

Creature Comforts ~ Your Pet's Diet

By Michal Smith

Happy New Year!

Anyone planning to change your pet(s) diet as a New Year Resolution? If so, it warrants looking at the new pet food craze of grain free foods.

Grain free and foods with grains are *usually* both meat based, and both contain carbohydrates and starches. The "grain free" foods contain different forms of starches in the way of vegetables rather than rice or barley, etc. These non-grain ingredients break down into sugars just like the grains however. So the new things to look at are the quantities of sweet potatoes, potatoes and peas in the servings. These are all forms of starch/carbohydrates and can also lead to too

many sugars in the system feeding an overabundance of yeast.

The point here is to continue to read the labels on the foods you choose for your pet to ensure the best nutritional balance. Yeasts feed on sugars in the system. The symptoms of yeast can take many different forms coming out through the ears, the pores and can cause a lot of itching, scratching and discomfort. Another symptom of yeast overgrowth is a distinct odor coming from the skin even after a bath. One way to help cut the level of yeast is to wash the ears, and bathe your dog with a gentle shampoo containing Tea-tree oil or other cleaners with anti-bacterial properties.

However, the best way to reduce the levels of yeast in the body is to change the diet. Feeding mainly

meat proteins coupled with vitamins is a great way to provide the vitamins and minerals your pet needs to build up a healthy immune system. Creatures stocks Taste of the Wild and Diamond Naturals grain free foods in varieties of flavors and can also order many reputable brands.

Also available are the Pet Naturals of Vermont supplements for both cats and dogs and new in the store for January is the new Lumino Wellness line of pet products out of Vancouver, WA. These use a combination of organic and natural ingredients from Nose and Paw Butter to oral supplements for fighting yeast!

Come by and check out what's new Mon-Fri 10-6, Sat 10-5 and Sun 12-4; 503-429-PETS(7387).

WOEC Current: Introducing New General Manager, Bob Perry

At the December 17th West Oregon Electric Cooperative Board Meeting, the Board of Directors appointed Sarah Rossi as Acting General Manager to lead the co-op during the interim until the newly hired GM, Bob Perry, takes the helm. Bob Perry will be moving here from Indiana and plans on being on board at WOEC by February 1st.



Sarah Rossi

I got my start in Indiana working in the Member Services department at the local electric cooperative. I still remember my first assignment was to read meters. Working in Member Services allowed me to be involved in many different aspects of member contact from billing concerns to energy advisor, from school safety programs to 4H Electric programs and more.

It was during my years with the cooperative in Indiana that I decided to take on the challenge of earning a college degree. Starting in the summer of 1997, I signed up for night classes at Indiana University and seven years later I received my bachelor's degree in business administration. I went on from

there to earn a master's degree in management from Indiana Wesleyan University in 2006.

Three years after completing my studies, I went on to manage two electric cooperatives, one in upstate New York and one in Kansas. Someone asked me once what my story was and I said "I've gone from meter reading to general manager in fourteen years." Electric cooperatives are great organizations and I'm proud to be associated with them.

I'm married, my wife's name is Linda and we just celebrated our twenty-sixth anniversary. I have two step-

daughters and we're expecting our first grandchild in February. And then there's Megan, our five year old chocolate Labrador retriever who is a registered therapy dog.

Outside of the office, Linda and I enjoy a ride on the motorcycle or a quiet afternoon on the water in our kayak. Linda is a quilter and enjoys gardening. I enjoy shooting sports, fishing, and amateur radio.

We're both excited to be coming to such a beautiful area of the country and look forward to meeting many of you in the years to come.

*Bye for now!
Bob*



New WOEC General Manager
Bob Perry.

Below is an introduction letter from our New General Manager:

Hello, I'm Bob Perry, your new general manager here at West Oregon Electric Cooperative and I'd like to take a few minutes to introduce myself to you.

I've been working with the electric cooperatives now for eighteen years.

Vernonia Police Blotter - Dec. 15-30, 2013

Arrests/Reports/Criminal Citations:

- December 15, 2013 – Report of Burglary and Aggravated Theft in the 1300 Block of Cherry St.
- December 19, 2013 – Report of Criminal Mischief in the 100 Block of North St.
- December 22, 2013 – Report of Burglary, Criminal Trespass, and Criminal Mischief in the 700 and 800 Blocks of Bridge St.

- December 23, 2013 – Report of an injury Motor Vehicle Crash on N. Mist Dr. at the intersection of Bridge St.

- December 25, 2013 – Report of a Missing Adult in the 800 Block of Alabama Ave. Subject was located.

- December 26, 2013 – Report of a disturbance in the 1000 Block of Rose Ave.

- December 27, 2013 – Report of a Theft of a Firearm in the 800 Block of E. Bridge St.

Traffic/Other Citations:

- December 02, 2013 – Issued a citation for Violation of the Basic Rule (68mph in a posted 55mph zone)
- December 30, 2013 – Issued citations for Careless Driving, Operation of an unsafe Vehicle, Fail to Drive Within Lane, and Driving Uninsured. This citation are in connection with the Injury Traffic Crash that Occurred on 12/23/2013.

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