



Luke Whittaker/Chinook Observer

The Ilwaco channel will benefit from \$1.2 million in federal funds for dredging and pile dike improvements.

Port of Ilwaco nets over \$1.2 million in federal aid

Money to help pay for dredging

By LUKE WHITTAKER
Chinook Observer

ILWACO, Wash. — The Ilwaco channel will benefit from more than \$1.2 million in federal funding for dredging and pile dike improvements over the coming year.

The U.S. Army Corps of Engineers has released its 2019 appropriations plan, including the funding for Ilwaco channel maintenance dredging and completion of an engineering report on the Ilwaco channel pile dikes.

“Funding for 2019 should be adequate to address the priority areas of our Ilwaco entrance channel,” Port Manager Guy Glenn Jr. said.

“What is encouraging is receiving funding for the completion of the engineering report for the pile dikes located at the entrance of

our Ilwaco channel,” Glenn added. Addressing the need for better pile dikes has been one of Glenn’s top priorities for several years.

Pile dikes — also known as “wing dams” — are structures used to help maintain navigation channels by directing river flow toward the main channel. The pile dikes along the Ilwaco channel were constructed decades ago but continue to play a crucial role today, Glenn explained.

“Restoring the function of these pile dikes should ultimately lead to a more stable and reliable channel, which in turn will reduce the pressure and costs to dredge annually,” he said.

Deterioration of the pile dikes has resulted in a loss of function, creating instability and excess siltation in the channel, leading to a need for more frequent maintenance dredging and related costs. Investing to restore

the functionality of these passive navigation structures will ultimately reduce channel-maintenance costs and provide more reliability for channel users, according to Glenn. The engineering report is considered an important step in this process.

“A long-term investment to restore the function of the failing pile dikes, passive structures constructed in the late 1930s at the entrance of our channel, should ultimately reduce the need for annual channel maintenance costs and provide long-term reliable water access to support local jobs and our coastal communities,” Glenn said.

The Port of Chinook, managed under an agreement with the Port of Ilwaco, wasn’t as fortunate in this year’s Army Corps’ planning.

“We did not receive funding for channel maintenance in Chinook,” Glenn said. “The conditions in the Chi-

nook channel are currently manageable and will have to hold up until at least August/September 2020.”

Historically, the Chinook channel hasn’t been maintained as frequently as Ilwaco’s channel.

“There are not any major problems with the Chinook channel at the current time, however these conditions may or may not hold up over the next year or so,” Glenn said.

It didn’t come as a total surprise that one port received funding and not the other. The last time Ilwaco didn’t receive federal funds for channel maintenance dredging was in 2013, and there are no guarantees.

“The process to receive federal funding for channel maintenance is extremely competitive,” Glenn said. “Funding is limited and the Corps of Engineers has to prioritize projects for small ports nationwide.”



AP Photo/Don Ryan

A sign at Big Top Farms near Sisters.

Senators ask FDA to update pot rules

Wyden, Merkley back emerging hemp industry

By ANDREW SELSKY
Associated Press

SALEM — Oregon’s two senators on Tuesday urged the head of the U.S. Food and Drug Administration to update federal regulations to permit interstate commerce of food products containing a key nonpsychoactive ingredient of cannabis.

The appeal by U.S. Sens. Ron Wyden and Jeff Merkley came after Congress legalized the production and sale of industrial hemp and hemp derivatives, including cannabidiols, known as CBD. Wyden and Merkley had been behind a hemp provision that Congress passed and was included in the 2018 Farm Bill.

But after President Donald Trump signed the bill in December, FDA Commissioner Scott Gottlieb restated his agency’s stance

that CBD is a drug ingredient and therefore illegal to add to food or health products without his agency’s approval. The FDA has sent warning letters to some companies making health

They said it was Congress’ intent in the bill to ensure producers and consumers have access to hemp-derived products, including CBDs.

The Oregon Democrats asked the agency to clarify

including relieving pain and anxiety.

