

Veterans need your help

ASTORIA — Every weekday at 7 a.m., the Disabled American Veterans' van departs from the parking lot on Marine Drive just west of Burger King, with veterans who have medical appointments at the VA Medical Center in Portland.

Our local veterans depend on this transportation for medical treatment they otherwise would not receive. Many are treated for life-threatening conditions and have no other way to

see their physicians.

This crucial service is provided by volunteer drivers who deliver the veterans to their appointments, have breakfast and lunch at the VA, then return to Astoria that afternoon when all the veterans have received their treatments.

We are currently short of drivers and cannot provide uninterrupted service to our veterans.

You can make a difference by ensuring our vet-

erans receive the medical treatment they deserve. Do you have one or two days a month to help serve our veterans?

Find out how you can help by calling Dick Lang at 503-298-8757 or sending him an email to Astoria-DAVvan@charter.net.

The commitment to be a driver will earn you a free physical examination, breakfast and lunch in the veterans' cafeteria on the days you drive, and the wonderful feeling of satisfaction you get by helping our veterans.



COURTESY NORTH COAST LAND CONSERVANCY

A pile of uprooted policeman's helmet plants at Circle Creek Conservation Center, waiting to be stomped.

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Pull, pile, stomp a notorious weed

SEASIDE — Soon the seed pods of invasive policeman's helmet plants will be maturing, and when they do, their seeds can fly as far as 20 feet, spreading the plant far and wide.

You can help arrest this weed and keep it from overrunning native coastal plants. Join North Coast Land Conservancy for a volunteer stewardship day at its Circle Creek Conservation Center in Seaside, 10 a.m. to 1 p.m. Saturday, July 21.

Policeman's helmet, a highly invasive, non-native plant, has taken hold throughout the Necanicum

River watershed, choking out native plants and reducing plant and animal diversity while increasing the risk of streambank erosion.

North Coast Land Conservancy and the Necanicum Watershed Council are working together on a three-year project to try to rid the watershed of this invader. The community can help get rid of this weed.

The plant is easy to pull; the next step is to pile uprooted plants and stomp on them to crush the stems and prevent the seed pods from developing or maturing.

Wherever you live in Clat-

sop or Tillamook counties, keep an eye out for policeman's helmet on your property. As soon as you see it, pull, pile and stomp the plants so they can't reproduce.

Visit NCLCtrust.org/pull-pile-stomp for more details and to report suspected sightings of the plant.

Policeman's helmet is named for the shape of the blossom, which resembles an old-fashioned British policeman's headwear. It is native to the Himalayas and was introduced in North America as an ornamental garden plant but has since spread widely.