

New course will train volunteers in all aspects of food preservation

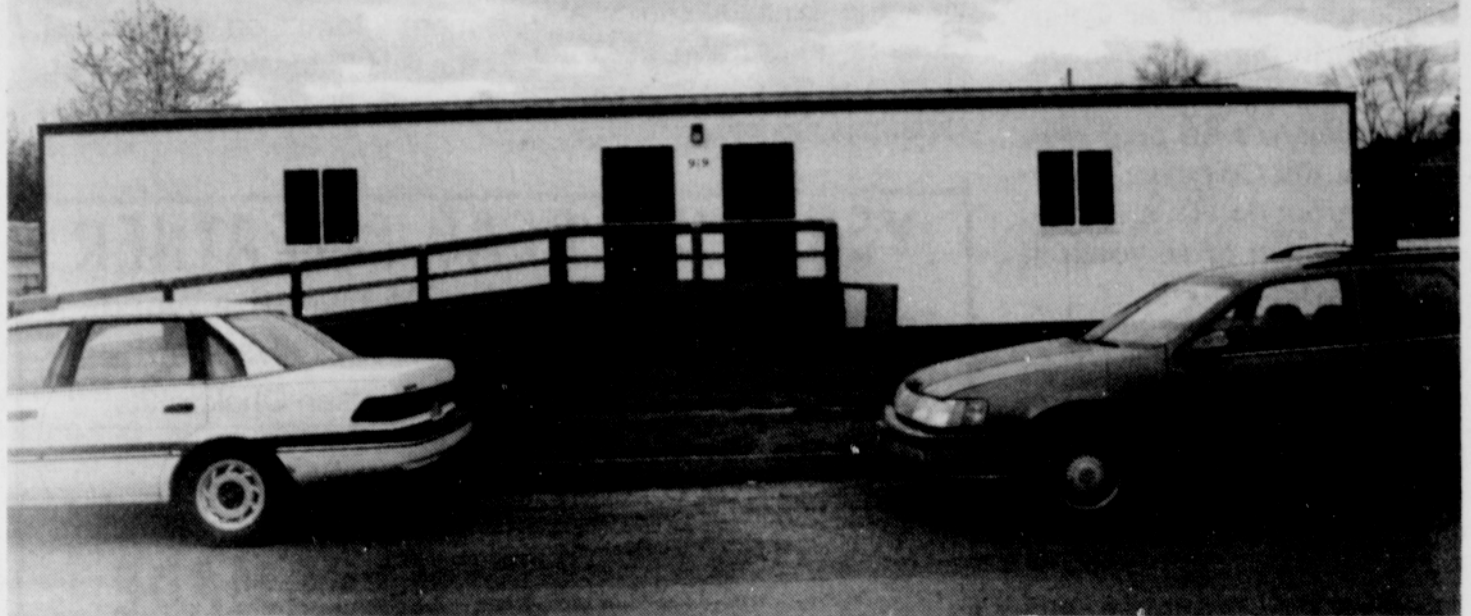
Master Food Preservers is a program of the OSU Extension Service that trains volunteers in all aspects of food preservation (canning, pickling, drying, freezing, jams/jellies), provides complete up-to-date food preservation information and asks for 30 hours in return, volunteering in their communities.

Classes will be Wednesdays, May 1 - June 5 from 9 a.m. to 3:30 p.m. in the Extension Conference Room in the Courthouse in St. Helens. There is no charge for the training, and all volunteer time may be scheduled to fit

individual needs and interests.

Upon completion of the Master Food Preserver training, volunteers will have hands-on experience checking pressure canner gauges, recording radio spots, distributing food preservation information, answering questions, demonstrating techniques for groups or individuals, and setting up displays at county fairs.

Deadline for registration is April 24, 1996. For more information, or an application, call the OSU Extension Service at 503-397-3462.



