

Cedar Ridge &  
International Association for Human Values  
present ...

# YES! Spring Break Camp For TEENS!



March 20<sup>th</sup> — 25<sup>th</sup>, 2011

Overnight Camp (5 nights)

Cost: \$295 to \$495 \*  
(based on what you can afford)

Ages  
13-18

**FUN**  
**FRIENDSHIPS**  
**NEW EXPERIENCES**

Traditional camp fun and activities, along with life lessons specific for today's teens. The art of making friends, the secret of social interactions, personal responsibility and the value of service.

- Leadership
- Talent Show
- Campfires
- Hot Chocolate Socials
- Nature Classes
- Low Ropes Challenge Course
- Yoga, Qigong
- Basketball, Volleyball
- Movie Night with Popcorn
- Cooking Classes
- Fun & Games
- Meditation
- Arts & Crafts
- 350ft Slip 'n Slide
- Stargazing
- Build an Outdoor Pizza Kitchen
- Labyrinth
- Rock Hunting
- Wilderness Hikes
- Indoor Gardening

\* Pay the price that feels best to you based upon your disposable income at this time. It's up to you!

VisitCedarRidge.com

503-429-2801



*Not just in the  
community,  
but a part of it.*

## VERNONIA Sentry SUPERMARKETS

**Sentry** SUPERMARKETS PLU #8664

**Coffee Mate Creamer**  
**\$2.99**  
Reg. \$4.75

32 oz. effective 2-22-11 through 3-7-11 or while supplies last (Limit 2)

**Sentry** SUPERMARKETS PLU #8665

**WESTERN FAMILY Chili**  
**.79¢**  
Reg. \$1.79

15 oz. effective 2-22-11 through 3-7-11 or while supplies last (Limit 4)

**Sentry** SUPERMARKETS PLU #8666

**Sparkle Paper Towels**  
**\$6.99**  
Reg. \$10.49

8 Roll effective 2-22-11 through 3-7-11 or while supplies last (Limit 1)

**Sentry** SUPERMARKETS

**Navel Oranges**  
**2 lb. for \$1**  
Reg. .79¢ / lb.

**Sentry** SUPERMARKETS

**Remember Shop Locally!**

**Dollars spent in Vernonia stay in Vernonia. Dollars spent out of town stay out of town.**

phone 503.429.3811 | 735 Jefferson Avenue  
fax 503.429.3152 | Vernonia, OR 97064

**OPEN 8am to 9pm DAILY**

WE ACCEPT: OREGON TRAIL, WIC & ALL MAJOR CREDIT & DEBIT CARDS