

Mountain Bike Racing Comes To Vernonia

The first ever Vernonia Short Track Mountain Bike Race will be held on June 12. Racers in seventeen different categories will compete beginning at 10:30 AM. The public is invited to join in the racing or just come out and watch the fun.

Enjoy a day of racing and family activities at the Vernonia Bicycle Park next to Vernonia Lake. Vernonia Lake is located at the end of the Banks Vernonia Linear Trail for those of you who might want to ride your bike to Vernonia.

Registration:
Advanced registration is available on line and by mail. For registration and more information on the race go to http://www.obra.org/flyers/2010/vernonia_short_track.html. There is an additional \$5 late fee (except for Jrs.) so register early.

There will be a free kiddie race (9 and under). There are beginners categories, experienced racer categories and pro categories. There is a 55+ category for both men and women and a singlespeed category for both men and women, plus junior categories (10-14 & 15-18) for both girls and boys. The course is scenic and easy enough for a first time racer yet challenging enough for the seasoned

racer. It is fun and fast and you will have bragging rights of being one of the first to race in the Vernonia Bicycle Park.

Many great prizes will be randomly distributed to racers. These prizes are courtesy of Vernonia Business sponsors including Vernonia Coffee Roasters, Black Bear Coffee, Pihl Logging, Barlow Bikes and Boards, Cafe 47, Blue House Cafe and Vernonia's Voice.

Parking:
Parking will be at Washington Grade School at 199 Bridge Street. There is a \$5 parking fee of which all the proceeds go towards the Vernonia Bicycle Park which is being developed through the work of local volunteers.

Family Activities:
Meet Mike Pihl the Axe-man of reality TV fame. He will be at the race to meet you from 11AM to 1 PM. It is also free fishing weekend courtesy of Oregon Department of Fish and Wildlife so no fishing license required. Bring your pole and enjoy fishing at Vernonia Lake. For more information on the free fishing weekend go to http://www.dfw.state.or.us/outdoor_skills/yaep.asp.

Food and drinks will be for sale by the Vernonia Lyons Club at Vernonia Lake. For information contact: Pam Reid pjreid1@yahoo.com or Dawn Guildner g.guildner@gmail.com.

The Vernonia Health Center Board to Host Health Screenings

Do you have high cholesterol or high blood pressure or a family history of cardiovascular disease?

If you answer "yes" to any of these questions, you may want to consider being screened for your risk of stroke through the services of Life Line Screening. Life Line Screening uses ultrasound technology to view the plaque build-

up in your carotid arteries, the main arteries that carry blood to the brain, and offers other, similar tests that check for related vascular disease.

Call 1-888-653-6441 or visit www.lifelinescreening.com to pre-register. The screenings are going to be held at the Vernonia Learning Center, Wednesday, July 14, 2010.

Watts Construction To Offer New Services

Robert J. Watts Construction is offering a new service in Vernonia--pick up of compost, planting mix, bark dust and rock. Customers will now be able to get their landscaping needs locally in Vernonia at designated locations by appointment.

"We saw a need for people to be able to get a scoop or two of these items," said D'Lisa Watts. "There is currently no local or reasonably priced options so we will have truck loads delivered here and then offer it to be picked up or delivered locally for residents of our commu-

nity."

The compost will be certified organic and test results are available. The product is being provided by NW Environmental Recycling in Cornelius.

"We appreciate Robert Watts stepping up to provide this service for the community," said NW Environmental Recycling owner Bud Dow.

To schedule a pick up and for current prices contact Watts Construction at 503- 429-5504 or 503-475-5442.

Something to Think About

Each day 10,000 human babies are born in the United States and 70,000 kittens and puppies are born. At these rates there will never be enough homes for all the animals. As a result millions of healthy, loving cats and dogs face an early death as a form of animal control.

An unsprayed female cat, her mate and all their offspring producing 2 litters per year, with only 28 surviving kittens per litter can total:

*2 years: 67 cats
4 years: 2,107 cats
6 years: 66,088 cats
9 years : 11,606,077 cats*

*Please consider spaying and neutering your pets.
-Source SpayUSA, North Shore Animal League America*

Come Celebrate With Us!

Tom and Judy Budge invite all their friends and neighbors to join them in celebrating their 50th Wedding Anniversary. Please join them at St. Mary's Parish Hall at an informal open house from 1:00 to 5:00 PM on Saturday, June 26th. No gifts please.

Cedar Mist Studios



Deborah Steffen is a registered yoga instructor and certified hypnotist serving Vernonia for over 5 years.

Located 5 miles from Vernonia at 20960 Scappoose Vernonia Hwy.

Hypnotherapy

- Stress/Pain Management
- Weight Loss
- Stop Smoking
- Self Confidence...

Yoga

- Tues & Thurs 9-10AM
- Weds 4:30-5:30PM

503-429-2103
CedarMistStudios.com

Help July 4th Fireworks "POP" Not Flop

Checks Payable: Tom Ramsey—Fireworks
Or drop off any donations at participating locations

Vernonia Fireworks Committee
Tom Ramsey (503) 475-1801 or Patty Buchanan (503) 429-0264



Ancient Earth Farms Grand Opening

Sat, June 12th 9AM-5PM

Free Barbecue including hot dogs, hamburgers, chips and soda



4" assorted tomatoes \$.79
All other 4" vegetable starts \$1.25
Assorted 4" annuals \$1.50
Willamette raspberries, 1 gal. \$6.95
Assorted 1 gal. shrubs \$3.95

Also available assorted
potting blends, biotic fertilizer,
organic fertilizer and
Bobbex Deer Repellent.

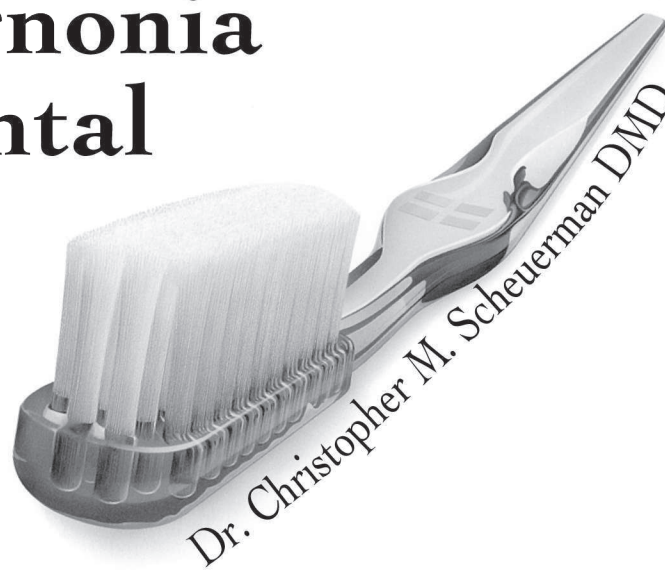
Come join us for food, fun and the ultimate gardening experience right here in Vernonia!

HOURS: MON - SAT 9AM-5PM, CLOSED SUN

18209 Keasey Rd., Vernonia, OR 97064
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Vernonia Dental



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