

It turns out an apple a day may help to keep the doctor away

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and vegetables, include the maintenance of an optimal pH in the intestines.

It may seem like a monumental task to increase your intake of dietary fiber. Yet, a few easy adjustments in your diet will do the trick. Jazzercise Founder and CEO Judi Shepard Missett suggests these simple changes to your diet to shore up on fiber:

- Eat whole fruit instead of drinking fruit juice.
- Snack on raw vegetables like celery or carrots instead of chips and cookies.
- Replace refined foods, such as white rice and pasta, with brown rice and whole-grain pasta.

- Add legumes to your favorite soup or chili.

- Select whole-grain cereals for breakfast.

- Use whole-grain breads made with 100 percent whole-wheat flour.

- Substitute whole-wheat flour for half of regular flour in baking.

When you increase your fiber intake, try to increase your intake of beverages as well. Since fiber absorbs water, you'll want to keep your hydration level optimal. The Institute of Medicine's Food & Nutrition Board recommends that women consume 72 ounces of water per day, while men should aim for 96 ounces.

Start introducing small

changes into your diet today. An apple a day, or similar fiber-rich choices, may prove to be

your number one ally in maintaining good health.

Source: Jazzercise. For information on Jazzercise go to jazzercise.com or call 800-FIT-IS-IT or 760-476-1750.

Letters

From page 3

Join us at a candlelight vigil on Monday, March 19th. Honor the sacrifice. Stop the escalation. Bring the troops home.

The event details are: Columbia County Vigil, Scappoose Totem Pole, Monday, March 19, 2007, 5:30 - 6:30 p.m. To sign up for this event, go to: <http://political.moveon.org/event/iraq4/34253>.

**Marcy Westerling
Columbia County Citizens
for Human Dignity
Scappoose**

Did you forget your Girl Scout cookies?

To the Editor:

Last weekend (either 3/3/07 or 3/4/07) there was a box of Girl Scout cookies purchased at Sentry and when the customer took their groceries to their car they left the paid for box of cookies in the basket. If somebody did not make it home with their cookies, please call and tell me what flavor you purchased and if they are yours I will get them to you. You can reach me at 503-819-0143. Thank you,

**Kinnell Steward
Girl Scouts
Neighborhood 4-2
Vernonia**

Memorial taco feed helps local students

To the Editor:

I would like to thank everyone who helped with donations and their time for the Taco Feed. It is so encouraging to know that Vernonia is such a caring community. The taco feed is a fundraiser for the Zach Rumbolz Memorial Scholarship. It was a great success. The money goes right back into the community with several scholarships provided for our youth.

What a privilege for the family members of Zach to know that this community honors his memory.

Once again thank you for all your support.

**Katie Poetter
Vernonia**

Get ready for "Make Vernonia Shine Day"

To the Editor:

Mark your calendar for April 28 for the annual "Make Vernonia Shine Day."

If your group or organization has a particular site you would like to work on, please pre-register by calling Genny Fisher at 429-4019.

**De Loris Webb
Vernonia Pride**

Community ready to start ball programs

To the Editor:

It is that time of year again, spring is just around the corner, and the youth of Vernonia are ready to participate in the spring sports programs. This year outside of school, volunteers of the community will be offering T-Ball, Baseball, and Softball. We held our first sign-ups February 5th and our second sign-up for the season was February 21st. We had a great turnout. For any children who missed sign-ups, we hope to see you next year.

T-Ball will be holding a few fundraisers this year, so watch out for our little ones, who may want to wash your car or truck! Also, Baseball will be holding its 2nd annual golf tournament fundraiser on May 5th. Please join in the golf fun. We have lots of great door prizes, and a delicious BBQ lunch.

If you have any questions, do not hesitate to call Brent Dass at 503-429-9352, or Melissa Zavales at 503-429-0969. Thank you for all your continued support. We look forward to seeing you this season.

Sincerely,
**Melissa Zavales
T-Ball President
Vernonia**

Columbia County's 11th Annual Job and Career Fair

Sponsored by

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A Variety Of Northwest Employers

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251 St. Helens Street
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Workshops:

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Equal opportunity employer/program. Auxiliary aids available upon request to individuals with disabilities. TTY 503-366-6020

You're Invited

**Buckleberry Cottage & Out on a Limb
Welcome Comedienne Sue Kirby to Vernonia**



March 22, 6:30 pm

Vernonia Community Center

Tickets \$10.00

**Available at Out on a Limb
Benefits Bicycle Skills Park**