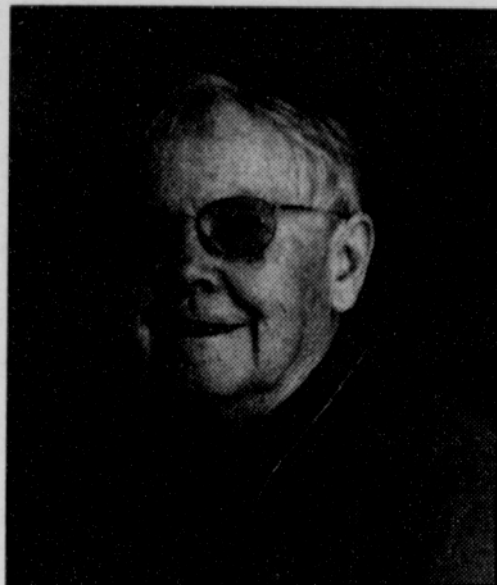


Community

DeWitt chosen to be My Fair Lady Princess for all her volunteer work



Necia DeWitt, a board member of the Vernonia Senior Center, is representing Vernonia in the My Fair Lady Pageant to be held Wednesday, July 20, at 1:00 p.m. at the Columbia County Fair.

The pageant recognizes senior women who have made significant contributions to Co-

lumbia County through their volunteer service. Each community in Columbia County is represented by a princess on the court. A panel of judges will select the queen, and she will represent the My Fair Lady Court for the next year.

DeWitt also volunteers for the museum and has chaired the cancer fundraising drive for over ten years. She is widowed and has three children and five grandchildren. While she enjoys bird watching and gardening, she is also known by many as an entertaining and accomplished yodeler.

Representatives from other county communities are Marilyn Naish from St. Helens, Virginia Walker from Rainier, Faye Sherman from Clatskanie, and Hope McIrvine from Scappoose.

Vernonia Cares BBQ scheduled

Barbecued chicken will be featured at a fund raiser for Vernonia Cares Food Bank on July 23. In addition to a quarter chicken, the menu will include potato salad, baked beans, roll, ice cream cup and a beverage for \$7.00. It will be served by Cares volunteers at the Senior Center, 446 Bridge Street, from 5:00 to 8:00 p.m. Take-out meals will also be available during that same time.

"During last year's meal, so many people came and purchased meals that we sold out!" said co-chairperson Cathy Meyer. "We're just hoping for the same response this year."

"Foster Farms, Reser's Foods and Sentry Market help us with great product prices," said co-chair Sandy Welch, "but it succeeds only if people come and enjoy the meal with us."

Since the temporary closure of the food bank last fall, Vernonia Cares volunteers and staff have worked hard to improve internal organizational systems and stabilize funding. "We appreciate how the community stepped forward last year and showed its support of the food bank," Welch said.

Tickets for the dinner will be available at the door beginning at 5:00 p.m. Sales will continue until 8:00 p.m. or until the food

is gone.

Vernonia Cares, located in the American Legion Hall on Adams Avenue, provides emergency groceries for 80-90 households (approximately 250 people) per month in the Vernonia area. Children represent 38 percent of the client load. It is sustained by fundraisers, direct private and business donations, and support from the United Way of Columbia County. No government monies go to the food bank, although it does receive food through the USDA food program. Vernonia Cares is open Tuesdays and Thursdays from 10:00 a.m. to 2:00 p.m.

Stay tuned for Sentry planning of Burch party

Errol Burch is retiring from Vernonia Sentry. Watch this space for more information in the July 21 issue of *The Independent*.

Senior News

By Karen Miller



FOR ALL OF YOU SENIORS wanting to go support Necia DeWitt on July

20 as the Vernonia princess at the Columbia County Fair, there is a sign-up sheet here at the center for a FREE ride that day, paid for by Columbia River PUD in St. Helens. Admission for seniors is at a lower rate on this day also, so call us or come in and sign up. You won't want to miss this!!!

For any of you seniors out there in *INDEPENDENT* readerland this is a special invitation to you to come visit us here in Vernonia. Come for a great lunch for a donation of only \$2.50 and, on Wednesdays, we have a fun time with the Golden Oldies Band. We have a fun thrift shop for all your shopping needs or like me, your "I might be able to use this someday needs," but hey, the price is right!. You can't miss us, the only lavender building on the main street, yep, we're a wild and daring bunch, so come join the fun. And if you come on the last Wednesday of the month, you will get in on Forest Grove's "Grove's Assisted Liv-

ing" volunteer workers who come and bring ice cream sundaes to share at no charge!

Congratulations to Gladys Gans for her 1st Place win in her pie category at the Rainier Awesome Pie Contest for Seniors held recently (Why am I not surprised?). Good job, Gladys. You can bake pies for us here, anytime!

SENIOR PICNIC to be held at Anderson Park on August 19. Mark your calendars and come join the fun along with the Golden Oldies. Bring a salad and/or dessert, oh yes, bring your dancin' shoes.

Take Heart: 6 Fun Ways to be Heart Healthy!

1) PARK YOUR CAR. Instead of circling the parking lot for half an hour looking for a spot closer, park farther away and get out and walk!

2) GET THE SKINNY ON MILK. Try to drink skim milk or 1% instead of 2%. Look for cheeses and yogurts that use skim milk.

3) WARM UP TO APPLES. Core your favorite type of apple (apples are loaded with heart healthy nutrients), fill with raisins, chopped walnuts, dried fruit, nutmeg, cinnamon and a touch of brown sugar, microwave on high until the apple is tender, 4-5 minutes.

4) SPRING INTO ACTION. Get out the gardening tools come gardening time. Gardening burns more than 320 calo-

ries an hour if you weigh 150 pounds, plus it helps raise your HDL or good cholesterol level.

5) PUT ON A SMILE. Laughter reduces stress and increases oxygen intake both of which benefit your heart.

6) CUT 100 CALORIES A DAY. This will amount to eating 700 fewer calories each week and could result in a 10 pound weight loss by the end of the year.

COOL CYBER RESOURCE: Gas saving tips, look for lowest hot spots in your state, and more! Visit <www.fueconomy.gov/feg/gasprices/states.>

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.
- Sign language class at 9:00 a.m. on Mondays.

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

Call if you want to help at Camp Wilkerson

Any adults interested in helping at Camp Wilkerson are invited to attend a meeting on July 11 from 9 to 11 a.m. at Anderson Park.

For more information, contact Katie Poetter at 503-429-0700.

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