Scientists note there have been few comprehensive clinical studies on how CBD affects humans. Harvard Medical School said the strongest scientific evidence is for its effectiveness in treating childhood epilepsy syndromes which typically don’t respond to anti-seizure medications. The FDA recently approved the first ever cannabis-derived medicine for these conditions which contains CBD. Studies suggest CBD may also help those with insomnia to fall asleep and stay asleep.

Hemp looks like marijuana but contains less than 0.3 percent of THC, the compound that gives pot its high. Both hemp and marijuana are species of cannabis.

Merkley and Wyden noted that the FDA is operating with limited staff due to the partial federal government shutdown and requested a response within 30 calendar days of the government reopening.

‘FARMERS IN OREGON AND NATIONWIDE ARE POISED TO MAKE REAL ECONOMIC GAINS FOR THEIR COMMUNITIES ONCE THESE REGULATIONS ARE UPDATED.’

U.S. Sens. Ron Wyden and Jeff Merkley

claims for CBD.

In a letter to Gottlieb, the senators asked the FDA to update “outdated regulations” that prohibit food products containing CBD from being sold across state lines.

“Farmers in Oregon and nationwide are poised to make real economic gains for their communities once these regulations are updated,” they wrote.

to the public several issues, including its authority in the production and marketing of hemp and its derivatives, and whether the FDA will consider issuing a regulation to allow hemp derivatives in food, beverage or dietary supplements that cross state lines.

CBD oils are increasingly popular in lotions, tinctures and foods. Proponents say CBD offers health benefits,

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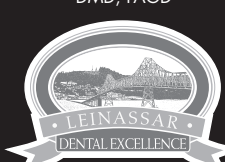


Q: How can I tell if a site protects my credit card information during a purchase?

A: Two things to look for.
1. In the address bar (long rectangle at the top of a web page) look for the letter “s” in the prefix https:// No “s”? Not secure. Don’t provide personal nor banking information.
2. There should be a symbol of a padlock preceding the https://



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Q: My child’s baby teeth have cavities. Why should they be filled if they are just going to fall out in a few years?

A: Children’s teeth are very important to the health of the child and the development of the dental jaw and forming permanent teeth. Baby teeth not only give the child chewing function, cute esthetics, but also serve an important role in the jaw formation. Premature loss of primary teeth can adversely affect the jaw growth, position and timing of the eruption of permanent teeth, and if badly decayed or infected be a source of pain, sickness, and risk to other teeth. Please have your dentist evaluate your child’s “baby teeth”.



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Q: Are chiropractors real doctors?

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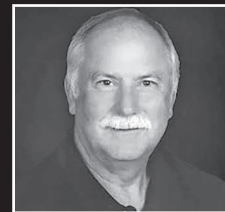
John R. Alcantara - Funeral Director



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Q: Our family has always had Hughes-Ransom take care of funeral arrangements so can you explain how a recent family member got taken elsewhere?

A: If a death goes unattended or if there is reason to believe the cause of death not to be natural, the Office of the Medical Examiner (M.E.) becomes involved. If family is present or notified by phone, they must be given the choice of where they want their loved one to be taken to. In the event next of kin cannot or no prearranged funeral plans are forthcoming at the time, the M.E. will have the mortuary designated “on call” for the month he until the family has been properly notified. Once that occurs, a family always reserves the right to choose another funeral provider over the one their loved one was initially taken to.



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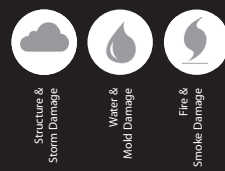
Q: My 65th birthday is coming up and I want to know if I have to go on Medicare when I turn 65? I will still be working and my employer provides health insurance for me and my spouse.

A: Happy Birthday! Most people who have group policies through their employer do not have to sign up for Medicare when reaching age 65. I said “most” in that statement. Check with your employer to make sure. There are several factors in deciding whether one or both of you will need or want to apply for Medicare coverage or stay with your employer’s coverage.



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Q: In The Event Of A Water Or Fire Damage At My Home, Do I Have To Use A Contractor That My Insurance Company Referred To Me?

A: No, the Insurance company is likely controlling that contractor, and you want a company that is going to do the best job with the repairs, and not necessarily dance to the tune of your insurance carrier. Look for a local, reliable company that has a good reputation like Coastal Restoration.