

## Vernonia Service and Repair- Open and Ready for Business

Have you noticed the sign for Vernonia Service and Repair, just south of Vernonia on Highway 47?

Aaron Milstien has opened a new automotive repair shop in town. But Milstien doesn't just work on cars and trucks.

Milstien, who grew up in Vernonia and seems to be handy with all kinds of repairs, says if he has the right tools, he can do the work you need.

In addition to oil changes while you wait, Milstien can do any other automotive repairs. He has installed a lift at the two-bay garage he's working from at 58605 Nehalem Highway South, right next door to the Storage Too office. He also does welding work, will work on trailers, four-wheelers and anything else mechanical you want to bring him. He also says he can do detail work to help you get your interior cleaned up after the winter.

Got something that needs fixing? Why not stop by and give Aaron Milstien at Vernonia Service and Repair a try?

*Vernonia Service and Repair is located just south of Vernonia on Highway 47 at 58605 Nehalem Highway South. Aaron Milstien can be reached at (503) 706-9409.*



## Mater Introduces Phase II

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Regence led them to also suggest that these health care options might be paid for not with dollars, but with carbon credits earned by family forest owners, just by conserving and managing their forests well.

According to Mohan Nair, Chief Innovation Officer at Regence BlueCross BlueShield, this program represents a return to their roots as well. "Regence was started many years ago by families working in Pacific Northwest forests that pooled their resources to provide health care for one another. We appreciate that this Pinchot Institute initiative seeks to use those same forests to help make health care more affordable and sustainable for forest landowners and their families."

A key component of Mater's plan involves creatively using carbon credit payments to, not only pay for family health care of land owners, but to also use a portion of those payments to help fund a community health care clinic for the community of Vernonia, creating additional incentive for carbon investors to become involved in the project. "We are recreating the playing ground of the value of carbon," explained Mater. "We are doing something very unusual for the landowner and, at the same time, we are redirecting a whole different paradigm for carbon investors and the value added-- it's

never been done before."

In cooperation with Oregon State University, the next phase of the Forest Health-Human Health Initiative will evaluate whether new forest biomass scanning technology can be upgraded to include carbon scanning. "This single-pass process could reduce monitoring costs to participating FH-HH landowners by up to 30 percent," said Mater. "This is critical, since the cost of monitoring can make the difference for family landowners hoping to participate."

A recent study conducted by the Pinchot Institute and Mater Ltd. as part of Phase I found that local forests could supply the new "green building certified" K-12 school that is being constructed and another public building complex, the proposed Rose Avenue Project, with wood biomass.

According to Dr. Ken Cox, Superintendent of Vernonia Public Schools, this project will provide many valuable opportunities for the schools and for the community itself. "This will create a living laboratory for sustainability throughout our entire community," said Cox. "The lessons learned from this Forest Health-Human Health Initiative will be incorporated into our teaching curriculum for all our children in the community."

## Intruder Alert: Computer Viruses and Other Parasites

By Burt Tschache

Computer viruses are like parasites in that they interfere with and slow system processing, take over resources for their own use, give nothing in return, reproduce rapidly and, unless you get rid of them promptly, can cause major problems to your system and data.

While looking up some information on our cats' health, I discovered a veritable plague of pestilential parasites that can infect them. We all know about fleas and worms and do our best to keep our four-legged, finned and feathered friends free of invasive creatures. However, there are other critters that hide within the fleas that can surreptitiously invade our own inner environment.

Human parasites are far more widely dispersed than we ever knew. Did you know that your loving family pets can accidentally pass along all kinds of creatures that mom never told you about because she probably did not know? Did you know that in days of yore, it was commonplace for mom or grandma to pour an anti-parasitic potion down the throat of a struggling child and not be accused of abuse?

Some of the great research tools on the internet are hyperlinks, Google or Wikipedia. If you want to find out more about anything, you can find a link to lead you there. Curious sort that I am, I occasionally find myself getting lost in cyberspace, much to the dismay of my dear wife.

Thankfully, she is

also a curious sort and wanted to see the picture of a 40-foot tapeworm and learn that John Wayne (the Duke) had 80 pounds of impacted fecal matter in his intestine when he died (a big time parasite breeding ground). Yuck!!!

This is all to let you know what could be lurking inside our own bodies and there is no security suite to protect us, except very costly drugs or grandma's potions. Parasites do not broadcast their presence. They are known as the Great Masqueraders in that they mimic so many other conditions that they are usually the last thing a health care professional looks for.

I mean, we don't have parasites in America, do we? From what I've been reading, parasites are at plague level in America because we do not take Mom's magic potions anymore. Because we are world travelers, we can pick up bugs in one country and carry them around the world in less than 80 days.

There is much more in the food

that we eat than we think. All processed foods and some of those supposedly unprocessed can carry passengers we would not know about except for the increasing number of e-Coli outbreaks and digestive problems. Many farms are allowed to water with semi-processed sewage. According to the FDA, there is even a permissible level of toxicity in everything we eat or drink to appease the petrochemical industries. I would rather the level be 0%.

From the National Institute of Health (NIH):

*"Animal diseases that people can catch are called zoonoses. About 75 percent of the new diseases affecting humans in the past decade can be traced to animals or animal products. You can get a disease directly from an animal, or indirectly, through the environment."*

Some very informative articles are available at:

[http://www.nlm.nih.gov/medlineplus/news/fullstory\\_107925.html](http://www.nlm.nih.gov/medlineplus/news/fullstory_107925.html)

<http://www.dr-dan.com/tapeworm.htm>

And here you thought you only had to worry about computer parasites. The critters are everywhere.

Be Safe Out There . . .

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