

Community

Xmas vendor info. lost in flood

The 30th Annual "Christmas in the Country" Booster Bazaar will be held again this year in the Vernonia Middle School Cafeteria.

Due to flooding, some vendor information was lost, and

may need to be updated. Returning vendors are asked to call Corrie Smith at 503-429-1052 to update information. New vendors wanting information about this year's bazaar should also call Smith.

Trail Blazers seek anthem singers

The Trail Blazers open anthem auditions event is open to the public, and will determine 2008-09 performers.

Talented singers and musicians will audition for a chance to perform the national anthem at center court of the Rose Garden during the 2008-09 season. The event is open to the

public and auditions are on a first come, first serve basis.

The auditions will be held Monday, September 15, from noon to 6:00 p.m. in the Rose Room at the Rose Garden, One Center Court, Portland.

For more information, go to trailblazers.com.

Health fair scheduled in St. Helens

Moving Health Forward, a group of local businesses that have teamed up as part of awareness to promote good health to all the people in Columbia County, has announced the 1st Annual Columbia County Health Fair.

The fair will be held on October 4, from 10:00 a.m. to 4:00 p.m. at Old Town Square in St. Helens.

For more information visit: www.MovingHealthForward.com or call: 503-396-4145.

Women's Resource Center seeks help with yearly maintenance work on shelter

Columbia County Women's Resource Center is closing its shelter, The Starting Place, for two weeks in order to repair and clean the building and grounds. Work will start on Monday, September 22, and continue until Friday, October 3. The shelter will accept clients again on Monday, October 6.

In order to clean, repair and maintain the 26-bed facility and grounds, help is being sought from the community. If you, your family, organization, church or friends can donate a few hours during the 2-week shutdown, please call 503-397-7110. Every kind of help imaginable is needed: gardening, painting, scrubbing walls, floors, cupboards, airing mattresses, cleaning light fixtures, repairing picnic tables, etc. Also needed are cleaning supplies and money to replace items that have been worn out or broken during the last year.

To celebrate the two weeks of hard work, there will be an Open House for all the volun-

teers and the community on Friday, October 3, from noon until 3:00 p.m. Everyone is welcome to visit the shelter and enjoy some light refreshments. It's the shelter's way of thanking all the wonderful people in

the community for their support.

For more information about the needed donations, the open house or volunteer opportunities, call 503-397-7110.

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Senior News

By Karen Miller
Senior Advocate



"Twenty
froggies
went to
school
down
beside a
rushing
pool,
twenty

little coats of green, twenty
vests all white and clean." Sorry, Myra, at the age of 97 you can say that poem better than I can! Good job!

So let's see if I can type the rest of this column right!

We are back on track around here with the foot care. Call my office to sign up. Our foot care nurse is here twice a month and will pamper your feet for a mere \$15.

POLISH FESTIVAL, two fes-

tive days of the best Polish food, dance and music on Saturday and Sunday, September 27 and 28, on Interstate Avenue in Portland. Call me if this is something you might want to get in on with a few of our seniors here at the Center!

Anyone interested in a Scrabble tournament? Let us know. And also, come in and do a little bowling. Well, with the Wii, anyway.

DON'T FORGET Connie's breakfasts here, 7:30 until 9:00 a.m. Only \$3, and our lunches here every day at 11:45. Seniors 60 and up donation basis, \$3.00 for those under 60.

BINGO, on September 25, at 1:00 p.m. here at the center. Cards are only twenty-five cents. Great prizes!

Half-off store wide sale on September 30. Come in for all those great bargains!

Call my office to learn about the Oregon Prescription Drug Program (OPDP), a state sponsored prescription discount card program now open to all Oregonians regardless of age or income.

SIGNS OF A STROKE;

Remember these three things and now a fourth:

S – Ask the individual to SMILE

T – Ask the person to TALK and SPEAK a SIMPLE SENTENCE (coherently)

R – Ask him or her to RAISE BOTH ARMS

New SIGN of a stroke: Stick out Your Tongue. If the tongue is "cooked," if it goes to one side or the other, that can also be also an indication of a stroke.

Learn to recognize these signs within a 3-hour window and you may save a life!

SENIOR INFORMATION NUMBERS

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



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