

Things to Ponder: Fear of Falling

By Grant Williams

Every one has fears. Even people who claim to have no fears are afraid of something. A person who says they are afraid of nothing are really afraid of others thinking they are weak. Imagine that! Some are afraid of spiders. Others are scared to death of water and the list goes on.

My personal fear is heights. When I was a small child I fell off the top of a slide that I remember being about eight feet tall. Doesn't sound too bad, but when you consider I was less than three feet tall it was a long way to the ground.

On my first trip to Havasupi

Falls in the Grand Canyon I had a real eye opener. In order to get to the Colorado River which was about 7 miles below the falls you had to descend a very steep ledge. I entered a lava tube that opened up about fifty yards from where I had plunged into the bowels of the canyon.

At the other end of the lava tube it opened up, like a huge picture window, with the falls to the right and beautiful turquoise pools and the stream flowing toward the Colorado. You could see nothing but air. I stuck my head out as far as I could and it seemed like a long ways down to the creek. It appeared there was no path. I really like to see where I am stepping so I came to the

conclusion I was not even going to try.

As I was walking away I heard the joyful giggling of young girls. I turned around to see a string of Girl Scouts entering the lava tube coming from the beautiful place I had chosen not to go because I couldn't see the path. I asked them how they did it and they said it was easy. All you had to do was turn around, going out the hole backwards, and you could see the first hand hold. I had missed it because I was looking down. Once you step out of the hole backwards you realize there is a series of hand holds, iron rod steps, and chains to hold on to. I can assure you it was strait up and down, but the rods and chains were strong and secure making it

perfectly safe.

The Christian life and getting past the hole down to the river have something in common. Both require a step of faith.

The Apostle Paul wrote in I Corinthians 2:9, "'However, as it is written: "No eye has seen, no ear has heard, no mind has conceived what God has prepared for those who love Him."

My hope by writing these articles is that I will help someone find peace with God, just like the Girl scouts helped me get over my fear of stepping out into the beautiful wonderland of Havasupi Canyon. God is patiently waiting to show the way.

Local Owns Two World Champion Show Horses *continued from page 9*

World title in the Amateur 2-year old Halter Geldings class.

To date, Clark has amassed well over 600 APHA halter points. Clark is also the 2014 #1 APHA Honor Roll 2-year old gelding in the nation. "That is very hard to do and he accomplished it this year," says Berg. "I'm very proud of him. He has won more awards than I can even recall."

Berg says the horses are bred to be show horses. Breeding stock is chosen for their genetics. "You can tell when they're babies if they have it or they don't. And then you can build on it. You can do it yourself, which I have done or send it to a trainer. And then they are put into a fitness program, like a true athlete. They are fed a certain way. They are worked a certain way to help build their muscles. But the horse has to be

genetically predispositioned to look this way."

Clark was what is called an "embryo transfer" foal. His real dam (mother) did not carry him to term because she was a very expensive show horse and the owners did not want to risk her health. Clark's embryo was implanted into a recipient mare that carried Clark to term. Clark's full sister was born the same year as Clark for this reason (two different mares carrying an embryo from the same mare and inseminated by the same stallion). The foal's barn names were Lois and Clark from "Superman." Lois never made it to the big show pen. She was sold to a 4-H exhibitor.

Berg's other champion horse is "Kids Night Out," a two-time Reserve World Champion which she trained and showed herself. Berg still owns "Kid," who is nine years old now. "He's very special to me,"

says Berg with a smile. "He's fat and wooly and covered in mud and in my pasture right now. I don't show him anymore but I do ride him."

Berg says Kid is "double registered" with the American Paint Horse Association and with American Quarter Horse Association. Kid has a "Superior Title" in both associations, in both the amateur and open classes which, according to Berg, is very difficult to achieve. "It means he's received a lot of points in his lifetime," explains Berg.

Berg's future plans for Clark are to sell him to someone who can attain their goals with him in the show pen. "After his sale, I plan to purchase another horse to campaign, with the end goal of taking it to future APHA World Shows," says Berg.

