

Support the Women's Resource Center this Spring!

There is something going on for everyone this spring in Columbia County. Columbia County Women's Resource Center (CCWRC) is holding 2 very different events to raise awareness and help us ALL work to end violence.

Join CCWRC and our allies on April 14, 2012; we'll observe Sexual Assault Awareness Month with a good laugh! There will be a one-mile high heeled walk to raise awareness and reduce incidence of sexual assault. Come and join our male allies as they "Walk a Mile in Her Shoes®."

The walk will take place beginning at the CCWRC Thrift Shop (164 Little St

– behind the Bike shop on Hwy 30 in St Helens) at noon. The walk will continue to Burgerville then return to the CCWRC thrift shop where we will celebrate with a short program, music, prizes and fun. We hope our male allies can make it the mile in heels!

This event will get people talking and working together to end violence in Columbia County. There is a \$15 registration fee before April 11 that includes a walk t-shirt, after April 11 registration is \$20.

For more information see our website www.ccwrc.com, Facebook page, call 503.397.7110 or email info@ccwrc.com

CCWRC is the only agency dedicated to serving victims and survivors of domestic and sexual violence in our community.

We empower our community to live safe healthy lives, free from abuse.

Kindergarten Round Up

WASHINGTON GRADE SCHOOL



Friday, May 18th
Please call WGS Office
(503) 429-7941
for an appointment

Required for pre-registration:
Immunization Records
&
Birth Certificate

To enroll in Kindergarten your child must be 5 years old on or before September 1, 2012

Help Get Ready for the Columbia County Fair

Workshop and work parties
every Saturday until fair
Meet at 8:30 AM at the fair office

the success of the spaghetti feast on Saturday March, 24th for the benefit of Ryan Roberts' kidney transplant.

First, to all who bought tickets and to those who came to the dinner with their hearts and pocket books open so generously, thank you.

We were able to raise \$1600- much more than expected, but we shouldn't have been surprised knowing this community as long as we have. Whenever the alarm is raised for one of our own, we, Vernonians, rise to the occasion.

A special thanks goes out to Mario and Leatha, Pat, Gayle, The Free Wheelers and all the helpers.

Last but not least, a grateful shout out to all who donated to the silent auction. Great job, well done!

Once again, thank you all!

Sally Harrison
Shirlee Daughtry
Vernonia

Readers Lend Their Voices...

To the Editor

We wanted to say thank you to everyone who helped support the Girl Scouts by buying cookies from us. Whether it was from a girl scout you knew or from one of us at the booth at Sentry, the support is greatly appreciated. Our troop went beyond our goal of selling enough boxes to go the a pool party as well as donating 10% of our profits to Turner for flood recovery. We also earned enough for an extra special treat such as another outing or party. Thank you again, without you, we could not have achieved our goals.

Girl Scout Brownie Troop 43023
Carly, Brianna, Averie, Taylor, Nita, Abby, Kaili, Morgan, Audrey, Sailor, Angie, Sky, Sadie, Hennessy, Jenna, Sydney, Cassidy, Jayda

To the Editor

We wanted to take this opportunity to thank a lot of people for

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Family, Friends, and Citizens thank you, for placing public safety above convenience and short-sightedness. Thank you to the faithful citizens that out of habit, sound training and experience demonstrate their basic duty as a citizen and drivers. Thank you to those that park their automobile on the correct side of the street, possessing the clear understanding of the dangers of crossing a lane of traffic and the clear risks presented requiring passengers to exit into the street. I speak not to disapprove of the actions of the citizens and public safety officers, for they are honorable men and women but, to speak of our training, education, and common trust of the basic rules.

Thank you to those that don't block the alleys as if it is additional street parking. Thanks to those that understand that the ally is not a personal private driveway or a location to park their log truck, travel trailer, wrecked car, or broken down boats. Thank you for allowing free access by the public to the rear of their properties, as well as access for public services, accesses for police, fire and the ambulance insuring everyone access using public space. I speak not to disapprove of the actions of the citizens and public safety officers, for they are honorable men and women, but to speak of our training, education, and common trust of the basic rules.

Thank you to those that refrain from park right up to the street corner blocking the cross walk. Thanks to those that remember that their driveway does not include any part of the sidewalk. Allowing children to walk and play safely, the elderly and infirm to travel freely without encumbrances, for all citizen's to stroll at liberty without finding themselves, not only dodging obstructions on the sidewalk, but automobiles in the street. I speak not to disapprove of the actions of the citizens and public safety officers, for they are honorable men and women, but to speak of our training, education, and common trust of the basic rules.

Lastly, thank you to the parents that remember the requirement for children to wear a bike helmet. It can be easy at times for obligations to slip by when we are not reminded of our responsibilities. As citizens we rely on our elected community leaders to provide guidance and direction for the community and its employees. I speak not to disapprove of the actions of our community leaders and public safety officers, for they are wise and honorable men and women, and will without doubt provide reasoned actions, but to speak of what I do know and what is right and which we all commonly know.

Seth Poole
Vernonia

AARP Driver Safety Class

Wednesday April 11th at the Rainier Senior Center, 48 W. 7th St. from 9:00 to 4:00
Class will be completed in just one day from 9AM to 4PM.
Register by calling the Senior Center at 503-556-3889 or Clatsop College at 503-338-2408 or online at: www.AARP.org/drive

Upcoming Events

Make Vernonia Shine Day, April 21st

UNWC Steering Committee meeting, April 26, 6:30 PM, at the Vernonia Grange Hall (375 North St.) For more info call the Upper Nehalem Watershed Council office at (503) 429- 0869, or check the calendar at our website unwc@nehalem.org.

17th Annual Spring Garden Fair, April 28, 9:00 AM - 3:00 PM at the St. Helens High School. Over 5,000 plants from 30 varieties at \$1.50 per plant.

VHS Band Concert, May 5, 7:00 PM at the VHS Gym. The Vernonia High School Band Presents: An Evening With Oscar. Doors open at 6:30 PM.

SPRING INTO ACTION!

Alright, so even though "yoga" isn't particularly "springy", and instead focuses on strength, balance, breath, and ease, now is a great time to start a yoga practice. "Why would I do such a thing?" you might ask. Here are three reasons:

#1 REASON to start yoga now: Yoga is considered by the Mayo Clinic to support one's overall health, manage stress, strengthen connective tissue, improve mood, and enhance restful sleep.

#2 Reason to START yoga now: The Vernonia Grange is a beautiful, repainted, clean and historically rich place to come together with all sorts of folks from the community who share a similar goal: to feel better, be stronger, feel healthier, and be more connected to one another

in the community regardless of walk of life, preferences, and whatever happens outside yoga we are all friends here.

#3 Reason to start yoga NOW: It is spring time, and spring cleaning starts on the inside. Yoga helps to detoxify your filtration organs (liver, kidneys, lungs, skin, just to name a few), and spring leads to gardening, weeding, mowing, and time outside. Increase your range of motion, strengthen your bones and joints and prepare yourself for summer. It will be here before we know it!

Britt B Steele, MPH, teaches yoga at the Vernonia Grange, every Tu, Th, and Sat morning at 7:30 AM, and teaches a fun fitness dance class called Devo on Saturdays at 8:30 AM. Check out the ad on page 2 for more information.

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: scott@vernoniasvoice.com or mail to: Letters, PO Box 55, Vernonia, OR 97064.