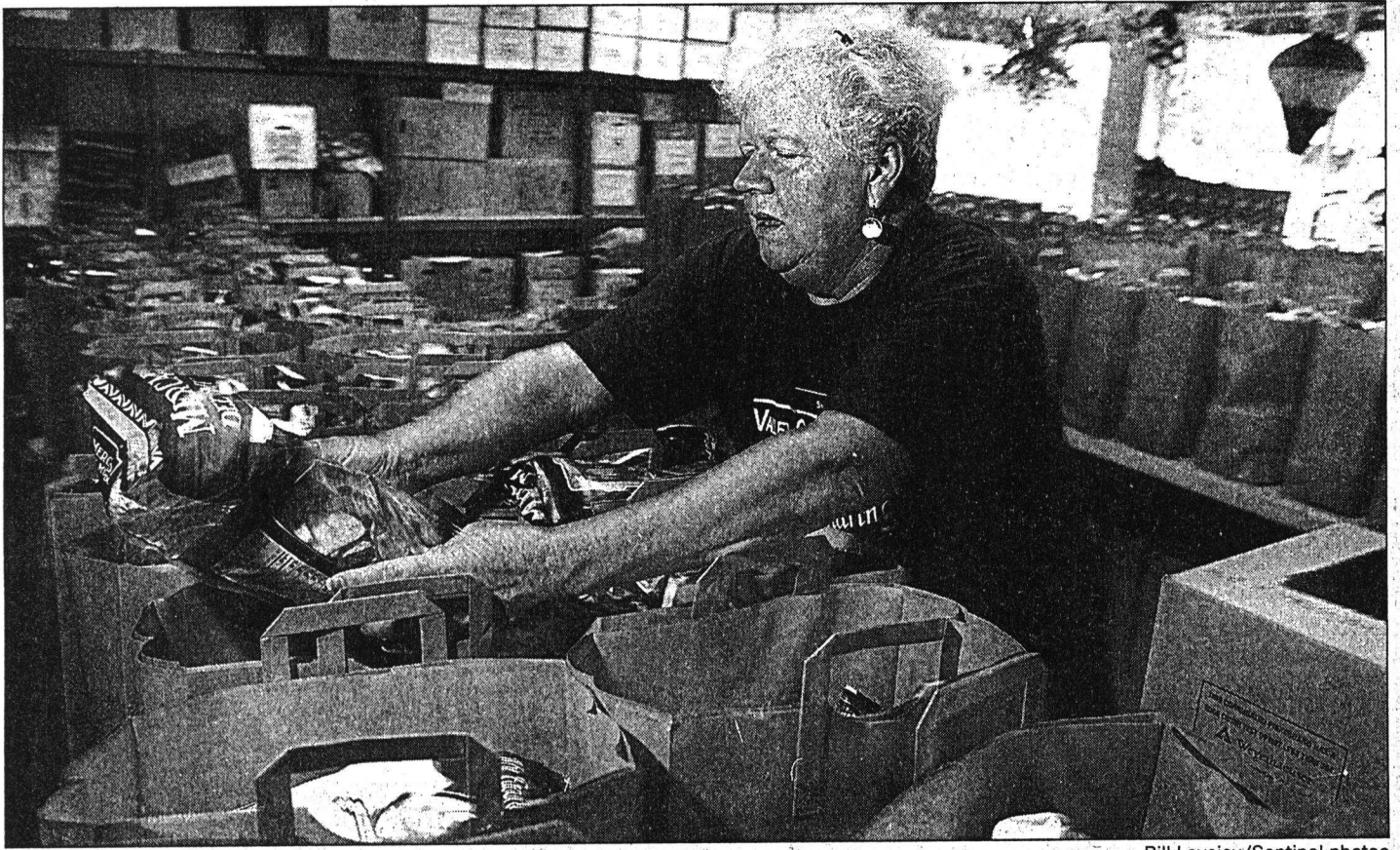


GETTING READY FOR THANKSGIVING



Bill Lovejoy/Sentinel photos

SANTA CRUZ — With the Thanksgiving holiday coming up next week, preparations are under way to give the less-fortunate members of the community a decent holiday meal.

ABOVE: Volunteer Syd Carlson fills Thanksgiving bags with food and other items Friday at Valley Churches United in Ben Lomond.

BELOW: The finished bags are arranged Friday afternoon by Ben Lomond CYA camp workers Yader Zeledon, Michael Blanco and James Hudson.

Food banks, groups seeking donations

SENTINEL STAFF REPORT

A soft economy and high unemployment has many area food banks and community groups looking for food and cash donations for the holidays. Here's a rundown of some of the groups in search of donations.

