

Careful food planning will keep the fun in summer

Because foodborne illness is more common during the summer, when you plan and prepare summer meals that you'll eat outdoors, assume bacteria will be joining the picnic.

Bacteria grow rapidly in warm weather, so perishable foods — including cooked meat, baked beans, potato and pasta salads, and cream pies

— shouldn't be left at warm temperatures longer than 2-3 hours.

To keep hot foods hot and cold foods cold, transport them in insulated containers.

If you can't control temperatures, use foods that can be safely held. Good choices are items that are sold unrefrigerated in grocery stores. Good ex-

amples are unopened canned meat and fish, canned beans, bread products, canned fruit juices, and whole fresh fruits and vegetables.

Be sure to cook meat thoroughly, too. Ground meat should be brown throughout.

Plan carefully and enjoy summer by being safe rather than sorry.

Vernonia Cares gets donations from two extra sources in May



Top, as they have done each year since 1996, the Rose City Motorcycle Club arrived on May 15 with donations for Vernonia Cares. The club escorted a van, donated for the trip by Bob Lanphere Motors, which carried 1596 pounds of food and other needed items. Above, on May 8, Letter Carriers throughout Columbia County collected donations of non-perishable food items for the Food Banks in the County. Vernonia Letter Carriers collected 620 pounds of food that went directly to Vernonia Cares.

47J Board will hold next Budget meeting on May 20 at 6:00 p.m.

From page 15

The INDEPENDENT that WESD recognizes that schools are the backbone of the community in smaller districts and that WESD works to benefit local contractors. However, he added, he would be remiss if he did not warn the board about "an element in the private sector that believes they have a right to public money" and may dispute this use of public procurement law.

The board unanimously approved the concept of working with WESD on a design/build project and authorized the su-

perintendent to sign the necessary agreements.

Other business

The board approved a modified superintendent's contract allowing the superintendent to retire due to changes in PERS, then contract back to the district and continue in his current position.

Approved a change in graduation requirements, eliminating Family Living though keeping total credits the same.

Announced that the budget committee would meet Thursday, May 20, at 6:00 p.m.



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