

Help cut wood and get doughnuts for pay

There will be another wood-cut for Vernonia flood relief on Saturday, May 4. Volunteers should meet at the Wauna Credit Union parking lot (corner of Weed Ave. and Bridge St.) at 8:30 a.m.

Volunteers will finish cutting the deck of pine logs started last Saturday and go to the

BLM cutting area near Scapponia Park for more work there.

Volunteers need to bring field gear and sturdy boots; lunches with plenty of water to drink; chain saws and gas (Stihl has donated bar oil and oil to mix with gas); saw chaps, ear plugs, gloves, eyewear; splitting mauls and wedges. Also

needed are power wood splitters, open bed pickup trucks and small trailers to haul wood.

Everyone who comes out will sign up as a Columbia County volunteer. This will cover everyone in case of injury.

Volunteer Robert Alverts has committed to bringing Krispy Kreme doughnuts again.

Bear Creek Run will help feed hungry

Get out those running shoes and mark your calendars for August 16, the date of the sixth annual Bear Creek Run/Walk.

Beginning and ending at Anderson Park, this event boasts the diversity of a 5K Run/Walk encompassing a lap of Vernonia Lake, and a 10K Run that heads south along the Banks/Vernonia Linear Trail. Both routes are flat and fast, winding through tree-lined sections of the trail, and providing welcome shade for all participants.

This event is a fundraiser for the Vernonia Cares Food Bank

– an organization that has supported local families for the past 23 years.

In addition to entering the race as either an individual or a group, there are many ways you can help: Become a sponsor, volunteer for advance planning or the event, or come to cheer on those who run or walk. Be there at the finish line! It is said that charity begins at home – this is a chance to be a role model through all levels of support for this event.

Did you know that statistics consistently show that one-

third of the population who benefit from Vernonia Cares are local children? The saying – it is hard to play when you are hungry – is sadly true.

The help and support of Vernonia residents is needed in order to successfully provide for approximately 11 percent of our community. Vernonia Cares is also aided through United Way of Columbia County. In addition to monthly groceries, Vernonia Cares distributes special food boxes at Christmas, containing the basic groceries for a Christmas meal.

See the following website for more details of the run/walk: <http://www.signmeup.com/57993>, or contact Race Director Maria Lemay at 503-429-1069. Online registration is encouraged. Rewards are available for those who register before August 1.

Bits & Bites

By Jacqueline Ramsay



I am ticked, happy-sad, worried and a little perturbed this week.

I find green tea is such a wonder for all that ails a person why aren't my fingernails getting stronger?

Why are so many people getting maimed or killed in the smaller cities?

Who among any of us has the right to say "this" is best for a child? Even if it isn't old enough to talk, a child can feel and knows who loves it. When I was a child (oh yes, I was) at the age of 12 (the People that Be) decided with whom my siblings and I would live. I begrudged both of my parents most of their lives because I had no voice.

Does your phone have a half-finished sentence greeting you when you say hello? Two out of six times you can't understand what your ear is hearing.

Now to the lighter side. The saga of my Tempo. It is really

beginning to own me. I now can't tell how much fuel is in the tank. I inquired of the price to fix the problem – the mechanic called for a price, he said, "It costs what?" Oh, and for \$60 more you get the whole unit, now I'm in shock. So I'm putting in five gallons at a time and computing my mileage while I save up my pennies. Eeeeeek.

Oh yes, the garter snakes are finally out sunning themselves at the lake.

Time for another cup of tea. Chapter 2: Sunday, April 20, 3 p.m., Shadow and I were walking the lake – only I was gawking and gaping at the sky. There were eleven Osprey soaring and riding the air currents above the lake. I watched til my neck was stiff and I was dizzy. Oh yes, also the fisher fold weren't having much luck catching fish. I wonder why?? Ho ho.

It was a grand sight. Just heard from my oldest grandson – he passed all his entrance tests into the Marine Corp. He is as happy as a clam. His mother and grandmother have other kinds of thoughts – I've got three more grandsons the wrong age for this stage in life – Yes, I'm selfish. How about you?



A film crew was in Vernonia last week working on the movie "Twilight." Some signs, including a welcome sign, were changed to read "Forks," the name of the city in the movie.

Vernonia Rural Fire Protection District



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