

Nehalem Valley Food Program seeks help to continue

The Nehalem Valley Food Program will be stopping food delivery to rural homes in Jewell, Elsie, Mist, Birkenfeld, Vernonia, and some other communities unless reliable volunteers can be found.

The Nehalem Valley Community Church, which has been sponsoring the program for several years, can no longer provide the van that is used for the trip to Portland for the food and is then used twice a week for the home deliveries. They have also run out of volunteers.

According to a church spokesperson, one young man has handled the twice-weekly run for the last five months, many days making both runs

without a helper. Though the work is a labor of love for him, he is getting burned out.

The area served by this program has many seniors on limited incomes, and working families whose income covers little except the basics. There are few jobs in the area so work generally involves a lot of travel, with fuel costs consuming a lot of income. Many people in the area have only seasonal work.

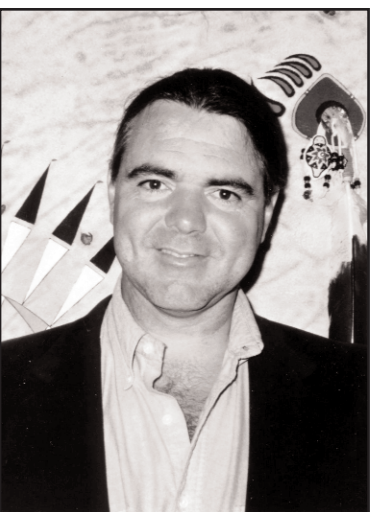
The program is working on getting another van, but volunteers are needed. If four drivers and four helpers volunteered for both Wednesday and Friday runs, that would require only one run a month. The helpers need to be able to help load the

van, which may require a lot of lifting and can take some time. They also carry the bagged groceries into the recipients' homes or onto their porches. Depending on the run it can be a very long day.

Recipients are asked to donate \$5.00 or whatever amount they can toward expenses. Because of high fuel costs, the sponsors have not been able to commit for the full amount and donations don't always cover the fuel cost. Grocery bags and boxes are also needed.

Anyone who can help the program with time, money or other resources, is asked to call Linda at 503-755-2114 or Ron at 503-755-2406.

Library Chautauqua program will tell Coyote Tales



Curt Yehnert

"Coyote Tales from the Northwest" will be the topic of the next Chautauqua program at the Vernonia Public Library on Saturday, January 21, starting at 2:00 p.m.

Coyote tales are told from

the Atlantic to the Pacific and from the Arctic to Mexico. These myths impart basic values and beliefs while providing more instruction. Trickster, transformer and cultural hero, Coyote combines in his nature all the elements that form the human character. He is sacred and sinful, majestic and petty, joyful and miserable, heroic and cowardly. The many cycles of Coyote tales reflect the cycle of life itself.

Curt Yehnert first encountered Coyote tales while studying folklore in college. When he moved to the Rosebud Reservation in South Dakota, he heard Coyote tales first hand from his colleagues at Sinte Gleska University. Later at the

University of New Mexico, Yehnert observed the Navaho use of Coyote stories as an integral part of healing rituals. He believes that Coyote combines all the elements that form the human character.

Yehnert brings together aspects of folklore, mythology and anthropology as he retells and creates a cultural context for Coyote tales told in the Pacific Northwest. In particular, he addresses Coyote's role as a boundary crosser – as one whose existence embodies the portion of our experience where good and evil are hopelessly entwined.

Yehnert is a professor of English at Western Oregon University.

Bits & Bites

By Jacqueline Ramsay



ing the dishes the other day? I used to collect calendar tea towels, now I use them. Anyhow, I noticed January 1 was on Sunday and February had 28 days. I checked the year – 1967. I dug out another towel – same days matched – date 1978. So, dig out your old empty daily reminder books – they are usable again.

Was your New Year's Eve a quiet one? Riverside Drive was one big bang for a while. It sounded like the charge on Bunker Hill. Shadow was a nervous wreck.

A time to reflect but '05 went so fast I really can't think of any thing monumental that took place except the forcing of seniors to hunt up their own pill plans so they can afford to be sick. Yak, yak – I hope I've cho-

sen wisely.

Hello and Happy Rain Drop to you. Guess what I discovered doing the dishes the other day? I used to collect calendar tea towels, now I use them. Anyhow, I noticed January 1 was on Sunday and February had 28 days. I checked the year – 1967. I dug out another towel – same days matched – date 1978. So, dig out your old empty daily reminder books – they are usable again.

The T.V. says the rain isn't the cause of Winter Blues, it's lack of sunshine. Well, duh... I knew that, my daughter has been fighting it for 44 years. I just put up with it by eating fresh fruit and reading good "old" books. *The Circular Staircase* – 1908 – Mary Roberts Rhinehart. Very English, but a good mystery.

Another good remedy – get out of the house on Wednesdays for lunch and listen to the Golden Oldies music of yesterday at the Senior Center. Meet old friends and make some new friends. It isn't all Western music, Cruising Down the River on a Sunday Afternoon with Margie going to The Little Brown Church in the Vale.

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