

Business Notes

Terry's Gym expands services with nutritional and health products

Terry's Gym is now offering nutritional supplements in Ver- Grand Master's Champion in 2005 (along with earning three



Terry Fultz' skills include training for general health purposes, or for those who want to try bodybuilding.

nonia. All products are manufactured by Optimum Nutrition, one of the leading supplement companies in the United States. Multiple vitamins/minerals, diet products, strength and recovery products, antioxidants, joint health products as well as specialty items such as protein powders, creatine, branched chain amino acids, essential fatty acids and even healthy snack foods are now available at Terry's Gym.

Terry Fultz, owner of Terry's Gym, has plenty of experience with sports nutrition, having been a competitive body builder since winning Novice Mr. Portland in 1983. Still winning competitions, he was named Northern Pacific States

other titles in 2005). On May 13, Fultz was presented a lifetime achievement award at the Ironman Bodybuilding Show at Jantzen Beach by Ron Smith, chairman for the National Physique Committee. A sword was presented to Fultz for promoting the sport of bodybuilding and for encouraging and inspiring other bodybuilders.

Weight training began for Fultz when he was 14 years-old and he went on to get a BA in Physical Education. Now, in addition to competing, he is a personal trainer and gym owner/operator. Fultz has always been an avid supporter of sports nutrition and has seen the field grow and change over the years.

FCC radio exam info is available

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The Morse Code exam will be administered for those who wish to upgrade. Bring along your CSCE, if you have one that is not expired. It is good for 365 days from the date of your last exam.

The FCC test application form requires your Social Security Number although an FRN (FCC Registration Number) can be used instead, but must be obtained in advance of the examination. Apply for an FRN on the Universal Licensing System (ULS) website at <wireless.fcc.gov/usl/> and click on CORES/Call Sign Registration.

For more information, con-

tact Norman Roberts at 503 429-2405 or kb7cd.norm@juno.com.

Job rate unchanged

Columbia County's seasonally-adjusted unemployment rate was essentially unchanged at 5.7 percent in April. The rate was about the same as the statewide rate of 5.5 percent but higher than the national rate of 4.7 percent. Total employment in the county rose by 106 from March and the number of unemployed people decreased by 68. Total employment was 21,800 in April and 1,308 people were unemployed.

Fultz wants to help everyone improve their quality of life through health and fitness, and knows first-hand how important it is for those in their 40s, 50s

and even 60s to stay active and healthy. Give Fultz a call, drop in at the gym and see how Terry's Gym and Optimum Nutrition can help you achieve your

health and fitness goals. Terry's Gym is at 16720 Noakes Road, Vernonia, or call 503-429-0501 for a personal appointment with Fultz.

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