONEY DO?
WE CAN HELP!!!!**

We have a huge selection of materials for

- Rock walls • Block walls
- Pathways • Patios
- Flower beds • Gardens
- New lawns • Water feature rock
- Bagged products (for easy storage)
- Barkdust • Cedar chips
- Compost • Column rock
- Crushed rock • Round rock
- Decorative boulders
- Railroad ties & more

We have just what you'll need to enhance any landscape project. Open 7 days a week.

We can deliver or you can pick up.

Hours: Mon - Fri...7AM - 5PM
Saturday...8AM - 5PM
Sunday...10AM - 4PM

SCAPPOOSE SAND & GRAVEL

33605 E Crown Z Road
(corner Hiway 30 & Vernonia Hiway)

503-543-8821

Marquis Care

- Skilled Nursing Care • Rehabilitation
- Long Term Care • Adult Day Care

3300 19th Avenue, Forest Grove (503) 357-7119

Vintage Suites

(Marquis Assisted Living Community)

- Large Homey Apartments • Creative Meals
- Laundry • Housekeeping • Transportation

3336 19th Avenue, Forest Grove (503) 359-1129