

## Bear Creek Run/Walk on August 13

Mark your calendars – August 13, is the date for the ninth annual Bear Creek Run/Walk. Beginning and ending at Anderson Park, this event boasts the diversity of a 5K Run/Walk including a scenic lap around Vernonia Lake, and a 10K Run that heads south along the Banks/Vernonia Linear Trail. Both routes are flat, fast, and wind through tree-lined sections of the trail, providing welcome shade for runners and walkers alike.

This event is a fundraiser for the Vernonia Cares Food Bank – an organization that has supported local families for the past 26 years. Many local businesses have already received letters reaching out for sponsorship and support of this

event. The food bank appreciates the financial sponsorship received during the past eight years from businesses, both local and outside of Vernonia. This year shows a sponsorship total of \$1100.00 so far. Great start!

How can you help? Become a sponsor, enter the race as an individual or group, come and cheer on those who run or walk or better yet, volunteer on race day! There are many volunteers needed to make this event a success, so please help out if you can! It is said that charity begins at home – this is a chance to role-model that idea through all levels of support for this event.

Registration will begin at 8:00 a.m., on August 13, at the

Anderson Park pavilion, in Vernonia, with events starting at 9:00 a.m. – a little later than last year. Online registration is encouraged. See the following website for more details; <http://www.signmeup.com/75917> or contact Race Director Kellie Murray at 503-429-3021.

It is the food bank's hope that the 2011 Vernonia Bear Creek Run will be a memorable event benefiting Vernonia residents of all ages. It has the potential to bring visitors and consumers to our beautiful town, generating local revenue plus heightened awareness of our lovely forested trails and parks. See you at the starting line!

## See Vernonia Through the Artist's Eye

Vernonia Through the Artist's Eye, is the brainchild of artist Dave Anderson. For the project, sponsored by Vernonia Hands-On Art, artists were given their choice of two classic Vernonia scenes to interpret in their personal styles – one scene is of the old railroad station, the other on Bridge Street. The paintings will be raffled off, with half of the proceeds going to Hands-On Art and half to the artists.

Four artists are involved in this year's project: Walter Neuman, Sally Harrison, Diane Coughlin, and Dave Anderson. The paintings will be available for viewing at First Friday events and at Saturday Markets. During Jamboree the paintings will be at the Market

in the VCLC Courtyard, and at the Vernonia Pioneer Museum. They will also be available at the museum during special events. Drawings for all paintings will be held at the end of Salmon Fest, in October. Artists will be in attendance at

various events to discuss their works.

Vernonia Hands-On Art is a local non-profit organization. For more information, or to buy tickets, contact Erika Paleck at 503-704-5970 or [epaleck@gmail.com](mailto:epaleck@gmail.com).

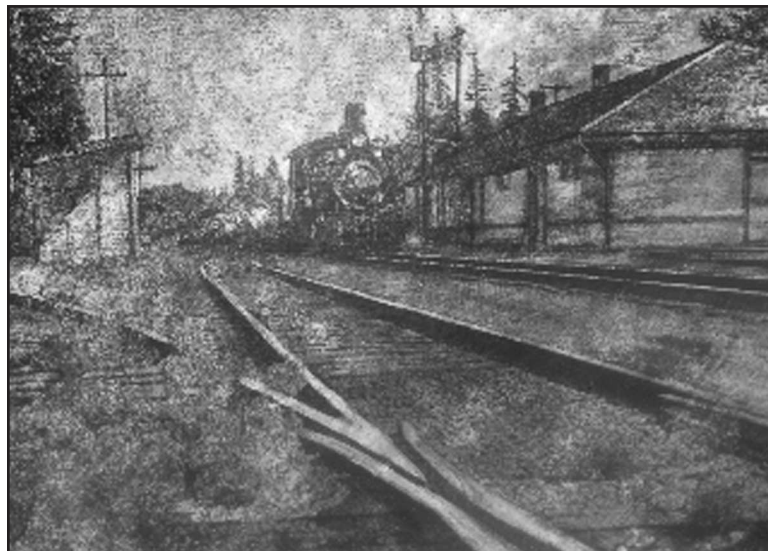


Photo is a detail of Dave Anderson's interpretation of a photo from *Images of America: Vernonia*, a book put together by the Vernonia Pioneer Museum.

## Old Grad picnic set for Aug. 21

The annual picnic of the Vernonia Society, VHS "Old Grads" and Oregon American alumni, will be held Sunday, August 21, at Anderson Park in Vernonia. Registration begins at 10:00 a.m.

Bring your own picnic lunch or buy a hot dog and soft drink on site. Coffee will be provided. All former and current Vernonians are welcome.

## Senior Center News

It's time for the Vernonia Friendship Jamboree, which means we'll have the opportunity to enjoy visiting with many of our old friends and neighbors who return to Vernonia each year for the weekend's many activities.

The annual Logger Breakfast will, of course, be right here at the senior center from 7:00 a.m. to 11 a.m. on both Saturday and Sunday. This tasty pancake breakfast is a benefit for Vernonia Cares and the senior center, as well as being a great way to start a busy day.

The Senior Center Thrift Shop will be open every day during Jamboree, too. On top of the convenience, everything is half price during the whole month of August! The thrift shop's regular hours are 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 serves a complete, delicious lunch 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. The Golden Oldies still keep things hopping on Wednesdays, too.

Breakfast for all ages is served Fridays from 7:30 to 9:00 a.m. at just \$3.50 per person. Maple bars are made fresh daily for \$1.00 each, and you can order larger quantities for a gathering of any kind by calling 503-429-3912 a day or two ahead and placing your order.

A variety of packaged breads, rolls and pastries is available daily at the Vernonia Senior Center. These baked goods are free, but if you choose to make a donation, it will help defray the cost of pick up and delivery.

Free hearing checks will be performed by a representative of Columbia Hearing Aids on the third Monday of each month, 1-2:00 p.m. No appointment needed.

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.

**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

## Vernonia's annual Community-wide Garage Sale scheduled

Vernonia's annual Community-wide Garage Sale will be held this year on Saturday, September 7, from 9:00 a.m. to 5:00 p.m. There are usually over 40 locations involved.

All residents and businesses who wish to be included in the

map of sales can call Helen Bateman at 503-429-6203, before September 13. These maps will be available on Thursday before the sale, alongside Vernonia Realty, 953 Bridge St.

**\$ Garage Sale \$**

**10% off**

**Purchases over \$10**

**9am-6pm Saturday Aug 6th**

**at 1200 Ruth ave. Vernonia**

**Coupon valid from 9 am to 6 pm August 6, 2011.**

**\$ \$**

We're having a

**Grrrrrage Sale**

**Aug 5, 6 & 7**

**Fri & Sat 10-6, Sun 11-4**

**Many Select items offered**

**at "Giant Breed" discounts**

**Creatures PETS & SUPPLIES**

(503-429-PETS (7387))

[www.creaturespetshop.com](http://www.creaturespetshop.com)

**736 Bridge St. Vernonia**