

**Business Notes**

# Fultz has winning year as bodybuilder

Terry Fultz, Vernonia resident and owner of Terry's Gym, is celebrating the best bodybuilding season of his career. Fultz went to seven bodybuilding competitions in 2011 and won at every one.

He took 1st place in his age category at shows in Seattle, Washington, Bend, Lincoln City, Dallas, Texas, Auburn, Wash., Spokane, Wash., and Tacoma, Wash. The first competition was held April 16 and the last was on October 15.

Taking first place in every show is pretty amazing, but that's not unusual for Fultz, who has been beaten in his age class only once since 2002. Even more amazing is that, in addition to first places, he entered the open class com-

petition at three of the shows. Open class means Fultz was competing against bodybuilders of all ages, including men forty years younger. At Bend, then Dallas, and again in Tacoma, Fultz took third place in the open class. "Someone my age just doesn't take third at three major events against today's best bodybuilding in the middle weight class," said Fultz, but he did. Fultz really enjoyed the audience, "The crowd's response to my success was more than just memorable, it was absolutely thrilling."

Fultz wants to return to Dallas next year, "They loved me there, I got a standing ovation from the crowd of nearly two thousand people." Fultz also

plans to add North Carolina to his competitive season and maybe other states, "It seems the farther from home I go, the more I'm appreciated. Folks just don't get to see someone my age looking the way I do."

As always, Fultz wants to thank all the members of the gym, his faithful training crew, and those who believe age is just a number. "A man is measured by his accomplishments, what others think of him and by those who love him, not by a calendar," Fultz added.

For more information on Terry's Gym or bodybuilding, contact Fultz at 503-901-1705. Terry's Gym is located at 16720 Noakes Rd., Vernonia.

# It's Sno-Park permit time

As fall quickly turns to winter, it's time to prepare for your favorite winter activities.

Oregon's Snob-Park program helps provide snow removal at about 100 winter recreation parking areas (Snob-Parks) across the state. Snob-Parks exist in most of Oregon's mountain passes and in most ski, snowmobile and snow play areas. A list of areas designated as Snob-Parks is available at [www.tripcheck.com](http://www.tripcheck.com) under "Travel Center."

If you park in a Snob-Park between November 1 and April 30, you need a valid Snob-Park permit displayed in the windshield of your vehicle.

There are three types of permits: a \$25 seasonal permit, a \$9 three-day permit good for

three consecutive days, and a \$4 daily permit. All DMV offices and permit agents at winter resorts, sporting goods stores and other retail outlets sell these permits. Private agents can charge an additional service fee. A list of permit agents is available at [www.tripcheck.com](http://www.tripcheck.com) under "Travel Center."

The seasonal permit also is available by mail from DMV. Send a written request with your return address, phone number, and a check or money order to DMV, Vehicle Mail No. 1, 1905 Lana Avenue, Salem Oregon 97314.

Parking in an Oregon Snob-Park without a permit may result in a fine, so be sure to obtain a permit and display it on your vehicle.

# Community Calendar

**VERNONIA**

Alcoholics Anonymous	Mondays	6:30 p.m., 410 North Street
Alcoholics Anonymous	Thursdays (Big Book Study)	7:00 p.m., 410 North Street
American Legion Post #119	2nd Tuesday	7:00 p.m., 627 Adams Avenue
Booster Club	2nd Wednesday	7:00 p.m., VHS Library
Boy Scout Troop 201	Tuesdays	7:00 p.m., Scout Cabin
Boy Scout Troop 860	Wednesdays	7:00 p.m., LDS Church
Cemetery Beautification Comm.	2nd Thursday	6:30 p.m., Library
CERT	4th Wednesday	For Info Call 503-429-3018
Chamber of Commerce	2nd Wednesday	For Info Call 503-429-6081
Community Coalition	2nd Monday	12:30 p.m. School District Ofc.
Cub Scout Pack 201	Scout Cabin	For Info Call 503-429-4250
Emerg. Preparedness Comm.	4th Wednesday	6:30 p.m., WOEC
Friends of the Library	1st Tuesday	7:00 p.m., Vernonia Library
Girl Scouts, Neighborhood 4-2		For Info Call 503-819-0143
Izaak Walton League	3rd Thursday	For location call 503-429-7193
Kiwanis Club	2nd & 4th Tuesdays	6:30 p.m., New Hong Kong
Lions Club	1st & 3rd Tuesdays	6:30 p.m., New Hong Kong
Municipal Airport Committee	1st Wednesday	6:30 p.m., City Hall
Pioneer Museum		For Info Call 503-429-3713
Upr Nehalem Watershed Council	For date call 429-0869	7:00 p.m., Vernonia Grange
Public Works Committee	4th Tuesday	7:00 p.m., City Hall
Vernonia Cares Directors		For Info call 503-429-1414
Vernonia City Council	1st & 3rd Mondays	7:00 p.m., City Hall
Vernonia Community PTA	2nd Wednesday	7:00 p.m., WGS Library
Vernonia Garden Club	2nd Tuesday	1:30 p.m., Vernonia Library
Vernonia Grange	3rd Monday	7:00 p.m., Grange Hall
Vernonia Health Center	3rd Thursday	6:30 p.m., 510 Bridge St.
Vernonia Comm. Learning Center	1st Wednesday	5:00 p.m., VCLC
Vernonia Parks Committee	3rd Wednesday	6:30 p.m., City Hall
Vernonia Planning Comm.	1st & 3rd Thursdays	7:00 p.m., City Hall
Vernonia Ridge Riders	Last Thursday	7:00 p.m., Senior Center
Vernonia RFPD Board	2nd Tuesday	7:00 p.m., Fire Station
Vernonia School Board	2nd Thursday	6:00 p.m., District Office
Vernonia Sr. Center Board	2nd Friday	10:00 a.m., Senior Center
Vernonia Transfer Station	2nd & 4th Saturdays, 8 a.m.-2 p.m.	Behind VHS
Vern. Volunteer Ambulance Assoc.	1st Tuesday	7:00 p.m., Fire Station
Vernonia Volunteer Firefighters	2nd Monday	7:00 p.m., Fire Station
WOEC Directors	3rd Tuesday	7:00 p.m., WOEC

