

Local play starts December 10

What happens when the holiday celebrities we all know and love go on strike? How will kids who've lost a tooth get their quarters? How can people fall in love if Cupid's arrows aren't launched? And perhaps most importantly, how will Christmas presents reach their destinations if Santa doesn't do it? To hear about the challenges and responsibilities of being one of the many holiday icons, be sure to get your tickets now for "Exposé: Holiday Celebrities Tell All," a comedy by Bryan Starchman, Eldridge Publishing.

Vernonia Community Theater will present the first performance on Friday, December 10, at 7:00 p.m. On Saturday, December 11, there will be performances at 1:00 and 7:00 p.m. Tickets for the play are \$5 and are available from cast members and at the Clever Cricket. Family tickets may be purchased for \$20. Single and

family tickets will also be available at the door. All performances will be held in the Washington Grade School gymnasium.

"Exposé" is directed by Theresa Morris; the cast members include several Vernonia High School students and familiar members of the Vernonia community, with three mother and son pairs. Don't miss this funny and irreverent look at our holiday stars!

The Vernonia Community Theater (VCT) was established earlier this year by Kinnell Steward and Mark Brown. Its first offering, a youth production of Robin Hood, was well-received by the many people who attended its two performances. VCT operates under the auspices of Vernonia Hands-on Art, a non-profit organization whose mission includes the performing arts. For more information, contact Kinnell Steward at 503-819-0143.

Help is available for troubled vets

Veterans account for a troubling 20 percent of our nation's suicides. This means that every day in the United States, an average of 18 veterans take their own lives. Suicide is preventable.

Post Traumatic Stress Disorder (PTSD) may occur in those who experience or witness intense violence, serious accidents, or life-threatening events. It can make people feel angry, hopeless, fearful, horrified, and overwhelmed. PTSD is treatable.

Many veterans and active military balk at seeking help through traditional channels due to fear of negative career impact, the stigma of perceived weakness among their peers, and frustration with red tape.

Soldiers, military veterans and their family members struggling with feelings they don't understand, pain they can't define and questions that need answers receive immediate free, confidential and caring assistance from Oregon Partnership's Military Helpline.

The Military Helpline, available 24 hours a day, seven days a week, provides compassionate, confidential crisis intervention and referral among the military community. The line is answered by a highly trained and dedicated team of volunteer crisis workers, some of

whom have military backgrounds. All possess a strong understanding of the serious issues that can impact soldiers and their families, including the loss of a job, family strife, home foreclosure, post-traumatic stress disorder, and other medical and health care concerns.

The number to call is 888-HLP-4-VET (888-457-4838). Information also is available at www.militaryhelpline.org.

A free dinner on Christmas

A free Christmas dinner will be offered at the Vernonia Senior Center on December 25, from 1:00 to 4:00 p.m. The dinner will include turkey, ham and all the trimmings.

The dinner is sponsored by Bill James family (aka the James Gang), and the Friends of Vernonia. Call 503-429-2072 for more information.

Senior Center News

Lots of events will be held this weekend as Vernonia kicks off the festivities of the Christmas season, and one of them is the annual Christmas Bazaar at the senior center on Saturday and Sunday, December 4-5, from 9:00 a.m. to 5:00 p.m. Lunch (hot dogs or chili dogs, chips and pop) will be available both days.

An important meeting for members of the Vernonia Senior Center will be held on Friday, December 10 at 10:00 a.m., to elect board members and officers for 2011. Members who are interested in serving on the board are asked to call Carl Holsey at 503-429-5571.

If you haven't had a flu shot yet, Columbia County Public Health will be holding another clinic on Friday, December 10, from 10:00 a.m. to 2:00 p.m. at the Mist-Birkenfeld Fire Hall. The sliding fee schedule includes free shots for those who can't afford to pay.

Winners in this year's quilt raffle are Jeri Carter of Bakersfield, California, and Gary Sequeira of Milwaukie.

December foot care will be on Friday, December 10, and Tuesday, December 21. Call Marilyn Albro, R.N., 503-429-0406, for an appointment. Foot care is \$15.00.

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 prefer lunch to go, for only \$5.00 you can call ahead and place your order. You can also have

fun playing bingo with lunch each Monday. Free bingo for diners starts at 11:45 a.m.

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

Every Friday is game day starting at 1:00 p.m. Don't sit around looking at the rain, come in and join the fun.

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 first week of each month.

The center has wheelchairs available, call Pauline Coffman at the thrift shop for information. Also, bring unused canes to the thrift shop, they are needed.

Last, but certainly not least, we want to thank Jeri Cropp for the delightful Halloween decorations she provided for our dining room.

<p>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</p>
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A few volunteers needed at museum

Vernonia Pioneer Museum is seeking a few good volunteers. If you are interested in – or would like to learn more about – your home town's history, we're happy to have you join us. The museum is staffed entirely by volunteers – some of whom have lived here only a few years – so you don't have to be a native to be a big help!

Volunteers are needed to hold the museum open or help with research, inventory, special events, and other activities. If you can spare a few hours a month, the museum would love to have your help. Regular museum hours are from 1-4:00 p.m. on Saturdays and Sundays late September through May. From June through mid-

September, the museum is open from 1-4:00 p.m. on Friday, Saturday and Sunday. Contact vpma@agalis.net or

leave a message at 503-429-3713 if you would like more information.



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