

**Community**

**Senior News**

By Karen Miller



I t was n't the sun that dazzled the crowd on Vernonia J a m - b o r e e p a r a d e day; it was all those tiaras shining from Gene and Terri Bas-

ka's convertible, carrying Vernonia's past queens of the Columbia County My Fair Lady courts: ETTA RUSSELL, 1991; LOUISE HAMNETT, 1993; RUTH BELL, 2002 and last year's queen, NECIA DEWITT, 2005. Thank you, ladies, for your razzle dazzle and showing the princess judges that you can still be beautiful in your golden years!!!

I have been negotiating with Jazzercise once again on sen-

ior classes: So if you can relate to this woman's assessment on her first visit to a club, "I feel like my body has gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising. I decided to take an aerobics class for seniors. I bent, twisted, gy-rated, jumped up and down, and perspired for an hour. But, by the time I got my leotards on, the class was over!" ...maybe you need to be a part of our future plans! Call my office for details.

It's vacation time still. Getting the car ready to go and planning your trip, lots of traffic on the road... Do you know to keep a safe following distance? The state recommends 2 to 4 seconds of following distance. You can get your seconds of following distance by using the "one thousand and one, one thousand and two, one thou-

sand and three" count. Come learn how to do this, and other changes and laws in the AARP Safe Driving Class held here at the center. Call my office to sign up. Only \$10 and NO TESTS! Call your insurance company for lower insurance rates.

From the President: We are still always looking for good dependable help here at our thrift store. Come in and see me if you might be interested!

From the Senior Advocate's office:

1) Swimming passes are available through Community Action Team.

2) AARP Safe Driving Classes are available here at our Center.

3) Are you a caregiver in need of some relief? Do you know of a housekeeper in need of some housekeeping help? Community Action Team has

programs that are of assistance to qualifying persons. Also, if you are a grandparent taking care of grandkids

4) Footcare is here twice a month.

Call me here at my office if I can be of service to you.

P.S. Thanks Pauline for your gift of my Over the Hill Daily Decision Dice: I rolled them and it came up "RECLINE"; so if I ever get back up, I hope to see everyone at my next newsletter! Have a great rest of the summer.

If you know of a senior who would like a visit from the Senior Advocate or who has any senior needs and concerns,

call our office.

**REMEMBER:**

- Pastries and bread Wednesday a.m.
- Bingo, Mondays at lunch.
- Music with the Golden Oldies on Wednesdays.
- Games on Thursdays.
- Willoughby Hearing every first Friday at 11:00 a.m.
- Sign language class at 9:00 a.m. on Mondays.
- Breakfast every Friday, 7:30 a.m. to 9:00 a.m., \$2.50.

**INFORMATION NUMBERS**

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

**In the Service**

**Sgt. George W.Hadley**

Army Sgt. George W. Hadley has graduated from the Metal Worker Advanced Individual Training course at Aberdeen Proving Ground, Aberdeen, Maryland.

Hadley trained in all phases of welding, included repairing, repainting, installing, and inspecting metal body components, radiators, fuel tanks, and modification of related items.

Hadley is the son of David A. and Cindy L. Naillon of Vernonia. He is a 1998 graduate of Vernonia High School.

**Republicans to MeetUp Aug. 25**

Columbia County Republicans will hold their monthly informal MeetUp at Mr. Joe's Coffee Cafe, 555 Columbia River Hwy. in St. Helens, on Friday, August 25. Come at 6:30 p.m. to order food, with the meeting beginning at 7:00 p.m. There will be information and lively discussion of issues of interest to those attending.

All County Republicans are welcome. Contact Fred Yauney at 503-543-6271 for any questions.

**"Old Grads" picnic on August 20**

The annual picnic of the Vernonia Society and "Old Grads" will be held August 20, at Anderson Park in Vernonia. Registration starts at 10:00 a.m.

Hot dogs and soft drinks will be on sale from Vernonia Pride, or bring a picnic lunch. Coffee and cups will be provided.

All former Vernonia residents and their families are invited to visit with old friends or

meet some new ones.

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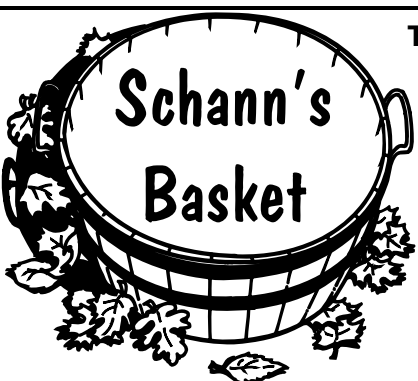
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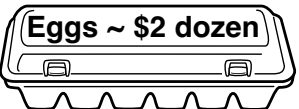
Julie Prohaska  
Behind Vernonia Inn  
**503-429-7055**



**Schann's Basket**

**Thursdays, 10am til the eggs are gone at the pocket park by**

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831 Bridge St., Vernonia



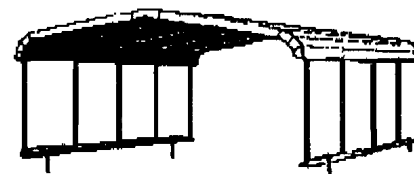
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