



Right, Vernonia Cares Director Sandy Welch accepted a check from Alauna Dodge, General Manager at the Bridge Street Mini Mart in Vernonia, with Manager Toni Barton on December 6.



### Bits & Bites

By Jacqueline Ramsay



Ladies, did you know it n o w takes a pair of pliers to pull the foil tab off of cans and bottles? Anyhow, it works for me. "Arthur" is really acting up now it is COLD.

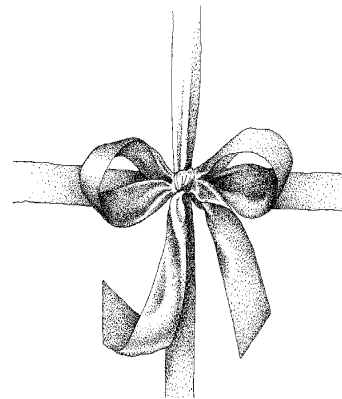
What a show of how to test the Bazaar shoppers. The weather really turned on December 3. It didn't stop us, though, from selling, meeting and greeting the holiday season. It was nice not to have to climb up and down stairs preparing for the event. Lots of talent in crafts and cooking. I'd like to say Thank You to all responsible for Vernonia Cares having a successful table. You all helped us reach our Holiday Food Box goal. For those that signed in remember; pick up day is December 20. Sailor Mitchell was the lucky ticket holder on the Vernonia Cares Bear.

It is the Holiday Season. A time of rebirth and joy. Friends and old acquaintances connecting by mail, phone, email or face-to-face, and yet, due to I guess what we see on TV, hear on radio (yes, it's still around) or catch snatches of talk from folks passing by, there isn't much to be joyous about. When we hurt we tend to pass it on to those around us (not intentionally but we do). So, when you wake up each morning – smile at yourself in the mirror even if you've cried most of the night.

It's Christmas card time and my mind's full of those far away I wish I could see and hug – yes, I'm blue, too.

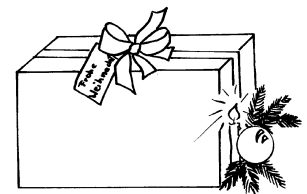
Here's another tidbit for today. From 1924 – To remove meat from a Pecan nut easily. Put them in a pan of boiling water, boil for 15 minutes. The kernels will come out whole with very little exertion. This does not injure the flavor of the nut. (I have not tried this yet, but I hope it works on Brazil nuts, too.)

Have a joyous holiday season.



Left, the crowd shops as vendors help at the Senior Moments Bazaar, held at the Vernonia Senior Center on December 3 and 4.

Left, the cafeteria in the new Vernonia Middle School was the scene of the "Christmas in the Country" Bazaar on December 3 and 4.



### Medicare Part D help offered

Michelle Moore, from HealthNet, will be at Tuality Hospital on December 29, at 10:00 a.m. to answer questions about Medicare Part D. This is a free, no obligation, service offered by Moore to help people make the needed decisions on signing up for Part D.

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