

Free watershed tours on Oct. 9

The public is invited to attend a tour of public and private landowner restoration projects located in both the Tualatin River and Upper Nehalem watersheds. The tour will include visits to three restoration project sites that were coordinated by either the Tualatin River Watershed Council or Upper Nehalem Watershed Council. While touring the sites you will learn about watershed process and function and how landowners, volunteer groups, elected

officials and agencies are working together to restore critical fish and wildlife habitat.

The tour will be on Saturday, October 9, from 10 am to 4:00 pm. Participants will meet at the Visitors Center at L.L. "Stub" Stewart State Park, 30380 NW Hwy 47, Buxton. Tour transportation will be with participants' vehicles, so carpooling is encouraged. Bring your lunch. Snacks and beverages will be provided.

Earthquake presentation coming

As seen on Larry King Live, CNN, join James Roddey, Earth Sciences Information Officer with the Oregon Department of Geology and Mineral Industries for a lively hour-long talk on earthquakes in the Northwest.

The presentation on Tuesday, October 19, from 6:30 to 8:00 p.m. in the Vernonia Rural Fire District hall, 555 East Bridge Street, will cover types

of earthquakes and what our earthquake forecast looks like. There will be information on how to build your own personal disaster kit, and how to make sure you, your family and pets are ready for the next big one.

There will be a prize drawing for participants.

For more information, visit the county emergency services blog: <http://columbiacountyem.blogspot.com>

Benefits available for some vets

Military members whose service was involuntarily extended, or whose retirement was suspended between September 11, 2001, and September 30, 2009, due to stop loss, are entitled to retroactive payments of \$500 for each month they were extended, according to Department of Defense officials. But the deadline to receive those benefits is rapidly drawing to a close. The deadline to apply for the benefits is October 21, 2010.

Only about 58,000 of the 145,000 eligible claims have been paid, leaving more than \$300 million available to eligible veterans. The average payout for each veteran is close to \$4,000.

The president said that the program has caused some confusion and skepticism among those who have served. "Some veterans think this is some sort of gimmick or scam, or that it's a way for the government to call you back to service. Nothing is further from the truth," said Obama.

Eligible members should print, complete and sign Department of Defense Form 2944, Claim for Retroactive Stop Loss Payment. They must

then select the appropriate method for submitting their claim form based upon their service requirements. The information can be found on their service's stop loss web site, accessible from www.defense.gov/home/features/2010/0710_stoploss/, or call: Army: 877-736-5554; Navy: 901-874-4427; Marine Corps: 877-42-2830 and Air Force: 800-525-0102.

Senior Center News

Winter has started nipping at the edges of our days, so an afternoon in the garden, or a walk around the lake will soon be a bit unpleasant. Yes, it's time to start thinking about indoor activities, and your senior center is ready! Join us for supper and games on Saturday, October 16, from 5:00 to 9:00 p.m. Supper will be three kinds of soup, homemade rolls and three kinds of cobbler. Cost for the entire evening of fun, friends, food and games will be \$4 for supper and \$1.00 for game prizes.

Among the regularly scheduled programs at the Center are free hearing checks performed by a representative of Columbia Hearing Aids on the second Monday of each month. Call the Center for an appointment.

Foot Care is scheduled on the second and fourth Fridays of each month, at \$15 per person. Call Marilyn Albro, R.N., for an appointment, at 503-429-0406.

Friday games from 1:00 p.m. to 3:00 p.m. bring out the card sharks, and Bingo is held during lunch each Monday starting at 11:45 a.m. Needle workers of all kinds get together on Tuesdays from 10:30 a.m. to closing.

A full dinner is served Monday through Friday at noon. A \$4.00 donation is suggested for those 60 and older, and \$5.00 for those under 60. If you prefer lunch to go, you can call ahead and place your order for only \$5.00.

Meals on Wheels are available for those who are home-bound. Call Senior Information Assistance Representative Rosie McCoy. She will explain how to put this great service to work.

Bread is available on Tuesdays, until it's gone.

Connie's great breakfasts are available Fridays at the Senior Center, from 7:30 to 9:00 a.m. at just \$3.50 per person for all ages. Maple bars are made fresh daily for \$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.

The Senior Center Thrift Shop is open Monday through Friday from 9:00 a.m. to 3:00 p.m. Always half price during the last week of each month.

If you're not familiar with the Vernonia Senior Citizens Center, you may not know that dues are only \$10 per year, and you can join at a young 50-years-old. Even if you aren't a member you can take advantage of many of the programs, regardless of age. Check it out!

Vernonia Senior Citizens Center:

446 Bridge Street

Senior Information Assistance Rep:

Rosie McCoy

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

Curves will waive fees for some this month

As part of Curves of Banks' mission to strengthen women, and in recognition of Breast Cancer Awareness Month, the women's fitness center is waiving the joining fee for new members who show proof of a recent mammogram or make a \$25 donation to the American Cancer Society. Since only about 5-10 percent of breast cancers are hereditary, it's all about prevention.

Curves of Banks also will

host a special GirlTime Celebration on Wednesday, October 27, at 7:00 p.m. Dr. Lyn Jacobs, MD, of the Virginia Garcia Clinic in Cornelius will talk about early detection and reducing your risk of getting breast cancer with exercise

and good nutrition..

For more information about activities in support of Breast Cancer Awareness Month and to learn how to exercise good breast health, please contact Kathy Douglas at Curves of Banks at 503-324-9262.

Vernonia Florist Arts & Crafts Program

Acrylic Decorative Painting

with Cindy Sagar
Mondays 1-3 pm
\$10 per class

Scrapbooking

with Carey Jones
Timmerman
1st and 3rd Saturdays
thru December
1-4 pm
\$10 per class

Sewing

with Kathy Wolfe
Thursday 7-9 pm
\$10 per class

Crochet 101

with Susan Mullikin
Tuesdays 7-8:30 pm
\$10 per class

Sip-N-Knit

with Katie Organ
1st & 3rd Thursdays
10 am - Noon
\$25 for yarn needles
and pattern, then
\$10 per class

Classes starting the
week of October 17

Kits available at
Vernonia Florist

503 429-2000

736 Bridge St. Vernonia

Ancient Earth Farms

Grow it yourself or buy it here ready to eat

Re-opening
October 12th

Autumn Hours
Tuesday, Thursday & Saturday
10 a.m. - 5 p.m.

We accept
Vernonia Cares
vouchers

10% discount
for seniors

503-789-5597

18209 Keasey Rd., Vernonia
www.ancienteearthfarms.com