

## Vernonia Senior Center News

If you have questions about Medicare, mark April 5th on your calendar. Mary Poarch, from Providence Medical Center, will be here to discuss Medicare, from 12:30 to 1:30 p.m. Bring your questions with you.

For that matter, if you haven't been in to enjoy the good midday meals served at the Center, April 5th would also be a good day to join everyone for the noon repast. Bring your appetite along with your questions about Medicare!

While on the subject of midday meals, it's important to let everyone know that Meals on Wheels are still available, regardless of the rumor that the program has ended. The only difference is a slight change in the process for qualification. If you, or someone you know needs Meals on Wheels, just call Senior Information Assistance Representative Rosie McCoy (503-429-3912) to make an appointment. She will help you with all of the needed information and send your application to St. Helens. A representative from the program will then call the applicant and schedule a home visit.

The Senior Center's Thrift Shop will be one of the thriftiest thrift shops around from Monday, March 22 through Friday, April 2, when everything will be 1/2 price! The Thrift Shop is open from 9:00 a.m. to 3:00 p.m. so don't miss this opportunity to take advantage of great bargains.

The midday meal – whether you call it lunch or dinner depends on where you (or your parents) grew up – is served Monday through Friday at noon. A \$3.00 donation is suggested for those 60 and older, and \$4.00 for those under 60. If you want lunch to go, call in advance and place your order; it's only \$4.00.

Free ice cream is served on the last Wednesday of each month for diners.

Birthdays are celebrated at lunch on the last Friday of each month, so members whose birthdays are in March will be in the spotlight on March 26.

Breakfast is available Fridays at the Senior Center, from 7:30 to 9:00 a.m. at \$3.50 per person, regardless of age. Maple bars, made fresh daily, are \$1.00 each. If you want maple bars for a gathering of any kind, call 503-429-3912 a day or two ahead and place your order.

Free blood pressure checks are available on the 4th Wednesday of each month from 11 a.m. to noon.

The 5 Area Lunch will be at the St. Helens Senior Center on March 29. Come in and sign up if you would like to attend.

**Vernonia Senior Citizens Center:** 446 Bridge Street  
**Hours:** Monday through Friday, 10 a.m. to 3:00 p.m.  
**Thrift Shop Hours:** 9:00 a.m. to 3:00 p.m.  
**Phone:** 503-429-3912

## My Fair Lady nominations open

The 2010 My Fair Lady Court is seeking nominations of Columbia County senior women to serve on the court.

The My Fair Lady Pageant is held during the Columbia County Fair each year to recognize senior women for their outstanding service to the community.

Nominees must be at least

55 years old, but do not need to be members of their local senior center or the Retired and Senior Volunteer Program (RSVP).

To nominate someone for the court, contact Nancy Harwood by March 31, at 503-397-5655 or email [rsvp@opusnet.com](mailto:rsvp@opusnet.com) for an application.

## Artists sought for poster contest

The Clatskanie Blues Committee and United Way of Columbia County invites all Columbia County artists to participate in a contest to provide the art for the Fourth Annual Clatskanie Blues Festival

"Rhythm on the River".

This will be a United Way of Columbia County Fund Raiser and ongoing community event.

The contest is open to all Columbia County Residents.

**See Artists on page 22**

# Many help Community Closet Project

The Vernonia Kiwanis recently completed the first part of a Community Closet Project. The project is designed to provide basic health care items for youths, teens and families in need. The Kiwanis is partnering with the Vernonia Health Board, Vernonia Prevention Coalition, Washington Grade School, Self-Managers (fourth and fifth graders), MTC Work Source, Vernonia Headstart Center, Vernonia High School, Vernonia Police Department,

Vernonia Girl Scouts, PEO and Vernonia Dental. Coordinator Marilyn Nicks says thank you to all the partners and everyone else who donated to help get the project off the ground.

The first round of care packs, put together by the girl scouts and presented to Nicks on March 16, will go to Washington Grade School students in Kindergarten through fifth grade who have been identified as in need of the supplies. The middle school and high school

will be the next recipients of the project.

Nicks said the following items are needed on an ongoing basis to fill the "bags of dignity" – shampoo, combs, tissues, toothpaste, gentle bar soaps, ponies, floss, deodorant, plastic razors, hand sanitizers and female personal hygiene items. A \$10 donation can sponsor one bag of dignity. To make donations, contact Nicks at Cornerstone Naturals or call her at 503-429-0335.




Marilyn Nicks, left rear, representing the local Kiwanis, shown with the Vernonia Girl Scout troop and the bags of dignity they put together.

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**PUB & BAR**  
**GOOD FOOD**  
**GOOD FRIENDS**  
**GOOD TIMES**  
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 Vernonia, OR  
 503-429-0214

**Discount Autobody**

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