

Bits & Bites

By Jacqueline Ramsay



Life goes on. I've been gone; come home, still hot, cleaned house. I must be feeling

better? It's been three weeks since I last wrote you. Well kids, only about six weeks left before school starts. Have you noticed the gleam coming back into your mother's eye?

I'm on my soap box this week. Did you even try to buy a \$2.00 item to fix a piece of clothing that cost ten dollars to fifteen dollars to replace? Only to find "Oh, we don't carry those any more and no, I don't have any idea where you can get it". Have a nice day. They cost more if it's Victoria's Secret brand.

I've been running so late lately that I've had to stay up for the 11 o'clock news - A program after the news caught my eye. "Who's fault is the obesity factor in today's society?"

1. The companies that make and advertise?
2. The fast food folks that entice you to "Buy Me, I'm Better"?
3. School Boards for allowing in junk food machines?
4. Parents?
5. Kids?
6. Lawyers who accept clients who wish to line their pockets by blaming anyone but themselves for not being able to control their hand to mouth action?

Inner feelings don't count here.

Kids at a summer camp for overweight teens all said no one forced them to eat, eat, eat junk foods.

Here's 10 cents worth from

my soap box, and I'm offering no apologies for my view. We all have a brain and ears, also eyes. Doctors for years have said - watch your weight - eat fruits, vegetables, cut down on fried (deep fat included) meats - Do the parents listen? Not really - because this is where a child learns - Mom and Dad can say No and mean it - Fast Food joints can "STOP" pushing upsize for only \$1.00 more and STOP giving away junk toys if you order this, this or this. One other thing, water tastes good. Pop was not invented to replace it.

True, some of us are born with fouled up genes and we have to get medical help at an early age and watch our weight for health reasons - so - most of us are what we eat. If you develop your "Will Power" - by whatever means, you won't have to pay the fat farm money takers.

OK, I've said my piece, so put me in the stocks, tell me I just don't understand ... baloney. I can gain five pounds overnight with just one day of careless eating, with no trouble at all.

I wasn't in town for the Oregon Trail Rally event, but when I left town that Saturday morning, I met every car that came into town - all the way to the Sylvan Hill exit.

Those cars were something to see for miles. As I turned onto 26, I watched in my rear view mirror the string turning onto 47. It chilled me when I read in the Aug. 17 paper of the accident claiming two lives. But, for those left behind, the men chose their own paths and when they passed away, they were doing what they enjoyed doing. Testing their skills against what nature gave them.

Took a trip the other day, but had a dickens of a time trying to

find out how to get where I wanted to go. Going to Rainier, decided to cross the Longview Bridge and go up the Washington side to Long Beach - simple, you say - ho ho -; so had to go forward into traffic, stopped at the Burger King for "simple" directions - Gal says "go over the Bridge, turn right, go to Astoria, cross Bridge, hook left and bla bla bla. Said I - No, I just came across the bridge. "But it's faster", she says - says me - I want to go up the Washington side - "Oh", she says. "Well, go to this light, cross, go straight for three miles - turn left and you're at the highway intersection - left to Long Beach." How long does it take, I say, with doubt in my mind and a dumb look on my

face. "About three hours," she says. Well, there was a cabbie in the parking lot, so I tell him what she says - he shakes his head, smiles, says - this corner light, left turn, straight ahead past park and school, highway sign Big One - turn left and you're on your way - How long, says I? Oh, 'bout an hour and a half. Thanks, says me. Beautiful drive, different view of the Columbia - yes - one and one half hours, and that's what it takes on the Oregon side from Rainier. Thank heaven, I thought, she was wrong, or I wouldn't be home yet - ho, ho.

By now, you should all be well fed and foot sore from the Jamboree.

