

Columbia County Rider Fare Increases in Effect as of Oct. 1

On September 14, 2011, the Columbia County Board of Commissioners approved Order 72-2011 approving an increase in Transit Fares for the Columbia County Rider System. In addition there are several changes in service.

There will no longer be regular Flex Route service from Vernonia. Service will now be demand response and will operate on Monday, Wednesday and Friday from 8:30 AM to 5:00 PM. To schedule a ride call 503-366-0159.

One-way rates for Dial-A-Ride from Vernonia:
\$11.00 to St. Helens, Scappoose, Rainier and Clatskanie
\$13.00 to Portland
\$2.20 within Vernonia city limits

Fixed Route service will continue from Vernonia to TriMet's Willow Creek Station with scheduled stops at Stub Stewart State Park, Staley's Junction and Willow Creek.

Service leaves Vernonia at 6:15 AM, 12:30 PM and 4:30 PM.

New zones for service are: Zone 1 is North County including Rainier and Clatskanie, Zone 2 representing South County and Vernonia, and, Zone 3, any destination outside of Columbia County

One-way rates for Fixed Route Service from Vernonia:
\$5.00--Zone Base Rate
(\$4.00--Seniors, Disabled, Students and Children)
\$1.00--Each Zone Crossed

New rates for Monthly Passes:
\$75--1 Zone (\$60--S,D,S&C)
\$130--2 Zone (\$110--S,D,S&C)
\$150--All Zone (excluding Demand Response) (\$130 S,D,S&C)

Information on the approved fare increases can be found at www.columbiacountyrider.com or by calling 503-366-0159.

AARP To Offer Free Driver Safety Classes

AARP has announced that a Free Driver Safety Program (DSP) classroom course will be offered to all US Veterans active and retired and their Spouses/Dependants from November 1 through November 30. This is a Nationwide Program.

Veterans of any age are eligible. In Western Columbia Counties there are two classes scheduled in November:

Nov. 15 and 16 from 1:00 PM to 5:00 PM both days at the Clatskanie PUD Bldg. 495 E Columbia River Hwy (Hwy 30), Clatskanie. To register, call 503-728-3099 noon to 5:00 PM or 503-338-2408.

Nov. 22 from 9:00 AM to 4:00 PM at the Rainier Senior Center, 48 W 7th Rainier, Oregon. To register, call 503-556-3889 or 503-338-2408

Pre registration is required for all of these classes. All seating is on a first come first served basis and these classes are open to all. All of these locations have limited seating so early registration is urged. Cost for non-Veterans is \$12 for AARP members and \$14 for non-members. Tuition is payable on the first day

of class. Make checks payable to AARP.

To receive the free classroom course, veterans and or veterans spouses must provide some form of military identification, including but not limited to Military ID (retired, active-duty, guard, reserve), discharge papers (DD Form 214), American Legion/VFW card, dependent ID card, etc. at the first class.

This AARP Driver Safety class is designed to help educate participants and provide safe driving strategies to compensate for age related changes that can effect one's driving ability.

Participants will learn current rules of the road, defensive driving techniques, and how to operate their vehicles more safely. They will also learn adjustments they can make to accommodate common age-related changes in one's vision, hearing, and reaction time.

Insurance companies in Oregon provide a discount to eligible drivers who complete this course.

For questions and or registration regarding this program you may also call Don Hawley 503-861-1813.

Clatskanie Walking Trail Promotes Good Health

On Friday, September 9, the Clatskanie Elementary School Parents Supporting Education Association (PSEA) hosted—"Walk the Trail"—a celebration to mark the opening of a new walking trail for students and their families, but also for anyone in the community to use. The asphalt fitness trail loops the bottom field at Clatskanie Elementary school and was created in part by a Nike grant of \$20,000.

The trail—which is open to the community—represents one answer to a growing health threat in the community. In Columbia County 64% of 8th graders and 71% of 11th graders are not getting the recommended physical activity each day according to the 2007-08 OR Health Teen Survey. Physical activity, with proper nutrition, are the best ways to combat obesity, but the students at Clatskanie Elementary simply did not have enough space to be physically active. This is why the PSEA prioritized creating the walking trail and partnered with the Columbia Health Coalition to help obtain a grant from the Nike Community Fund.

"The school has a beautiful lower field that could only be used a couple times a year because the rain turns

it into a mud pit. We knew we needed to make it more usable and a great place for our students and our families to get out and move." said Gretchen Moore member of the PSEA. The PSEA received local in-kind support from businesses to get started on the project. "We couldn't have finished this project without the partnership of the Columbia Health Coalition and Nike Community Fund. We knew we needed funding, but we weren't sure how to go about getting it." Moore.

The Columbia Health Coalition's mission is to empower the community to increase opportunities for healthy lifestyles through initiatives for policy, systems, and environmental change. "We were thrilled to help Clatskanie Elementary turn a muddy field into a great community resource," said Ashley Swanson Healthy Communities Coordinator with The Public Health Foundation of Columbia County and Coalition member. "Our community is facing a twin epidemic of physical inactivity and poor nutrition and that is leading to health challenges for our children. We saw this community project as a great way of addressing both – of finding a positive solution that will


benefit everyone."

The Clatskanie Walking Trail is one of several projects the Columbia Health Coalition has been involved with including Restore, Re-explore, Rediscover Columbia County – Passport to Health—the Vernonia Wellness Team's work to create and implement the School District Wellness Policy Administrative Rules, and helping the Christ Episcopal

Church create a community garden. All the produce from the garden is donated to Community Meals and the Food Bank. This is the second year of harvests from the garden.


If you are interested in becoming a part of the Columbia Health Coalition please contact Swanson: aswanson@tphfcc.org or (503) 397-4651x2007.

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