

Want to get Knee Deep in Salmon?

The Vernonia Salmon Festival Committee hopes to inspire artists of all mediums to participate in the 4th annual Knee Deep in Salmon event, an exciting fundraising auction.

Carvin' Marvin Howard, of North Plains, has carved ten (10) salmon blanks from prime cedar or fir for the 2009 Knee Deep in Salmon event. They are at least 30" long and 1-1/2" thick — ready to provide the

perfect foundation for your creative interpretation. The cost of entry is \$50.00 to cover the cost of the salmon blanks.

Deadline to get your salmon is June 15. Decoration needs to be completed by July 15.

For details or to get a salmon, contact Josette Mitchell: mitchelljosette@yahoo.com or Erika Paleck, 503-429-0898 or: epaleck@gmail.com.

Andersen 2nd at Sr. Spelling Bee



by Tobie Finzel

Noni Andersen, Vernonia, won Second Place in the 12th annual Oregon Senior (50 and older) Spelling Bee held April 18 in Aurora. Twenty-two senior spellers competed in the tournament which began with a qualifying written round of 75 words. The top fifty percent then competed in the oral round. Each competitor received a different word to spell aloud in successive rounds; competitors were eliminated after three incorrect spellings.

First place went to Maggie Stuckey, Portland, and a play-off round for the four spellers tied for third gave that prize to

Barry Pelzner, also of Portland. A separate certificate for first place in the written portion went to Linda Goertz of Portland.

Some of the words in this year's Senior Spelling Bee were gneiss, piscivorous, joule, cere, ophidian, inchoate and exuviation.

Andersen won the local Senior Spelling Bee in 2001 and has participated in prior years' state bees. Prior local winners of the Oregon State Bee include Audeen Wagner, Second Place 1998, First Place 1999; Carol Sawyer, Second Place 2002 and First Place 2003; and Tobie Finzel, who moved up from Third in 2002 to Second in 2003 to First in 2004. Once a competitor has won First Place, he or she may no longer compete. Retired champions are then invited to participate in the volunteer committee that runs the Bee; the three local women all do. The three have also competed in the National Senior Spelling Bee in Cheyenne, Wyoming. Wagner was the 2000 winner and Sawyer won in 2003. Finzel placed third in 2003 and 2004.

See Spelling page 14

Get someone a flock of flamingos

Flocks of flamingos will be arriving in Vernonia soon. Boy Scout Troop 201 will be doing their annual summer camp fundraiser when the flamingos land.

Beginning Monday, May 4, and flying through Friday, May 29, in the dark of night, flamingos will be landing around town. If you would like to choose a friend, neighbor or family member to be greeted by the pink flock upon awakening in the morning, call Jon Steward at 503-819-2656 or

Tera Roberts at 503-429-6006 to make arrangements. If you are paying by check, please make it payable to Boy Scout Troop 201.

If you are one of the "lucky" ones to be visited by the flamingos, you can call to make arrangements for them to fly away into another "lucky" yard by contacting either Jon or Tera. The flamingos can fly around only within the city limits. Put a pink flamingo smile on someone's face.

Senior News

By Karen Miller, Senior Advocate
Community Action Team



May is Older Americans Month. Older Americans Month is a great

time to bring attention to issues that affect older adults and create community-wide opportunities to help improve the quality of their lives. This year's theme is "Living Today for a Better Tomorrow."

Did you know by 2030 one in every five Americans will be age 65 or older? Although the risk of disease increases with advancing age, poor health is not an inevitable consequence of aging. Many illnesses, disabilities and even deaths associated with chronic disease are preventable.

Nearly 40 percent of deaths in America are attributed to poor health due to things such as lack of physical exercise, poor eating habits and smoking. Older Americans can prevent or control chronic disease

Vernonia EMS offers free BBQ

The community is invited to learn more about the Vernonia Emergency Medical Services team and the Vernonia Fire Department while enjoying tasty barbecue, at their Open House and BBQ. It will be held May 16 from 10:00 a.m. to 2:00 p.m. at the Fire Department.

In The Service

Bryan D. Benes

Air National Guard Airman Bryan D. Benes graduated from basic military training at Lackland Air Force Base, San Antonio, Texas.

The airman completed an intensive, eight-week program that included training in military discipline and studies, Air Force core values, physical fitness, and basic warfare principles and skills.

Benes is the son of Dave and Diane Benes, of Vernonia, and a 2008 graduate of Vernonia High School.

by adopting healthy habits such as exercising regularly, maintaining a healthy diet and not smoking.

It's important to maintain not only physical health but also to continue to cultivate positive mental health. Engaging in social activities in the community can greatly improve your mental health.

So, in the wake of that information you just read: Come on in to the Senior Center for nutritious lunches, get out of the house and come in on Wednesdays for our Golden Oldies Band Day, come in and see our new look and more room to put on your dancing shoes, exercise with the Wii, exercise your mind with games, or join the ladies on Tuesdays for fun with quilting or any sewing project! See you here!

Foot care is here at our center twice a month: Still only \$15.

Free blood pressure checks here, May 20, at 11:00 a.m.

Columbia Hearing will be here May 13. Free Hearing tests.

Call my office to sign up for our next AARP Safe Driving Class.

Maple donuts on sale here

every morning for \$1.00.

Great buys here at the center: Check out the dollar rack.

Watch this column for information on the breakfast at Jam-boree.

Also, more information coming for our plant sale.

Membership dues, still only \$10.

Come join us on TUESDAY, May 26, for our five-area lunch here at the Center, with entertainment by the Blind Rootin' Hogs.

Congratulations to the Senior Police Academy graduates Class of 2009! The attendees thank Interim Chief Kay and his fellow officers for leading this informative class in teaching us how to be better prepared for issues dealing with our age group and in the community.

If you missed out, sign up for the next one.

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

INFORMATION NUMBERS

Senior Advocate...429-9112

Senior Center.....429-3912

Transportation.....429-4304

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