

Community

Halloween party at the Grange

On Halloween Night, the Vernonia Community Grange will be hosting a Family Halloween Dance and Party. Starting at 7:00 p.m., come enjoy an evening of fun with music, dancing, "spooky story time" and a few games sprinkled in too! A costume contest will top off the evening. Fun for all – all ages and everyone welcome for \$5 a couple, \$3 per person and \$1 for kids under 12 years old. The Community Grange building is at 375 North St.

Sunday School back at VCC

The Vernonia Community Church has announced the return of Sunday School. "Please join us at 9:00 a.m. for a free hot breakfast including specialty eggs, bacon, sausage, fruit salad and more," Pastor Grant Williams said.

Following breakfast is the Worship Service at 9:45 a.m.,
Please see page 16

Senior News

By Karen Miller
Senior Advocate



S O :
You've just been told you or a loved one has diabetes... **N O W**

WHAT?

First step: The more knowledge you can obtain, the better you can be in control. Diabetes is a disease in which the body does not produce or properly use insulin. Insulin is a hormone that is needed to convert sugar, starches and other food into energy needed for daily life. Join us on November 10, at 10:00 a.m., here at the Vernonia Senior Center, for our first Diabetes 101 class. This first session will be conducted by Cathy Rozinek, R.N., from our local Vernonia Providence clinic.

DIABETES 101: Monday, November 10, 10:00 a.m. at

Vernonia Senior Center. No cost to attend. For further information, call Karen Miller at 503-429-9112

HALLOWEEN PARTY: October 29, during lunchtime at the Center. Prizes for Best Costume.

CHRISTMAS BAZAAR: November 29 and 30. Tables: \$10 or 1/2 Table for \$5, at Vernonia Senior Center.

Columbia Hearing Center will be here November 22 at

1:00 p.m. for your hearing aid services.

Providence Medical clinic will be here every third Wednesday of the month for free blood pressure checks from 10:15 to 11:15 a.m.

Footcare: Only \$15 here at the Vernonia Center.

Thrift Store News: Come to the end of the month 1/2 off sale on Friday and Saturday, Oct. 31-Nov. 1.

Well, at least there's one

good thing about high gas prices. Whenever you fill the tank, you double the value of your car.

Call my office for any senior concerns or questions you may have at 503-429-9112.

INFORMATION NUMBERS

Senior Advocate...429-9112

Senior Center.....429-3912

Transportation.....429-4304

Welcome Additions

Huxley James Grant

Huxley James Grant was born September 28, 2008, to Jason and Andrea Grant of Vernonia. He weighed 8 pounds, 15 ounces and was 21-1/2 inches long.

He has joined his brother, Nolan, and sister, Taylor, at the family home.

Grandparents are Rich and Pam Jones of Olympia, Washington, Theresa and Ken Carter of Cornelius, Clem and Betty Grant of West Linn, and Linda

and Bruce Teller of Vernonia.



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COMMUNITY VARIETY SHOW

Music Dance
Comedy & Song



Friday, November 7, 7 pm
Vernonia Grange 375 North St.
Adults \$5, Kids 2 cans of food