

First Fridays Are Back

First Fridays of Vernonia for 2008 begin on April 4th. This month's events include "Flood Stories" at the Library from 5 – 7 pm followed at 7:30 with the first of two presentations of "Heidi" and "The Ugly Duckling" at the Vernonia Grange. Under the auspices of Vernonia Hands-on Art and the Chamber of Commerce, a new series of First Friday events are being planned through October. If you are interested in performing music, showing your artwork, offering extended business hours or specials, or sending us your own ideas for First Fridays, please contact the Chamber of Commerce (503.429.5201 or info@vernoniachamber.org) or Vernonia Hands-on Art (503.705.2173 or VernoniaArt@aol.com).

Woodcutting Help Needed!

The Columbia County Flood Relief is requesting help with woodcutting this month. On Saturday April 5th and 19th the Oregon Society of American Foresters is organizing crews that will be heading out to cut down logs for firewood to be used to help flood victims.

Community members with chainsaws are asked to come out and help. Chaps are required if you will be cutting. Also needed are ten pickup trucks for hauling the wood back to the distribution center as well as people to split, load and unload the wood. Bring work gloves and meet near the Wauna Credit Union on Bridge Street at 8:30 AM.

For more information contact: Robert L. Alverts-Woodcut Project Coordinator, phone: 503-639-0405, cell: 503-577-0202, email: balverts@teleport.com

West Coast Bank Opens Support Account for Vernonia Soccer Club

When torrential rains and devastating floods destroyed the Vernonia Soccer Club's equipment shed, balls, nets, goal posts and jerseys last year they knew they'd need to buy new equipment, and soon. That time is closer than they thought thanks to West Coast Bank.

In conjunction with the Oregon Youth Soccer Association, the bank has opened a support fund for the needy soccer club. Donations can now be accepted at any West Coast Bank location in Oregon and Washington.

West Coast Bank Regional President Dave Hansen said, "We're glad to be able to help replace the Vernonia Soccer Club's equipment with help from surrounding communities. We're also pleased to announce our three-year commitment to the Oregon Youth Soccer Association."

As the exclusive financial service provider for the Oregon Youth Soccer Association (OYSA), West Coast Bank will sponsor the Oregon State Soccer Semi-finals and Finals, the President's Cup Finals and Semi-finals, the NIKE Friendship Cup, Kohl's Cup, Association Exchange and five West Coast Bank Soccer Clinics for employee's and customer's children. Additionally, the bank will sponsor "West Coast Coaching Clues" articles in OYSA's Goal Post newspaper, two \$500 scholarships to the Olympic Development Program and a finance section on the OYSA website.

Founded in 1974, the Oregon Youth Soccer Association is a non-profit youth organization that administers, supports and grows soccer across the State of Oregon. Their current membership consists of 110 Soccer Clubs, 56,000 youth players and over 6,000 volunteers and coaches. For more information, see www.oregonyouthsoccer.org.

Vernonia Jazzercise Announces Changes

Jazzercise dance-fitness classes formerly held at The First Baptist Church will move to the Vernonia Grange Hall beginning Monday March 24th, 2008, according to Vernonia -area instructor Penelope Costley.

Costley also announced the addition of Debra Bergerson and Jeana Gump as the newest instructors to join the Vernonia Jazzercise team. Bergerson and Gump raise the number of local instructors to 4. Bergerson and Gump will kick off their classes in April at The Vernonia Grange Hall 375 North Street.

"Our move to The Vernonia Grange allows us to better accommodate students with a convenient location and comfortable workout space," explained Costley. Classes will take place at the Vernonia Grange Hall at 5:30am Monday, Wednesday & Friday; 8:15am on Saturday; 9:45am Monday, Wednesday & Friday; 7:15pm on Tuesday and Thursday and 7:45pm (Express - ½ hour class) on Monday and Wednesday. In addition to regular Jazzercise classes, Vernonia Jazzercise is also offering Jazzercise Personal Touch classes on Tuesdays and Thursdays at 5:30am, 9:15am and 6:15pm pre-registration is required for the Personal Touch classes.

Bergerson and Gump earned the right to teach Jazzercise by completing an intense three-day workshop and performing a letter-perfect audition. Becoming a Jazzercise instructor requires dedication and thorough training. After submitting adequate references and putting in long hours of practice, Bergerson and Gump recently participated in a rigorous workshop in Portland, OR sponsored by the Franchise Programs and Services Department of Jazzercise, Inc. They were required to learn approximately 15 Jazzercise routines for their audition; pass a written exam on basic anatomy, exercise physiology and nutrition; learn Jazzercise business practices; and become certified to perform cardiopulmonary resuscitation (CPR).

The 60-minute Jazzercise class includes a warm-up, high-energy aerobic routines, muscle-toning and cool-down stretch segment. Jazzercise combines elements of dance, resistance training, Pilates, yoga, kick-boxing and more to create programs for people of every age and fitness level. Alternative formats include Jazzercise Lite, Jazzercise Personal Touch and Junior Jazzercise.

About Jazzercise

Judi Sheppard Missett, who turned her love of jazz dance into a worldwide dance exercise phenomenon, founded the Jazzercise dance fitness program in 1969. She has advanced the business opportunities of women and men in the fitness industry by growing her program into an international franchise business that today, hosts a network of 7,200 instructors teaching more than 32,000 classes weekly in 32 countries.

The workout program, which offers a fusion of jazz dance, resistance training, Pilates, yoga, and kickboxing movements, has positively affected millions of people worldwide. Benefits include increased cardiovascular endurance, strength, and flexibility, as well as an overall "feel good" factor. For more information on Jazzercise contact Penelope Costley at (503)429-0196. For worldwide class information, go to jazzercise.com or call (800)FIT-IS-IT.

Vernonia Rural Fire Department

Looking for Volunteer Recruits! Starting Now!

60 Hours Free Training. Trainings Held on Weekends thru May 10th.

Must be 16 years old.

Contact Chief Paul Epler if interested.

 503-429-8252

Help Serve Your Community!

New Hours for Flood Recovery Assistance

Columbia County Flood Recovery Center:

(503) 429-4948

Mon., Tues. 11 a.m. – 4 p.m.

Wed. 11 a.m. – 7 p.m.

Thurs., Fri., Sat. 9 a.m. – 4 p.m.

Closed Sunday

Waste Management Transfer Station:

Saturday Only 10 a.m. – 4 p.m.

Vernonia Cares Food Bank

Tues., Thurs. 10 a.m. – 2 p.m.