Food preserver volunteers needed

The OSU Extension Service plies and a resource notebook. in Lane County is accepting applications for the 2015 a cadre of volunteers who serve as a local resource for volunteer training program.

The program trains and certifies volunteers in all areas of food safety and food preservation. The volunteers selected into the program receive a minimum of 40 hours of training in return for volunteering a minimum of 70 hours to the OSU Extension Service in Lane County in the year following the training.

The cost of the eight-week training program is \$175, which includes training, sup-

plies and a resource notebook. The new volunteers will join a cadre of volunteers who serve as a local resource for up-to-date food preservation and safety information. Volunteer activities include staffing the summer statewide food preservation and safety hotline, assist with public classes, testing pressure canner gauges, and staffing information booths at local fairs and events.

Volunteers also have the option of becoming a food pantry volunteer with the Nutrition Education Program. This year's classes will be

held on Mondays from 9:30 a.m. to 4 p.m., beginning on April 13 and lasting through June 8. The classes will be at the Community of Christ Church, 1485 Gilham Road in Eugene.

More information on the program and registration forms are available on the OSU Extension Service website at www.extension.oregonstate.ed u/lane/food-preservation.

For more information, call the Master Food Preserver message-phone 541-344-4885. Deadline for application is Friday, March 27.

Help the disabled prepare for emergencies

If you or someone you know has a disability or needs assistance to live independently, take additional steps to prepare for emergencies.

Get informed:

• Know what type of natural disasters might occur in your area. Take this into account during preparation.

Make a communications plan:

• Create a personal support network, and prepare them to assist you with your medical equipment, service animals, and transportation needs.

• Make sure they have a spare key to your residence and know where your emergency supplies are located.

• Have a cell phone and paper contact list ready of regional hospitals, doctors, neighbors, and family and friends — both in and out of your area.

• Talk to your medical services provider about their backup plan, including power failemergency.Practice your plan.

ures and treatments during an

Build two emergency kits:

1. This kit includes survival basics: water, food, radio, flashlight, batteries, and first aid for at least one week or longer.

2. This kit contains important medical, personal, and insurance documents and at least one week's supply of medicine.



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A Taste of Florence

Dining Guide



Great lunch menu with daily specials Happy hour everyday 2:00- Close Special happy hour appetizers

Hours: 11:30 - 4:00 Wednesday-Sunday See our menu at sandpines.com & facebook

1201 35th Street at Kingwood, Florence 541-997-4623

