

Senior Center News

The Vernonia Senior Center's annual Plant/Garden Sale will be held on Friday and Saturday, June 3-4. You can find some great buys in vegetable starts, decorative plants, pots, yard art, tools and miscellaneous garden-related items. In addition to the plant sale, you can enjoy a delicious Taco Feed on Saturday from 10:30 a.m. to 1:30 p.m. If you would like to make a donation, or can help in some other way, please call Jack Harvey at 503-429-4080, before 3:00 p.m.

The Center will be closed Monday, May 30th, for Memorial Day.

The Senior Center Thrift Shop is open Monday through Friday from 9:00 a.m. to 3:00 p.m. You won't want to miss the Half Price Sale during the first week of each month, when *everything* is on sale.

Free blood pressure checks are available on the 4th Wednesday of each month from 11 a.m. to noon. This is an important, easy health check and remember, Free is a Very Good Price!

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. On Mondays, you can also have fun with free bingo at lunch time. If you prefer lunch to go, for only \$5.00 you can call ahead and place your order.

The monthly 5 Area Lunch, which is usually held on the last Monday of each month, will be on Tuesday, May 31, because of the Memorial Day holiday, here in Vernonia.

On the last Wednesday of each month, Wauna Federal Credit Union provides free ice cream with lunch. The May Birthday Lunch will be on Friday, May 27th.

Friday morning breakfast is available to all ages from 7:30 to 9:00 a.m., at \$3.50 per person. Additionally, maple bars are made fresh daily and are only \$1.00 each.

Free surplus bread, pastries, etc., are available at the Center on most Tuesdays. It's first-come, first-served until everything is gone.

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.

Remember, needle-workers gather on Tuesdays, and pinochle players enjoy friendly competition on Fridays after lunch. Newcomers are welcome to join the activities, and it's a good way to meet new folks.

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

Vernonia Volunteer Firefighter's 4th Annual Pancake Feed!

Sunday, May 22nd
8:00 a.m. to 1:00 p.m.
School Cafeteria

Pancakes, Biscuits & Gravy, Ham, Eggs, Fruit & More!
 Coffee provided by Vernonia Coffee Roasters

- Adult Plate \$6 • Kid Plate (12 & under) \$4
- Seniors (62+) \$5 • Family (max 6) \$25

 **Fire Truck Rides & Blood Pressure Checks** 



Top picture, right to left; Vernonia Pride members Sharron Rockwood, Janelle Cedergreen, Betty Holsey, Marge Lowrance, Donna Webb, Sally Harrison, Rebecca McGaugh, Pat Phillips and Dede Webb shown with the new street banners the group purchased and gave to the City of Vernonia on May 12. The summer version went onto downtown light poles this past week. Bottom picture; (left to right; Shirley Daughtry, Joanne Beamish, Pat Phillips, Dede Webb, Sally Harrison, Rebecca McGaugh, Audeen Wagner, Bob Wagner, Betty Holsey, Marge Lowrance, Donna Webb, Janelle Cedergreen, Sharron Rockwood, and Catherine Helmer) some past and present Vernonia Pride members got together on May 15 at the Blue House Restaurant for a retirement party as some members retire. Some of the final projects for the current group included the banners shown in top picture, forthcoming doggy poop bag holders for downtown businesses and new garbage cans for Vernonia Lake. Vernonia Pride meets the second Thursday of each month at 3:30 p.m. at City Hall and is open to anyone interested in downtown beautification.

Pelster ordained as priest in May

Christopher Pelster of Vernonia will be ordained as a Catholic Priest on May 21 in Denton, Nebraska.

Pelster, the son of the late Emil Pelster and Carol Pelster of Vernonia, will say his first mass as the Rev. Mr. Christopher Pelster at the Our Lady of Guadalupe Seminary in Nebraska. His first mass in Oregon will be on June 4, at 10:00 a.m., at St. Francis Church in Roy. The mass will be followed by a reception.

Thompson earns WOU Honors

Brent Michael Thompson of Vernonia was named on the Western Oregon University Winter Term 2011 honor roll.

National EMS Week through May 21

National Emergency Medical Services Week brings together local communities and medical personnel to publicize safety and honor the dedication of those who provide the day-to-day life saving of emergency medicine's "front line." Observances run May 15-21. This year's theme is Everyday Heroes, and according to FEMA Regional Administrator Ken Murphy, it's all about celebrating EMS providers-first respon-

ders, hospitals, emergency physicians and public health providers, and engaging the Whole Community in reducing risk and saving lives.

"Our nation's EMS providers do an incredible job, often risking their own lives to save ours. But they can't do it all alone. National EMS Week offers an opportunity to celebrate this nation's first responders, while sounding a clarion call for all of

See EMS on page 8

Mariolino's

**Friday & Saturday
Dinner Special**



*Chicken Fried Steak with Mashed Potatoes,
Creamed Gravy, Corn on the Cob
& Garlic Cheese Biscuits*

721 Madison Ave., Vernonia 503-429-5018