

Business Notes

Help available for low carb diet followers

Eating a low carbohydrate and sugar-free diet became easier, last year, when Low Carb Works opened next to the Sears store on Hwy. 30 in Scappoose.

Wanda Fowler, the owner of Low Carb Works, has been eating a sugar-free, low carbohydrate diet for four years, because of health problems.

"I had high blood pressure, was overweight, and taking three different medications a day. I lost 38 pounds in five months and don't have to take medications anymore. I know it works," said Fowler.

After helping friends and relatives learn new ways to eat, following her successful dietary change, Fowler expanded to a retail operation. As the business has grown, Fowler's husband of 38 years, Stephen, has joined her at the store.

Low Carb Works features

Clean-Up Time on the B-V Trail!

It's Clean-Up Time on the Banks-Vernonia Linear Trail! No, that's not a badly rhymed song of the old west, just a reminder that the heavily used trail needs all the help it can get from community volunteers and organizations.

Members and friends of the Vernonia Chamber of Commerce will gather at 9:00 a.m. Saturday, July 19, at the Anderson Park picnic shelter to coordinate efforts before heading out to clean up four miles of the trail or pull ivy right in town.



Stephen and Wanda Fowler in their Low Carb Works store.

sugar-free ice cream, baked goods, breads, chips, energy bars, and cookies. Other products include pastas and sauces, cheesecakes, candy, cookbooks and other books. New items are being added all the time, including new

cake mixes that will arrive this week.

Low Carb Works is open Monday through Saturday from 10 a.m. to 6:00 p.m. The Fowlers will be glad to help you with one or more of their best sellers – cheesecake, ice cream, or even a milkshake you can enjoy without guilt!

Tools needed are flat-bladed shovels, rakes, weed whackers, etc. Sturdy, comfortable gloves are needed, as well. The chamber will provide trash bags and bottled water, and will coordinate rides to and from the various parts of the trail.

Everyone is welcome to participate. If you are new to town, it's also a great way to get to know some of your neighbors.



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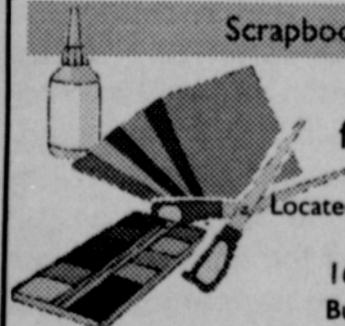
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Thousands of refunds are returned each year to the Oregon Department of Revenue because of incorrect addresses.

"Most of the refunds that come back to us are for taxpayers who moved after filing their returns," explained Joan Linn, manager of the department's Tax Services Unit. "If they didn't give us a new address or leave a forwarding address with the postal service, it's likely that they did not get their refund."

The department encourages taxpayers to update their address with the department when they move. "Address updates are important year around, not just during tax season," Linn said. "We send refunds, notices, tax booklets, and other information throughout the year."

If the department is unable to locate a new address, the taxpayer's name is added to the list of unclaimed refunds on its website <www.dor.

state.or.us>.

To change an address, taxpayers may use a change of address form from the department's website, or may call 503-378-4988 or 1-800-356-4222 (in Oregon). Spanish speakers may call 503-945-8618. For TTY (hearing or speech impaired only), the toll-free number within Oregon is 1-800-886-7204. The TTY number is answered by machine only; a representative will return the call.

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