

Veterans can receive housing help

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within Columbia, Clatsop, Tillamook and Washington Counties. The grant will begin October 1.

Nationally, a total of nearly \$100 million in grants were awarded and will help approximately 42,000 homeless and at-risk veterans and their families.

Under the Supportive Services for Veteran Families program, the Veteran's Administration awarded grants to private non-profit organizations and consumer cooperatives that provide services to very low-income Veteran families living in – or transitioning to – permanent housing. Those community organizations pro-

vide a range of services that promote housing stability among eligible very low income Veteran families.

Under the grants, homeless providers will offer Veterans and their family members outreach, case management, assistance in obtaining VA benefits and assistance in getting other public benefits. Community-based groups can offer temporary financial assistance on behalf of Veterans for rent payments, utility payments, security deposits and moving costs.

If you are a veteran who is homeless or at risk of homelessness or know someone who fits that category, please call Community Action Team at

503-366-3511.

For more information, contact Barbara Wood at 503-366-6567.

Fight marketing aimed at children

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Find out if your school or church has an "open gym" and take the family.

Give positive rewards. Reward yourself and your child for a job well done. Think "healthy" when selecting rewards. Staying up an extra hour, a trip to the library, going fishing, or enrolling in summer camp are a few of many possibilities.

Setting limits on TV and watching responsibly will help

protect your child and teen from many influences that are not in their best interest, or your family's overall. It is worth the time to have these discus-

sions with your children.
Source: Alma Hopkins, M.Ed., R.D., L.D., University of Missouri Extension

Salsa canning requires some care

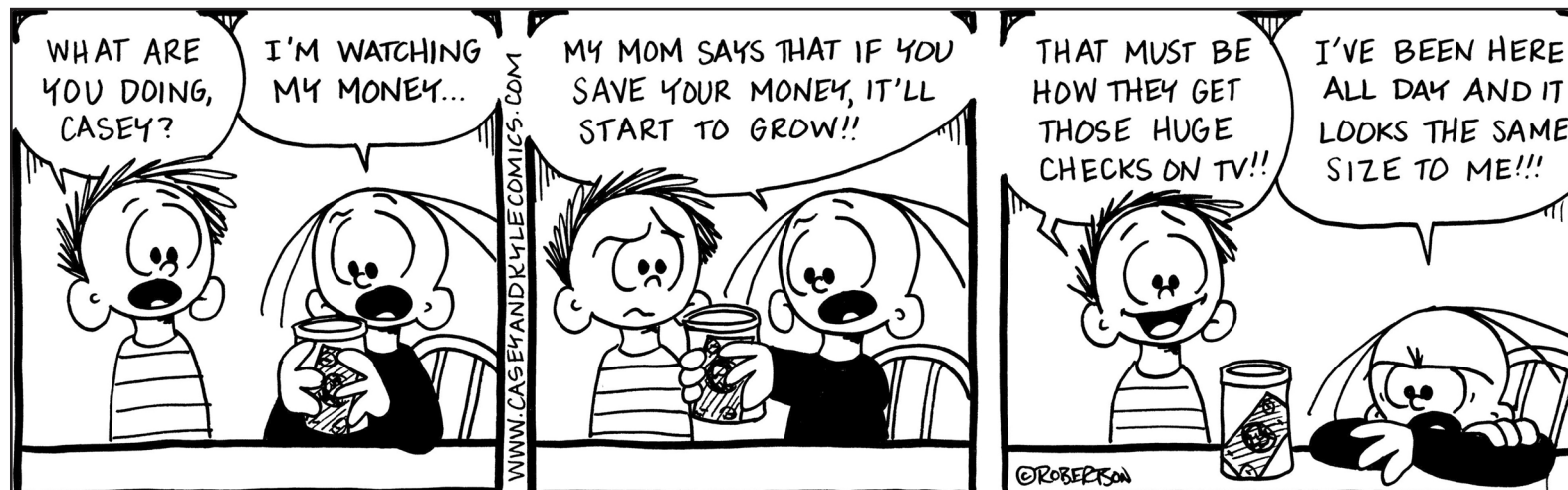
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tled lemon juice may be substituted for vinegar in recipes, do not substitute vinegar for lemon juice – this could result in less acidity and potentially unsafe canned salsa.

Spices and herbs add unique flavors to fruit salsas. Amounts of spices and herbs in recipes can be altered, with no risk of creating a potentially unsafe canned salsa. For a stronger cilantro flavor in recipes with cilantro, it is suggested to add fresh cilantro just before serving instead of

adding more before canning. Also, do not thicken salsas with flour, cornstarch or other starches before canning. If a thicker salsa is desired, add these ingredients after opening the canned salsa. Store salsa in the refrigerator once opened. If your personal favorite salsa doesn't have a tested recipe for home canning, it's best to eat your creation fresh, storing it up to one week in the refrigerator. For more information see <http://missourifamilies.org/features/foodsafetyarticles/fds-fity66.htm>.

Just for Fun

Casey and Kyle by Will Robertson



We swallow greedily any lie that flatters us, but we sip only little by little at a truth we find bitter.

DENIS
DIDEROT
French
philosopher
(1713-1784)

Solve this Sudoku

5							9	
	7			5				4
	3			8	9	7		
		8						1
		1	3		5	8		
2						4		
		3	7	6			4	
4				1			8	
	6							7

August 15 solution

3	8	7	1	4	5	2	9	6
9	6	4	8	7	2	1	5	3
2	1	5	6	3	9	7	8	4
8	9	3	5	1	6	4	7	2
7	5	2	4	9	3	8	6	1
1	4	6	2	8	7	5	3	9
5	2	8	9	6	4	3	1	7
4	3	9	7	5	1	6	2	8
6	7	1	3	2	8	9	4	5