

"Touch the Heart of a Child" Fundraising Campaign Begins

The Friends of Sacagawea Health Center volunteers are busy distributing bright pink and gold hearts to local businesses for their annual Buy a Heart and Touch the Heart of a Child fundraiser. Pink hearts may be purchased at various local merchants as well as the health center for a dollar donation and the gold hearts for five. The center, which opened in 2000 at the Lewis and Clark grade school, is like having a doctor's office in the school.

Sacagawea Health Center currently does not bill for services and relies on a combination of state funding, in-kind services, private donations grants and fundraising. Due to budget cuts in the last year, Sacagawea has seen a substantial decrease in funding yet has been able to continue this year with all services intact. The Friends of Sacagawea hope to ramp up fundraising this year with an additional raffle and increased participation in their major fundraiser

"Touch the Heart of a Child Auction and Benefit" to be held on this year on May 15 at the Olde School so that all programs may continue next year.

Said the Sacagawea Program Director and St. Helens School District Nurse Robin Loper, RN, BSN, "This is a



Touch the Heart of a Child raises money for the Sacagawea Health Center in St. Helens

time above all times with all the layoffs and uninsured families that we need to be running at full steam providing these much needed services to all children." Studies have shown through early di-

agnosis and intervention school based health centers help reduce the spread of infection and contagious diseases, reduce absenteeism and save money by decreasing the number of visits young people make to emergency rooms for non-critical care. This fall when the H1N1 alert was in full swing, the health center provided over three hundred H1N1 and regular flu vaccinations to St. Helens School District students.

The hearts being sold for the campaign have space for donors to put their name or that of their loved one and will be displayed throughout the month of February. The St. Helens Community Federal Credit Union is the major event sponsor and will be actively encouraging their members to give support to a very worthwhile local organization. Tammy Paulson, Marketing Associate at the St. Helens Community Federal Credit Union stated, "In the past, we have contributed to these types of fundraisers with larger organizations, however in the current economy, we feel it is more beneficial to contribute to the children of our

local community."

Sacagawea Health Center has an on staff Licensed Nurse Practitioner and currently offers primary health care services to all St. Helens School District students in grades K-8 with medical oversight by Legacy Health System. The center serves several hundred children per year. Mental health services are provided in partnership with Columbia Community Mental Health and is offered at the High School as well.

Sacagawea's board is currently in the process of exploring expansion of primary care to the High School. Sports physicals are also available to all St. Helens School District students for a nominal fee.

Sacagawea Health Center is located at 1060 Eisenschmidt Lane the Lewis and Clark Campus near the swimming pool. Their phone number is 503.366.7645 and hours of operation are Monday, Tuesday and Thursday during regular school hours. Sacagawea Health Center is a non-profit 501(c)(3) organization, federal tax ID # 27-0324050.



Allegra Poetter and her friends have been raising money to help survivors of the Haite earthquake. The girls have held three bake sales and are raffling a handmade blanket. You can purchase raffle tickets at the Sentry Market. Look for a feature story in the next issue of Vernonia's Voice. Pictured from left-right: Allegra Poetter, Sofia Wolf, Payton Wolf, Paige Cieloha and Megan Ely. Not picture: Lily Buchanan.

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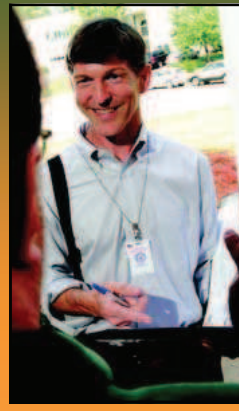
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Saturday February 13th
from 10am-6pm at
**CORNERSTONE
NATURALS**
Back By Popular Demand!
Graduate Gemologist
Kimberly Booker.
**WE'RE HAVING A
JEWELRY SHOW!**
Bring all that glitters
or purchase some of
ours!
902 Bridge Street
Vernonia, Oregon
97064
503-429-0335
Open 10am to 6pm

Photo: Clatskanie Chief

The longest 72 hours you'll ever spend at home. Are you prepared?

A winter storm hits and the power goes out. Rain swollen rivers flood the region. Icy conditions keep you stuck at home without heat. Even though our emergency teams in Columbia County are equipped for the unexpected, severe winter weather could leave your family stranded for days. Columbia 9-1-1 urges your family to prepare a 72-hour kit that will help you survive for up to three days.

Pack all of these items in a large waterproof tub or garbage can and store it in an easily accessible place. Go to www.redcross.org for more detailed ideas.

- Water.** Provide a gallon of drinking water per person per day.
- Food.** Store a generous supply of canned or dried foods; include a can opener. Remember your pets too.
- Light.** Have a flashlight at the top of the tub; extra batteries are a good idea.
- Warmth.** Your kit should have a blanket for everyone, plus warm clothes, hats, gloves and socks. Plan to layer up.
- First aid.** For starters, a kit should have bandages, gauze, tape, antiseptic, pain medication and scissors.

Communication. Keep fresh batteries in a portable radio and a fully charged cell phone on hand. Your family should also have a disaster plan. Discuss where to meet inside and outside your own home, what to do if you are separated and whom to call for help or to leave messages. Include phone numbers for utilities and our local public information call center. Also consider making plans with your neighbors.

Finally, when the weather is threatening, or there's a disaster of any kind, stay informed. Listen to the radio, or if you have power, rely on the internet for updates. Follow emergency instructions as best you can. Columbia 9-1-1 asks for your help in keeping the emergency phone lines clear—only call 9-1-1 for life-threatening emergencies. As always, we will be assisting emergency personnel around the clock to keep everyone in our communities safe.

Columbia 9-1-1 Communications District. Always there.

P.O. Box 998 St. Helens, OR 97051
Administrative Office: (503) 397-7255 Non-emergency Dispatch: (503) 397-1521 1-800-696-7795
www.columbia911.com