To be included in this list, mail a short press release to the Santa Cruz Sentinel, Attention: Holiday Help List, PO Box 638, Santa Cruz, CA 95061; e-mail the information to credfn@santa-cruz.com; or drop a press release off at the Sentinel office at 207 Church St. in downtown Santa Cruz.

■ Local veterans groups are asking for help to continue an 18-year tradition of feeding the less fortunate on Thanksgiving and Christmas Day at the Veterans Memorial Building in downtown Santa Cruz.

Donations of money, food and time are needed, including volunteers to cook, serve, clean-up, decorate, greet and transport people.

Cash donations are welcome. The California nonprofit identification number for the United Veterans Council is C-0437321.

Food donors call 332-1007.

Servers and food preparers call 421-0832. Decorators and greeters call 426-6920.

Transportation or donated services contact (408) 497-1536.

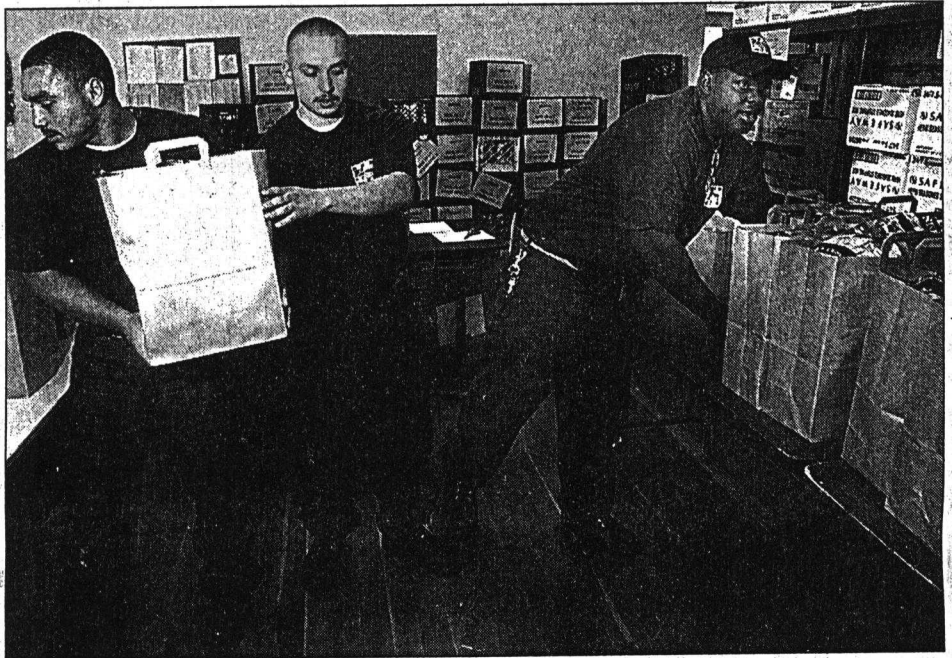
Clean-up volunteers call 252-9513.

For information, call 429-8345 or e-mail dgvm@surfnetusa.com.

■ Today, new patients who bring two bags of nonperishable food items to Body Time Chiropractic in Capitola from 9 a.m. to 2 p.m. will receive an exam and adjustment, which normally costs \$145.

Other free or reduced price services include massages, acupuncture and homeopathy consultations.

The food will be given to Second Harvest Food Bank. Body Time is at 1840 41st Ave., No. 104. Call 465-1060 for an appointment.



■ Loaves & Fishes food pantry needs turkeys, pies and all the trimmings for their Thanksgiving Day meal.

The group has seen 35 percent more people in need of food this year and foresees an even greater need during the holidays.

Food may be dropped off at Loaves & Fishes, 150 Second Ave., Watsonville from 9 a.m. to 4 p.m. Monday through Friday.

Monetary contributions can be mailed to PO Box 2017, Watsonville, CA 95077.

For information call 722-4144.

■ The Capitola Chamber of Commerce has started its annual holiday tradition of collecting gift certificates, toys and clothing for families in need.

Donations are due Dec. 10.

Call 475-6522 or bring presents to 716-G

Capitola Ave.

■ Pajaro Valley Shelter Services needs donations to bring Thanksgiving to homeless Watsonville families.

Most needed are turkeys and cash donations to purchase specialty food items.

Shelter services, 115 Brennan St., provides emergency shelter for women and children and transitional housing for families.

Families in both the Emergency Shelter and Transitional Housing programs are working toward building economic security and often do without short-term pleasures, shelter officials say. Without community assistance, most would not be able to celebrate the Thanksgiving holiday.

For information, call 728-5649.