

Power of the People

Power of the People will be back January 15.

Norwegians are wanted for show

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Try eating a sheep's head!
This series will air in Norway and potentially in other countries as well.
Visit www.oconnorcasting.tv/norway to download an application for the show. You can forward any questions to Norway@oconnorcasting.tv

Keeping New Year's resolutions

From page 11

excuses that come too easily. Don't lose momentum – in advance, be aware of, write down, and respond to excuses before they become an issue.

4. Use procrastination as an advantage.

People who procrastinate as a habit are forced into action by some external deadline. To prompt weight loss, focus on an external deadline, such as a wedding or reunion.

5. Schedule exercise.

Make an appointment on the calendar to exercise – and keep it. Aim for exercising 30

minutes a day.

6. Monitor your behavior.

Monitoring can take the form of writing a food diary, counting the glasses of water sipped daily, calculating the number of calories burned while exercising, and so on. A written record is particularly helpful to check later, when a memory boost is needed.

7. Focus on the horizon.

Measure the progress made, which scientists call the "horizon effect." It's encouraging to see progress – motivation grows when the goal is in sight. Repeat winning techniques for more success.

8. Take it one choice and one day at a time.

Don't worry about forever. Any change is more manageable and less overwhelming in smaller doses.

9. Find someone who's accomplishing weight loss and imitate them.

When it comes to eating right and exercising, observe and copy a successful person to see what they're doing to get good results. If correct choices are duplicated, then results quite possibly can be duplicated, too.

10. React kindly to mistakes.

Everyone makes mistakes. When that happens, avoid falling into the traps of shame and guilt.

TOPS Club, Inc., the nation's oldest, nonprofit weight-loss education and support organization, celebrated 60 years of weight-loss support and success in 2008. Founded and headquartered in Milwaukee, Wis., TOPS promotes successful weight management with a philosophy that combines healthy eating, regular exercise, wellness education and support from others at weekly chapter meetings.

Visitors are welcome to attend their first TOPS meeting free of charge. To find a local chapter, visit www.tops.org or call 800-932-8677 for more information.

Vernonia 2008 Year in Review

From page 15

operate for five more years before threat of having to repay \$500,000 is averted.

Aug. 1-3 – 52nd Vernonia Friendship Jamboree and Logging Show.

Aug. 6 – City sells old City Hall.

Aug. 14 – 47J Board bans energy drinks on campus.

Aug. 19 – 1st of Flood Town Hall series held.

Sept. 4 – City settles lawsuit filed by former (Feb. 2005 to June 18, 2006) City Administrator Robyn Bassett.

Sept. 11 – 47J Board announces State Fire Marshall has approved limited use of Washington Grade School basement.

Sept. 13 – Community Work Party at Vernonia Schools, to hang sheetrock and clean bricks.

Sept. 22 – 2nd Flood Town Hall in series held; Sergeant Mike Kay announced as Interim Police Chief; Carole Connell announced as new Planning Consultant.

Sept. 26 – Demolition begins on east wing of VHS.

Sept. 30 – Chief of Police Mat Workman's last day in Vernonia.

Oct. 4 – Salmon Festival.

Oct. 20 – Council approves utility rate and fee increases.

Oct. 22 – 3rd Flood Town Hall in series held.

Nov. 3 – CCFR gives city notice of intent to move from VCLC to FEMA manufactured home.

Nov. 13 – 47J Board told VHS gym is now open.

Dec. 1 – Water loan reserve fund rebuilt (after city spends previous, legally required, fund built from water rates); \$11.50 removed from utility bills. County Commissioners hold Public Hearing on Airport property rezoning request at Scout Cabin.

Dec. 3 – 4th Flood Town Hall in series held, including free spaghetti feed for community.

Dec. 14 – Snow starts falling.

Dec 15 – Vernonia Rural Fire Protection District Fire Chief Paul Epler's resignation effective.

Dec. 22 – City declares state of emergency due to snow storm (retroactive to Dec. 15).

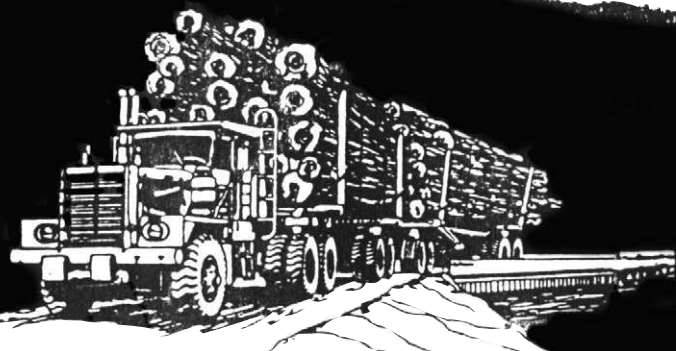
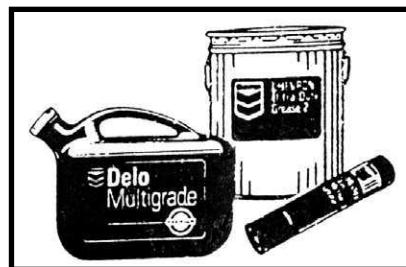
Dec. 24 – Shelter opened at Vernonia Middle School due to continuing power outage and snow.

Dec. 30 – Leonard Simmons still off city water; wants apology from Mayor.

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Buying unwanted vehicles with clear title

Tree pruning

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ing tree care research and education around the world. As part of ISA's dedication to the care and preservation of shade and ornamental trees, it offers the only internationally-recognized certification program in the industry. For more information on ISA and Certified Arborists, visit www.isaarbor.com