

## Senior Meals

JUNCTION CITY — Midday meals are served to Junction City area residents in the Lindeborg Place dining room, 840 Holly St., on Mondays, Tuesdays and Fridays (except holidays) at 11:30 a.m. The menu for 4-8-12 is as follows: Monday, April 8 — lemon herb chicken or liver portions with gravy, cranapple juice, au gratin potatoes, broccoli cuts, vegetable soup, zucchini and ham, orange juice, Harvard beets, garden of eden salad, cornbread, oatmeal prune bar; Friday, April 12 — egg sandwich or turkey salad sandwich, whole wheat bread, vegetarian vegetable soup, lemonade, red and green coleslaw, sugar cookie. Those wishing to participate in the program may call 998-5367 before 10 a.m. on the day ahead to reserve a meal. The suggested donation is \$2.00, but no one is refused service who is unable to contribute.

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## Long Tom Watershed Council

By ALISSA MANSKE

(Excerpts reprinted with permission from City of Eugene Stormwater Management Program)

Do you know what's traveling down our roadways? Pollutants generated by vehicles. These pollutants include particulate from vehicle exhaust, minute pieces of clutch and brake linings, oil and grease, litter and debris thrown from vehicles and soap from vehicle washing. Much of this residue is washed off by the rain and ends up in our stormwater system. The final stop — our waterways.

Some of the most common contaminants include: vehicle exhaust or polycyclic aromatic hydrocarbons (PAHs), which are known to be highly carcinogenic at very low levels; heavy metals, such as copper, which is toxic to freshwater ecosystems; vehicle discharges in the form of oil and grease, coating surface waters, limiting available oxygen, clogging fish gills and coating waterfowl feathers. Ingested oils can be toxic to birds, animals, and aquatic life.

Vehicle wear and tear such as copper from brake pads, along with cadmium and zinc from tires, is also responsible for contamination and toxic to freshwater aquatic systems. Litter and debris also contribute pollutants as they decompose, reducing the capacity of drainage systems, and interfering with recreation. Cleansers, solvents, oil, sediments, and heavy metals washed from vehicles often end up in the storm drain system.

Motorists are asked to do their part to help by servicing vehicles regularly to reduce emissions, keeping tires properly inflated minimizing tire wear and providing better gas mileage, repairing oil and fluid leaks promptly to reduce surface discharges, and when washing vehicles diverting soapy water onto unpaved surfaces. Also, consider using alternative modes of transportation, when possible.

The next Long Tom Watershed Council meeting is set for April 30 in the Amazon sub-basin. More information is available by contacting Dana Erickson at 683-6578.

## Viking Sal

By MELISSA BOWERS

The senior center will offer a new art class from wildlife artist Paula Chandler David, who recently opened a new studio in the Artisan Gallery. Paula has a bachelor's degree in art education from the University of Northern Colorado and has dedicated herself to 27 years of teaching art to a full spectrum of skill and age levels. The class will cover two-dimensional art for drawing, oil painting, watercolors, acrylics, color pencils or pastels. It

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