

Can you help out our food bank?

As school begins, so does a return to a more normal schedule for many families. Among the activities is a return for households to eat supper together. That can mean not enough food to meet the hunger need. Please consider helping others through donations of food or funds to your local food bank.

According to the Summer 2009 Oregon Food Bank Network newsletter, Vernonia's need for help is consistent with those in other parts of Oregon. Comparing July 2008 through June 2009, over 897,000 emergency food boxes were distributed through the Oregon Food Bank Network. This was an increase of 13.2% over the previous year, a difference of over 100,000 food boxes. This is an all-time high for our state.

So far, as a whole, Oregon Food Bank has been able to meet the increase in need. A record 66.2 million pounds of food from private, food industry and government sources, was received for distribution during this time period. This is possible only through hard work and dedication, and generous donors who provide the groceries.

Vernonia Cares Food Bank assists people of our community with emergency groceries. In August 2009, the food bank helped 145 households containing 443 people. Consistently, one third of those receiving groceries are children, with an additional 12% being senior citizens.

"If you are able to take advantage of canned food sales, donate fresh garden produce from your garden, or send a financial donation to Vernonia Cares Food Bank, the timing is wonderful," said Director Sandy Welch. Donations, both of food or funds, can be verified by a tax-deductible receipt if requested. "Please lend a hand, if you can," concluded Welch.

Vernonia Cares Food Bank, open Tuesday and Thursday from 10:00 a.m. to 2:00 p.m., is located within the American Legion Building at 627 Adams Avenue (near West Oregon Electric). Donations may be mailed to Vernonia Cares, PO Box 126, Vernonia, OR 97064-0126. Questions can be directed to 503-429-1414. To make off-hours donations, contact Sandy at 503-429-9602.

Astoria art Faire seeks vendors

Vendors Wanted: The 14th Annual Starving Artist Faire is being held December 4, 5, and 6, at the Astoria Yacht Club. The event showcases one of a kind arts and crafts from regional artisans. This holiday event has had such hand-crafted items as holiday wreaths and centerpieces, jewelry, pottery, wood items, fabric art, canned seafood, prints, cards and paintings, facial and body

products, clothing, recycled-repurposed-reinvented items, and much, much more. Cost is \$50.00 for the entire weekend.

This event is a fundraiser for the Astor Street Opry Company and the local Food Bank. This year's sponsor for the event is Northwest Lending Group. If you are interested in attending, e-mail Cindy at dogwater@pacifier.com or call her at 503-458-6250 in the evening.

Domestic violence support group

Columbia County Women's Resource Center facilitates a free support group for victims of domestic violence. The group meets every Wednesday from 5:00 to 6:00 p.m in St. Helens.

If you are in a relationship now, or have been in the past, that includes emotional, verbal or physical violence and you would like help to sort out what happened to you, please call our counselor, Sandra, at 503-397-7110 to find out if this group is for you.

For more information or to talk to Sandra, please call our office Monday through Thursday, 8:00 a.m. to 5:00 p.m.

Bits & Bites

By Jacqueline Ramsay



If any of my friends or acquaintances come this way to visit, you may not recognize me. I weigh in at 130 lbs. now. Funny think is I feel great about it, and am getting used to seeing it on the scale. For a while I thought the battery was failing in the scan, but NO. The scales at my dialysis say the same thing.

If you're wondering what does a person do for 3-1/2 hours hooked to a tube?? A quick overview. First though, Bernice F. – you should know, you go with me Tuesdays, Thursdays and Saturdays – the lap robe you made me keeps my legs warm plus I take a pillow for my back. The room is cool, first you weigh in, then get hooked up. At present, since I'm still using the neck catheter, I am knitting or working in a crossword puzzle book, or find-a-word book. There is (or isn't) much to look at except each chair has it's own T.V. – there are 20 stations. One day last week all the chairs were occupied. There are many stories to tell in that room. You can visit with those on your left or right or across the way a little. Most folk, all ages – male or female – walk, wheelchair, cane, walker, or gurney in. Healthy or ill or in between. All nationalities.

