## Miss NPRA

Mackenzie Carr of Vernonia, Oregon was selected as the 2009 Miss Northwest Professional Rodeo Association (NPRA) during the NPRA Finals held September 19 and 20 in Sisters, Oregon. Six young ladies from throughout the Northwest competed for the title, however Mackenzie swept the competition, winning all the

categories, including Speech, Knowledge, Horsemanship, Personality, and Appearance. Mackenzie will begin her reign January 1, when she takes over the crown from the current Miss NPRA, Alice Monroe of Warren. Mackenzie will spend 2009 representing the NPRA at various functions, parades, and rodeos.

Mackenzie Carr is the daughter of Alan and Barb Carr of Vernonia and a 2008 graduate and Valedictorian of Vernonia High School. Throughout high school she was a member of the varsity volleyball, track, and equestrian teams. She was a member of The National Honor Society and listed in Who's Who Among High School Students. Mackenzie currently attends Oregon State University, majoring in Civil Engineering. Mackenzie served as the 2007 Columbia County Rodeo Court Princess and 2008 Queen.

## Mackenzie Carr Named Junior Jazzercise and Team Dance Hits Vernonia Fitness Scene

## Free Open House October 2nd

In an effort to educate kids about the importance of fitness for health, Jazzercise Instructor, Penelope Costley, will host a citywide free-for-all Junior Jazzercise & Team Dance Open House Thursday October 2nd from 3 – 5:00 PM at the Vernonia Grange Hall 375 North Street, Vernonia. Parent/guardian consent is required to participate and space is limited; please RSVP Costley at (503)429-0196 to reserve your spot.

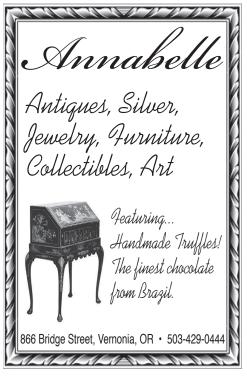
Open house festivities will include information on the Junior Jazzercise & Team Dance programs as well as a free workout. Admission is free to everyone, and participants should dress to exercise.

Highlights of the Open House include: A 30 minute workout (modified Jazzercise routines) choreographed Halftime Routine, nutrition talk with handouts, healthy snack, door prize raffle, and special registration discounts

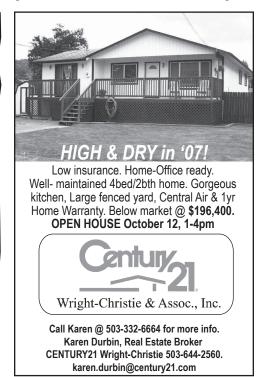
Energetic physical movement mixed with lots of fun music is the way to describe Junior Jazzercise. The program introduces children to the world of dance, music and the lifelong benefits of exercise. Fitness is fun with this exercise program designed especially for boys & girls grades 1st – 5th,.. through specially choreographed age-appropriate routines to today's most popular music. Not only will they be taught to develop large motor skills, coordination, strength and endurance, but they will learn about nutrition, the body and the importance of physical fitness.

Jazzercise Team Dance is designed to introduce preteens and teens to dance, technique, physiology, nutrition, and the many benefits of exercise. Participants will improve balance, increase flexibility, and enhance cardiovascular endurance through hip-hop, street jam, and funk moves choreographed to today's hottest music.

Participants develop a strong sense of accomplishment and build a better self image through their participation in the program. A non-competitive atmosphere allows them to relax and work together toward a common goal.

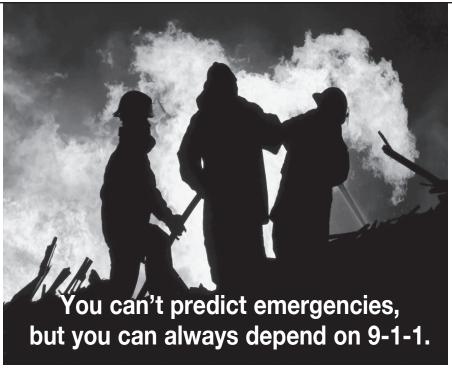








805 Bridge Street Vernonia, OR



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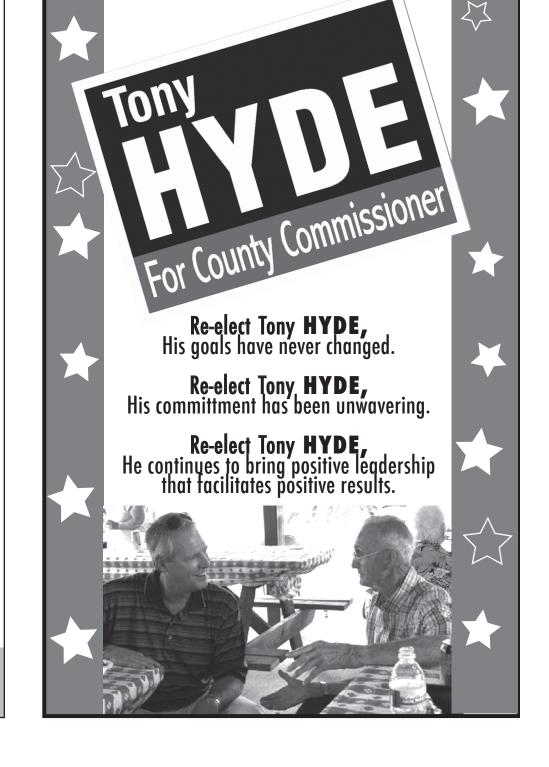
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