

Yoga in Vernonia

Yoga is available in Vernonia five days a week at two different locations

By Scott Laird

People in the Vernonia community interested in practicing yoga now have several options, one in town and one at the end of Keasey Road.



Jim Wanless teaches yoga at the Vernonia Grange on Tuesdays, Thursdays, and Saturdays. Tess Adams holds classes at the YogaFarm on Wednesdays and Sundays.

wanted it to be part of the Vernonia community," says Wanless about why he started teaching at the Grange. "I don't want the cost to be the deciding factor of whether they can come or not. I just want to share yoga practice and I want them to be part of this yoga community and enjoy the class."

"Yoga is not about who has the



Jim Wanless is continuing to offer yoga practice at the Vernonia Grange, with classes on Tuesday and Thursday mornings at 8:00 and Saturday at 8:30 am.

Tess Adams recently started offering a class on Wednesday afternoons from 3:00 to 4:15 at the YogaFarm at 11669 Keasey Road. She also hosts mini yoga retreats on Sunday mornings from 9:00 am to 12:00 pm.

Wanless has been offering yoga classes at the Vernonia Grange for almost two years. His classes are designed for all levels, so beginners are definitely welcome, along with those with experience practicing yoga. Class is by donation, with a suggested contribution of \$5. The "Yoga at the Vernonia Grange" Facebook page is a good place to keep up to date on the schedule and any changes.

"I care a lot about yoga and I really

prettiest pose," says Wanless. "It's really about what is happening for you when you practice. So that's how I teach. It's evolved into a more moving meditation. It's not that it's physically super easy, but the focus is not purely the physical aspect or the shape you can get into, it's also about what is happening for you while you're getting into that shape and while you're in that shape."

Adams says her approach to yoga is for it to be therapeutic. Her background and studies revolve around the use of props to help support your practice, make any pose therapeutic, and move the body safely. "I've been trained in a modality called SATYA, which stands for Sensory Awareness Training for Yoga Attunement," says Adams. "It's a floor based practice which uses a mat and a blanket." She says her

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State Agencies Still Reviewing Fishhawk Lake Incident

By Scott Laird

Two projects at Fishhawk Lake in August of this year resulted in the complete draining of the Lake and the death of thousands of fish, remain under review by several state agencies and could result

The projects were conducted by the Fishhawk Lake Reserve & Community (FLRC), the local homeowners association (HOA). According to Wirtis the FLRC failed to properly coordinate and obtain permits before beginning



The Fishhawk Lake Reserve & Community was investigated by Oregon DEQ, and other state agencies after the release of water damaged water quality and aquatic life in Fishhawk Creek below the Lake.

in criminal charges being filed.

One project involved the relining a 52-year-old underdrain pipe, and the second involved the mechanical dredging of silt from the East End of the Lake. Both projects were initiated simultaneously.

According to Oregon Department of Environmental Quality (DEQ) Public Information Officer Lauren Wirtis, DEQ was notified there was an issue at Fishhawk Lake on Thursday, August 22, 2019 by a concerned citizen through the Oregon Emergency Response System. By the time agency staff was able to arrive on scene, the entire lake had been drawndown. By that time, Oregon State Police had verbally requested that all work cease.

work, and in draining the Lake, killed fish and other aquatic species and negatively impacted water quality. She said the FLRC has been notified of these violations through a letter called a Pre-Enforcement Notice. These violations have been referred to DEQ's Office of Compliance and Enforcement where staff are continuing to review the facts of the case.

The Pre-Enforcement Notice confirms that the FLRC Board of Trustees voted in favor of draining the Lake in order to repair or replace the dam underdrain. It notes that FLRC staff responsible for the project described the discharges from the draining operation as "discolored and highly turbid."

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Lady Loggers Take 5th Place at State

Walters named to All Tournament First Team

By Scott Laird

The Vernonia Lady Loggers played some outstanding volleyball against some of the state's best teams and players, and brought home the 5th place trophy from Redmond on November 9, after competing in the Oregon 2A State Tournament.

The trip to Redmond was Vernonia's first time reaching the final eight in the state since 1998. The Lady Loggers qualified for the State Tournament after defeating Stanfield 3-0 in their first round State Playoff game on November 2. Qualifying for the trip to Redmond was especially sweet for Vernonia volleyball coaches Teresa Williams and Brandy Everett, who have led the Lady Loggers program for 11 years,



qualifying for the State Playoffs in each of those seasons, but failing to advance to the final eight.

The #6 seeded Lady Loggers

pulled off the biggest upset of the two day tournament in their opening match, defeating #3 seed Union, before

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