

Community



Thanks to this group of hardworking people the banks of both Rock Creek and the Nehalem river are much cleaner. They showed up to help pick up flood debris along Rock Creek and the Nehalem as part of a SOLV organized workday on March 8.

Vernonia Cares hours return to normal

Vernonia Cares Food Bank adjusted its hours of operation. The food bank opens at 10:00 a.m. and closes at 2:00 p.m. each Tuesday and Thursday, in the American Legion Building at 627 Adams Avenue. Clients who work out of town and cannot visit the pantry during regular hours of operation, are asked to call the food bank (503-429-1414) to make special arrangements.

The focus of Vernonia Cares Food Bank continues to be to assist low-income households and those whose homes were flooded. The low-income guidelines are: for a household of one person, monthly gross income \$1,603; two person households, \$2,158; three person households \$2,713; for each additional member, add \$555 per month. Flood victims whose income is above this level, but need grocery assistance, may still receive a food box once a month. Registration includes names and birthdates of all household residents. A proof of address is also required to verify clients live within Cares' service area.

"Before the flood," said Director Sandy Welch, "the food bank assisted about 120 households a month. Following the flood, we were open more days and helped 690 households (plus over 250 holiday food boxes) in December 2007. In January 2008, Cares aided

more than 400 households. February statistics show about 280 households utilized Cares groceries.

"As the food bank returns to our former system of three days worth of emergency groceries given once a month, we expect our client load to level out to about 250 households per month. This will require twice the groceries from the pre-flood days in order to meet this increased demand. Right now, flood survivor's money is often spent on flood recovery building materials and this short-changes the personal

grocery budget. Food donations have dwindled so we hope the public will once again step forth to help Vernonia Cares provide food for those who need it the most," Welch concluded.

Donations of food or funds are always appreciated. Food can be brought to the food bank during Cares' regular hours or call 503-429-1414 for other arrangements. Financial donations may be sent to Vernonia Cares, PO Box 126, Vernonia, OR 97064. Tax deductible receipts will be issued upon request.

Sign up now for Sr. Spelling Bee

Now is your last chance to sign up for the Oregon Senior Spelling Bee to be held April 12 in Aurora. Anyone 50 and older is eligible to compete in the spelling bee.

There will be four rounds of written words, dinner, then oral rounds and trophies for 1st, 2nd and 3rd place winners.

The Bee starts at 1:00 p.m. and is usually over by 4:00 p.m. The \$10 registration includes dinner for all who compete or observe.

Registrations forms are available by calling Roberta Hutton at 503-678-5465 or email her at tansyacrs28@hotmail.com.

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Senior News

By Karen Miller
Senior Advocate



parade was lots of fun, thanks to whoever threw me the bubble gum, a childhood and now adulthood favorite of mine. The Buckhorn's corned beef and cabbage topped off the evening; I suppose other places in town had good stuff too, (like those great iced cookies at the Black Bear). I had lots of fun visiting with everyone.

And now for the news people have been waiting for!

Our meal program will be up and running Monday, March 24! Now we will find out who REALLY reads this column!

See you then!

PS. Meal program only... thrift store in April.

You heard about what this one guy did when he found out most accidents happen within 10 miles from home...he moved. Call me to sign-up for our next AARP Safe Driving Class, as soon as I get enough people, I will put it on the docket!

We will really be excited to restock our thrift store, with its new look, and new things!

PLEASE take note of this

new donation policy that is going into effect when we do open:

ALL donations will be gladly accepted ONLY DURING BUSINESS HOURS Monday through Friday and Saturdays 9 until noon or by appointment only. There will no longer be a drop off donation box. This is due to the fact that we cannot continue to accept things we cannot use and have to pay to dispose of them. PLEASE no TVs, computers, electronic equipment. Thank you, and we are looking forward to community involvement and your support!

We have heard it many times...two sure things in life...death and taxes. Well, taxes for some anyway.

For you seniors who don't normally file taxes, here's some good news:

Cynthia Watts, a local licensed tax consultant and enrolled agent, is offering her services at the Senior Center here on a Saturday for those qualified for the upcoming "economic stimulus tax rebate", a rebate for many of those just on Social Security. Call me for information and to get on this list, by April 15, at 503-429-9112.

INFORMATION NUMBERS

Senior Advocate...429-9112
Senior Center.....429-3912
Transportation.....429-4304

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