

Donut Day Dec. 18 for food banks

The St. Helens Police Department will again partner with the Columbia Pacific Food Bank to exchange food for Krispy Kreme donuts and help feed our neighbors who have difficulties putting food on their tables. Cash donation made between now and Donut Day are used to purchase the donuts and for other costs.

The St. Helens Police Department invites members of the public to come to the Police Department, located at 150 S. 13 St., on December 18, from 7:00 a.m. until 3:00 p.m. and drop off food donation. Each single, perishable or non-perishable food item will earn you one donut, two food items

earns two donuts, three food items earns three donuts, and so on, up to a maximum of two dozen donuts per person.

Donuts will also be available for sale without a food donation for \$7.00 per dozen.

Last year, the Columbia Pacific Food Bank received almost \$1,500.00 in cash and nearly 1,500 pounds of food from Donut Day.

To make a donation or for more information, contact Chief Steven K. Salle' or Police Records Specialist Deb Wend at the St. Helens Police Department in person or by calling 503-397-333 or visit the website at <www.Sthelenspolice.org>.

Get organized before the holidays

Here are a few tips to help you with the hectic holiday season.

- Designate one area in your home to store gifts as you purchase them. This eliminates the "oops, I forgot I bought that" reaction when you find a forgotten gift in January.
- Keep all gift receipts in one envelope. If you need to exchange or return an item, you won't have to hunt for the receipt.

- Get into the spirit by filling your home with holiday scents. Use potpourri, fresh cut pine boughs, scented candles, and spices such as cinnamon, nutmeg, and allspice.
- Invite someone to lunch, your treat.
- Be sure to have extra tape, batteries, film, ribbons and

stamps.

- Relax from the hustle and bustle of the holidays with a warm bath or shower, and pamper yourself with scented shower gel.

- Take a few moments to close your eyes during the day. You will be surprised how even a brief catnap will refresh, relax and revive you.

See page 16

Bits & Bites

By Jacqueline Ramsay



Happy Thanksgiving, No more turkey till December 25 or New Year's Day. Me,

I had fresh venison liver, well, it had been frozen since October 14, but it sure hit the spot – smothered in onions.

Did anyone beside me get this call on Monday, November 22? I quote my answering machine "you have an important matter with our office. Call immediately. 1-800-935-5152, 8 am - 8 pm standard time Mon. - Thurs. or Fridays 8 am - 3 pm. Remember 1-800-935-5152." I looked in two phone books, couldn't find the prefix, but I did discover *503 is El Salvador (*=city code not required). There could be a heck of a mix up – yes?

Vernonia Cares is up and going full tilt. Do you have an extra turkey or ham or even a couple of extra dollars?

Vernonia Senior Center is overrun with clothing and etc. They may have just what you need for a stocking stuffer for child or adult.

The Toy and Joy is also in need of dollars or new gift items.

If you're reading this out of the Vernonia area check your local Help groups, they too need your support.

No – This isn't "Buddy, can you spare a dime" time.

If it is time to sit back and reflect on when you were in need and someone unknown to you cared enough to share. I recall in the early years of my marriage one Christmas, Jim was laid off – we struggled silently (we thought) but Christmas came – we got four boxes of groceries and two very warm blankets. We made it till Spring with that help from unknown friends.

The ducks at the lake are getting real good at swarming

(just like bees) every car that stops for a quiet moment. I've already gone through one bag of cracked corn this month. They may be a little hungry before the first of December. Bread is good, but it doesn't give off heat.

Do you have your Christmas cards ready to mail? Me, I'm halfway there. I've been getting ready for one of the two Bazaars December 4 and 5. Lots of folks will be out and about – see you then.

Fortune cookie – *You are the controller of your destiny.*

P.S. I found out prefix 935 is Chula Vista, California.



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Vernonia Senior Center

Sat. Dec. 4, 10 to 6 pm
Sun. Dec. 5, 11 to 5 pm