

The subject was meth at April Coalition

"The Effects of Meth," a program on methamphetamine use, presented by the Vernonia Police Department at the Vernonia Drug Free Community Coalition meeting in April, was so well-received the department presented it at a special meeting requested by members of the Community PTA.

Vernonia Police Chief Matthew Workman included in the presentation "The Faces of Meth," photos which showed people before and after they fell victim to meth use.

Officer Mike Kay described ways drugs are smuggled using a vehicle's "natural voids," and added that having a K9 dog on the force has made a vast difference in the department's ability to identify drug traffickers. Officer Kay also discussed the problems in dealing with meth addicts, which can include paranoia, hallucina-

tions and aggressive/violent behavior.

Meth is a cheap, powerful stimulant that causes physical reactions in the brain. It can increase heart rate, blood pressure and respiration, and even cause a dangerous spike, up to 107 degrees, in the body temperature of a user. In addition to being cheap, meth may be eaten, smoked, snorted or injected.

At the Coalition meeting, Vernonia High School junior Mackenzie Bassett, Project Coordinator for OSSOM (Oregon

Student Safety On the Move) spoke about projects planned for VHS. OSSOM hopes to present "15 Minute" day; a vivid program on the substance abuse-related death rate among teenagers, and is working toward a presentation by LifeFlight.

For more information about combating meth use in our community, call Chief Workman at Vernonia PD, 503-429-7335. For information on intervention or treatment options, call Jill Dale at Columbia Community Mental Health, 503-397-5211.



By Jacqueline Ramsay



Flash from the lake — It's time to fish, but be warned. The ducks have babies in the grass and reeds. They are cute. Baby ducklings mean the big mouth bass are going to be up off the lake bottom so catch a few of them, please.

There is a lot going on around the lake that needs to be addressed. I know, "catch the fish is all a fisherperson thinks of, rain or shine," but Shadow found the wad of line you threw in the grass. It tied up three of her feet. I had to cut her loose. Had it been a duck, who knows where it would have wound up. Those of you who use fake black worms, when dumped on the path in the sun they become a gooey trap for duck feet and beaks. I cleaned up your mess but be warned I'm not your mother,

nor your maid. I care about sharing the lake with folks that care — Keep your space clear of trash that you make. Please.

While I'm in the griping mood — a word to those folks that stand on the curb, facing traffic just to think. If you don't want to cross the street, don't act like you are going to. Cars use the streets and should not have to stop every time a person is gaping across the street with no intention of crossing. I'm not alone in this line of thinking.

It's nice the state is putting in rough crosswalks — easier walking in rain and ice, but — when are they going to finish the stop-go-turn markings at Bridge and Rose? That is an accident waiting to happen. People are cutting the left turn space until even a right turn onto Bridge might get clipped — yes, I've seen this. For my car's safety I'm using the back streets to get onto 47.

I'm sure glad it quit raining — I finally got my lawn mowed — so it can grow again.

See you for Mother's Day Luncheon, May 8 from 1 to 3 p.m. at the Senior Center — sponsored by Vernonia Cares. \$6.00 per meal.

Lions buy tent, public can rent it

The large tent you saw in Hawkins Park during River Fest was provided by the Lions Club of Vernonia. It is 30' x 45', 1,350 square feet, with a 19 foot peak and 8 foot sides and is available for rent at a nominal fee. Lions Club members receive a discounted rental amount. Call 503-704-3588 to rent the tent.

The Lions Club serves the community by providing glasses and hearing aids to those in financial need, and supports other community projects, such as the Skate Board project. To become a member, call 503-819-5636.

Public invited to Silver Tea May 11

The public is invited to enjoy the annual Silver Tea to be held Wednesday, May 11, at the Vernonia Public Library from 2:30 to 4:30 p.m. In addition to delicious refreshments, there will be a display of tea pots, plus musical entertainment provided by Madeleine Gendron and Group, and Barbara and Burt Tschache.

Sponsored by the Vernonia Study Group, proceeds from the Silver Tea will benefit the library.

Help 'Stamp Out Hunger' May 14

On Saturday, May 14, the National Association of Letter Carriers, in conjunction with the United States Postal Service, will be collecting non-perishable food items such as canned meats and fish, canned soup, juice, pasta, vegetables, cereal and rice, to help families in need in our community.

You can help by placing your food donation at your mailbox on May 14 before your letter

carrier arrives. Pickup will be available only for customers on city routes (with letter carriers in blue uniforms). Donated food will be taken to the Post Office for delivery to Vernonia Cares food bank. There will also be a box in the Vernonia Post Office lobby for other customer donations.

Please do not include out-of-date items or items in glass containers.

Good eats at Smorgasbord May 21

This year's Jewell Smorgasbord will be held Saturday, May 21, at Jewell School. Dinner will be served from 4 to 6:00 p.m.

The Smorgasbord consists of an all-you-can-eat buffet including roast beef, ham, turkey, meatballs, potatoes and gravy, salads, rolls, side dishes, and many delicious desserts. The cost is \$7.00 for adults, \$3.00 for children 12 and under,

\$5.00 for senior citizens; kindergarten/preschool children are free.

The dinner will be followed by an oral auction, silent auction, multi-affle, plus Jewell's famous quilt raffle. All proceeds will be used to provide scholarships to Jewell School graduates.

For more information, contact Laura Seeley at 503-755-2456.

Left, above; Lynn Kyser on the left is a blur as she helps serve, along with Hope Koch on the right, at the Natal Grange Roast Beef Dinner on May 1. About 75 dinners were served this year. Proceeds are used for grange scholarships, repairs and other grange projects.

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