

Community



Julie Prohaska dances with Robb Wilson at the Winter Dance held at the Vernonia Grange on February 10.

In The Service

Jennifer J. Burch

Air Force Tech. Sgt. Jennifer J. Burch has been decorated with the Bronze Star Medal for participating in Operation Iraqi Freedom while serving at an overseas forward-deployed location.

The medal is awarded to an individual who, while serving in the U.S. armed forces, has performed a heroic act, meritori-

Scouts out Mar. 3

On Saturday, March 3, look for Boy Scout Troop 201, Cub Scout Pack 201, and Girl Scout Neighborhood 4-2 to be canvassing Vernonia to collect the bags they left last weekend on doorsteps around town.

Fill the bags with clean and gently used items that will go to the Vernonia Senior Center. Just put the donation back on your doorstep before 10:00 a.m. on March 3 and the scouts will be by to pick them up. The scouts thank everyone for their support.

ous achievement or distinguished service during armed conflict or ground combat while engaged against an armed enemy of the United States.

Burch, an explosive ordnance disposal journeyman, is assigned to the Explosive Ordnance Disposal Unit, Spangdahlem Air Base, Germany. The sergeant has served in the military for 10 years.

She is the daughter of Wil- low E. Burch of Vernonia and David D. Burch Jr. of Bay City. Burch graduated from Seaside High School in 1992.

Senior News

By Karen Miller



No offense to this surrounding community, BUT... I didn't think of anyone around here TOO much anyway, last Valentine's Day, as my husband and I and another couple were enjoying the ocean view from the Flamingo Hotel in Acapulco. If you have never been on a cruise, that to me is the way to relax! Nightly top entertainment is not to be outdone by all the restaurants serving good fancy food ALL DAY LONG, at least on the Norwegian Star. Yet I must admit, the gold medal magician on board had nothing over me!! I performed some magic myself...I went on as a passenger and got off as cargo. Thankfully, I was only 2 decks down from the weight room.

Well, let's see what does this have to do with seniors? I did observe the many seniors on board enjoying sunny Mexican Riviera weather, some in wheelchairs, some with canes, it didn't seem to stop them any. SO, with that in mind, I think I will be planning another as I hit the big 60 next year!! H-m-m, now that sounds like the perfect celebration!!

We had quite a Valentine

celebration here I understand, with nearly 70 friends enjoying the golden oldies and Connie and Mary's great lunch. The winner of the Valentine surprise I left behind for the couple attending who were married the longest, went to Bill and Elaine James!! Congratulations to ALL you husbands and wives that are deserving of marital bliss longevity!!

President Carl Holsey would like to remind everyone that the LAST Monday of every month one of our five area Senior Centers (Vernonia, Clatskanie, St Helens, Scappoose, and Rainier) hosts a lunch and if you care to come along please come in or call the office here. We would be glad to have you.

MARK YOUR CALENDAR for our next AARP Safe Driving class here at the center the end of March. Only \$10 and NO TESTS. Common sense tips that will get you driving "fuel smart," don't idle excessively; avoid aggressive driving; use cruise control when traffic is light (But NOT in the rain!); lose the roof rack; cool off with the air conditioner when driving on the freeway. Join us in March

for enlightening discussions on driving, welcome seniors and younger!! Call my office to sign up at 429-9112.

Community Action Team has partnered with Legal Aid to provide services to low income seniors who have no other resources or income to cover these services privately, including help with simple wills, landlord/tenant, elder abuse/neglect, etc. Call my office for information.

SPRING is just around the corner!! Hopefully frozen pipes and icy roads will be history.

If you know of any seniors needing help, please call me. And thanks for watching out for your neighbors!! Some day...it could be YOU who needs help!

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 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., \$3.00.

COLUMBIA COUNTY

TREE SALE
 19 SPECIES PRICES FROM \$1.00
SATURDAY, MARCH 10
 8:00AM - 2:00PM
 HI-SCHOOL PHARMACY
 PARKING LOT ST. HELENS, OR

SMALL WOODLANDS ASSOCIATION
 (503) 556-8800

Schann's Basket

Every Thursday, 10am til the eggs are gone, inside

Black Bear Coffee Co.
 831 Bridge St., Vernonia

Eggs ~ \$2 dozen

Because we know how important your pet Is to you.....



We've added *no* extra fees for your pet at **The Grove Assisted Living**



2112 Oak Street, Forest Grove, OR 97116
(503) 359-1002

Action Ads

INEXPENSIVE - EFFECTIVE

503-429-9410

\$4.50 for the first 10 words, then just 10¢ for each additional word