Bridge Street Bits

By Karen Miller

SLOWLY BUT SURELY THINGS ARE TAKING SHAPE here at the Learning Center as the thrift store has moved in. Our in-house meals began last March 9. Card games are starting again on Fridays. Community Action Team's Senior Advocate office is relocated here as well.

MEALS ARE SERVED ON MONDAYS, WEDNESDAYS AND FRIDAYS. \$5 for those under 60, and seniors 60 and over are once again on a donation basis. ALL donations are appreciated.

DONATIONS TO THE THRIFT STORE

can be left during **BUSINESS HOURS** only. Thank you and come in and see the new surroundings.

FRIENDS OF THE LIBRARY are very professionally taking care of organizing the book section. Come in and browse through lots of reading material categorized in just the section you are looking for!

WE WILL BE FEATURING PHOTOS in this column of happenings here and also of brochures and info that is available through Community Action Team. Come in and see what we have to offer.

FOOT CARE is one area of service

that I am often asked about. Please take note that we are in the process of trying to secure a source that will make this available once again. If you are interested in being a participant in this service please call my office and leave your name and number or stop by my Vernonia office at the Learning Center on Mondays 10 to 2.

OUR VETERANS REPRESENTATIVE RUSS CLARK IS AVAILABLE THE FIRST TUESDAY OF EVERY MONTH here at Community Action Team Office from 1:00 to 7:00 p.m. Come in with your questions and concerns.

IN NEED OF CAREGIVING SUPPORT or know someone who does? Call our office and ask for Nikki our new Family Caregiver Support Specialist: 503-366-6545

SENIOR SIGN OFF: If fate hands you a lemon, try to make lemonade.

SENIOR SERVICES:
Karen - Vernonia 503-366-6581
Marge - Rainier/Clatskanie 503-366-6581
Heather - St. Helens/Scappoose 503-366-6542
Nikki - Family Caregiver Support Co-Ordinator/for all ages 503-366-6545

Vernonia Senior Center • 446 Bridge Street • 503-429-3912

Church Directory (in alphabetical order)

Assembly of God
Sunday School: 9:45 AM
Morning Worship: 11:00 AM
Sunday Evening Prayer: 6:00 PM
Wayne Marr, Pastor
662 Jefferson Avenue
503-429-0373
Church of Jesus Christ of Latter Day Saints
Sunday Schedule:
Sacrament Meeting: 10:00 AM
Sunday School & Primary: 11:20 AM
Relief Society, Priesthood and Young Women: 12:10 PM
Roger Cook, Branch President
1350 E. Knott Street
503-429-7151

Grace Family Fellowship
Sunday School: 9:00 AM
Worship Service: 10:30 AM
Thursday Prayer: 6:00 PM
Greg "Mac" McCallum, Pastor
957 State Avenue
503-429-6790
Nehalem Valley Bible Church
Sunday School: 9:45 AM
Worship Service: 10:45 AM
Tues. Ladies Bible Study: 9:30 AM
Wednesday Service: 7:00 PM
Sat. Men's Prayer Meeting: 6:30 AM
Gary Taylor, Pastor
Grant & North Streets
503-429-5378

Open Door Gathering Place
Service: Sunday 6:00 PM
Grant Williams, Pastor
375 North Street
St. Mary's Catholic Church
Wednesday Religious Education: 3:15-4:30 PM
Sunday Mass: 12:00 PM
Rev. Luan Tran, Administrator
960 Missouri Avenue
503-429-8841
Vernonia Christian Church
Sunday School: 9:45 AM
Worship Service in Youth & Family Center: 11:00 AM
www.VernoniaChristianChurch.org
Sam Hough, Pastor

410 North Street
503-429-6522
Vernonia Foursquare Church
Sunday Worship Service: 10:30 AM
Children's Sunday School
Carl Pense, Pastor
850 Madison Avenue
503-429-1103
Vernonia Seventh-day Adventist Church
Sabbath (Saturday) Services
Sabbath School: 9:30 AM
Worship Service: 11:00 AM
www.VernoniaSDAC.org
Larry Gibson, Pastor
2nd Ave. and Nehalem St.
503-429-8301