

Community



The Vernonia Senior Center is open for lunches, and the newly remodeled Thrift Store is open Monday through Saturday. See Senior News on this page for hours of operation.

First Friday will restart tomorrow

First Fridays of Vernonia for 2008 will begin on April 4. This month's events include "Flood Stories" at the Library from 5:00 – 7:00 p.m. followed at 7:30 with the first of two presentations of "Heidi" and "The Ugly Duckling" at the Vernonia Grange.

Under the auspices of Vernonia Hands-on Art and the Chamber of Commerce, a new series of First Friday events are

being planned through October. If you are interested in performing music, showing your artwork, offering extended business hours or specials, or sending us your own ideas for First Fridays, please contact the Chamber of Commerce 503-429-5201 or info@vernoniaachamber.org or Vernonia Hands-on Art at 503-705-2173 or VernoniaArt@aol.com.

Cota earns "Star of Life Award"

Shelley Cota, of Vernonia, will go to Washington D.C. this May to receive "The Star of Life Award" at the American Ambulance Association's Star of Life convention.

The "Star of Life" is an honorary title that the American Ambulance Association bestows on about 100 outstanding emergency medical technicians (EMTs) and paramedics across the United States each year. The winners are chosen based on their heroic acts or community service efforts.

According to the Vernonia Newsletter by Metro West Ambulance, Shelley Cota has, "Through the countless years of continued service and dedication, proven that she is the type of person that makes our

team complete." This is the first time a Vernonia Volunteer has been chosen to receive this national award.

Cota, an EMT with Metro West Ambulance and a volunteer with the Volunteer Ambulance Association, was nominated by Melissa Zimmer, Metro West Ambulance Volunteer Liaison and Jan Lee, Metro West Ambulance Training Manager. "Many never reach the level of commitment as a volunteer that Shelley Cota has, but she knows her life is her community and giving to her community is what life is all about," said Zimmer and Lee about their nomination.

Senior News

By Karen Miller
Senior Advocate



I have a sign in my house that reads "If you can cross this pasture, do it in 9 seconds...because the bull can do it in 10." Now that's motivation! Well, sometimes, motivation comes in some unwanted forms, like a flood, but, our senior center has never looked better! We are now open for business: Mondays through Fridays, 9:00 a.m. to 3:00 p.m. AND Saturdays, 9:00 a.m. to 1:00 p.m. You may also call for extra drop-off appointments to: Carl Holsey 429-5571 or Pauline Coffman 429-5810.

PLEASE NOTE that we no longer have a 24-hour drop box on our premises. Drop-offs would be kindly appreciated during business hours only, or by calling Carl or Pauline.

Please, no TVs, computers, mattresses, and thank you for your clean, useable saleable items! Also needed are full

sized plastic hangers. Thank you and we look forward to your business which supports the Center.

MARK your calendars for our 5-area lunch to be held here in Vernonia on Monday, April 28. Special music provided, along with food and fun! Come early, see you there!

Call my office to sign up for my next AARP Safe Driving class: 429-9112.

IS THERE any senior out there who, as the Princess, would like to represent Vernonia at this year's Columbia County Fair? We would like some nominees ASAP; if not, Vernonia will not be represented this year.

Cynthia Watts, a licensed, local, tax consultant will be here at the Center on April 19 to help seniors with their "economic stimulus tax rebate". Call my office for information and to sign up.

May 10 is Vernonia Pride's Make Vernonia Shine Day; I have forms in my office here to fill out if you would like some help around the outside of your house. These need to be in right away.

The Vernonia Senior Center

would like to express our sincere condolences on the passing of Delores Varner, the Golden Oldies Band lead singer. Her memorial service was March 29 at the North Plains Senior Center.

The Golden Oldies Band will be playing here at the Center on the second and fourth Wednesdays of the month. Their next date here is April 9.

We also wish to express our condolences to the families of Shirley Waters and Lawrence Benes. Shirley was a long-time patron and visitor here at the Center. Her memorial service was March 30 at the Vernonia Community Church. Lawrence also joined us for lunch and visiting. We will miss them both.

My office is now open. Come in and see me most mornings through lunch. Stop and check out our snow boots in the thrift store if we have any left on your way here. And we had to get rid of our studded tires? Go figure.

INFORMATION NUMBERS

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

Free acappella concert offered April 17

Sterling Roth, Chaplain for the Amish-Mennonite volunteers working with flood victims in the upper Nehalem Valley thanks those who attended the Hopewell Chorus' performance in March and invites everyone to another evening of acappella music, on April 17, at the Nehalem Valley Bible Church located at the corner of North and Grant Sts. in Vernonia.

Those who missed the February and March programs have another chance to hear a fine choir. The Porter-Estacada

Mennonite church will be visiting here this time and their program begins at 7:30 p.m. on

Thursday evening. Everyone is welcome to come and listen to and enjoy the fine singing.



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