

Community

Senior News

By Karen Miller, Senior Advocate
Community Action Team



Type 2 diabetes is one of the fastest growing public health problems worldwide. The relationship between staying physically active and the risk of developing diabetes has been assessed by a number of clinical trials and the verdict is in: Regular physical activity can reduce the risk of type 2 diabetes by 15-80 percent!

Learn more about this widespread health issue at DIABETES 101, presented by Cathy Rozinek, R.N., on November 10 at 10:00 a.m. at the Vernonia Senior Center, 446 Bridge Street. Call 503-429-9112 for further information.

Coming soon: SENIOR CITIZEN POLICE ACADEMY
What is the Senior Citizen Police Academy?
The Senior Citizen Police Academy is a unique eight-week program designed to give participants an understanding of the Vernonia Police Department and its operations. The program consists of a series of classes, discussions and a tour held once a week. It concludes with a graduation ceremony. You may also pick single topics that you may want to participate in. Brochures available in my office or through Interim Chief Kay.

There is NO COST to partic-

ipate in the Senior Citizen Police Academy. This is for:

- 1) Individuals 50 and over,
- 2) Must live or work in the City of Vernonia or Columbia County (or be authorized by the Chief of Police),
- 3) Senior Citizens who have an interest in learning about the Vernonia Police Department and current crime trends with an interest in being a valuable community policing team member.

Topics include: Crimes being committed against Senior Citizens; Personal Safety; Prescription Pill Abuse; Neighborhood Watch Program; Cons, Scams and Fraud Prevention; Home and Vehicle Safety; Illegal Street Drug Use and its Effects on the Community; 911 Crime Reporting for Citizens; Traveling Safety, and Overview of Police Operations.

For sign ups, and further information, contact: Karen Miller, Community Action Team, Vernonia Senior Center at 503-429-9112, or Interim Chief Michael Kay, Vernonia Police Department, at 503-429-7335.

The Senior Citizen Christmas Bazaar will be on November 29 and 30. Fees are \$10 per table, or \$5 for a half table. See Pauline at the Senior Center.

We had a great time at our 5-area lunch, with entertainment provided by the Blind Rootin' Hogs. Sorry if you missed it, we'll have them back again.

Winners of our Halloween Costume Party: Fran Hendrix for the ladies and Robert Eastman for the gents.

Thanks to all who participated!

INFORMATION NUMBERS

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

Next Flood Town Hall December 3

On December 3, the next Vernonia Town Hall will be held to discuss the flood successes and what still must be accomplished. This "Town Hall" is the community's opportunity to find out what is going on, what has occurred and where to go from here.

This is also an opportunity to bring concerns to the table. The meeting will be held at 6:00 p.m. on Wednesday, December 3, at the Vernonia Middle School cafeteria.

The evening's events will start with a tour of the community around 4:30 p.m. with staff (and hopefully) the Governor, Congressmen, Senators and other elected officials. After a tour of the high school gymnasium there will be a spaghetti feed at the middle school cafeteria, and the Town Hall discus-

sion will be held during the meal.

There will be presentations from various groups, including Vernonia School District, Columbia County Flood Relief, Oregon Solutions, West Oregon Electric and others, on both progress and future prospects.

Those attending are then welcome to celebrate the first home basketball games of the season, for both junior varsity and varsity, in the newly rehabilitated high school gym. The school district has offered free tickets to the Varsity Game for those attending the Town Hall Meeting.

For further information, contact Susan Wagner, Columbia County Flood Relief, at 503-805-6886 or smwagner@pcisys.net.

Plan now for Christmas Parade

Now is the time to start planning your entry into the Vernonia Lighted Christmas Parade. This year the parade will be held December 6, starting at 6:00 p.m. Participants should line up on A Street, and will then proceed to Grant Avenue (next to Mini Mart) and turn

right onto Bridge St. The parade will proceed to City Hall.

After the parade, the City Christmas Tree at Vernonia City Hall will be lit. Look for more information as the date approaches.

T-day Bake Sale to help VVAA

A Thanksgiving Bake Sale will be held by the Vernonia Volunteer Ambulance Association. Items available include pies for \$5.00 (Pumpkin, Apple, Cherry or Chocolate Cream) and bread loaves for \$3.50 (Banana, Zucchini or Pumpkin). All are baked by the Ambulance Volunteers and must be picked up November 25 between 5:00 p.m. and 9:00 p.m.

Orders must be placed by 5:00 p.m. on November 20, by calling 503-429-4600 (Monday-Friday, 8:00 a.m. to 5:00 p.m.) or mail to P.O. Box 406, Vernonia OR 97064.

Lions sell plants

The Vernonia Lions Club will not be selling roses this fall, due to the rise in prices and the manpower required for that fundraiser.

Instead, the Lions will be selling Poinsettias. Poinsettias will be available in two sizes, 4-inch (\$8.00) and 6-inch (\$14.00) and in three colors. Christmas cactuses will also be available for \$8.00.

The sale will start the week of November 18, at the Buckhorn Restaurant (the Lions meeting place) or from any Lions member.

For more information, contact George Tice at 503-429-3751 or Pat Styles at 503-429-0750.

Vernonia
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736 Bridge St.
(along with Creatures & Double C Tack)

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503.429.TECH 866 Bridge Street, Vernonia

Vernonia Volunteer Ambulance Association

THANKSGIVING BAKE SALE

Call to order
8 a.m. - 5 p.m.
Monday thru Friday
503-429-4600 or

Mail to Po Box 406 Vernonia, Or 97064
Please order by November 20, 5pm
All pies & loafs baked by your Vernonia Ambulance Volunteers
Money Raised will go towards 2008 Awards Banquet Dinner and Plaques

\$5.00 Pies:
Pumpkin, Apple, Cherry & Chocolate Cream

\$3.50 Bread Loafs:
Banana, Zucchini & Pumpkin