

Bike & Build, Inc.'s young bicyclists work on affordable housing



Five of the 27 young bicyclists who stayed overnight in Vernonia on their way to Cannon Beach to complete their cross country trip to help raise funds and build affordable housing.

On July 24, 27 young adults pedaled their bicycles into Vernonia to stay overnight at the community center of the Vernonia Christian Church where

they were greeted by Pastor Sam Hough. They were on the final leg of a journey that started May 20 at Virginia Beach, Virginia. Along the way, they

spent nine days helping to build affordable housing. They were part of Bike & Build, Inc.

Bike & Build is pedaling to end poverty housing. Through

fund-raising cycling trips, Bike & Build raises money for and awareness of affordable housing efforts. Their events are meant to act as catalysts to build homes, foster the spirit of service, and empower young adults...mile by mile, house by house.

Their guiding principle: "We are young, and we could change the world. Young adults are capable of incredible things. Bike & Build's events unlock the potential of young adults to do good work. We strive to encourage our participants to test their limits, reach their potential, and affect change. Our energy is contagious, and there is much to be done."

According to Habitat for Humanity (the world's largest non-profit affordable housing organization), over 5.1 million American families have "worst-case" housing needs in which they endure overcrowded conditions and/or live in physically deficient houses. Additionally, more than 13 million American households pay over 50 percent of their income for housing

(www.habitat.org).

The participants learn about affordable housing along the way. Each rider is responsible for raising at least \$4,000 prior to departure. Bike & Build donates the majority of the money its participants raise to student-led affordable housing projects across the country. The money raised also helps pay for trip expenses along the way – such as each bike, food, and fuel for the support van.

There were six groups of riders, each taking different routes from East to West coasts.

The riders who stopped in Vernonia were on the Central U.S. route. They started out by dipping their rear wheels in the Atlantic Ocean and planned to dip their front wheels in the Pacific Ocean when the ride concluded July 25 at Cannon Beach. From there, riders will head home and, hopefully, continue to participate in affordable housing projects.

To learn more about Bike & Build, Inc. and affordable housing projects, go to www.bike-andbuild.org.

Take precautions to keep pets from overheating ills

During the summer months, dogs and cats are subject to the same dangers as humans, including overheating, dehydration, and sunburn. The following important summer safety tips were provided by the Columbia Humane Society:

- Never leave your pet in a parked car. Even with the windows cracked open, the temperature inside a car can become dangerously hot very quickly.
- Always carry a source of cool water for your pets when

traveling.

• Keep your dogs off the cement and asphalt during the heat of the day; their paws can be burned.

• Use sunscreen on light-colored or thin-haired pets.

• Don't take your pet to the beach unless there is a shady area to rest and plenty of fresh water. Rinse the salt off your dog's coat after a dip in the ocean.

• Snub-nosed dogs should be kept in an air-conditioned room if possible. Older and overweight dogs are especially sensitive to the heat so keep them inside.

• Always keep matches, lighter fluid, insect coils, etc.,

out of your pet's reach.

• Watch for signs of overheating such as excessive panting or drooling, weakness, or elevated body temperature. More serious signs of heat exhaustion can include glazed eyes, a rapid pulse, unsteadiness, staggering gait, vomiting, or a deep red or purple color of the tongue. If any of these signs develop move the animal into the shade and use cool (not ice cold) towels to the head, neck, and chest. Give small sips of water and get the animal to a veterinarian immediately.

For more tips on protecting your pets in summer, go to www.vetmedicine.about.com.

Musical legends at Oregon Zoo

They did not travel in covered wagons, but Richie Furay, Chris Hillman and Herb Pedersen are American pioneers. They led the way to the creation of a whole new style of music, uniting country roots music with rock-and-roll. These founding fathers of country rock perform August 22, at 7:00 p.m., as part of the Wells Fargo Summer Concert Series presented by Fred Meyer.

Richie Furay is famous for his influence on the California country-rock scene, but his first break came when he joined the house band for the famous Café Au Go Go in New York City. An invitation from Stephen Stills, another Au Go Go alum, brought Furay to Southern California, where he joined Buffalo Springfield.

Buffalo Springfield, contemporaries of the Byrds, released only three albums before splitting up, but they left a lasting mark on American rock. After the breakup of Buffalo Springfield

Please see page 22

Adopt a Pet

Columbia Humane Society in St. Helens has a variety of wonderful pets available for adoption. Find the pet that's right for you in the shelter at 2084 Oregon St. Monday through Saturday, 11 am. to 5 pm. 503-397-4353



Camry is a very friendly loving lab mix looking for a the perfect home. Camry can be very head strong when out on a walk and needs someone who is going to teach her who really is the "Alpha" in the relationship. Camry is very smart and knows what she want. She loves the water and gets along with just about any other canine pal we set her up with. She is up-to-date with her shots, spay, flea treated, de-wormed and ready to go home. Her adoption also includes a free vet exam

The Columbia Humane Society is a No-Kill non-profit shelter dedicated to helping friends find each other since 1985.

This Adopt a Pet is Sponsored by:

Senator Betsy Johnson

Handyman

General Repairs
Maintenance
Odd Jobs



William
503-830-0035