

JUST THINKING



It was really a nice treat to be able to send someone in my place to the city council meeting this week, especially since we are swamped—as usual. I probably won't get to do it too often though.

It was nice to see that the council had appointed a committee to help make suggestions on drawing up a sewer hookup ordinance so they never have to go through such disaster again.

Just think, only one more week until Jamboree. And people are busy, busy, busy, including us. I don't know about everyone else but I really look forward to Jamboree time even though it means we at the paper, work harder than ever. But there's such an air of excitement, anticipation and just old-fashioned friendliness in the air at this time—something like Christmas almost. Last year I didn't really get to do a thing but this time will be different. I'm going to see everything and the agenda looks as if it will be pretty full.

The coronation will be Friday night and the Arts and Crafts show will be open then too, so that takes care of that day for me. Then I'll be at the parade (I use the excuse I have to take pictures) which is really my favorite thing. I love parades.

Hopefully I'll get out to the horse show that afternoon but I don't want to fish the frog jumping contest (I've never had a chance to see one yet)—I could go on and on. What I really need is two of me to do all I want to.

And Vernonia may

make the big time, newswise this next week as Pat Curl will attempt to run 100 miles for the American Cancer Society. And it is his own idea! He's hopeful that folks will be willing to pledge 10 cents a mile to the ACS and that he will get at least \$200 in pledges for the group. That's pretty low-cost wages for running all the way to Portland—and if he can—back to Vernonia. I understand he will have some folks running part-way with him but not me. I might make it to the corner of Bridge and Rose but then they'd have to carry me back and I'd spent the next two weeks recovering.

When I sat down to type, I had all kinds of things I wanted to say but would you believe that it's time for me to go to work on my other job and so I'll have to close for now. But don't forget to tell all your friends about the "Run for Life" by Pat Curl. Maybe they'd like to pledge something too. As Pat said, "every penny counts," in the fight against cancer.

Energy
Conservation
Is Important
To Your
Wallet!

Watch food during hot weather

Life begins at 40 for food poisoning bacteria, a food specialist reminded Columbia County homemakers recently.

Carolyn Raab, Extension Food and Nutrition specialist, was featured speaker at a recognition picnic for Extension study group officers and members at Camp Wilkerson. The event was coordinated by members of the Extension Homemakers Advisory Committee.

Temperatures between 40 and 140 degrees are considered the danger zone, Miss Raab said. The 60 to 125 degree zone is especially hazardous. Bacterial growth can be great enough to cause illness from eating many foods held between these temperatures for more than two or three hours.

Outbreaks of illness from food contaminated by harmful bacteria are especially common during the hot summer months, the food specialist said. There is potential danger in carrying perishable foods on picnics or cookouts without proper refrigeration, she added.

Reheating foods will not destroy the toxin caused by the bacteria causing staphylococcal poisoning, homemakers learned. Boiling for several hours might destroy the toxin, but foods in which the bacteria grow readily often cannot be boiled. Custards, egg salad, potato salad and similar foods are frequently involved.

Salmonellae bacteria are widespread in raw animal products, Miss Raab pointed out. These organisms are usually destroyed by cooking. Homemakers can often prevent contamination of other foods by precautions such as sterilizing the cutting board used for raw animal products

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before using it for other foods.

Miss Raab recommended the bulletin "Keeping Food Safe to Eat" for additional information on the major types of bacteria food borne illness. Bulletins are available in the Extension Service office in the courthouse.

Advisory committee chairman Rose Humbert noted the achievements of Extension study groups during the year. The St. Helens group was commended for their attendance at training sessions, and other groups were thanks for their publicity and service projects.

Support of youth through scholarships to 4-H summer week was the most frequent service project of groups, Mrs. Humbert announced. One-fourth of the scholarship money was provided by Extension groups.

Advisory committee

vice-chairman JoAnne Williams Presented Mrs. Humbert with a past-president's pin in recognition of her work with the group for the past year. Officers for the coming year will be chairman, Kathy Chisum; vice-chairman, JoAnne Williams; secretary, Linda Thomas; and treasurer, Chris Kelyman.

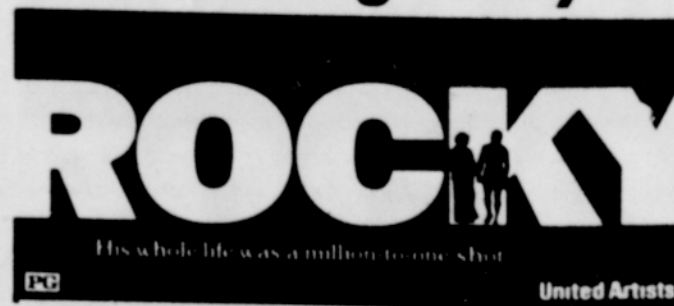
Burn permits required

Burn permits are required within the city limits of Vernonia. To obtain a permit call 429-8252 from 8-10 a.m. Mondays through Fridays.

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**STARTS MONDAY
JULY 25**

Runs through July 31



**Joy Theatre
7:30 p.m.**