

Community

If Girl Scouts ask you, please help

Girl Scouts will be doing a food drive for Vernonia Cares from April 17 through May 3. There will be a collection box at Sentry for non-perishable foods near the check-out counters.

The Girl Scouts will not be going door-to-door, but you may be asked by a Girl Scout neighbor or family member for a donation. The food bank could use your help and sup-

port to put some needed items back on their shelves.

On Saturday, May 3, the Vernonia girls, with supporting troops from the Banks area, will be delivering their donations to help our community.

If you are interested in making a donation, contact Kinnell Steward at 503-819-0143 for pick-up service. The Girl Scouts offer their thanks in advance for your support!

1st Friday events slated for May

First Fridays of Vernonia for May 2008, on May 2, will be a celebration of May Day and the reopening of the Open Air Market in the Vernonia Community Learning Center (VCLC) Courtyard. Events begin at 4:00 p.m. with the Open Air Market and continue into the evening at Hawkins Park and the Cabin in the Park (aka Scout Cabin). Some Bridge Street merchants will be holding special sales.

At 6:00 p.m., in Hawkins Park, there will be an old-fashioned May Pole and May Pole dance performed by local children. They will be accompanied by Vernonia's community orchestra, Strings on Fire. From 5:00 to 8:00 p.m. in the Cabin in the Park, local artists'

work will be on display for sale; no host beverages and edibles will be available. The works for sale were selected for the VCLC Gallery in November, but they have been in storage due to the flood and resulting need to use the VCLC for flood relief over the past four months. Additional works by local artists will also be shown at this gala event.

First Fridays are celebrated under the auspices of the Vernonia Chamber of Commerce and Vernonia Hands-on Art. Contact Erika Paleck at 503-429-0898 or boscaiola@peoplepc.com if you have any questions. Watch for First Friday posters soon for additional information.

Murphy's offers free finishing clinic

Mary Murphy-Holub, owner of Murphy's Furniture, is putting on a free finishing clinic on Saturday, April 26, featuring milk paints and glaze effects.

Milk paints are easy to use, with low VOC (Volatile Organic Compounds) and quick drying time, suitable for indoor and outdoor use. Milk paint also comes in 20 different color trends.

Glaze effects are translucent colors that may be used over any water-based paint or stain

to create decorative finishes such as distressing, antiquing, burnishing, shabby, chic, and marbling effects.

Also to be demonstrated is a simple wipe-on, wipe-off product called restore-a-finish. Many finished wood surfaces that seem to need a complete refinishing job can be restored in a few minutes, instead of being stripped and refinished. White heat ringed, water marked, sun faded, oxidized,

Please see page 10

Did you loan a table to LGS?

The Lincoln Grade School Donation Center has leftover tables and clothes racks and don't know who they belong to. If the owners can't be found by May 15, the items will be given away. Call Synda at 503-429-2240 or (cell) 503-708-8093.

Senior News

By Karen Miller
Senior Advocate



IT'S LAUGHTER WE'RE FORTER... WOMEN'S TEA

Join us for

this entertaining and inspiring morning with renowned motivational humorist, speaker, author and registered nurse, JENNY HERRICK. Jenny will help participants develop their "inner laughter" as powerful medicine for the body, mind and spirit. Find out why she believes that a healthy "funny bone" is as important to your overall well-being as your cholesterol level! Saturday, May 17, 9-noon, no charge. Transportation provided. Tuality Health Center. Lunch provided, with tea of course. Limited availability. Seniors 60 and up. Call my office to reserve your seat at 429-9112.

Taking sign-ups for the next AARP Safe Driving class, still only \$10. Call 429-9112.

Gov.Benefits.gov is the official benefits Web site of the U.S. Government. This easy-to-use Web site provides access and information to more than 1,000 benefits including

A free concert tonight at 7:30

The Porter-Estacada Menonite Choir will perform tonight, April 17, at 7:30 p.m. at the Nehalem Bible Church in Vernonia. Everyone is invited and welcome to enjoy the evening's free event. The church is located at the corner of North Street and Grant Avenue.

numerous assistance programs for senior citizens such as Prescription Drug Programs, Volunteer Programs and Community Service employment Programs.

Thank you to those of you who have paid your \$10 membership dues to the Vernonia Senior Center! We have now come back better than ever; come in and browse our thrift store and join us for our reasonable lunches for a \$3.00 donation for those 60 and up; Connie's breakfasts on Friday mornings, 7:30 to 9:00, and come in and see me in my newly renovated office most mornings through the noon hour. The Golden Oldies Band is now playing here every second and fourth Wednesday.

GRAND OPENING April 28. ALL ITEMS HALF OFF IN THE THRIFT STORE.

FOOTCARE is available twice a month; only \$15, call to make an appointment.

IDENTITY THEFT:
Deter identity thieves by safeguarding your information:

SHRED financial documents and paperwork with personal information before you discard them;

PROTECT your social security number. Don't carry it in your wallet or write it on a check;

DON'T GIVE OUT personal information over the telephone or internet unless you know who you are dealing with;

NEVER CLICK on links sent in unsolicited emails, Visit OnGuardOnline.gov for more information;

DON'T USE an obvious password like your birth date, or last 4 digits of your SS number;

KEEP your personal information in a secure place at home, especially if you have roommates, employ outside help, or are having work done in your house.

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

Beginning 4-15-08
Mariolino's **Come in for Sundaes, Hot Fudge Sundaes, Milkshakes & other Ice Cream Treats**
721 Madison Ave., Vernonia • 503-429-5018

Williams Metal Fab
Custom Fabrication & Welding
All Metals Including Stainless Steel & Aluminum
Portable WELDING AVAILABLE
503-429-8431
17819 Noakes Rd., Vernonia, Oregon

08 MULE SKINNER'S POKER RIDE
Starts 9 a.m. Saturday & Sunday
Memorial Weekend
Horses & Mules Welcome
info 503-538-4632
www.muleskinners.org