

Northwest Reflections offers 'something different'

Northwest Reflections Health & Wellness is offering Florence residents a new option for their primary health care needs. Melinda Gitnes, Adult Nurse Practitioner, opened the doors to her new private practice in April 2018 and the response has been a mixture of curiosity and enthusiasm from those who were looking for something different.

Northwest Reflections Health & Wellness offers a "membership" program for patients, enabling them to jump in the driver's seat and collaborate with their primary provider regarding their own health. This is a new way of doing health care.

This particular practice will limit the number of patients it sees; meaning there is more time to be spent with patients and getting to know them.

One of the key features of Northwest



Melinda Gitnes

Reflections Health & Wellness is its ability and willingness to do home visits.

Making a "patient centered" practice is what Northwest Reflections is all about.

As a nurse practitioner, Gitnes can provide all the cares of a primary health provider, and her focus is on adults aged 18 and older.

"Being accessible, listening and genuinely caring about the people I take care of is what sets me apart from others. My services range from annual health exams to medication management and chronic disease oversight," Gitnes said. "I am able to assist those who need referrals to specialists, and I am able to prescribe the medications and order labs necessary for each person. This is a full-service practice, with a small-town approach and feel."

For more information about Northwest Reflections Health & Wellness, call 541-590-3906 or visit www.nwrhealthandwellness.com.

EUGENE SLAM MASTER JORAH LAFLEUR TO HOST BIG WAVE POETRY SLAM TONIGHT AT FEC

Eugene's accomplished poet and slam master Jorah LaFleur will emcee the exciting third annual Big Wave Poetry Slam on Saturday, June 30.

The event starts at 6:30 p.m. at the Florence Events Center, 715 Quince St., and admission is \$5 at the door.

Poets will assemble from around the state to compete for a \$500 first prize, \$250 second prize, and \$100 third prize. Registration for poets starts at 6 p.m. There is a \$15 fee to compete.

The contest is slam style, with a 3-minute time limit for original, performed poems. Judges are chosen randomly from the audience, and audience responses to the judges' decision are part of the fun.

This event is fast paced with



Jorah LaFleur

a wide variety of subjects and delivery styles.

While scores are tabulated, LaFleur will perform one of her scintillating poems and entertain the crowd with her own slam style.

Visit fraaoregon.org and click on Poetry Fest to register.

For more information, call 541-997-1994.

New license plate transfer law goes into effect Sunday

A new Oregon consumer protection law will change requirements for transferring license plates from one vehicle to another as of Sunday, July 1.

Under House Bill 4062, passed by the 2018 Legislature, you will still be able to transfer plates with unexpired registration tags to another vehicle that you own.

However, in a plate transfer between vehicles with different owners, both vehicles will begin new registration periods and both vehicles are subject to all registration requirements.

"Some people were using plate transfers as a way to avoid making vehicle repairs to pass DEQ emissions testing," Department of Motor Vehicles (DMV) Administrator Tom McClellan said. "We also be-

lieve some people were stealing license plates and selling them online to unsuspecting buyers. This law change is intended to prevent those abuses."

The new law will help protect consumers in several ways:

- It will prevent the use of plate transfers to evade emissions testing requirements that apply to the Portland and Medford areas.

- It is likely to decrease the incentive for plate theft to feed the market of individuals either seeking to evade air quality laws or looking for a bargain in registration fees.

- It will reduce the loss to victims of plate thefts by preserving their vehicle registration if the plates are transferred to another vehicle.

For registration to transfer

with your plates, you must be:

- Listed as a registered owner in DMV records for the vehicle from which the plates were removed, and apply for a title and plate transfer for the vehicle receiving the plates; OR

- Listed as the registered owner in DMV records for both vehicles.

If either of the vehicles involved in the plate transfer are owned by more than one person or business, at least one commonly registered owner must be listed in DMV records for both vehicles in order to transfer the registration with the plates.

Vehicles in areas around Portland and Medford that are subject to DEQ requirements must provide proof of compliance with DEQ emissions test-

ing prior to registration or registration renewal.

This means that a DEQ emissions test certificate is required if the plate being transferred is due for registration renewal, or if new registration is required because the plate transfer occurred between vehicles not owned by the same person or business.

Any time you need to visit a DMV office, first check www.OregonDMV.com to find office hours and locations, and to make sure you have everything you need before your visit. You also can do some DMV business from home, such as renew your vehicle registration, file a change of address or file notice of the sale of your vehicle online without getting in line at an office.

BOARD from page 1A

WLAD has never had a policy of conducting random drug testing.

Farnsworth asked at last month's board meeting that Langborg contact the district's legal counsel to ascertain an opinion on any liabilities the district would incur if it officially adopted this policy.

Langborg did follow through on Farnsworth's request and a letter from the district's attorney was included in this month's board packet.

The letter from attorney Spencer Rockwell was clear that the district was not required to conduct random drug testing and it would be unlikely to be liable under most, if not all, circumstances.

"In short, there is no requirement that we perform random drug testing. I also understand your question to ask whether if we do not conduct random testing, would there be some potential additional liability. Again, in short, the answer would be no," Rockwell stated.

Farnsworth remained unconvinced that adoption of the new personnel policy would be wise and asked again that the suggested changes be tabled for 60 days so that he could do more research on the issues surrounding random

drug testing.

Both Yecny and Webb approved his request.

The same recommendations by Langborg to adopt a "for-cause" drug testing policy was made to SVFR board earlier this month and was passed unanimously.

Office manager Dina McClure also offered the directors an update of the work she has done while acclimating to her new position working with the IGA.

"Most of my time during the month of May was working on budgets for SVFR and WLAD," she said. "Preliminary work had been done on a draft before I was hired, which gave me a head start. Researching

data for the historical information and providing actual numbers was challenging, as well as making revisions on both budgets between the two budget committee meetings."

McClure then explained that the work she was doing with the certified public accountant that was brought in to assist her, at a cost of \$15,000, was progressing well.

McClure said she would have a better handle on the information she was learning by the end of July and an extension of the district's contract with financial consultant Kathy Taylor should not be necessary.

The next meeting of the WLAD board will be held

on Thursday, July 26. SVFR's board will meet Wednesday, July 18.

All budgetary documentation and board packets provided to the Directors of SVFR and WLAD are available on the respective websites of both organizations.

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OREGON COAST

Humane Society

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