

Reduce stress...go by van

Driving alone on crowded highways can be an expensive, frustrating experience that increases congestion and pollution. Commuting in a vanpool saves money on car maintenance, fuel and insurance, eliminates the stress of driving, and reduces traffic congestion and air pollution. A vanpool is a group of 5 to 15 people who share their commute. The vanpool travels from home or a prearranged meeting place to work, school or other destinations.

Vanpooling can cost a quarter of what you would pay to drive alone! Metro helps make vanpooling even more economical with an incentive program that pays for 50 percent of the van lease cost, not including fuel. Passengers split the remaining costs. Monthly costs per rider, including fuel, are \$60 to \$95 for a 30-mile round trip, compared to \$266 to drive alone. By reducing the cost of maintenance on your own vehicle and splitting the high cost of gasoline with other riders, you can save hundreds

of dollars each year.

The average commuter spends eight hours each week behind the wheel of a car, the equivalent of working one extra day. According to surveys, most workers believe their commute is the most stressful part of the day. In contrast, vanpool riders can relax, read the newspaper, work on their laptop or just take a nap. There are fewer worries about traffic, vehicle reliability or getting to work on time. As a member of a vanpool you will be doing your part to reduce traffic congestion and improve air quality while saving money.

There may already be a vanpool that meets your commute needs. Learn more about vanpool options and how to start a vanpool at www.metro-region.org/vanpool. Or, come to the Vernonia Community Learning Center on Tuesday, April 24, at 7:00 p.m. for an informational meeting about vanpooling options available to commuters in Vernonia who work in the Metro area including Portland and Washington County.

St. Mary's garage sale starts today

St. Mary's Catholic Church annual garage sale started today at 9:00 a.m. and closes tonight at 6:00 p.m. Friday hours are the same as today's and Saturday hours are from 9:00 a.m. to 4:00 p.m.

St. Mary's is located at 960 Missouri Ave.



Lions gazebo given to Vernonia

At an awards banquet held March 14, the Vernonia Lions Club officially gave the gazebo in Hawkins Park to the city of Vernonia. The gazebo was given to the city in honor of Bill Horn, who, before his death in 2006, had been a charter member of the Lions for 54 years.

The gazebo has been in use for a few years, though it was not completed until August of 2006. Lion Jim Prpich designed and spearheaded the building of the gazebo. Many volunteers worked on the gazebo and the Lions Club donated hundreds of hours to its construction. A plaque with the Lions motto, "We Serve" will be placed on the gazebo.

At the same banquet, Vernonia Lion Bob Curl was presented with an outstanding

service award. Curl has been a Vernonia Lion since 1962.

Bits & Bites

By Jacqueline Ramsay



Do you want to know how I know Spring is here? You can't count on the weatherman's word. Another sure way is - all the folk with fishing poles around the lake, also the antics of the ducks. A couple of them diving and splashing - one came up, took off for the shore with the second in hot pursuit - #1 duck had a fish in its beak. I don't know the outcome - they went into the cattails.

Oh, by the way - if you see any duck eggs in the grass or brush, leave them alone. They just might be someone's child. Ducks don't lay and abandon, they know where they were sitting. I've seen several out in the

open this spring.

Going to Astoria by the inland route this past month, Spring things noted; the skunk lilies were showing yellow buds, newborn calves, lambs and gamboling colts. Wonder of wonders at the Elk Reserve the herd was within about 50 feet of the viewing fence - I've never seen them so close - we gawked, they ate and watched us. Another close encounter - watching five does munch away while we sat on the highway and watched them.

Now, who beside myself read the full page ad "Bin Laden Found" in the March 27 issue of the "Courier Mail?" Did you read it with tongue in cheek or a big question mark in your brain? It might be interesting to learn more about the "People of Wisdom" before swallowing what they had to say as fact.

Chapter two of this week's Bits & Bites:

Here is a big bit of news if

you are curious as to who and what all of those cyclists were and why they were peddling through Vernonia two weeks ago (March 31).

Shadow and I stopped in Mariolino's for lunch and, being curious, I ask if they were practicing for Cycle Oregon. No, they are a group called "Oregon Roundonneurs." They are a long-distance, unsupported cycling group. This means - if you break down, you fix it the best you can or figure out how to continue the trip. Dan said he had his Visa card and could or would call a cab. Anyhow, the style developed in the 19th century in France. Some of the group are in training to go to France and participate in the July 2007 "Paris Brest Paris" 1,200 Kilometer (767 mile) cycle run. You have to finish in 90 hours to be in the standings. March 31, they were just limbering up with a 100 or so mile jaunt. Good luck to all of you.

Vernonia Lake stocked, Lost Lake access changed

Vernonia Lake is scheduled to be stocked with another 1,000 trout this week and 2,000 trout the week of April 30, from the Oregon Department of Fish and Wildlife.

The stocking the week of April 30 is scheduled to be the last for Vernonia Lake this year.

Visitors to Lost Lake in southeast Clatsop County need to alter their access point to the lake and enter from Highway 26 at Quartz Creek Road, instead of going through Henry Rierson Spruce Run Campground.

A logging operation in the area is closing public access to Lost Lake from the campground, according to the Oregon Department of Forestry. The closure is expected to last

until May 25.

For more information about the road closure and its reopening, call Larry Sprouse at the ODF Astoria District office, (503) 325-5451.

**Get out and help
Make Vernonia Shine on
April 28, 9am to 1pm**

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