

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

**White Rain & VO5  
Shampoo or  
Conditioner**

**.79¢**  
Reg. \$1.49

15 oz.  
effective 3-8-11 through 3-21-11  
or while supplies last (Limit 4)

**Sentry** SUPERMARKETS PLU #8665

**Xtra Liquid  
Laundry Detergent**

**\$1.99**  
Reg. \$4.15

75 oz.  
effective 3-8-11 through 3-21-11  
or while supplies last (Limit 2)

**Sentry** SUPERMARKETS PLU #8666

**Assorted  
Sara Lee Pies**

**\$2.99**  
Reg. \$7.25

37 oz.  
effective 3-8-11 through 3-21-11  
or while supplies last (Limit 2)

**Sentry** SUPERMARKETS PLU #8667

**WESTERN FAMILY  
Flavor Blend  
Cat Food**

**\$7.99**  
Reg. \$13.89

14 lb.  
effective 3-8-11 through 3-21-11  
or while supplies last (Limit 2)

**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