

**Business Notes**

**Trainer can help you achieve your goals**

Personal Training services became easier to find in the Vernonia area in February. Teresa McMahon, NSCA-CPT, is now available to provide personal training consultations and services, either at Terry's Gym or in-home. "My goal is to educate people to start the process of living a healthy lifestyle by teaching them ways to meet their goals," said McMahon.

Personal training creates resistance, cardio, flexibility, and stress-management programs tailored to the individual instead of one-size-fits-all fitness programs.

McMahon also offers circuit training classes, with monthly changes to keep them fresh, at Terry's Gym. Circuit training provides a good workout for people who are self-motivated. An assessment to give people a starting point, without ongoing training, is another way that McMahon can help people improve their fitness.

A life-long Vernonia resident, McMahon, lives here with her two children; Jordan (14 years old) and Sara (12) and fiancé John Williams. She said she has always been into sports and fitness. About eight years ago, she started going to Terry's Gym on a regular basis, then went to PCC and earned her associate degree in Fitness Technology.

Since then, she has also earned a Certified Personal Trainer designation from the



**Teresa McMahon at Terry's Gym**

National Strength and Conditioning Association. After working at a training studio in Portland for some time, she is now offering her services in Vernonia.

With a focus on anybody who wants to learn and im-

prove their health and fitness, McMahon is ready to help you whether you are male, female, young or older, in-shape or out-of-shape. You can reach McMahon at 503-429-5051, or 503-799-3424, or by email at jetjunki@netzero.com.

**Council approves ordinance changes, tree removal**

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and approved. The budget committee will meet at 6:30 p.m. on May 7, 9, 14 and 15, with the final budget hearing scheduled for June 25 at 7:00 p.m. All budget meetings are open to the public and will be held at City Hall.

Ordinance changes standardizing the Library Committee and the Airport Committee were approved.

Kline discussed the general ledger of revenue vs. expenses for the first nine months of the

fiscal year, as included in the council packet. He told council, "The next thing I'd like to accomplish is to fix journal entries, as there have been some entry errors made." He went on to say he would provide a different report next meeting with more details.

In other business, council:

- approved a request by Peter and Leslie O'Leary to remove trees, at their expense, from city property in conjunction with removal of danger trees from their property,

- approved a change to the deadline for items to be placed on council agendas. The deadline was changed to 1:00 p.m. of the Monday prior to the council meeting,

- discussed, at length, a request from the airport committee to allow model airplane flights at the airport. No decision was reached, but consensus was that a resolution asking for summer use should be put on the next agenda.

**Vernonia Chamber schedules free business classes at public library**

Free business classes will be offered this spring through arrangements by the Vernonia Area Chamber of Commerce. All classes will be held at the Vernonia Public Library; a small donation for room rental may be requested.

A branding/logo class will be held on April 23, from 6:00 to 8:30 p.m.

April 24, there will be a 501(c)(3) training/workshop

from 6:00 to 8:30 p.m.

Grant Writing will be the topic of a workshop on May 19, from 9:00 a.m. to 4:00 p.m.

June 2 will be the date of QuickBooks Training from 9:00 a.m. to 4:00 p.m.

To sign up for any or all of these educational opportunities, call the Vernonia Area Chamber of Commerce at 503-429-6081 or email: info@vernoniachamber.org.

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**Join the Fun and Help Make Vernonia Shine, April 28, 9-1**