

# Local Author Dedicates Book To Head Start

By Kim Giroux

The public is invited to meet local St. Helens' author Bernadette Crepeau at a book-signing event being held to promote her recently released book *The Brooklyn Leprechaun*, on March 13th from Noon to 2:00 PM at Grammy's Used Books, located at 2250 Columbia Blvd. and Highway 30, St. Helens. Bernadette's last book, *The City of Bargains* was featured by the Oregonian and by guest appearances on Good Day Oregon

Bernadette Crepeau uses the vehicle of storytelling to translate universal lessons taught in the mythical realm into our daily lives. Her writing in *The Brooklyn Leprechaun* skillfully and alternately weaves in between mythology and reality to present a story of self-discovery whereby the heroine, Bridget, becomes

greater than herself by overcoming her fears, to fight for what she believes.

Bernadette Crepeau's life and work represent the everyday hero by showing how small acts performed consistently by ordinary people produce an extraordinary impact on the lives of the people around them when they overcome their fears to fight for their principles.

Bernadette Crepeau's book *The Brooklyn Leprechaun* by Outskirts Press, was released and available in bookstores on February 14, 2010 and is currently available online at Powell's, Barnes & Noble, Amazon.com or, locally, at Butterfly For Life and Grammy's Used Books in St. Helens, Oregon.

Bernadette Crepeau has lived and worked in the St. Helens area for 26 years. Her life's work exemplifies her commitment to developing the potential

in others by cultivating their talents in her role as a Teacher for MTC, Director of the Retired Senior Volunteer Program, and a Human Resource Specialist for the Portland Police Bureau. She is currently focusing her energy on writing novels and crafting her own signature line of jewelry along with her husband Lloyd, for Bernadette Creations.

Prior to moving to St. Helens, Bernadette worked as a Social Worker, Teacher and Motivational Speaker. As a youth growing up homeless in Brooklyn, NY, Bernadette overcame many personal challenges to become a defender of the Head Start program before Congress. The Head Start program empowered her and gave her opportunities that would have otherwise been closed to her. Bernadette's work defending and empowering the disenfranchised shows itself strongly in *The Brooklyn Leprechaun*.

## \$5,000 Bike Safety Grant Awarded to St. Helens

St. Helens Bicycle and Pedestrian Commission volunteers receive \$5000 from the Alliance for Community Traffic Safety (ACTS). The mini-grant will fund provision of a bicycle safety program for all fifth grade students at Lewis & Clark School. Each classroom will receive two presentations on safe riding. Students will be engaged through an essay and poster con-

tests.

The Bicycle and Pedestrian Commission will provide free helmets, safety lights, reflective gear and pant leg straps. ACTS is an Oregon non-profit corporation that has received funds from ODOT for distribution to local governments and 501(c)(3) corporations for use in promoting transportation safety.

## Stub Stewart Announces Spring Break Programs

Stub Stewart State Park will be having Spring Break programs this year. Each program will begin at 10:00 AM (with one exception, a star party), locations are listed with the program. All programs are family friendly and open to the public. Parking is \$5 per car if you are not a registered guest, and is limited near the amphitheater. Car-pooling is encouraged.

The following is a list of programs:

**Saturday, March 20, 2010:** Leave No Trace at the Dairy Creek Amphitheater

**Sunday, March 21, 2010:** Incredible Insects at the Dairy Creek Amphitheater

**Monday, March 22, 2010:** Where Does JR Beaver Live? Hike begins at the Dairy Creek Amphitheater

**Tuesday, March 23, 2010:** Treasure Hunt at the Dairy Creek Amphitheater

**Friday, March 26, 2010:** What's a Seed? at the Dairy Creek Amphitheater

**Saturday, March 27, 2010:** Hike to Unfit Settlement View begins at Clayhill Horse Staging Area, hike is approximately 2 miles round trip along a moderately difficult dirt/gravel trail

**Saturday, March 27, 2010:** OMSI Star Party - Vernal Equinox Celebration (see attached news release - parking fee is incorrect in his document - from OMSI Planetarium Director Jim Todd) begins at 7:30 PM at Hilltop Day-use Area

**Sunday, March 28, 2010:** Slugs, Bugs and Other Ughs at the Stub Stewart Welcome Center

Visitors may refer to our website for more information: [www.oregostateparks.org/parks\\_255.php](http://www.oregostateparks.org/parks_255.php) or contact Heather Currey, interpretive park ranger at 503-324-06.

