

Columbia County Sponsors Free Household Hazardous Waste Collection Event

Dozens of items can be brought to St. Helens on February 24 for proper disposal. Next event will be in Vernonia on April 21.

In its mission to maintain a healthy environment, Columbia County is providing residents a safe and responsible way to discard household hazardous waste that cannot be placed in garbage bins.

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On Saturday, February 24 from 8:00 am - 12:00 pm the County is sponsoring a free household hazardous waste collection event at the Columbia County Transfer Station, 1601 Railroad Ave. in St. Helens.

Many items used around the home, including cleaning, gardening, paint, and automotive products, are

considered household hazardous waste and can be harmful to people, pets, fish, and wildlife. Toxins in these products can present potential safety and health hazards when poured down the drain or dumped on the ground.

Kathy Boutin-Pasterz, the County's Solid Waste Program Coordinator, offers a way to understand the kind of items that are acceptable. She says to look at the label.

"Nearly any household item marked WARNING, CAUTION, POISON, DANGEROUS, TOXIC, FLAMMABLE, COMBUSTIBLE, IGNITABLE, CORROSIVE, and OXIDIZER can be taken," she said.

Boutin-Pasterz warns residents to keep items in their original containers and not to mix products, as dangerous reactions can occur when some materials

are mixed. She also reminds people to make sure products are properly sealed to prevent leaks and spills.

"If a container is leaking, secure it in a secondary leak-proof container and not a plastic bag," Boutin-Pasterz said. "We want people to be safe, so we also ask that they pack containers in sturdy boxes and secure them in the rear of their vehicles. Trained household hazardous waste technicians will unload materials for them," she added.

Columbia County has been sponsoring household hazardous waste collection events throughout the County since 2006. In 2017 53,208 pounds of these materials were collected from 741 vehicles at six events. The next event takes place in Vernonia on Saturday April 21.

Extension Service Announces St. Helens Downtown 4-H Mural Project

The Columbia County Extension Service is embarking on a journey into the exciting world of mural art! Anyone interested is invited to a kickoff informational meeting on Monday, March 5, 2018 from 6:00-7:00 pm at the OSU Extension Service office.

At the kickoff event participants will watch short videos about murals, learn about the timeline for the project and about some great field trips, get a peek at the WALL in downtown St. Helens, and have fun brainstorming with each other.

This is YOUR mural! Participants and the Extension Service will develop the theme together, attend a City Council meeting to describe the project, create individual works to share with the group, and finally in August... PAINT THE

MURAL!

This project is open to children in grades 7 - 12. Space is limited to 25 participants. The cost to register is \$45 and 4-H enrollment is not required.

Registration forms are available at the OSU Extension Service, 505 N Columbia River Hwy, St. Helens. Registration forms are due by March 15, 2018 with the \$45 registration fee. Oregon State University Extension Service offers educational programs, activities, and materials without discrimination based on age, color, disability, gender identity or expression, marital status, national origin, race, religion, sex, sexual orientation, or veteran's status. Oregon State University Extension Service is an Equal Opportunity Employer.

CCRider Transportation Advisory Committee to Meet

The Columbia County Rider Transportation Advisory Committee (CCRTAC) will meet Tuesday, February 20 from 6:30 - 8:30 pm. Topics on the agenda include current and future grant applications, increasing awareness about the bus service, and a review of the Committee's recent retreat where members discussed future funding mechanisms for the agency.

The public is encouraged to attend the meeting which takes place at the St. Helens Transit Center, 1155 Deer Island Road, in St Helens.

The Committee serves in an advisory role to the Columbia County Board of Commissioners regarding CC Rider. The

Committee is currently in search of new members, who meet monthly and serve on three-year terms.

CCRTAC reviews new and expanded public transportation service, and assists in the distribution of money from the Special Transportation Fund (STF) provided by the state of Oregon. The STF provides a flexible and coordinated source of continuous revenue to support transit for seniors and people with disabilities of any age.

