

Natural Path to Health: Happy New Year

By Dr. Carol McIntyre

I wish you all a Happy New Year! We have been celebrating the winter season and enjoying the snow. It is such a blessing to have the beauty of the cleansing white blanket to bless us. The children have most certainly been enjoying the ability to play in the icy fun.

As we ring in the new year, let us remember that part of our ambition to renew is inspired by the increasing sunlight we receive at the Winter Solstice. The days are now getting longer and this brings more energy to all of us! This new found energy inspires us

to make positive changes in our lives.

Basic practices in our daily lives can lead to further, more complex changes. Daily practice of clearing, cleansing and giving thanks can enlighten us to make more positive choices and changes overall.

The DaoYin is a way of life that has been practiced for centuries. It involves a routine or way of life that incorporates the above mentioned as well as gentle exercise that allows one to keep free flow of Qi and blood in the body. We review elements of this practice from time to time during our Qigong sessions on Fridays at 9:30 am at the Vernonia Grange. Please join us!

Although we set our sights for achieving new year's resolutions, we should also be prepared for acute situations of illness. Some of my favorite herbs for upper respiratory and sinus infections are usnea, peppermint and honey. Utilizing warming sock therapy is always beneficial as well. This can also be helpful in treating headaches.

For stomach flu or GI symptoms I recommend ginger, cinnamon, licorice and peppermint. There are some exceptions with the use of licorice and peppermint, so if you have other medical conditions such as high blood pressure and/or heartburn/GERD you should seek counsel before using licorice and/

or peppermint. Soothing foods such as oats are also favorable. Just remember the old rule: Starve a fever and feed a cold.

I thank you all for a wonderful year and am looking forward to an amazing 2016! Please take advantage of the services at the office such as acupuncture, reiki, infrared sauna, inversion table and of course nutritional supplements, essential oils and herbs to enhance your health this year. Feel free to stop in and ask questions~ I am happy to help. Thanks for joining me. ~Be well.

Holce Donation Identifies Overlooked Strategy

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By donating the security directly versus selling it and then donating the cash from the sale, you eliminate a \$7,140 long term capital gains tax, therefore, increasing the amount the charity receives.

This is exactly what the Holces did. According to Randy, he has been purchasing shares of stock annually since he was a young man, a strategy he learned from his grandfather and that his mother also practiced. By accumulating those securities over time they now have an increased value.

While this strategy allowed the Holces, and potential other donors, to save on their capital gains tax bill, it also provides the opportunity to increase the size of itemized deductions. According to *Fidelity Viewpoint* you are generally allowed to calculate your charitable tax deduction based on the fair market value

of a long term appreciated security. Using the same example, the total income taxes that could be saved would be \$19,800 if you donated directly, more than double the \$9,833 you could claim if you sold the investment and contributed cash.

Obviously this donation strategy only works for certain types of donors who have securities that have appreciated over time; of course tax strategies are complex and different for everyone. It's important for individuals to check with their own tax advisors to see if this would work for them.

So why don't more people take advantage of this strategy of contributing long term appreciated

securities? According to *Fidelity Viewpoint* it is mostly because of habit. Most people who contribute to charity regularly do so by just writing a check. But the fact is that contributing appreciated securities doesn't require that much additional effort. The tax savings can really be significant and the benefit to the receiving charity can also be substantial.

This was a beneficial strategy for the Holces and Randy Holce hopes that others might consider this as a way to assist the Vernonia Sports Initiative reach their goals of providing sports facilities for all sports on the school campus.

City Revives California Avenue Project

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According to Fousek's report, the California Avenue Project provides a unique opportunity for the City to partner and receive assistance on six separate but linked projects:

1. Infrastructure Design Project – With grant funding already secured from IFA, this project will provide engineering and design for the development of California Avenue into a full two lane paved road, utility development to the new industrial site, and for a reroute of sewer lines on Spencer Hill.
2. Spencer Hill Sewer Reroute Project – Using City SDC funds this project would fix serious design flaws that have plagued the Vernonia sewer system for decades - pumping sewage from homes around Spencer Avenue across the Nehalem River to the Tree Streets and Pump station #2 before pumping it back to Pump Station #3 at the base of Lakeview Drive, with all the water infiltration the system tends to pick up. The project would route sewage directly from Spencer Hill to pump station #3.
3. Industrial Infrastructure Project – Funding from IFA and Business Oregon

would be accessed to bring 440v three phase power to the new industrial site and is the first step to attracting other small, high-tech business to Vernonia.

4. Utility Infrastructure to the Industrial Site – Using City SDC funds this project uses City staff to trench and install a water line to the industrial site and provide a bench with the trench for gas and phone to be installed by NW Natural and Frontier.

5. Paving and Development of California Avenue – Funding secured from ODOT would fund the build out of California Avenue beyond the Blue Heron Apartment development that would include two full lanes, a parking lane and a multi-use pedestrian trail.

6. Photo Solutions New Building – Brad Curtis, owner of Photo Solutions, would be responsible for funding the move of his building from its current location on California Avenue. The new facility would be three feet above the 2007 flood, double the size of the facility, and allow the doubling of their 12 person workforce.

Fousek told the Council the

entire project is on a tight timeline with an expected completion date of May 2017.

Council voted unanimously to reaffirm their commitment to the overall project and to move forward with initial design plans for the project using the IFA grant funding, and to request an estimate from their engineering firm, OTEK, for an engineering plan for the Spencer Hill sewer reroute and the extension of the utilities to the industrial site. The Council would be asked to approve additional steps in the project if state funding from ODOT and Business Oregon is secured at a later date.



Vernonia's Voice is published on the 1st and 3rd Thursday. Our next issue will be out January 21st.

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