## Banks Soup 'N Music Fest

The Banks Community Foundation will host the Soup 'N Music Fest at Schlegel Hall on Saturday, March 13. This year brings some changes to the foundation's annual soup festival, both in content and venue. This is the festival's first year at Schlegel Hall and the first time that beer and wine will be available for purchase. Doors will open and the music will start at 4 P.M. Local favorite Alena Sheldon will take the stage at 8 P.M. Other music offerings will come from Petty Larceny, the TOL, Ed Trussell, Rex Bryant, John Deegan, and Steve Blanchard.

Soups from around the world will be served,

including Irish Potato Leek, Hot and Sour, Chicken Noodle, Tom Yum, Hawaiian Chili and more. The soup will be served with bread and followed by dessert.

Proceeds benefit The Banks Community Foundation, a non-profit organization committed to enhancing cultural, social and economic development in Banks.

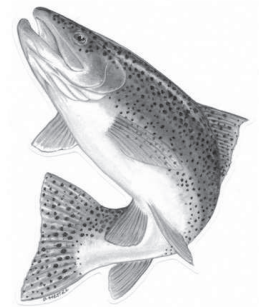
Soup will be served from 4 to 7 P.M. and the music will run until 9 P.M.

Tickets are available at the door for \$10 for adults or \$5 for children and for people who want to come just for the music.

## 2010 Vernonia Lake Trout Stocking by Oregon Department of Fish and Wildlife

March 8 3,500 Rainbow  
March 15 4,000 Rainbow  
April 12 3,000 Rainbow  
April 26 2,500 Rainbow

Stocking dates subject to change without notice  
Free Fishing weekend is June 12-13th, 2010



## OMSI Star Party at Stub Stewart State Park

On Saturday, March 27, OMSI, Rose City Astronomers and Vancouver Sidewalk Astronomers will celebrate the vernal equinox and the beginning of spring with a free Star Party at L.L. "Stub" Stewart State Park! From beginners to experts of all ages, here's your opportunity to view the stars and other celestial objects up close and personal through telescopes. Viewing highlights include the planets Venus, Mercury, Mars and Saturn; the waxing gibbous Moon; deep sky objects including the Orion Nebula, Beehive

star cluster and more!

The event starts at 7:30 P.M. and is free, with \$3 parking per vehicle. Warm clothing and a flashlight with red light are recommended. Personal telescopes and binoculars are welcome.

On the scheduled day of each OMSI Star Party, it is suggested that interested visitors call the OMSI Star Parties Hotline, (503) 797-4610, #2, or check the OMSI Star Parties website for possible weather-related cancellations.

**BLUE HOUSE CAFÉ**  
BRINGS YOU THE TASTES OF THE  
MEDITERRANEAN

**MARCH 13th FEATURING  
TASTE OF LEBANON**

WITH  
LEBANESE PLATTER, ZA'ATAR PIZZA, TABOULI SALAD,  
BEDOUIN STYLE LENTIL AND SPINACH SOUP,  
FISH SOUP WITH FENNEL AND SAFFRON  
AND BEIRUT CREAM CARAMEL

TUE-SAT 10AM-8PM SUN 10AM-4PM  
919 BRIDGE ST. VERNONIA, OR (503) 429-4350

**BLUE HOUSE CAFE TASTE OF LEBANON MENU**  
SATURDAY, MARCH 13th

<b>Lebanese Platter</b> ... .. \$9.75 (Spicy Lebanese Sausages With Tahini Sauce Served With Fragrant Rice And Vermicelli Pilaf, Tabouli Salad And Warm Arabic Bread)	<b>Za'atar Pizza</b> ... .. \$6.75 (9" Pizza With Thyme, Sesame Seeds, Sumac, Spices, Olive Oil, Crumbled Feta, Tomato, Onion And Mint Add Lebanese Pepperoni \$1)
<b>Tabouli Salad</b> ... .. \$5.75 (Parsley, Green Onion, Mint, Tomato, Bulgur, Lemon Juice, Olive Oil And Kalamata Olives On A Bed Of Romaine Lettuce, Served With Warm Arabic Bread)	
<b>Bedouin Style Lentil And Spinach Soup</b> ... Cup...\$3.00...Bowl...\$4.00 (Vegetarian, Served With Arabic Bread)	
<b>Fish Soup With Fennel And Saffron</b> ... .. Cup...\$4.00...Bowl...\$5.00 (Served With Arabic Bread)	
<b>Beirut Cream Caramel</b> ... .. \$3.75	