

Vernonia Community Volleyball

Vernonia is now holding Adult Community Volleyball. Join your friends and neighbors for competitive, coed volleyball at the Washington Grade School gym from 7:00 to 9:30 PM every Friday evening. No small children please. For details, contact Teresa Williams at 503-799-3424, or by email at fitnessbytw@netzero.com.

Band Car Wash

The Vernonia Middle and High School Bands will be holding a car wash every second Saturday, (June 12, July 10, August 14, Sept. 11) from 9:00 AM - 2:00 PM in the District Office parking lot. Donations appreciated. All proceeds go to band events, festivals and instrument repairs.

Summer's Here and Family Friendly Is Clear

Kids are out of school and life is about to get complicated for parents all over Oregon. As a parent, planning time with your children is very important over the summer and time is at a premium. Finding quality events and programs is always tricky. An event that advertises they are Alcohol, Tobacco and Other Drug free is a good indicator of a "Family Friendly" event. You know you can take your kids to an event that supports smoke-free air and safe environments. While the awareness of health risks is there, often times this policy is put on the back burner behind finding funding, planning the actual event and hiring the staff.

Make sure you check all the advertisements to see if they list their event as ATOD Free, or just call the event planners and ask. When sending kids off to overnight or day camp, it is a good suggestion to ask the planners about their ATOD policy for volunteers and staff while at the event. Not only do you want to have a safe environment but also strong role-modeling for your kids, as well. Just what you want to hear about your child's day is the person in charge smoking behind the bleachers in hopes no one saw them: Kids retain 90% of what they see, not what they hear.

The Vernonia Prevention Coalition is dedicated

to supporting "Family and Community Friendly" events. All summer long, the VPC sponsors or partners various events during the summer months: From Movie Nights to Concerts. "The two concerts we sponsor, 'Great American Bash' on July 4th and Jamboree, Aug. 7th, are held on the Vernonia School campus that is ATOD Free," says DeAnna Pearl, VPC Director. "We want people to come, have fun and enjoy the day without the worry of smoke-filled air and unpredictable behavior caused by alcohol and drug abuse," she adds.

If you or someone you know wants to attend, or even have a booth to raise funds for your program at either of the above-mentioned events, contact DeAnna Pearl at (503) 369-7370 or DeAnna@vernonia-or.gov. Look for the flyers in your neighborhood and see you there.

Events at Stub Stewart State Park

Junior Ranger Program Jun 13, 2010 10 a.m. Newts are Neat!

Evening Program, Jun 18, 2010 at L.L. Stub Stewart State Park. 8:30 p.m. Eyewitness Amphibian

Hike & Evening Program, Jun 19, 2010 10 a.m. Brooke Creek Hike. 8:30 p.m. OMSI Star Party Summer Solstice Celebration.

Junior Ranger Program, Jun 20, 2010 . 10 a.m. Treasure Hunt.

Junior Rangers, Jun 21, 2010 10 a.m. Incredible Insects

Junior Rangers Jun 22, 2010 10 a.m. Where Does JR Beaver Live?

Junior Rangers & Evening Program, Jun 23, 2010 10 a.m. Signs of Wildlife. 8:30 p.m. The Silent Invasion.

Junior Rangers & Evening Program, Jun 24, 2010 10 a.m. Forest Layers. 8:30 p.m. Tall Trees

Upcoming Events

Live Music at Birkenfeld Store, June 12 Bolt Upright; June 19 Island Rio w/Paris Slim & Dave Kahl; June 26 Lock Stock and Barrel

Vernonia Short Track Mountain Bike Race, June 12, First Race at 10AM--At the Bicycle Skills Park, parking at Washington Grade School. Come watch or compete, categories for all levels of riders. Final Pro Race starts at 2:30 PM. This is an OBRA sanctioned event.

Taste of Basque Country, June 12, 5-8 PM--

At the Blue House Cafe. Special Menu.

Texas Hod 'Em Poker Tournament, June 12, 6 PM--At the New Hong Kong Restaurant. Sponsored by the Vernonia Lions Club.

Vernonia Open Air Market, Starts June 25th, 5-7:30 PM--Another season kicks off—fresh produce, flowers, hand crafted items and more. At the VCLC Courtyard.

First Friday, July 2. 5-8 PM.-- Live Music, kids activities, arts and crafts, food, Open Air Market, community and family fun and much more.

Great American Bash and Cruise In, July 4, All Day--Concert Car & Motorcycle Show 11 AM; Motorcycle Poker Run - up to 40 miles; Live Concert! 4-9pm (Dirt Farm Cowboys & QuarterHorse); Fireworks at dusk; Games, food and fun! At the Vernonia School Grounds. Parade downtown starting at 3 PM.

