

Vernonia Cares gets shopping spree



Vernonia Cares director Sandy Welch, shown with Josette Mitchell (holding Sailor) on the day of the shopping spree.

Vernonia Cares Food Bank received one of three "Three Minute Shopping Sprees" at the Red Apple Market, in St. Helens. The shopping sprees, originally donated by Red Apple Market as an auction item for St. Helens Black Tie and Blue Jeans event, were purchased by State Senator Betsy Johnson and her husband, John Helm, of Transwestern Aviation. Senator Johnson and Mr. Helm donated the shopping spree certificates to three Columbia County food banks.

The Shopping Sprees took place on October 4. The Vernonia "shopper" filling the cart was Josette Mitchell, a board member of Vernonia Cares Food Bank. Among those cheering her on was Sen. Johnson, Vernonia Cares executive director Sandy Welch, and Josette's daughter, Sailor Mitchell. Mitchell filled three carts with groceries totaling over \$800 in value. Each organization also received a certificate for \$50 worth of meat from Red Apple Market. Store manager Monte Gustafson and store owner David Kirby oversaw the event and helped facilitate the spree, adding even more groceries to the carts.

Besides Vernonia's three minute spree, two other organizations participated in their

own three minute shopping experience. Tracie Smith, Columbia Pacific Food Bank executive director and Rennee Shelby, from the St. Helen's local food bank were given three minutes each to shop for their organizations. In total, over \$2,000 worth of groceries and \$150 worth of meat were donated, thanks to the generosity of Red Apple Market, Johnson and Helm.

In September, Vernonia Cares provided emergency groceries for 89 households containing 243 people. One third of the recipients are children. "Every month our numbers increase, both in people and new families," said Executive Director Sandy Welch. "Providing food for hungry people is the reason our organization exists. We are thankful for all donations of food and funds which allow Cares to help the

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Bits & Bites

By Jacqueline Ramsay



flash from the Vernonia Senior Center – They need folks who drive to deliver "Meals on Wheels." Contact Bill James. Also, if you can transport clothing to Good Will in Forest Grove or on TV Highway Outlet.

I just heard Vernonia is losing a vital energy in helping Vernonia get outside of the Box. She is moving to Montana and will be greatly missed by a lot of folks. While I accomplish little things she helped accomplish much. Working in Vernonia Pride and many other groups that keep Vernonia humming.

A tip for you dog owners. Don't feed your prize family member grapes, raisins or craisins. They are bad on a dog's liver and kidneys. Sickness and sometimes eternal sleep. While on the subject of pets – Vernonia has a "Dog Talker" in town. Skeptical? Ok, so was and am I – but, Eileen Williams had a conversation with Shadow about a month ago on several subjects because her behavior was giving me concern. She said she would talk to Shadow. O.K. I do not understand what took place. She didn't even see Shadow, but three issues have stopped or greatly improved and with no part of my involvement. She has a workshop scheduled for late October. Info. at the Senior Center. Check it out.

Holy Cow – Have you called City Hall lately? The voice talks on – there are at least 11 extensions. Vernonia has lost its "small town" friendliness. Listen to instructions, punch a button and leave a message. Sorry,

but a friendly voice is no longer important to help you – I guess. A simple information question. Who do you buzz for if you walk in off the street.

Public Works did answer their phone though and say the man would be out last Monday to check the holes and refill them, but – ho, ho – it's been five days and no show, so it's still wait, wait, wait. When the rain really starts it will be great.

This is a Bite of a Bit of a journey I have just found I'm on. Possibly most of my life. Many of you may identify with me without realizing it. You were born. You can see, so could I, I guess. Around the fifth grade, a teacher said my eyes needed help. Guess what – they helped the wrong eye. I complained; get used to wearing glasses, they said. Time passed, I married, got bifocals, then trifocals. I could read, drive, and see everything, couldn't I? Aging took over, glasses grew stronger, then cataracts – surgery – Wow – I can see things (little things) that were never there – I can read without my corrective lens glasses. Twelve hours after surgery; white is so white, it hurts my eyes. Colors – what I

thought was maroon turns out to be fuchsia. Aqua blue is bright blue and trees and clouds – who knows their true color. The final awakening – I've had Shadow five-and-a-half years. Was told she was blue merle color – O.K. to me she was black, brown and sort of gray/white. Now, I see she is the most Beautiful Blue I've ever seen (didn't know dogs could be blue). When was the last time I really saw the beauty of a sunflower? I don't think I ever really did until the surgery and the implant. I can remember the written word without glasses looked like an Oriental scribble. My naked eye had never been 20/20.

Me – I've found dirt has many shades. So do trees and even people.

It's been a shock but, what a pleasure to finally see what I've been missing.

Have a safe and Happy Halloween

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ASSISTED LIVING & ENHANCED CARE COMMUNITY

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ATTENTION:

Jeanne Mohr has taken over Janie Wasmann's AVON customers as of this date. You can call her for all your AVON needs at 503-429-4796. Please call in afternoon or evening only.

Janie would like to thank all of the people who were customers over the past 4 years. She will miss each and everyone of you.