

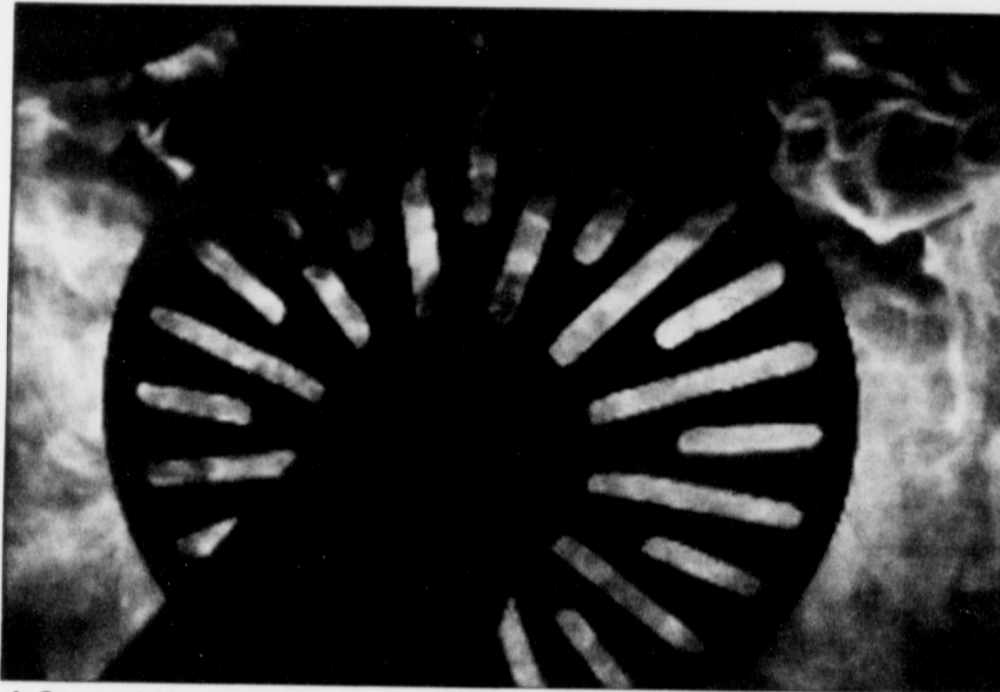
Observing

Heating Plant to Cut Greenhouse Gas

Clark County has selected Schneider Electric of Seattle to develop a proposal for a new central heating plant that, if approved, could provide a clean, cost-effective way to lower fuel costs and greenhouse gas emissions.

The proposed central heating plant would use the latest technology to generate heat for county buildings and electricity from recycled forest debris that otherwise would be burned in open "slash" piles.

"This central heating plant has



A Central Heating Plant, similar to the one proposed for Vancouver operates and maintains three high-pressure steam boilers providing service for up to 22 buildings.

the potential to be a win for taxpayers and the environment," said General Services Director Mark McCauley.

The facility would reduce fossil fuel emissions by about 28,660 tons per year, the equivalent of taking 6,200 cars off local roads

or 3,700 homes off the electricity grid each year.

The facility would also save taxpayers an estimated \$1.5 million over the next 20 years.

To proceed, Schneider Electric must ensure the facility would be in full compliance with air quality laws and all regulatory requirements at a county-owned site in downtown Vancouver near the county jail and courthouse.

"Clark County is committed to being a leader in using renewable energy and reducing our dependence on fossil fuels. This project will make the county one of the few public entities in the country to produce more green energy than it consumes," McCauley said.

