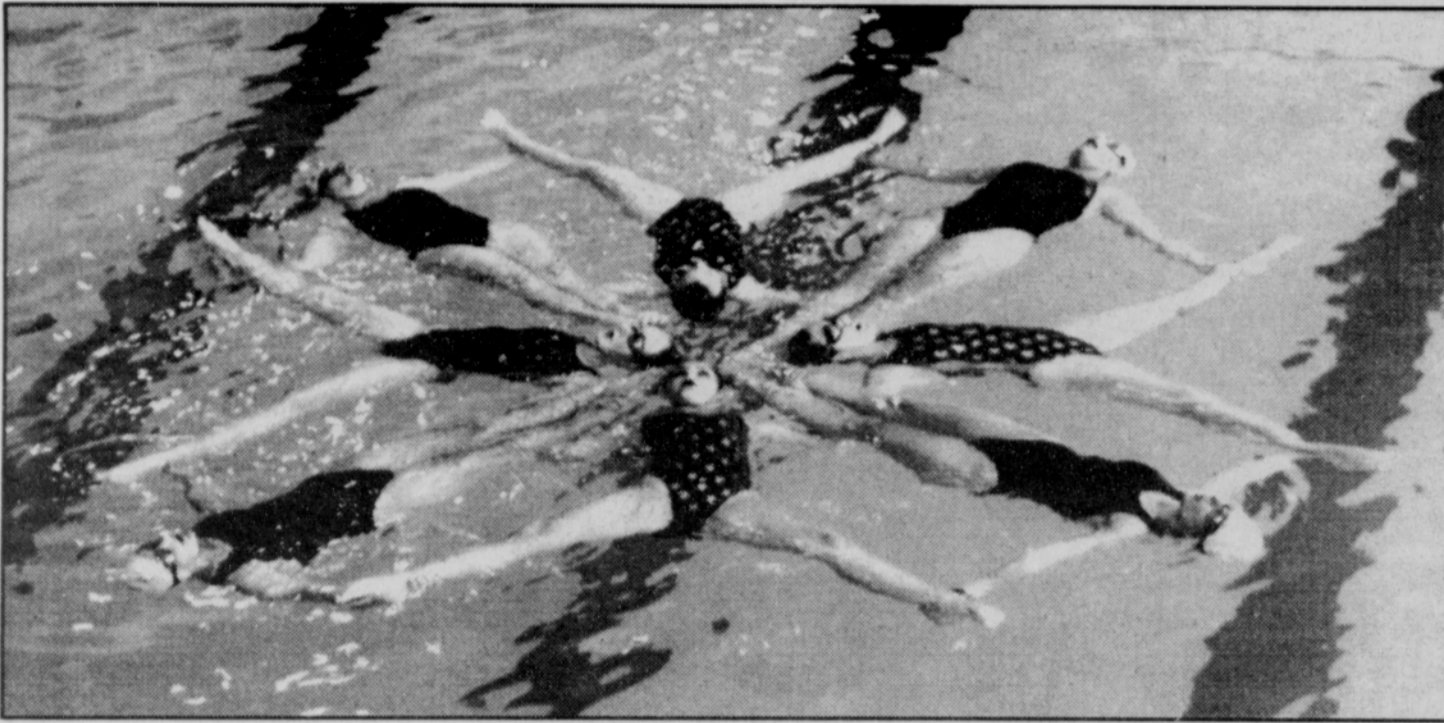


Team again demonstrates skills involved in synchronized swimming



The North Clackamas Synchro Stars will present a water show at Cedar Ridge on Friday at 7:00 p.m.

This year, a synchro duet that she choreographed made it to the national level of competition. Hayes has also been there, when she was in sixth grade and a member of a team that went to nationals.

The North Clackamas Synchro Stars will again be part of Jamboree, with a performance of synchronized swimming on Friday, August 4, at 7:00 p.m. at Larry Steele's Cedar Ridge Sports Camp.

If you have any questions regarding the show or the North Clackamas Synchro Stars, Hayes can be contacted at 429-8021.

Alex Hayes, a team member and Vernonia High School junior, has been involved in the sport of synchronized swimming for eight years. She received a varsity letter this year for competition in a sport outside of what VHS could offer.

Admission to this event is a donation, plus one non-perishable food item to go to the Vernonia Cares Food Bank. All proceeds will benefit Vernonia Cares.

She has been a member of the North Clackamas Synchro Stars synchronized swimming team for three years, serving this year as an assistant coach. Prior to joining NCSS, she spent five years with the Tualatin Valley synchronized swimming team.

Cedar Ridge is located at 18062 Keasey Road, about two miles north of Vernonia. To get there, take State Avenue from Bridge Street; State becomes Keasey Road.

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Horse gaming event is competition for the whole family



Horse and rider work together to make a good showing in horse gaming events.

The Vernonia Ridge Riders annual Jamboree Horse Show will be held on Sunday, August 6 at 9:00 a.m. in the Anderson Park Arena.

Registrations begins at 8:00 a.m. The entry fee is \$5 per

event or \$15 for all day, \$30 per Ridge Rider family, and \$40 per non-member family. This fee includes all events.

This year's gaming show will include Texas Barrels, the Key Race, Pole Bending, a Flag Race and more.

There are five classes of competition: eight years and under; 9-13 years; 14-19 years old; 20-39; and the final age

classification is 40 and older.

Awards include ribbons up to fifth place and a High Point trophy in each class.

Contestants must wear heeled shoes or boots. Stud horses will not be allowed to participate and no dogs are allowed in the arena. Camping facilities are available.

For more information, contact Bev Grant at 429-8470.

Taekwon-do demonstration slated



Students will display various levels of skills in taekwon-do during a demonstration on Sunday at 11:30 in front of VHS.

The 2000 Alternative Stage

Friday, Aug. 4	Saturday, August 5
4:00 The Blind Rootin' Hogs	Noon Musical Saw Players
4:45 TBA	12:45 Born Soul
5:30 Lorna Miller	1:30 Blues Project
6:15 Awsome Pawsoms	2:00 D'illusion
7:00 Anna Reinsch & Mike Buchan	2:45 Casey Thomas & Rouke vanderVeen
7:45 Eclectic Coconuts	3:45 Alfred Easter & Fiends
9:00 Lisa Miller and Her Trailerpark Honeys	4:30 Lee Snow
	5:15 Lynn Conover, Jim Boyer, Dave Reisch & Bingo
	6:15 Honey Bee Nelson
	7:00 Twitchy's Surprise
	7:45 Erin
	8:15 Sidetracked Again
	9:15 Curtis "King" Chamberlain & The Blind Rootin' Hogs

Enjoy yourself, bring a blanket or lawn chair, then just sit back and relax with great free entertainment.

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5:30 Lorna Miller
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Sunday, August 6
Noon Paul "Rolling Turtle" Cavitt
12:45 Darrell Johnson
1:30 Christy Brezeale
2:15 Mark French Memorial Jug Band Jam
3:00 Chris Wetteland
3:45 Bayou Cadillac
4:30 QTN
5:15 Baby Gramps

Saturday, August 5
Noon Musical Saw Players
12:45 Born Soul
1:30 Blues Project
2:00 D'illusion
2:45 Casey Thomas & Rouke vanderVeen
3:45 Alfred Easter & Fiends
4:30 Lee Snow
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