

Community

Easter Cantata on March 30 and 31

In honor of the more than 25 years that Linda and John Cahill have put into providing an Easter Cantata for the community of Vernonia, this year's performance will continue despite an injury to director and producer Lynda Cahill. Lynda was seriously injured in an accident in her home and will be unable to direct this year's event.

The participants in this year's Cantata have decided to present a choral performance instead of a musical drama. The performance will include music from this year's and prior years' Cantatas, combined with songs from the Hymnal. The audience will be invited to sing along during the hymnal numbers.

There will be three performances, with all of them held at the First Baptist Church on A

Street. The choir will perform Friday, March 30 and Saturday March 31, at 7:00 p.m. and on Sunday, April 1 at 3:00 p.m. The choir is composed of community members from several local churches who volunteer their time and talents for three months to prepare and perform an Easter musical and/or drama. It is a celebration of hope, faith, love, life, and resurrection.

Choir members will hold a bake sale on Saturday, March 24, in Sentry Market to help defray the costs for production of the Easter Cantata. Stop by and purchase some homemade goodies and help support this year's community choir and performance. Then you can attend a performance, and listen and sing along with them. Your spirits will definitely be lifted.

Golf tournament for VHS softball

A golf tournament to benefit the Vernonia High School softball program will be held Sunday, March 18. The format will be four person scramble and the first tee time is 8:00 a.m. The cost is \$55 per player or

\$210 for a four person team.

Proceeds go toward team equipment, facility needs and field tarps.

Contact George Dunkel at 503-366-8013 or Fred Fulmer 503-429-6811.

Help Make-a-Wish grant wishes

The *Make a Million for Make-A-Wish* campaign is a statewide fundraising and outreach campaign for the Make-A-Wish Foundation® of Oregon during the month of March to help grant wishes for children with life-threatening medical conditions throughout Oregon and in Clark County, Washington.

The Foundation is asking people throughout the region to help reach the goal of raising one million quarters (\$250,000) during the month of March. There are many ways to give,

including getting your school or business involved at a grassroots level, taking a contribution to any U.S. Bank, making a flat donation online at orwish.org, donating an unwanted vehicle to the organization, or giving unused Alaska Airlines frequent flier miles for travel wishes.

Last year, the campaign raised more than \$160,000 statewide for local wishes.

For more information about this campaign, or how you can help, visit www.orwish.org or call 800-934-WISH.

Senior News

By Karen Miller



Showing snow again is keeping me scouring the papers for any more cheap cruises; I mean inexpensive cruises, there was nothing cheap about the Norwegian Star. Like how could you beat \$1100 for two for 8 days? If you can, let me know!! I seem to be running into more seniors planning similar outings!! Go seniors...the fastest growing segment of our population! On the health bandwagon? Read on...

FREE SWIMMING, FREE SWIMMING, FREE SWIMMING. Come in to see me about our free swim passes, available through a grant from Community Action Team. Free swim passes to the Forest Grove Aquatic Center for seniors 60 and up. A great opportunity to keep in shape; in fact, I never cease to be amazed at the seniors around here I can look up to for examples in body and mind! Just to name a FEW:

Take Russ Taylor for instance, in his mid 80s and being my Scrabble mentor (besides a great dancing teacher!) And Warren Aldrich, 90 plus, back home and looking great after a car accident sent him in

for "repairs!" And Faith Reynolds, over 90, still a walking history book and faithful quilter here at the center. I am thankful for such a wonderful opportunity to work around so many inspirational people. You're great! Oops. One more: I just returned from taking my grandkids to join in on tumbling fun on mats and off the stage no less, taught (and caught!) by Robert Eastman at the Mist grade school!

From thrift store manager Sharon Gibson: We have a nice white tile table and 4 chair set, secretary desk, two end occasional tables, two night stands and coffee table, headboard and footboard for a bed; come in and check us out. Come in and get in on our blue light specials. The last Friday of every month, storewide half-off sale!! See you March 30.

WE THANK all our Columbia County veterans for their service and sacrifice in protecting our hard won freedom. For any help you need, contact Community Action Team's Veteran's Rep. Joseph Pyle, Veteran Services Officer at 503-366-6580.

WILLOUGHBY HEARING will be here at the center on the following dates and time:

April 9, May 14, June 11, from 1:30-2:30 p.m. FREE cleaning and servicing hearing aids.

Also, Community Action Team has partnered with Legal Aid: Call my office to see if you qualify for this service for seniors 60 and up.

AARP Safe Driving Class will be here at the center March 29 and 30. Call my office to sign up, 503-429-9112. Only \$10 and NO TESTS!!

Br-r-r...I said spring is just around the corner in my last newsletter: let's try again!

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.

REMEMBER:

- Pastries and bread Wednesday and Saturday a.m.
- Bingo, Mondays at lunch.
- Music with the Golden Oldies on Wednesdays.
- Games on Thursdays.
- Sign language class at 9:00 a.m. on Mondays.
- Breakfast every Friday, 7:30 a.m. to 9:00 a.m., \$3.00.

INFORMATION NUMBERS

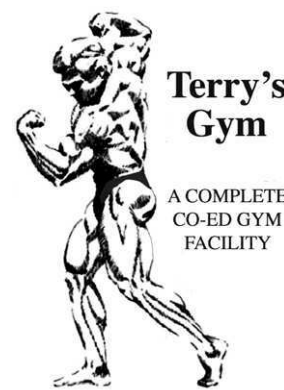
Senior Advocate...429-9112
Senior Center.....429-3912
Transportation.....429-4304

Exercise & Coffee Team Up For Fitness

VERNONIA, OR. The beneficial values of regular exercise and proper diet has been expanded to include coffee. Recent research indicates the antioxidant content within a cup of coffee reigns supreme. Coffee is also beneficial for joint health, pain management, mental focus and energy.

Coupon Special*

Discounted gym memberships and FREE coffees!



Each month of gym membership includes a free 12 oz. latte at Black Bear Coffee shop.



503-429-0501
16720 Noakes Rd. Vernonia

503-429-0214
831 Bridge St. Vernonia

Bring this coupon to Terry's Gym for validation.

*Offer expires 12-31-07

Camelot Care Center

Medicare / Medicaid Certified
VA , HMO and
Insurance Contracts

Sub-Acute Skilled Nursing
& Rehabilitative Therapies

Respite & Hospice Care
Long Term Intermediate Care

Dedicated & Caring Staff

**3900 Pacific Ave.,
Forest Grove
(503) 359-0449**

Friends of the Vernonia Public Library

Spring Book Sale March 17, 2007

9am to 4pm at the Vernonia Public Library