Upcoming School Events

6/11 Last Day of Classes

Readers Lend Their Voices...

To The Editor

Due to the many activities planned for the 4th of July, and the concerts starting at 4:00 PM we have changed the time of the parade to 3:00 PM.

The parade route will be the same forming on Weed Ave. and disbanding on State Street.

As in the past no ATV's will be allowed in the parade.

DeLoris Webb
Vernonia Pride

As you know, July 4th Fireworks are a staple in the summer events in Vernonia. It has come to light that there is a shortage of funding and an organization plan in which to raise funds for fireworks offered in Vernonia. This has always been a grassroots program and donations from the community are essential. We need help now to purchase firework for this coming 4th of July!

With the news that many small communities are cutting firework displays due to lack of funding, the VFC is working towards keeping this event in Vernonia. In an effort to facilitate

this, the Vernonia Fireworks Committee, in collaboration with the Vernonia Prevention Coalition, would like to request donations to help keep this tradition alive. Any donations will be collected and saved in an account that will directly fund fireworks for the 4th of July this year and in years to come.

The Vernonia Sentry is currently rounding-up at the register to help in this community wide effort. Donation cans are also being placed in local businesses. You can also make a donation by contacting the Vernonia Fireworks Committee.

Thank you,
DeAnna Pearl, VPC Director
Tom Ramsey, Fire Marshall
Patty Buchanan, Vernonia Fireworks Committee Chair

During 1982-1983 I was diagnosed and treated for uterine cancer stage 3-4 and given approximately six months to live. My fear seemed to subside with a gift of faith I cannot explain. I did not deserve this because every part of my life was a mess at the time.

To make a long story shorter, I recall barely being able to breathe, talk,

think straight, lift my head or pray. I was in oncology on the fourth floor of Emanuel Hospital.

My bed was put in a position to see out the window facing the freeway and the Freemont Bridge. I recall thinking I will never drive on that freeway again; in fact, I will never ride in a car again. I had a very kind nurse at my side. Her job was to care for me and record the time of death.

I received a miracle. There was a lot of confusion and dissention within the hospital staff about what happened and it was forbidden to discuss my case during shift change and I was sent home.

Some years later, I was walking up the outside steps into a clinic next to the hospital, when a middle aged woman coming down the stairs looked at me intently and said: "I am so sorry I do not recall your name, aren't you the "miracle lady" from Emanuel Hospital?" She went on to say that she was on my surgical team.

What I should be shouting from the rooftops everyday, is recalled occasionally.

I have a friend who just this month had serious health issues going on with her until she was diagnosed with a cancerous brain tumor. It seems that she too, was given a gift of faith.

She had her surgery May 15th at 8:00 a.m. finished at 10.00 a.m. she went to ICU at 11:00 a.m. When her husband called ICU the nurse gave her the phone. She was alert and spoke clearly to her husband. The next day she was out of ICU and the day after that she was sent home. At discharge, one of the doctors said something like there was no medi-

cal explanation for her recovery. She is at home, without pain, only pressure on the scalp when she laughs. She celebrates with her family.

If you are reading this letter and you have fear, maybe your life is a mess maybe not, but you have lost hope, try to remember there is always hope. Ask for a gift of faith and see what happens.

Sonia Spackman
Vernonia

To the Editor:

We were in Vernonia over Memorial day weekend to visit graves of family members. We were dismayed to find the lack of care that has been given to the gravesites. In earlier years the gravestones had been edged and bare spots seeded. That is not the case now. On some stones the sod had crept as much as four inches onto the stones and were beginning to obscure the names. To me, that is not acceptable! Yes, I know that we have had a very wet winter and spring, but what better time to, at least, do a little seeding so that there weren't patches of mud surrounding the newer grave sites. Perhaps it's time to find a caretaker who has time to give the cemetery the attention that it requires.

On the other hand, kudos' to the people who placed all of the flowers, flags and crosses in the cemetery. It looked very nice. Thank you.

Marylyn May
Dallas, OR

HOW TO SEND LETTERS TO THE EDITOR

Vernonia's Voice welcomes and requests your thoughts, opinions and ideas. Please include your name, address and phone number, limit your letters to 300 words or less. Vernonia's Voice reserves the right to edit, omit, respond or ask for a response to letters submitted. We will print letters, space permitting. Deadline is the 1st and 3rd Monday of each month. Email to: scott@vernoniasvoice.com or mail to: Letters, PO Box 55, Vernonia, OR 97064.