

Cooking Matters Classes for Adults Offered in Rainier and St. Helens

The OSU Extension Service is offering two different series of classes, one in Rainier and one in St. Helens.

The SNAP-ED Program is partnering with the Columbia Pacific Food Bank to offer Cooking Matters—a series of FREE cooking classes in Rainier for low-income adults!

- Receive a FREE book with cooking tips and recipes!
- Take home a bag of groceries each week!
- Learn to shop smart at the store!

WHEN: Every Thursday, January 24 to February 28, 2019

TIME: 10:00 am to 12:00 pm, lunch included

WHERE: United Methodist Church, 101 East C Street, Rainier, OR

REGISTER ONLINE: <https://cma-rainier-winter-2019.eventbrite.com/> or call OSU Extension at (503) 397-3462.

Space is limited, so sign up today! Pre-registration is required.

Do your dental health needs make it hard for you to eat right? Then this series of FREE Cooking Matters classes is for you! Learn healthy cooking techniques from guest chefs and nutrition experts that will meet your needs and inspire you to get healthy this New Year!

Participants will receive:

- A bag of groceries each week to make healthy recipes at home
- A book with nutrition tips and recipes
- Participants who complete at least 4 of the 6 classes will also receive a special blender to help with food preparation (one per household)

Space is limited, so sign up today! Pre-registration is required. This program is intended for adults (18 or over) who are living on a limited in-

come.

WHEN: Every Tuesday, January 22 through February 26, 2019

TIME: 10:00 am to 12:00 pm, lunch included

PLACE: First Lutheran Church/Community Meals Site, 360 Wyeth Street, St. Helens, OR

REGISTER: Visit <https://cookingmat->

tersdentalhealth.eventbrite.com or call OSU Extension to register: (503) 397-3462.

Oregon State University provides equal opportunity in education and employment on the basis of race, color, religion, national origin, gender, age, disability, or status as a Vietnam-era, as required by state and Federal laws.

Vernonia Weather December 2018

DATE	HIGH	LOW	PRECIP
1	46	36	.03
2	43	36	T
3	44	31	.01
4	46	21	.01
5	45	17	.01
6	42	17	0
7	42	19	.08
8	39	32	.03
9	39	29	.45
10	42	36	.18
11	46	37	1.02
12	48	31	T
13	49	38	0
14	50	30	T
15	50	31	.57
16	48	39	.29
17	49	38	1.68
18	53	45	.2
19	52	35	T
20	52	44	.3
21	46	29	T
22	42	29	.96
23	49	38	.22
24	50	36	0
25	47	31	T
26	44	34	.33
27	46	32	.08
28	47	37	.15
29	50	40	.62
30	50	37	.04
31	44	29	T
Ave/Tot	46.5	32.7	7.26

Weather data is collected at the U.S. Weather station at the Vernonia Water Plant

Upper Nehalem Watershed Council Board Meeting

5:30 pm on Thursday
January 24, 2019

at the UNWC office 1201 Texas Ave. Suite A. Entrance is around the back of the building



For more info call (503) 396-2046 or email maggie@nehalem.org

Auction Notice

Storage Too

58645 Nehalem Hwy. S.
Vernonia, Oregon 97064
503-429-7867

D19 - 10 x 10 - T. Eggleston
E03 - 10 x 10 - T. Eggleston
F10 - 5 x 10 - W. Easley

**Auction will be held
Noon, Tuesday
February 26, 2019**

Please call prior to auction
Cash or certified check only

HOW TO SEND LETTERS TO THE EDITOR

Vernonia's Voice welcomes and requests your thoughts, opinions and ideas. Please include your name, address and phone number, limit your letters to 300 words or less. Vernonia's Voice reserves the right to edit, omit, respond or ask for a response to letters submitted. We will print letters space permitting. Deadline is the 1st and 3rd Monday of each month. Email: scott@vernoniasvoice.com or mail to: Letters, PO Box 55, Vernonia, OR 97064.

Support our Seniors SOS DONATION

Vernonia Senior Citizens

939 Bridge Street, Vernonia, OR 97064
Office Telephone 503-429-3912
501 (c) (3) TID: #23-7422295

Donor's Name _____
Mailing Address _____
City, State, ZIP _____

- _____ Enclosed is my \$60 donation towards the Senior Meal Program (Sponsors one monthly meal pack containing 10 meal certificates)
- _____ Enclosed is my donation towards two meal packs (\$120)
- _____ Here is my donation for another amount \$ _____
- _____ \$15/year annual senior citizen membership for those 60 years old and over
- _____ You have my permission to list me as a Champion of the SOS program (amount will not be posted)
- _____ My check will serve as my receipt OR
- _____ I would like a tax deductible receipt mailed to me at the above address

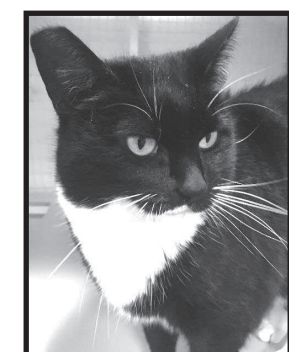
THANK YOU FOR BECOMING AN **SOS CHAMPION!**

AA Meetings

Open Meetings
Mondays & Thursdays
6:30-7:30 pm
Vernonia Christian Church
410 North Street

Women's Meeting
Tuesdays 6:30-7:30 pm
Vernonia Christian Church
410 North Street

Columbia Humane Society



Purr-fect Pals

Whiskers is about 2 years old and weighs 15 lbs. (Yes, we know, we are working on dropping her weight.) She was an owner surrender after both her Mom and Dad passed away. She has a history of living with other cats, but not with dogs, so we feel a no dog home will be the way to go. She does great with kids in her life. Ms. Whiskers loves to chat, and she loves it when you talk back to her. She is looking for a lap to sit on, and someone who is willing to pet her all the time. She has only ever been an indoor kitty, so we

would like to keep it that way. If you are interested in meeting Whiskers our cattery is open to the public on Tuesday, Saturday, and Sunday from 12-5. If you are unable to meet her during those hours please feel free to give us a call or email to schedule a time.

CHS requires that all adopters have an approved application on file prior to meeting a pet. Once that application is approved, we will then schedule a time for you to come and meet with the pet that you are interested in. Our kennels are not open for public walk through as we believe that is too stressful on our pets. If you are interested in meeting any of our pets please don't hesitate to call 503-397-4353, please leave a message and we will return your call ASAP. Also please feel free to email animalwelfare@columbiahumane.org if you have any other questions.

Featured Dog

Hi, my name is Marley and I am a spayed female, about 3 years old. I weigh around 30 lbs and I'm a very athletic dog. Other dogs make me nervous, especially if I am on leash. I need to be in a home where I get to be an only child. I also need to have a fenced yard, and preferably I would like to live in an area that isn't too busy. I haven't ever really been around kids and to be honest they make me a little nervous. I also am not going to do well in a home with cats. I really like to chase them and I'm not sure what I would do if I could get one, but they really do annoy me.