Agendas and minutes from previous CCRTAC meetings can be found on the CC Rider web page at nworegontransit.org/agencies/columbia-county-rider/.

HOW TO SAVE A LIFE

STROKE IS AN EMERGENCY ACT FAST AND CALL 911

What is a STROKE?
A stroke or "brain attack" occurs when a blood clot blocks an artery (a blood vessel that carries blood from the heart to the body) or a blood vessel (a tube through which the blood moves through the body) breaks, interrupting blood flow to an area of the brain. When either of these things happen, brain cells begin to die and brain damage occurs.

When brain cells die during a stroke, abilities controlled by that area of the brain are lost. These abilities include speech, movement and memory. How a stroke patient is affected depends on where the stroke occurs in the brain and how much the brain is damaged.

133,000 people die each year, from a stroke cause

795,000 strokes will occur this year, one occurring every 40 seconds, and taking a life approximately every four minutes.

4th Leading cause of death in the USA

Approximately **55,000** more women than men have a stroke each year.

African Americans have almost twice the risk of stroke compared with whites

Types of STROKE

Ischemic stroke
occurs when arteries are blocked by blood clots or by the gradual build-up of plaque and other fatty deposits. About 87 percent of all strokes are ischemic.

Hemorrhagic stroke
occurs when a blood vessel in the brain breaks leaking blood into the brain. Hemorrhagic strokes account for 13 percent of all strokes, yet are responsible for more than 30 percent of all stroke deaths.

Signs that someone is having a STROKE

Few in the U.S. know the warning signs of stroke. Learning them - and acting FAST when they occur - could save your life or the life of a loved one.

FAST Use the FAST test to remember warning signs of stroke.

FACE Ask the person to smile. Does one side of the face drop?

ARMS Ask the person to raise both arms. Does one arm drift downward?

SPEECH Ask the person to repeat a simple sentence. Does the speech sound slurred or strange?

TIME If you observe any of these signs (independently or together), call 911 immediately

STROKE PREVENTION GUIDELINES

- Stop smoking
- Manage exercise
- Control alcohol use
- Manage a healthy diet
- Know blood pressure
- Control diabetes and cholesterol levels

STROKE MYTHS

Myth: Stroke is unpreventable
Reality: Stroke is largely preventable

Myth: Stroke cannot be treated
Reality: Stroke requires emergency treatment

Myth: Stroke only strikes the elderly
Reality: Stroke can happen to anyone

Myth: Stroke happens to the heart
Reality: Stroke is a "Brain Attack"

Myth: Stroke recovery only happens for a few months following a stroke
Reality: Stroke recovery continues throughout life



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HELP WANTED

TECHNICAL MANAGER Columbia 9-1-1 Communications District (C911CD) is conducting a hiring process for a full-time Technical Manager. Log on to www.columbia911.com and click on 'Careers'. For any questions call (503) 366-6971.

Cedar Ridge is currently hiring kitchen staff. We are looking for self-motivated cooks who have a current food handlers card and preferably one year of food service experience. Candidates must show strong organizational skills, a positive attitude, ability to multitask, attention to detail, and solid work ethic. Must be able to work cleanly and efficiently. If interested, visit www.visitcedaridge.com or email ryan@visitcedaridge.com.

Cedar Ridge is looking for a Kitchen Manager who loves a good challenge and takes pride in their work. The Kitchen Manager is responsible for the daily operations of the kitchen, and provides professional leadership and direction to kitchen personnel. The person in this position ensures that all recipes, food preparations, and presentations meet customers' specifications. They will also maintain a safe, orderly and sanitized kitchen and demonstrate this by example of using proper food-handling techniques. The ideal candidate will have at least 2 years of professional experience. If interested, visit www.visitcedaridge.com or email ryan@visitcedaridge.com.

FOR SALE

Craftsman 5 hp Rototiller - Rear tines, good condition. \$450 (503) 429-0115