

The Power of Play: Promoting Health and Creativity

“Grow up and stop playing.”

Most of us have heard this admonishment in some form as we moved from youth to adulthood. But is it good advice? In our age of inactivity and frequent screen time, what are our kids learning from us about how to be healthy adults? Research shows that play and physical activity can have positive effects on children's health, well-being, and education; they also boost health and creativity in adults. What is the value of play?

This is the focus of “The Power of Play: Promoting Health and Creativity,” a free conversation with play activists Jonathan Blasher and Tara Doherty on Tuesday, April 21, 2015 at 6:30 PM at the Vernonia Public Library, 701 Weed Ave. This program is hosted by the Friends of the Vernonia Public Library and the Vernonia Library Board and sponsored by Oregon Humanities as part of their statewide Conversation Project. Please note: this session will include interactive play for all levels of ability.

Blasher was born and raised in Eugene. He is executive director of Playworks, a Portland-based national nonprofit that transforms schools by providing play and physical activity at recess and throughout the school day. Jonathan earned his BA from University of California, Santa Cruz,

and MBA from the University of Oregon.

Doherty is program director at Playworks, where she has had the opportunity to see and participate in the positive transformation of hundreds of school communities through recess. She truly enjoys that play is an integral part of her work, and is always excited to share her experience with others.

Through the Conversation Project, Oregon Humanities offers free programs that engage community members in thoughtful, challenging conversations about ideas critical to our daily lives and our state's future. For more information about this free community discussion, please contact Shannon Romtvedt at (503) 429-1818 or shannonr@vernonia-or.gov.

Oregon Humanities (813 SW Alder St, #702; Portland, OR 97205) connects Oregonians to ideas to change lives and transform communities. More information about Oregon Humanities' programs and publications, which include the Conversation Project, Think & Drink, Humanity in Perspective, Idea Lab, Public Program Grants, and Oregon Humanities magazine, can be found at oregonhumanities.org. Oregon Humanities is an independent, nonprofit affiliate of the National Endowment for the Humanities and a partner of the Oregon Cultural Trust.

Springtime is Tree Time

Saturday, March 14th the Columbia County Small Woodlands Association will hold its 17th Annual Tree Sale beginning at 8:30 AM at the Lawrence Oil (Pacific Pride) parking lot in St. Helens. Twenty-four different species of deciduous and conifer trees will be available for purchase. Prices begin at \$1.50.

As always, buyers are advised to come early for the best selection. Columbia County Small Woodlands Association is a non-profit organization dedicated to responsible forest stewardship and clean water. Over the past 16 years the Association has provided well over a million seedlings to members and the public - most of which were planted within Columbia County. The organization also has a number of dinner meetings throughout the year with guest speakers, panels and clinics on forestry issues plus summer tours of local tree farms.

The selections for this sale consist of more species which could be described as ornamental. Many have colorful leaves

and/or flowers - desirable qualities for homeowners. Most are bareroot seedlings. Species include 'Elite' Douglas fir, western red cedar, noble fir, Turkish fir, quaking aspen, giant sequoia, service berry, Pacific madrone, dawn redwood, coastal redwood, western hemlock, Japanese pagoda dogwood, Oakleaf hydrangea, purple smoke tree, red Japanese maple, eastern redbud, witch hazel, purple beech, sweet gum, sweet bay magnolia, tea crab apple, sourwood, golden chain tree, and flowering red currant.

For the 2014-15 school year, the Association, along with OFRI (Oregon Forest Resources Institute) are making it possible for all of Columbia County 5th graders to attend the World Forestry Center in Portland free of charge. This valuable Educational Program will be continued for the 2015-16 school year. For information on the sale or membership applications, please contact Paul Nys at (503) 556-8800 or Rod Nastrom at (503) 397-5997.

Terry's Gym is Offering Special Membership Deal for Wauna CU Members

If you are a member of Wauna Credit Union, Terry's Gym has a special membership opportunity for you. Through a special partnership with the Credit Union, all Wauna CU members, along with their immediate family (spouses, parents and children) and employees of the Credit Union are now eligible for a Terry's Gym corporate membership rate of just \$10/month per person (a monthly savings of \$25).

“This is a coordinated effort between two prominent, local businesses to help make it more affordable for people in our community to be healthy,” says Terry Fultz, owner of Terry's Gym. “I want to make gym memberships more affordable to more people and do something that can help our community.”

The special offer for Wauna CU members and employees must be for at least six months and includes the added value of an initial personal consultation and training program designed by Fultz. Minimum age for a membership is fourteen years of age.

The idea of offering corporate membership rates to Wauna CU members started when the Credit Union management was looking for

ways to expand their Wellness Program for employees. The idea grew and was expanded to include all Wauna CU members, as Fultz and the local branch manager worked together to develop the program.

“This partnership between the Credit Union and Terry's Gym reinforces three key aspects for our organization,” says Vernonia Branch Manager, Pam Weller. “Wellness for our employees, value-added benefits for our members, plus the importance of supporting local businesses and residents.”



Fultz is a competitive body builder who has continued to win regional recognition while competing into his sixties. Fultz has spent time upgrading his gym facility, making it a more comfortable and family friendly place for people to spend time, exercise and relax. “I'm trying to make it more friendly. I want to do what I can to support a healthy life style for as many people as I can,” said Fultz.

Vernonia Man Indicted On Child Sex Abuse Charges

Vernonia resident Gene Baska was indicted on charges related to alleged child sexual abuse on February 26. A Columbia County Grand Jury returned the indictment against Baska, 62, on three counts of sexual abuse in the first degree and a single count of luring a minor. Baska is expected to appear on these charges in March.

Baska was arrested on January 7 and was released on bail with an order of no contact with the

alleged thirteen year old victim and her family. He remains free on bail following the indictment.

The Columbia County Sheriff's Office says they have identified additional victims since Baska's arrest and believe more victims might still be out there. Anyone with information concerning this case is requested to call the sheriff's recorded tip line at (503) 366-4698.

Get all your
Garden Essentials
at the 2nd Annual
**Vernonia Community Garden
Fair & Plant Sale**
May 9th 9am-3pm
at the Vernonia School Commons
1,000 Tomato Plants,
vegie & flower starts plus
many gifts for Mother's Day
Interested in being a vendor?
Contact Penny Costley
503-429-0196

VHS
SAVE THE DATE
SUNDAY
AUGUST 16TH, 2015
VERNONIAS
2ND BIGGEST REUNION
Please visit us on Facebook at Vernonia's BIGGEST Class Reunion. We are searching for address/contact information for Friends/Alumni of Vernonia Schools. To be added to our mailing list please email us: Vernoniareunion@hotmail.com, private message us on Facebook or mail to: Vernonia's Biggest Reunion c/o Ronda Lennen, 1000 Missouri Ave. Vernonia, OR 97064

ANONYMOUS DONOR
IN SUPPORT OF
VERNONIA'S VOICE