

Help at bike ride for cancer in June

Cancer affects all of us. The statistics are alarming. In Oregon and Washington a woman is diagnosed with breast cancer every 77 minutes. The medical reality is encouraging: Almost 65 percent of people diagnosed with cancer will survive more than five years.

Regular exercise reduces the harmful effects of cancer treatment and reduces the risk of recurrence.

On June 2-3, in celebration of National Cancer Survivor's Day, the Cancer Community renewal Project will present the inaugural We Will Because We Can Bike Ride in and around Vernonia. There will be various routes offered from a 10-mile family ride to longer, hilly rides and routes in between. Money

Bits & Bites

By Jacqueline Ramsay



It is Spring – time to get out the broken record. The lily pads are beginning to break through the surface of the lake. When is the picnic table going to be back in use on the backside of the lake? Some conversation topics from around the lake – “the trees are sure pretty.” “This is a

raised will support local programs providing wellness services for cancer survivors and their families.

Check out the website www.wewillbecausewecan.org and join them as a rider, volunteer or business supporter.

nice lake, you're sure lucky to have it, anyone catching any fish?" "What are they building over there?" (in the mud.)

Should we slow down to 20 mph or should people be made to give the car the right of way in the middle of the block? I say we should walk to the corner and use the crosswalks – that's why they were put where they are – for safety. Anyhow – we folks need the exercise. Right?

Here's something for all to ponder. How come I saw a woman on her hands and knees at a street rain drain cleaning out mud, muck, and

debris, in front of her home? I am under the impression that is a job for street cleaners – which I think is under “City Care” or maybe County? Anyhow, it is not right. If I was the only person to be upset by it the city is wrong in thinking it's the property owner's job to keep it free flowing so her yard won't become a wading pool.

Mr. Weatherman – have a heart, April 28th is “Make Vernonia Shine” Day and my yard is still a wet, soggy mess. I need dry sunshine to dry me out so I won't sink while tripping through the (tulips?) moss and tree debris.

A message to a pet lover – thank you, I have shared your loss more than once and per-

haps we will meet this spring.

Just a note for Vernonians – The Vernonia Cares “Half Marathon is April 7th from 10 a.m. to 2:00 p.m. at Anderson Park. Come by and cheer on the runners. Also, mark your calendars for Saturday, April 21st and Sunday, April 22nd “Oregon Road Rally” will be back in town at WGS parking lot. Meet and greet the drivers and their cars and get a bite to eat from “Vernonia Cares” food booth. If you live out of town, come join in the excitement anyway.

Another date – Cycle Oregon is back in town Saturday, June 23rd. Pray for sunshine.

See you all around the town. We still support the troops.

It's time to decorate your Salmon



One of the decorated, carved wooden Salmon from last year.

The Vernonia Salmon Festival Committee is inviting businesses, organizations and artists to sponsor a Salmon for the 2007 Knee Deep in Salmon auction.

There are 20 Salmon, carved by Carvin' Marvin of North Plains, available. The Salmon, 31 inches long and fin to fin 10 inches wide, are made from White Fir or Cedar. Consider the Salmon a back drop for artistic vision.

Last year, 18 unique Salmon were created and auctioned to raise money for Vernonia charities. This year 20 Salmon are ready to be released.

Application deadline is April 15. Completed fish must be turned in to the Salmon committee on or before July 2.

Applications may be picked up at Vernonia City Hall, or call 503-429-9101 for more information.

Rummage sale for D.C. trip

There will be a rummage sale on Saturday, April 7, from 10:00 a.m. to 5:00 p.m. at the Vernonia Middle School cafeteria. All proceeds will benefit participants of Close-up, an educational trip to Washington, D.C.

Nat'l Library Week

Celebrate National Library Week on Tuesday, April 17, at 7:00 p.m. with B.J. the Clown at the Vernonia Public Library. This event is being sponsored by The Friends of the Library.

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