There is one little Oriental lady I watch, she is so alone across the room. Each one of us come and go – hour after hour. But when the time is up, there is a "How you doing? See you later" and a smile or wave as they weigh out, pick up pillow and blanket and head out the door.

For dog lovers: Shadow has met her match – all squirrels get up the tree before she gets to sniff them out. Also she has a blackberry patch to dive into trying to run them to ground. Ho, ho. The berries were delicious and there is even a Scotch Broom bush or two in among them, just like home.

We are having Autumn mornings and Summer afternoons and Fall nights, which is good for sleeping.

Now to the news – no comment since I'm not there, can't take sides, but I have heard the cougar is back in town raising up all the dogs in town at night. That I don't hear anymore. My irritation now is firetruck, police car and airplane noise.

For now I'm off to dialysis. Okay, I'm back. Today was an even. They decided to use both sites (left arm, right neck) in one side and out the other, so I couldn't knit and it was a chore to work the pencil – Ho, Ho. All went well but today (Friday a.m.) I'm beat. It's going to be "hot" today, too.

The end for today – tomorrow hope.

50 Years Ago This Month

The September 17, 1959, issue of the *Vernonia Eagle* included the following news story on the front page, under the heading, "Letters Explain Closure":

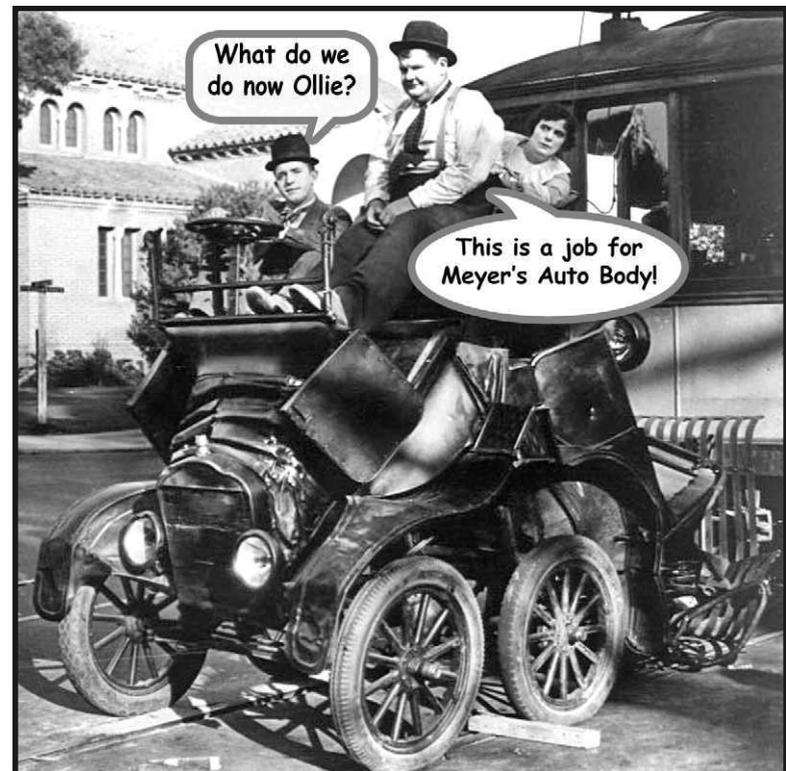
In an effort to clear up some of the misunderstanding felt to be evident concerning the closing of the Safeway store here, Mayor George W. Johnson, accompanied by members of the council, brought two letters to the Vernonia Eagle office last week. The desire of the council and mayor was to establish that the intention of the Safeway company had already been made to close the store here before the council announced plans for building the fire hall.

One of the letters was addressed to Mayor Johnson and was from one of the owners of the

building with whom the city had been dealing. She enclosed what she said was a copy of a letter sent to her from the Safeway office in Portland, dated June 29, 1959 and signed by O. B. Blair, property

manager. Essence of the letter was that the agreement made between Safeway and the building owners in April 1957 was that the building

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