

Carlton Named Oregon EMT-Basic of the Year *continued from front page*

to Vernonia in 2007. Within days of the move they watched their new home flood and the small community face a heart wrenching disaster. In the years that have followed, Randy not only stayed in his community, but he has truly made Vernonia his home. Randy has been an EMS EMT-Basic with Metro West Ambulance since November of 2006. He joined the Vernonia Volunteer Ambulance Association in 2007 and the Vernonia Rural Fire Protection District in 2009. Randy currently serves as the President of the Vernonia Volunteer Ambulance Association and is currently an officer in training with the Vernonia Rural Fire Protection District. Randy's involvement goes beyond providing medical care and fire suppression in the 9-1-1 system. He truly embraces "community." He is involved in the Vernonia Friendship Jamboree and Logging Show, coordinating the Vernonia Volunteer Fire and Rescue Golf Benefit which raises money to purchase toys during the holiday season for Toy & Joy; conducts classes as an AHA CPR instructor and also for EMT-Basic courses and for continuing education for

other EMS providers. He is also a member of the Vernonia Festival Committee, Christmas in Vernonia Committee and



Metro West's Shawn Wood was named Oregon EMT-Paramedic of the Year.

is a volunteer for the Vernonia Head Start Program. Randy's love for EMS and for the community he serves is obvious. Calvin Coolidge once said, "No person was ever honored for what he received. Honor is given by what he gave." Metro West Ambulance along with the Vernonia Volunteer Ambulance Association and the Vernonia Rural Fire Protection District are very proud of Randy Carlton, "Oregon EMS Provider of the Year-EMT Basic".

Shawn Wood, EMT Paramedic has always followed the credo "lead by example." It is a statement he not only says but truly lives. Shawn is this year's recipient of the EMS EMT-Paramedic of the Year for the state of Oregon. Shawn started with Metro West Ambulance in 2003. During his years at Metro West Ambulance, he has served as a Senior Paramedic and as a Field Training Officer. Shawn was recently also awarded the 2013 "Star of Life" from the American Ambulance Association. Shawn is not only Oregon, but nationally certified, as an EMT and has also completed the Critical Care EMT course, specializing in critical

patients. Shawn is very involved in helping to mold the expanding role that paramedics can play in the evolving health care industry. He believes in making the concepts of community paramedics, telemedicine and critical care trained paramedics, and how they can offer cost effective alternatives to many traditional healthcare services, come to life. Shawn is a member of the Regional Protocol Development Committee that develops and refines protocols used in our region. He serves as a member of the OHSU/OIT Advisory Committee to their Paramedic Program. His most recent project is his participation in a pilot project using paramedics in a community setting. Not only does Shawn believe in moving the EMS industry forward but also makes sure all those he trains in the EMS field know that the most important person in EMS is the patient.

Congratulations to both Randy Carlton, EMT-Basic and Shawn Wood, EMT-Paramedic for being chosen as the top EMT and Paramedic in the State of Oregon for 2013!

Witt Announces Candidacy *continued from front page*

Witt went on to state specifically his goals for his next term, including more, better, and family wage jobs; a clean and healthy environment; and an education system that is second to none.

"An education system that provides the kind of education that means rewarding jobs for our students when they graduate, global competitiveness for our employers, and the bedrock of our states' future," said Witt about his final goal.

Recognized as an innovative leader in Salem for jobs and education, Rep. Witt sponsored legislation increasing Oregon's investment in Career and Technical Education Programs. These programs assist school districts throughout the state as they revitalize vocational training (i.e. shop classes) for students, providing them with skills they will use throughout their lives.

As a member of the Oregon House of Representatives, Witt has worked to create sustainable, family-wage jobs for his constituents throughout his district.

"Our district's geography and sustainable natural resources offer us an incredible opportunity to create and maintain family wage jobs right here in our own district," said Witt. "I, as your voice in Salem have, and will continue to champion policies that will allow us to realize the incredible

potential to get people back to work, provide our children with a world class education and lay the groundwork for a sound economy that will support our families for generations to come."

Following his prepared remarks Witt stated, "I am very proud to, along with State Senator Betsy Johnson, gone out and fought, quite literally for an entire legislative session, for the



last \$4 million that enabled the construction of the school project to go forward. I could think of no better place to make my announcement than right here in this school with the Loggers as a backdrop."

More information on Representative Witt's candidacy can be found at www.votebradwitt.com.

Rock Creek Levels Now Available Online

Approximately ten years ago the Upper Nehalem Watershed Council, led by Maggie Peyton, received a grant from the Oregon Watershed Enhancement Board to install an automated river gauge on Rock Creek. The purpose of the gauge was to alert the City to low flows that occur during the late summer in order to protect fish by reducing the amount of city water drawn out of Rock Creek. Initially, the creek levels were sent to the City and the Water Resources Department (WRD) via telephone line, but that method was too expensive for the City, so for years the gauge data have been read and transmitted manually.

In the meantime, Vernonia experienced flooding and attention understandably turned to seeing stream data on the Web in near real-time. That finally came to pass Thursday, September 26th when the WRD's Richard Marvin, Watermaster Greg Beaman and Kara Morris installed a satellite telemetry link to the gauge. The project is being funded by the WRD. Andy Bryant, hydrologist with the National Oceanic and Atmospheric Administration (NOAA), put the Rock Creek data on the NOAA website. Emergency personnel have relied on Nehalem River data on the Web, but now have the ability to add data from the Rock Creek gauge to their arsenal during weather-related events.

The Rock Creek gauge may be accessed at: <http://water.weather.gov/ahps2/hydrograph.php?wfo=pqr&gage=rco3>

The Nehalem River gauge upstream of Vernonia near Clear Creek may be accessed at: <http://water.weather.gov/ahps2/hydrograph.php?wfo=pqr&gage=veno3>

Local Author Stacy L. Reeh
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