

Welcome Additions



Amelia Quinn Grant

Amelia Quinn Grant was born August 13, 2010, to Andrea and Jason Grant of Vernonia. She weighed 8 pounds and was 20 inches long.

She joined her siblings, Nolan, Taylor and Huxley, at the family home.

Grandparents are Clem and

Betty Grant of West Linn, Linda & Bruce Tellef of Vernonia, Theresa and Ken Carter of Cornelius and Rich Jones of Olympia, Washington.

Great-grandparents include Norbert Pelster, formerly of Vernonia, and Ray and Mary Graland of Menifee, California.

Senior Center News

Things will really be hopping next week at the Vernonia Senior Center, with lots of fun and lots of laughter. Witches and clowns are threatening to take over on Monday, October 25, for the center's Halloween Costume Party, with prizes for the best man's costume and the best woman's costume. But that's not all...Vernonia is hosting the 5 Area Lunch that day, and our great cook, Connie, is preparing a turkey dinner with all the trimmings. Again, that's not all...musical entertainment will be provided by the Blind Rootin' Hogs! Okay, that's all for Monday.

On Wednesday, free blood pressure checks are available from 11 a.m. to noon. Wauna Federal Credit Union will provide diners with free ice cream. And birthday celebrants will be honored at lunch on Friday.

If that isn't enough, next week is also Half-Price Week at the Senior Center Thrift Shop. Everything will be on sale at half-price...children's and adult clothing, housewares of all kinds, books, linens, games, puzzles, shoes and more. Don't miss these bargains, regardless of what you're looking for. Thrift Shop hours are 9:00 a.m. to 3:00 p.m., Monday through Friday.

This is also a great place to donate your gently used, but no longer needed items. You can be sure that someone else will appreciate what you can no longer use, and you will help support the senior center at the same time.

Lunch 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 want lunch to go, it's only \$5.00 to call ahead and place your order.

Every Friday is Game Day, from 1:00 to 3:00 p.m., or until the last game is finished.

If you enjoy needlework – quilting, crocheting, knitting, or any other sort – bring your project to the Senior Center on Tuesdays, any time from 10:30 a.m. to closing, and enjoy the company of other needleworkers as you work.

Because of the November and December holidays, foot care schedules will be altered. The November dates will be Friday, the 5th and Tuesday, the 23rd. December dates will be Friday, the 10th, and Tuesday, the 21st. Call foot care provider Marilyn Albro at 503-429-0406 for an appointment.

Last Saturday's Soup Supper and Game Night was well-supported, with 24 people enjoying good food and 11 of them staying for games. There will be another food and game night in November, with the date, food and time to be announced. Remember, this event is for all ages, it is not limited to senior citizens.

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

Vigil tonight is part of Domestic Violence Awareness Month

One in four women will be physically or sexually assaulted by a partner at some point in her lifetime, regardless of her socioeconomic status, race, religion, age or education level. Domestic Violence has a significant impact on the community, affecting children, the schools, employers, hospitals, law enforcement and the judicial system.

During October, the Columbia County Women's Resource Center (CCWRC) will join with communities across the nation to recognize Domestic Violence Awareness Month, celebrating progress made in reducing domestic violence, and to recommit to making everyone's home a safe place for them.

• Today, Thursday, October 21, there will be a Ceremony of

Light and Vigil for Domestic Violence survivors, in St. Helens' McCormick Park at 5:30 p.m., mourning those who have died because of domestic violence, celebrating those who have survived, and connecting those who work to end violence.

• On Wednesday November 3, from 4-8:00 p.m., you can eat at the St. Helens Burgerville, where 10 percent of all sales will be donated to the Resource Center.

• Throughout the month of October (and all year long!) you can shop at Norma's Place, 164 Little Street, St. Helens, where your thrift store purchases support the Resource Center and a successful job training program.

Last year, Columbia County Women's Resource Center re-

sponded to over 1,000 calls on the 24-hour crisis line. The Center provides emergency shelter to women and their children seeking refuge from domestic violence. They help link families to medical and mental health care, legal assistance,

counseling, support groups, education, and safety planning, as well as emotional support. The Resource Center is the only agency of its kind in Columbia County providing these services to victims and survivors of family violence and

sexual assault.

The Center invites everyone to support these efforts to raise awareness of domestic violence and to help make Columbia County a safe, healthy community for all families.

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