

# WOEC Current: News and Notes From the Co-op

## West Oregon Electric Cooperative 2013 Scholarships

### Two \$1,000 WOEC Sam Hearing Scholarships will be awarded this year

By Sarah Rossi

High school seniors throughout the West Oregon Electric service area are eligible to apply for the WOEC Sam Hearing Scholarship program. Seniors looking to further their education by attending any college, university, community college, or trade school can apply for one of two \$1,000 scholarships.

The West Oregon Electric Cooperative Sam Hearing Scholarships are given in the memory of Sam Hearing. Sam served on the WOEC board of directors for 35 years, and his commitment to the co-op and community are symbolized in the continuing effort

of WOEC to help further the education of our youth. Sam and his wife, Alvilda, shared a strong commitment to education – Alvilda as a school teacher in Vernonia, and Sam serving as a member of the Vernonia School Board and Columbia County Education Service District. This commitment led the WOEC board of directors to establish the Sam Hearing Scholarship fund in August of 2003 when Sam retired from the WOEC board. Sam passed away in 2004, and so the scholarships will remain to remind us of his dedication to our Cooperative and the community that he lived in and served.

This year the applicants will

be judged on academic performance, overall essay information, as well as their commitment to their community through their community service. Applicants are asked to complete a brief application form that will give a personal profile, two essays, and activities chart.

The applications will be reviewed by a scholarship committee of co-op members who donate their time to evaluate them and award the scholarships. The WOEC board of directors memorialized their appreciation of the excellent and valued work that has been done by our volunteer Scholarship Committee by passing a resolution at the January board meeting

acknowledging them for a job well done. The committee is another great example of our cooperative members' values and commitment to the community.

To apply, contact your high school counselor or West Oregon Electric. The application form as well as all instructions will be available starting February 1<sup>st</sup>, please visit our website at westoregon.org (go to the news tab and click on scholarships) to print the forms. The information and forms will also be available at the front desk in the WOEC office. The deadline for receiving completed applications is April 15th by 5:00 PM.

## Creature Comforts ~ Dental Health

By Michal Smith

February is Heart Health month for people and National Pet Dental Health month too! Over the last couple of years, we've been learning in the media how our own mouth's health (teeth, breath and gums) has a direct effect on our heart's health. It was recently reported by the American Veterinary Dental Society that "gingivitis and periodontal disease in cats and dogs have become widespread and that more than 85 percent of dogs and cats show signs of oral disease by the age of 4."

When food and bacteria build up in your pet's mouth it forms plaque and tartar which leads to gingivitis. If gingivitis is ignored it can then lead to even more serious dental problems like periodontal disease and tooth decay or even tooth loss. When bacteria from periodontal disease travels into your pet's bloodstream, important internal organs like the lungs, heart, kidneys, liver, and nervous system can be negatively affected, and may even result in death.

It used to be that we'd all save up for an ex-

pensive pet teeth cleaning at the vet every couple of years of so and that was that for mouth care. But the pet industry has evolved to offer pet owners a variety of products and types of applications to allow us to easily be daily proactive with our pets oral care and successfully address the stinky breath and plaque buildup we often complain about.

Of course the most obvious tools are the old toothbrush and toothpaste—which we carry in the store. (The toothpaste is chicken and beef flavor-mmm!) But if opening your pets jaws and scrubbing away is not a safe option for you, we carry the hard Petrodex beef-hide dental chews for dogs; Greenies dental treats and chews for both dogs and cats; mouth sprays, gels and rinses that break down plaque and tartar; as well as water additives that when the pet gets a drink of water they are also treating their teeth! We also carry Flossy Bones for the dogs which consist of a cotton rope bone infused with spearmint for fresh breath and as the dog chews on it, the cotton works to floss away plaque and tartar.

Keeping our pet's teeth and mouth cleaned and

their breath smelling fresh does not have to be daunting anymore. However, we do recommend your pet receive an oral exam by a vet at least once a year. And if your pet displays really bad breath on a regular basis, visible tartar buildup on the teeth, swollen, receding or bleeding gums, fractured or abscessed teeth, or a change in eating habits, take your pet to a vet as soon as you can.

To help support pets clean teeth AND give owners something to smile about, Creatures is offering all pet dental products at 15% off regular price all month!

Need something new to motivate Fluffy and Fido? Consider CORN FREE Buddy Biscuits by Cloud Star. In the store now - they're a mouthwatering soft bite size chew in flavors bacon/cheese; duck; peanut butter and roasted chicken. (These have been endorsed by who else but Buddy, Richard's farm pit-bull). Also in the store are the Greenies new cat treats that not only support dental health but that also support fur and skin; digestion & hairball.

Creatures Pet Store is open M-F 10-6; Sat 10-5; Sun 12-4; 503-429-PETS (7387).

## Natural Path to Health: Our New Office Space!

By Dr. Carol McIntyre

I am happy to announce that I am moving into a larger office space here in town! The new address is: **758 Weed Ave.** My new office will be located in the blue house on the one way section of Weed Ave across from the City Hall building and the library, next to the new veterinary clinic.

This new space will offer... well, MORE SPACE! A large waiting area where I will incorporate a children's' space as well as some therapeutics including a personal infrared sauna and inversion table are just some of the new features. There will be two treatment rooms total, one upstairs and one downstairs. This will allow me to accommodate more patient load in a more private setting.

There is also a full kitchen on site in which I plan on providing "family cooking classes" and herbal classes. I plan to offer evening classes to individual families in an attempt to help them prepare healthy meals using the ingredients they already have in their pantry. Herbal classes are endless but in short, I would like to have some herbal salve making classes to start.

The move has been in my heart for some time. I would like to thank the community at large for such amazing support, without it I could not have made this happen! The new space will serve all of us well.

Kimberly will have a nice, new,

large space with bright natural light that I hope will help her to enjoy her work and I am more than happy to honor her with that after all of her diligent and tolerant service she has provided for all of us. I will actually have my own office~ which is a huge 'step up' for me. The space is beautiful and I can't wait for you all to experience it. We will have an open house once the entire space is in place.

There are planter boxes in the front of the house which of course will be planted with wonderful fresh herbs and medicinals. The potential is there for more gardening to be done on site

and I have big visions for the future of the space. I even spotted a stray cat that has made its home in the shed so maybe we'll have an "office cat"!

The whole transition has happened rather quickly. We moved into our new building February 1<sup>st</sup> and I have already begun seeing patients at the new office. There is plenty of parking on the street but for those patients who need handicap access, the driveway will be reserved for that purpose.

This is a wonderful new frontier for my clinic! I am very happy to share this with all of you and even more so, happy to be able to serve you better.

Please call me directly if you have any issues getting through on the office line in the first days of transition... otherwise~ I await your presence in our new space!

I know I promised more about the Chinese medicine philosophy series~ that will follow next month. With all said, I was just too excited to keep the news silent! Everyone involved has been exceptional. The entire transition has flowed perfectly. I am very thankful for the outcome and all that has gone into the process. Looking forward to serving you from a new space~ Be Well~ Dr. C

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