

Volunteers organizing Turkey Roundup for holiday food boxes

With the holidays fast approaching and heating bills climbing, many families must rely on Vernonia Cares to supplement their food supply. The food budget suffers for many, as Oregon remains, dismally, the leader in the nation for unemployment. Columbia County is the highest in the nation at 11 percent unemployment! Vernonia Cares has seen a steady increase of need and now serves 110 families, 325 people and rising.

Because of this, Vernonia Cares needs to increase the number of Christmas food bas-

kets, which include a turkey, to 200 this year. In the past, donated turkeys were collected, then Vernonia Cares purchased the remaining turkeys needed. Now, the best buys are available to consumers as enticements to shop and are considered "loss leaders."

There are several ways the people of Vernonia can help meet the goal of 200 turkeys.

1. Purchase a turkey at Vernonia Sentry and donate it at the check stand. It will be stored at Sentry for collection later.

2. Donate Saver Shields at

Vernonia Sentry check stands to offset the purchase price.

3. Donate a turkey at the Vernonia Health Center parking lot drop-off on November 15, 22 or December 6, 13 from 9:00 a.m. to 3:00 p.m. Vernonia Cares volunteers will cheerfully accept your donation.

4. Having difficulty thinking of a gift for a loved one? Why not have a turkey donated to a needy family in their honor? A beautiful Christmas card will be sent to acknowledge the donor(s). Call the number below.

5. Deanna Gonzales has an-

nounced Jazzercise members will donate 10 turkeys this year and challenges other Vernonia organizations to meet or beat their commitment.

6. United Way helps fund the food bank (supplying approximately one-third of their budget) and is actively seeking donations throughout the county.

Suggested turkey weight is 10-12 lbs. If you have an emp-

ty freezer and are willing to store 10-20 turkeys until December 18, or if you have any questions, please call turkey drive coordinators Pat or Bob Stacklie at 503-429-7563.

This is an ideal donation effort. By giving a turkey, 100 percent of your donation stays in the community and benefits our neighbors, friends and families. Please help if you can.

Evening Chats at Tuality Health Center

Tuality Healthcare's Community Education program is offering a series of free, no registration required, "Evening Chats." The following topics are scheduled for this month:

- November 12, 6-7:30 p.m. – Breast Cancer: Where Are We Today? Catharina Davis, M.D., general surgeon, and Mark Stone, M.D., oncologist, will provide the latest information about breast cancer, including keys to early detection and advances in treatment. Amy Camburn, RN, M.S., OCN, Tuality's breast health coordinator, will also present resources and support services available in the community for those touched by the disease.

November 20, 6-7:30 p.m. – Diagnosis and Treatment of Alzheimer's Disease: Daniel Friedman, M.D., neurology specialist, will discuss the latest diagnostic techniques used to evaluate seniors with memory

loss, today's standard of care and future prospects for treatment. Anyone interested in learning more about aging and memory loss or those with a family member diagnosed with dementia should attend.

Tuality's Health Education Center is located at 334 SE Eighth Avenue, in Hillsboro.

Support group for patients and families

A Cancer Support Group is being held the first Wednesday of each month from 6:30 to 8:00 p.m. at the Tuality/OHSU Cancer Center, 299 SE 9th Avenue in Hillsboro.

Led by health professionals, these informal sessions offer both the educational and emotional support you and your family may need in facing the issues involved with cancer treatment and survivorship.

The group is free, no registration is required, just drop in.

Cub Scouts collecting food for Vernonia Cares

Hunger is a growing problem in the Pacific Northwest, and Oregon has one of the highest hunger rates in the nation – nearly double the average for the other 49 states. For this reason, Cascade Pacific Council Scouts will hit the streets on Saturday, November 8, to gather food for the hungry and help Oregon Food Bank and other agencies battle the problem.

Cub Scout Pack 201 will conduct the annual Scouting for Food drive in Vernonia on November 8. The Scouts annual effort is the largest one-day food drive for the local emergency food bank, Vernonia Cares. It is also the last major food drive of the year in Vernonia.

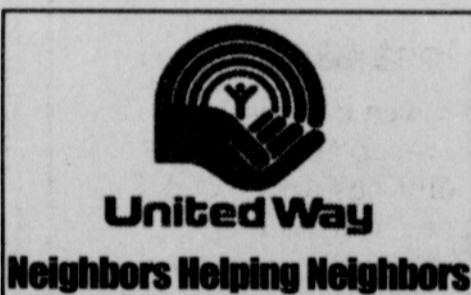
Scouts will distribute collection bags on Saturday, November 1. Then, throughout the day

on November 8, they will collect food door-to-door from local residents and take the donations to Vernonia Cares. Donations may also be dropped off at designated collection boxes around town. The items most needed are non-perishable canned and packaged foods such as meat, soups, stews, fruits, vegetables, pasta, rice, cereal, beans, lentils, peanut butter, tuna, and baby food. The goal of Troop 201 is 2,500 pounds of food for those in need.

This service project gives Vernonia scouts a chance to help others and demonstrate concern without expecting payment or reward. The act of giving one's own time and effort is an extremely valuable lesson for our boys. In Vernonia we have a unique opportunity be-

cause these efforts benefit our community directly.

Community service was a primary tenet of the Boy Scouts of America when they were founded 93 years ago, and it remains a primary focus today. Through the generosity of our community, and the efforts of local Scouts and adult volunteers, Scouting for Food will have an immediate, beneficial impact on our community. Please help our Scouts help others on November 8.



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