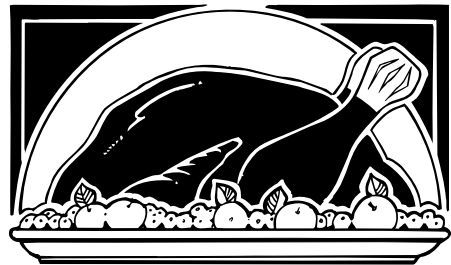


Avoid holiday weight gain

Many people gain weight over the holidays. Weight maintenance is a healthy goal for everyone.

Winter weather means fewer opportunities to be outside burning excess calories by exercising. Monitoring calories eaten may be the best approach to staying at the same weight. Take control by making wise choices and seeking the support of friends and relatives.



Start early to plan lower fat meals. Turkey is a traditional food that is lower in fat. Serve with generous portions of boiled or steamed vegetables without cream sauce. Go easy on the gravy; it can be high in calories. Cranberry sauce is a good lower calorie addition to the holiday meal table.

Choose salads wisely. Tossed salads can be a good choice if the dressing is light. Salads with a lot of mayonnaise or whipped cream will have more calories. A relish tray with a low-fat yogurt dip would be a lower calorie choice. Try carrots, celery, cucumbers, broccoli, cauliflower, and jicama or turnip sticks.

Plan healthy desserts. Pie dough is high in calories. Bake an angel food cake and top

with fresh fruit. Check other types of cake mix packages for lower fat preparation instructions. A fresh fruit bowl (without whipped cream dressing) is a good lower calorie choice.

Choose appetizers wisely, too. If you serve chips, read food labels to select the lowest calorie choice such as pretzels. Salsa has fewer calories than most dips. Skip the nuts to avoid excess calories. Use small plates to encourage calorie watching.

Select beverages with care. Alcoholic beverages are high in calories and low in nutrients. It's easy to drink excess calories and become less aware of other calories that you're eating as well. Hot apple juice would be a more nutritious choice. Make water available at the dinner table for your guests. A lemon wedge can dress it up. Ice tea without sugar is a good low-calorie choice, too.

Serve food in smaller bowls so that guests aren't tempted to take too much. Refill them as needed. Putting food away right after the meal removes the temptation to keep nibbling and keeps leftovers safe for future meals.

With moderation over the holidays, you may be able to avoid dieting after the first of the year.

Source: Carolyn Raab, OSU Extension food and nutrition specialist



Judge Wilma Smith was the guest speaker at the November 14 Vernonia Drug Free Coalition meeting. Judge Smith's topic was the negative impact of drug (including methamphetamine) and alcohol use on the Warm Springs reservation. The Coalition's next meeting will be December 12.

Scouts to collect food December 3

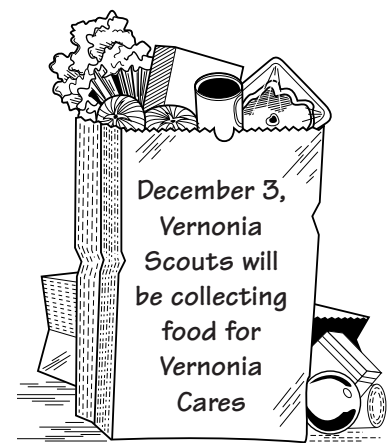
Cub Scout Pack 201 and Boy Scout Troop 201 will be "Scouting for Food," on December 3, for Vernonia Cares. The groups will start canvassing town around 10:00 a.m. and continue until around 1:00 p.m. If you are not able to be home and would like to help, donations may be left on your doorstep and the scouts will take it in for you. Participants will be unable to go outside the city limits. Those who live in the outlying areas may donate directly at Vernonia Cares.

Place non-perishable food items in plastic grocery sacks for pick up. Many families in Vernonia depend on Vernonia Cares; please help out if you are able to.

The Scouts hope to exceed

last year's collection of 1,052 pounds.

For more information, call Kinnell Steward, Webelos Den 9 Leader at 503--429-8133, or call Vernonia Cares at 503-429-1414.



The Pilgrims landed at Plymouth Rock on December 11, 1620. The first winter was very hard. They did not have the first feast of thanksgiving until the fall of 1621.

The next Day of Thanksgiving feast was held in June of 1676. President Abraham Lincoln declared the fourth Thursday in November to be celebrated as Thanksgiving in 1863.



Above, work is in progress to replace the portico beside Vernonia High School.

29 VMS students receive awards for attendance

The following students at Vernonia Middle School had perfect attendance during the first quarter of the 2005-2006 school year;

Andrew Brown, Rachel Brown, Timothy Brown, Genesis Castro, Stephanie Christmas, Karly DeWitt, Jacob Dixon, Laura Hein, Frank Heselton Jr., Danielle Hevron, Nora Hieronimus, Jerrid Johnston, Brandon Krause, Alex Lende, Joshua Mintz, Kasoma Moss, Hailey O'Connell, Bill Organ, Tasia Pond, Parker Roach, Preston Roach, Melissa Sandstrom, Christian Schilling, Zachary Shaw, McKenna Stasiak, Kathryn Stevens, Kacy Strand, Levi Taylor, Mikael Walter.

Pet of the Month

Columbia Humane Society in St. Helens has a variety of wonderful pets available for adoption. Find the pet that's right for you in the shelter at 2084 Oregon St. Monday through Saturday, 11 am. to 5 pm. 503-397-4353

Texas is a male Doberman mix, about 2 1/2 years old. He is a bit shy, very sweet natured, and very well mannered and energetic. He is smaller than a purebred doberman, and overall a nice dog! Would you like to meet him? He could use some exercise, how about just coming in and taking him for a walk. Can you find yourself "deep in the heart of Texas"?

Please adopt me. I'd be very Thankful

The Columbia Humane Society is a No-Kill non-profit shelter

The Pet of the Month is Sponsored by:

PBM Inc. Precision Building Maintenance, Inc.

503.429.1042

www.PBMaintenance.com

LICENSED, BONDED, INSURED, CCB# 144926

Leonetti's Pizza & Grill



Wishing you all a Happy Thanksgiving

721 Madison Ave., Vernonia • 503-429-5018

FORMAL HOLIDAY EVENT? SEE US
Dianna's Formal Affair



**New Arrivals – Great Selection
Best Prices & Don't Forget
We Rent Tuxedos, too!**

33555 E. Columbia Ave. Lorelei Village,
Suite 211 Scappoose 503-543-0291

Hrs: Tues-Fri 10-5:30 Sat 10-4

www.diannasformalaffair.com

TUXEDO RENTAL, FORMAL & CASUAL DRESSES, JEWELRY & MORE

**Now Offering
Wedding
Invitations
& More**