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Teresa Williams, NSCA-CPT Certified Fitness Trainer 503-429-5051 or 503-799-3424 fitnessbytw@netzero.com

*Pricing available for single classes

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Events at Stub Stewart State Park

Junior Ranger programs daily beginning June 13, 2009 at 10:00 AM at the Dairy Creek Amphitheater and Family Campground Programs Friday and Saturday nights Memorial Day through Labor Day.

Lupine Festival, June 6- Celebrate State Parks Day and National Trails Day with us! Events all day, including a hot dog lunch, bicycle tours of the single track mountain bike trail by Westside Trail Federation, club booths and more! Free camping Saturday night in traditional campsites and free day-use all day Saturday!

Saturdays at Stub - every Saturday at 10:00AM hike with a park naturalist on a trail within Stub Stewart State Park discussing history, natural history, park features and more!

OMSI Star Party - Saturday, June 13, 2009 at 7:30 PM Hilltop Day-use Area. Celebrate the beginning of summer with us and learn about the Summer Solstice. Join us along with OMSI staff and members of the Rose City Astronomers as we gaze at the stars. 30-minute introduction to astronomy program begins at 7:30 PM, star gazing begins after that. Event is weather dependent, please call the park office for confirmation of event (503)324-0606. Park-use fee of \$3 is required.

Let's GO Camping! - June 20-21, 2009. Registration required. Join park staff and volunteers on a weekend adventure learning how to camp in an Oregon State Park. Program is geared toward those who have never camped before and equipment may be available for rental for a small fee.



Linear Trail Projects Planned

The Oregon State Parks and Recreation Department is planning to complete two longawaited projects on the Banks-Vernonia Linear Trail. According to L. L. Stub Stewart State Park Manager Dan Lucas-- who also manages the Linear Trail-- funding has been secured to complete paving of the trail north of L. L. Stub Stewart State Park. The trail will also be completed all the way into the town of Banks, and a new trailhead and parking area will be constructed there. Lucas said they are still trying to solve the issue of the Highway 47 crossing at Top Hill, but did state that the intention is to remove the old train trestle at that crossing. Work is scheduled to be completed sometime in either 2010 or 2011.