**MIST-BIRKENFELD**

M-BRFPD Board Business Mtg.	2nd Tuesday	7:00 p.m., Main Fire Station
M-BRFPD Board Workshop	4th Tuesday	7:00 p.m., Main Fire Station
M-B Ambulance Drill	1st & 2nd Thursdays	7:00 p.m., Main Fire Station
M-B Fire Drill	1st & 2nd Wednesdays	7:00 p.m., Main Fire Station
M-B Helping Circle	2nd Monday	7:00 p.m., Main Fire Station
M-B SAR Drill	3rd Wednesday	7:00 p.m., Main Fire Station
M-B Volunteer Assoc.	1st Tuesday	7:00 p.m., Main Fire Station
Natal Grange	2nd Wednesday	7:30 p.m., Natal Grange Hall
T.O.P.S.	Mondays	9:00 a.m., Main Fire Station

**BANKS**

Alcoholics Anonymous	Friday	7:30 p.m., Methodist Church
Alcoholics Anonymous	Wednesday	7:30 p.m., Methodist Church
American Legion Post #90	2nd Tuesday	7:30 p.m., Main Street Post
Banks City Council	2nd Tuesday	7:30 p.m., City Hall
Banks Fire District #13	2nd Wednesday	7:00 p.m., Station 13
Banks Library Commission	3rd Tuesday	7:00 p.m., City Library
Banks Planning Commission	Last Tuesday	7:00 p.m., City Hall
Banks School Board	2nd Monday	7:30 p.m., Jr. High Library
Banks Youth Group	Sunday, Wednesday	7:00 p.m., UMC Youth Bldg.
Chamber of Commerce	1st Thursday	12:30 p.m., Fire District Office
CPO 14	3rd Monday	7:00 p.m., City Library
Everybody's Hometown Band	Tuesdays	7:00 p.m., BHS Music Room
Friends of the Library	2nd Tuesday	7:00 p.m., City Library
Lions Club	1st & 3rd Mondays	7:00 p.m., Brown Derby
Sunset Park Assoc.	3rd Wednesday	8:00 p.m., Gun Club
T.O.P.S.	Wednesday	7:00 p.m., Administration Bldg.

**COLUMBIA COUNTY** (All meet in St. Helens unless otherwise noted.)

Board of Commissioners	Wednesday	10:00 a.m., Courthouse
Citizens for Senior Justice	2nd Tuesday	7:00 p.m., Sunset Park Church
Columbia 9-1-1 Board	3rd Thursday	9:00 a.m., 9-1-1 meeting room
Columbia Comm Mental Health	1st Tuesday	5:30 p.m., 58646 McNulty Way
Columbia Soil & Water District	3rd Wednesday	7:30 p.m., NRCS, 2514 Sykes
County Fair Board	2nd Monday	6:00 p.m., Fairgrounds 4-H Bldg.
County Parks Commission	3rd Tuesday	Times vary, 1054 Oregon St.
Mental Health Advisory Comm.	Quarterly	For Info call 503-397-7211
Comm. on Children & Families	3rd Thursday	5:30 p.m. OSU Ext., 505 N. Hwy. 30
Local Alcohol & Drug Plann. Comm.	Quarterly	For Info call 503-397-7211