This modular building, on Washington Avenue behind the Christian Church, contains two classrooms, kitchen, bathrooms and office space for Vernonia Head Start. After being flooded out of their former quarters, Head Start had to suspend operations until new space was obtained. See the next issue of *The INDEPENDENT* for Head Start's summer program.

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Tuality program on domestic violence

"Domestic Violence in Our Community," an overview of domestic violence, the myths, facts and cycles of abuse, will be presented by Kathleen Hart, program services director, Domestic Violence Resource Center.

The free presentation will be Thursday, April 18, from 7 to 9 p.m., at the Tuality Health Education Center, 334

SE Eighth Ave., Hillsboro. It is part of the DeMar Batchelor Memorial Health Education Lecture Series, sponsored by Tuality Healthcare Foundation.

Hart will review the devastating effects domestic violence has on children, and discuss avenues of intervention and alternatives for ensuring their safety. She will

also review the programs and services available through many community organizations.

Statistics show that domestic violence cuts across all ethnic and socioeconomic lines. More often than not, it occurs in front of children.

Police in Washington County field average six domestic violence calls a day, with incidents occurring three times more frequently on weekends than on weekdays. On more than half of the calls, children are present.

The Bureau of National Affairs estimates that about one million workdays each year are lost in the U.S. as a result of domestic violence, or about \$6 billion in losses to American companies.

Organization will support county fair

A new group, "Friends of the Columbia County Fair", has been formed to raise funds so the Columbia County Fair can award premiums to fair participants and exhibitors.

Anyone interested in joining the group and assisting with the efforts is invited to attend the next meeting, Monday, April 22, 7:00 p.m. in the fairgrounds office. The organizational agenda will include membership, fund raising, grant writing, and other business as needed.

For further information, contact the fair office at (503) 397-4231.

55 Alive class slated

A 55/Alive driving class sponsored by the Yankton Grange will be offered April 24-25. Classroom instruction will be given by Ken Bowers to help "Tune-up" the older driver to be more at ease behind the wheel. There will be discussions on local problems, and updates on rules of the road - they have changed over the years.

Tuition is \$8. Oregon insurance companies may give a discount for completion. To register, call Phyllis Pannell (503) 397-6269.

B-V Linear Park offering free fir seedlings to celebrate Earth Day

In observance of Earth Day, Banks/Vernonia State Park will distribute Douglas fir seedlings from 8:30 a.m. to 12:30 p.m., Monday, April 22.

"The seedlings will be provided to the public for planting at home," said Ranger Scott Green. "The park expects to give away 300 seedlings from the office below the Buxton Trailhead"

The seedlings will be given on a first-come, first-served basis, up to five per family,

along with planting instructions from Oregon State Parks Department and the Oregon Department of Forestry. The seedlings have been provided by the forestry department Phipps Nursery.

"Many other Oregon Parks and Recreation Department facilities will also distribute seedlings throughout the state for Earth Day," Green added.

For more information call the park office at 324-0606.

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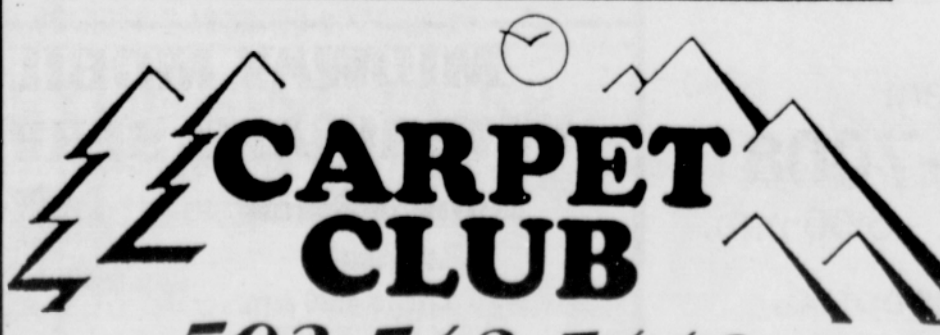
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