

Here come those donkeys

Join the fun at Donkey Basketball tomorrow night, February 18, at Vernonia High School at 7:00 p.m. The tickets are being sold in Vernonia High School office. Ticket prices are \$6.00 for adults, \$5.00 for students grade 7-12 and \$4.00 for students grade K-6. If you get the tickets ahead of time they will be \$1 each cheaper. The teams that will be competing at donkey basketball will be the community, the firefighter's, school staff and school students. The community team will consist of Dr. Scheuerman, Robyn Bassett, Tim Jennings, Brett Costley, and Donney Normand (and more), the Firefight-

er's team will consist of: Dean Smith, Cody Watts, Ray Cota. Ernie Smith, Tom Ramsey, Teresa Bernardi, and Wayne Vaughn. The school staff team will be Ms. Drake, Ms. Davidson, Mr. Pierce, Ms. Streeter (and more), and the school students will be Eric Hanson, Chris Richardson, Adam Buchan, Kevin Johnston, McKenzie Bassett, Kristin Kelly, and Jessie Gehrke. There will also be a Zack Rumbolz Memorial taco feed that same night at Vernonia High School in the commons area that will be starting at 5:30 p.m. So come and enjoy the both the food and the games!

Vernonia Lake trout stocking schedule given

Vernonia Lake will be stocked with trout by the Oregon Department of Fish and Wildlife sometime during the week of February 28. Other stocking dates for Vernonia Lake include the week of March 14 and the week of April 18.



Child car seat clinic at Tuality Feb. 26

A free, no registration required, Child Car Seat Safety Clinic will be held Saturday, February 26, from 10:00 a.m. to 1:00 p.m. at the parking garage at Tuality Community Hospital.

Oregon's Child Restraint law mandates that children between 40 and 60 pounds, and between 4 and 6 years of age,

must use a booster seat. Drive through the inspection area, and have certified technicians check how you are using any type of seat(s) in your vehicle. Confirm how to install a seat securely, use locking clips properly, and when it's required to switch a growing child to the next appropriate seat.

Enter the garage from SE Eighth Avenue between Baseline and Oak. For times and locations of other similar clinics in the area, call the Child Safety Seat Help Line at 503-656-7207 or see their website at <www.actsoregon.org>.

Jazzercise Lite classes now starting up

Jazzercise instructor Penny Costley is now offering Jazzercise Lite, a low-impact version of Jazzercise, including free classes for seniors 60 and up. It is an ideal exercise option for seniors or anyone looking for a moderate yet fun and effective workout.

Studies have shown that exercise benefits everyone – regardless of age. Physical benefits include everything from weight control, improved circulation of blood and oxygen, increased muscle mass, better posture, greater flexibility, greater endurance and improved balance. The Mayo Clinic reports that as we age, it is important to continue incorporating physical activity in our lives to maintain functionality, help prevent disease, enhance our moods, manage stress, and sleep better.

Jazzercise Lite is a 60-minute class that pairs moderate aerobics with exercises that are designed to improve strength, balance and flexibility.

"The easy-to-follow routines make Jazzercise Lite inviting to newcomers, and the aerobic portion of the workout can get

the heart rate up without stressing the knees, legs and lower back," said Costley. "The Jazzercise philosophy has always been that exercise is for everyone – and by using effective exercise, jazz dance and popular music – we continually strive to make it fun for participants, too."

Jazzercise Lite will be a free

class held on Tuesdays at 2:00 p.m., beginning March 1, at the Vernonia Senior Center. For regular Jazzercise class information, call Costley at 503-429-0196. Contact Karen Miller at 503-429-9112 for more information about free classes for seniors 60 and up. Additional information is available online at <jazzercise.com>.

Bits & Bites

By Jacqueline Ramsay



so – I'm putting on my president's hat at Vernonia Cares. Please folks, we are a Food Bank. We cannot use used clothing, etc., that the Vernonia Senior Center can and does use. We have to take it there. But the box that someone left last week was so smoke-laden I had to take it home and wash it so they could use it. They can use only clean items. I'm sure you would not buy what was left for us to give to anyone. Thank you.

Hello. First off, I'm told my column is read with anticipation and attention

Well, bless the ground hog. If you are a true Oregonian you know Spring can't show its face until April Fool's Day. It may tease you, but it's all in fun.

The big fish are really jumping at the lake and, by the by, if you have noticed a choking sensation in your throat and an ache in your nose on the back side of the lake just accept it and think how great the lights are going to be later on. All the digging has disturbed years of rotting leaves, etc. and the ground is inhaling all the fresh air.

Things I noticed about town. The signs letting folks know of the museum. Now we need one stating where the lake is at the city limits.

I think our ducks have invited all their out-of-town relatives in for cracked corn. I can't count them now – can't count fast enough.

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Pet of the Month

Columbia Humane Society in St. Helens has a variety of wonderful pets available for adoption. Find the pet that's right for you in the shelter at 2084 Oregon St. Monday through Saturday, 11 am. to 5 pm.



Gretta. Due to the generous donation of one of our volunteers...all but \$5.00 of Gretta's adoption has been paid. She is a spayed long-haired black and white adult (not sure how old, probably not more than a few years though). Gretta needs to have her ears cleaned on a regular basis so she doesn't get ear mites.

The price of adoption includes updated shots, spay or neuter and free health check within 2 weeks.

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