

Community



The fundraising effort was successful and Don Coghill now has a bicycle to come and go to town. One of his first trips was to Vernonia Night Out on August 19. The wet weather didn't stop the community from attending in good numbers and enjoying free food, police demonstrations and information on safety.

Bear Creek Run/Walk declared a success with best numbers yet

The 6th annual Vernonia Bear Creek Run/Walk, a benefit for Vernonia Cares Food Bank, was held Saturday, August 16, starting and finishing at Anderson Park.

There were 52 entries in the 10K run, 53 entries in the 5K run.

Results for the 10K were: 1st - Chris Rifer of Portland (35:18), 2nd - Kevin Filkowski of Longview (39:18), and 3rd - Joseph Moullett of Wood Village (44:28). The Women's winner was Kara Lorion of Hillsboro (52:00), 2nd - tie between Leah Henriksen and Bridget Cooke, both of Forest Grove (52:18) and 3rd - Karen Beck of Warrenton (54:14).

The Men's winner of the 5K run was Sean Thoensen of Au-

vera, Colorado (30:24); 2nd - Adrian Taylor of Portland (30:25) and 3rd - Alex Grant of McMinnville (31:34). The Women's 5K was won by Madeleine Zolfo of Fuquay Varina, North Carolina (31:41), 2nd - Alisa Wise of Camas, Washington (35:21) and 3rd - Maureen Zolfo of Portland (37:00).

1st and 2nd place in the 5K Walk went to Nancy Johnson and Brandi Fennell of Vernonia (56:20).

The event raised \$2,700 for Vernonia Cares Food Bank. Next year's Bear Creek Run/Walk will be on August 15. Online registration can be found at <http://www.signmeup.com/61797>.

Senior News

By Karen Miller
Senior Advocate



BOOM of thunder woke us both up, suddenly at that; my husband couldn't sleep anymore and no sooner did he get out of bed, in jumped the dog...shaking under the covers.

Hopefully some heat relief will be here by now!

Some HOT NEWS here from

WOW, what a noisy display of "fireworks" the other night... that first

the center: The FBI Citizens Academy Alumni Association invites you to learn how to protect yourself from ID theft, investment fraud, repair scams, financial exploitation and much more at the Senior Citizen Scam Jam 2008 on Saturday, October 25, 8:00 a.m. to 2:00 p.m. at New Hope Community Church in Happy Valley. Speakers include Anna Song, Channel 2 KATU News, Fox 12 News and Channel 8 News reporters. Call the Center if this is something you might be interested in going to and we will get transportation.

Footcare coming next on August 22. It is twice a month here at the Center. Only \$10. Call

me at 429-9112 to sign up. Elections here at the Center will soon be around the corner. All members who have paid their \$10 dues will be eligible to participate.

Thanks everyone for all your participation, volunteering and support here at our Center. It is great to be back in business as the Summer vacations will be ending soon.

And remember: Don't slam a door shut that you might want to go back into...

INFORMATION NUMBERS

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

September 1st Friday events to include dog parade

The September First Friday's Farewell to Summer event, on September 5, will feature a dog parade for well-socialized dogs starting at Shay Park at 6:00 p.m. For information contact Lisa Edgar at Creatures, 503-429-PETS (7387), or Carol Davis at 503-367-2378. Entry fee of \$1.00 benefits local animal charities.

As usual, there will be the Open Air Market on Madison, along with the Hands-on Art sponsored Art show of local artists, crafters and photographers. Hands-on Art will also sponsor a free kids crafting table at the market. To volunteer or participate in these events, call Erika Paleck at

503-429-0898.

Finally, everyone is invited to attend, make s'mores for a

buck, and toast the days of summer good-bye at the portable fire pit on Madison.

DOUBLE C TACK



Summer Clearance Sale!

Bridle/Breast Collar Combo Set

Reg. \$159.95, Sale \$129.95

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Haybags: 2-strand \$29.95
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