

Motorcycle Show returns Aug. 4

The second annual Vernonia Jamboree Motorcycle Show will be held Saturday, August 4, from noon to 4:00 p.m. at Vernonia High School.

Categories include People's Choice, Best Custom, Best Stock, Best Vintage, Best Foreign, Farthest Rider, Oldest Rider and Best Trike. There will

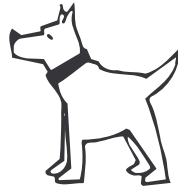
be trophies, ribbons, prizes, games and local musicians.

Bring the biggest Big Leaf Maple leaf and win a prize. The show is held in memory of Blackhawk Pilot Chief Warrant Officer Erik C. Kesterson and all the others fighting for us. There is no entry fee and all riders are welcome.

Yappy Hour for you and your dogs

Columbia Humane Society invites everyone to join them on Friday, July 20, from 5-8:00 p.m. for the second Yappy Hour at Wayne's Chicago Red Hots! Last month's Yappy Hour was a great success! Plenty of dogs got baths, folks had fun socializing in the sun and they were able to raise some desperately needed funds. They even adopted out one of their puppies at the event, and his brother was adopted the next day!

Yappy Hour is the time for Owners and their Canine Kids to mix and mingle with new people and their dogs, and support the Columbia Humane Society. Gourmet treats and water are provided for the dogs, while leash holders can enjoy good beer, great "dogs" and raffle prizes. Socializing your dog or contributing to a great cause has never been easier! Basic dog washes will



be available for a suggested \$5.00 donation, and doggie massages, courtesy of Posh Pooch Massage, will be available starting at 6:00 p.m.

The Columbia Humane Society would like to have a good turnout as they are in a serious financial crisis and may not be able to keep their doors open. If you cannot make it to Yappy Hour, please consider dropping by the shelter to make a donation.

Wayne's is located at 578420 Old Portland Road in Warren (in the Scappoose Bay Marina). Questions? Call Columbia Humane Society at 503-397-4353, or Wayne's Chicago Red Hots at 503-397-1170.

Bits & Bites

By Jacqueline Ramsay



I've written this article three times in my head and twice on paper, so I pray

you folks will give me some slack for what I'm about to write.

- 1) What is the 4th of July celebrated for?
- 2) Who is it celebrated for?
- 3) Why is it celebrated?

The answers I came up with wasn't what I saw represented on the 4th or in the parade. What I saw wasn't there. No real tribute to any service people. Past, present or MIA's. One large flag with young Girl and Cub Scouts. Yes, there were others in the parade, thanks to them the side-line

Summer is a great time to start, or continue, exercise

From page 8
programs, too. (Some charge a nominal fee.)

Do you prefer outdoors activities? Great. Just remember to keep up your fluids! Take along a water bottle when you walk, hike, swim, bicycle or jog. Watch out for too much sun, and do not exercise stren-

ously during extremely hot, humid weather or within two hours after eating. Heat and/or digestion both make heavy demands on the circulatory system, and in combination with exercise can be an overtaxing double load.

kids had candy to fight over as to who got to it first, even if the bigger kids had to knock the little ones down. I know the 4th was in the middle of the week but the "Spirit" of Independence and the "Thanks" to those folks that have fought, died, came home crippled in so many ways or are just missing so you and I can celebrate and breath free just was not in evidence. Why do I feel so lucky? I lost one uncle before we entered the 2nd World War. He ferried airplanes over to England so they could fight the Germans on their soil. My brother has the dubious distinction of upsetting President Harry Truman from his perch on a "hatch" Bob opened to take a look see. I feel somehow shamed by what I didn't see, so my thanks to all who read this that got somehow lost on the 4th of July.

The fireworks were spectacular, though. Thanks to the

folks that did work to make it a special day for those of us who can't do much anymore.

Now, on to just chit-chat. Now that it is almost too hot to breathe, Shadow and I have gone the mile at the lake twice since the 4th. Guess what, you can see the lake from the "fish holes" cut in the cat-tail hedge. If they are kept up, the ducks will know where to nest next spring. Only one shame on you fishermen and etc.; I went down to the water's edge to retrieve three pop cans and in the process my feet got tangled in hidden fishing line.

Stay in the shade, drink water and keep cool.

Mark your calendars for Vernonia Cares Chicken BBQ on July 28, also their Bear Creek 10K Run, the 51st Jamboree, the Quilting Fair and the Senior Center's Hunter/Fisherman's Dinner just before Hunting season.

If you like evening walks, be sure to protect yourself from West Nile virus. It's spread by mosquitoes. Wear long-sleeved tops and pants and use DEET, picaridin, or oil of lemon eucalyptus to keep them from biting.

Vernonia Cares Food Bank Sponsors

BBQ Chicken Meal

Saturday, July 28

11:00-6:00 PM

At the Senior Center

446 Bridge Street, Vernonia

Meal: Quarter BBQ Chicken, Potato Salad, Baked Beans, Roll, Cookies, Beverage. \$8



All meals are "To Go"~ inside seating available

All proceeds benefit Vernonia Cares Food Bank

"Show your support and have a great home-cooked meal at the same time. We'll do the clean up!"

Questions? Call Rosie or Sandy at 503-429-1414



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