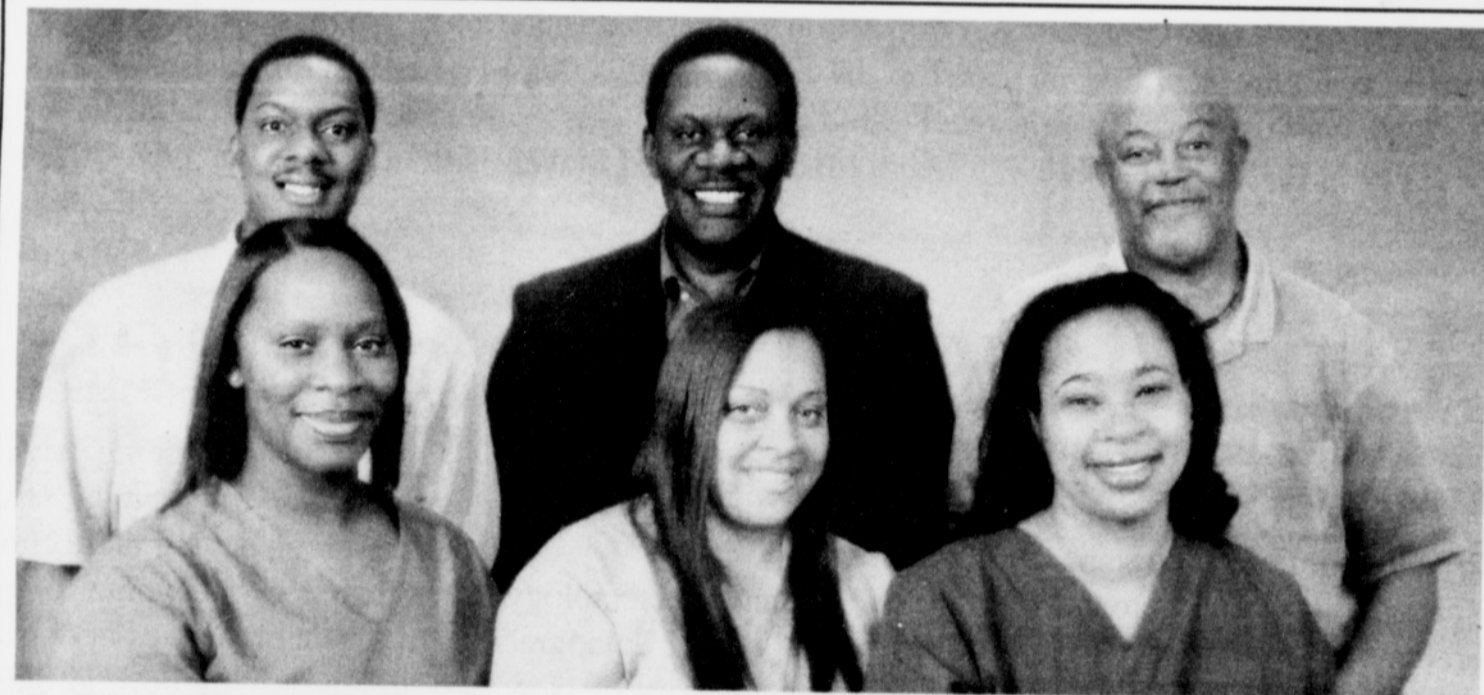
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Dr. Billy R. Flowers (above center) and his skilled staff are ready to help those in need.

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Part 27. Chiropractic VS Migraines: Saying goodbye to the most menacing of headaches

Q: Can anything be done for migraines? I've had them for the last 20 years and I sincerely can't take it much longer.

A: I had a patient once ask the same question. Her concern, however, was that Chiropractic might hurt. After becoming a patient, she began to make progress. Slowly but surely the nauseating effects of the migraine were leaving her. One day, relaxed and without pain, she said to me "I can't believe that I waited 20 years

for this!" That's one comment I'll never forget! The story had a happy, but isn't it sad that it had such an unfortunate beginning. So many suffer for so long with their pain. They literally waste years of their lives, waiting, thinking that it is just a temporary condition. Life itself is a temporary condition. We are all

here for only a while. Why waste one precious moment, let alone years suffering needlessly? Find your freedom through good health NOW... naturally. Find your freedom through Chiropractic...and make each day count. Isn't it time you stepped up to safe, effective Chiropractic?

Flowers' Chiropractic Office

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Phone: (503) 287-5504

An Evening of Poetry

An evening of bilingual poetry with poet Sheryl Clough and several local poets will be held at the Niche Wine and Art Bar in Vancouver, 1013 Main Street, on Saturday, July 30 at 6 p.m.

Poetry and music will fill the room at the event, where Christopher Luna will present the latest in a series of bilingual readings followed by several guest readings.

Clough received a masters of fine arts degree in creative writing from the University of Alaska Fairbanks, where she

designed and taught writing courses linked to environmental literature. Her poems, stories and essays have appeared in Spindrift, Explorations, Storyboard, Sierra, Travelers Tales, Soundings Review and many others.

After a visit to Austria and Germany with the Foreign Language League, Clough started a lifelong interest in German language. She finds in the language musicality and expressiveness that refute the common perception of German as "guttural."

Health Care Reform Discussion

In an effort to answer the community's questions about the new health care reform, a public discussion and presentation will be held at the Vancouver Community Library on Monday, July 25.

Bianca Stoner, an analyst and consumer advocate at the Office of the Washington State Insurance Commissioner, will present an overview of The Patient Protection and Affordable

Care Act, commonly called health care reform, which will go into full effect in 2014.

At the event she will review the state of current health care within the country and address the changes ahead, including the new law's impact on children, senior citizens and other adults.

The presentation will be held from 5:30 p.m. to 7 p.m. The location is 901 C Street at Evergreen Boulevard.

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