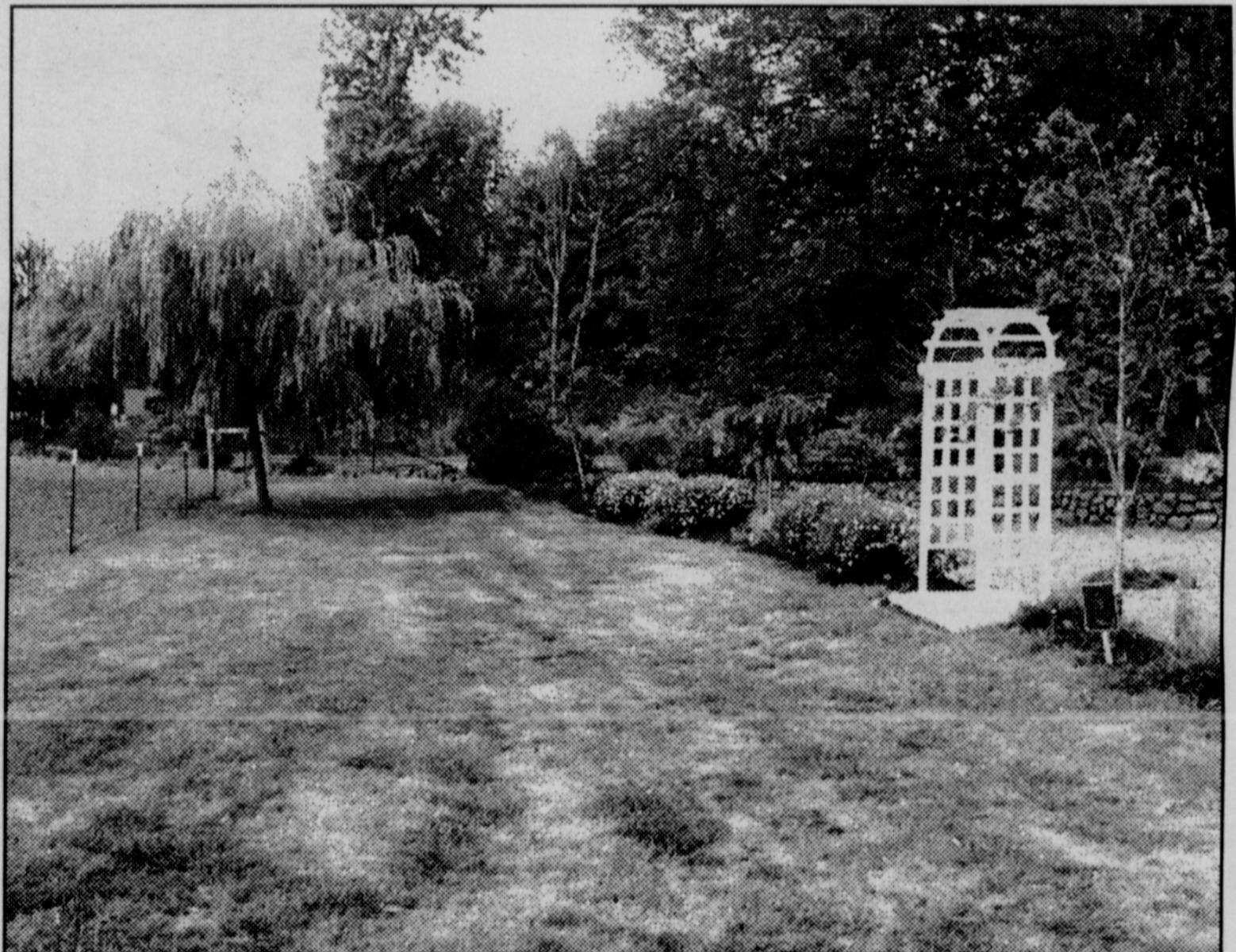
Thank you, Lord, for the good weather and good

friends.

Feeling Blue? Blame it on the air conditioner. It removes negative ions from the atmosphere, the ones that make you feel good.

P. S. Just got my Social Security and Medicare Advisor for July and August. In 2004, Medicare Premiums are expected to go up to at least \$66 a month - Oh! Joy. And, our members of Congress got a 3.4 percent raise in 2002. In 2003, they got a 3.1 percent raise, while we got a 1.4 percent COLA raise - who is caring what happens to the general public? We all eat, sleep, pay bills and have medical costs (but they are not the same). When was the last time you bought new clothes?

Yard of the Month



The yard of Bob and Cindy Burnett, at 1363 Heather Lane, was picked as the Vernonia Yard of the Month for July. The expansive yard is emphasized with features that make each area stand alone, yet coordinate and blend with the overall feeling.

The Health Habit - Terry's Gym

**** NOTICE TO ALL AGES ****

Tired? Depressed? No Strength? No Energy? Overweight? Frequently Ill? Aches & Pains?

If any or all of the above fits you, you need help. Poor nutrition and lack of exercise may jeopardize your very life. High cholesterol, hardening of arteries, stiff joints, arthritis, heart disease, and many other health concerns may result from poor living and eating habits.

Add years to your life and life to your years!

Do something good for yourself - join a health club! Your health should matter most!

Call Today: 503-429-0501



Whether it's a thinner waistline or a healthier lifestyle...

We Can Help!

sugarfree - low carb - diabetic friendly

Hours: Mon-Sat 10-6
51606 Columbia River Hwy.
Scappoose (503) 543-2227

Low Carb Works
MARKET