

Prepared: Being ready will help all

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 But a short text message or a call to a friend or relative outside the damage zone could get through.
 That person could relay messages about the status and whereabouts of family members.
 Townsend said when it comes to talking with children about those plans, being clear and truthful is best.
 "We have to be honest with our kids," said. "There is this pervasive piece of 'I don't want to scare them.' You are just creating victims (when you do that)."

Building your kit
 Stocking food and supplies for three months for each family member — Townsend's minimum recommendation — sounds intimidating.

It's a big task that will require commitment and planning, but it can be done. Polk County CERT has a "stocking schedule" available that would have you there in one year, putting away a little bit at a time.

"The cheapest way to make a food supply is make it yourself. If you don't know how to can, you should take a class," Townsend said. "It is so easy to put away food in our fertile little valley."

The recommended amount of water per person, per day is one gallon. That would be difficult to store for a long period of time, so you may have to get creative.

If the electricity is out, you could use the water in the water heater in your home.

Filtration systems, from large containers to individual straws, are available at outdoor supply stores and could prove to be a better long-term option, Townsend said.

Bryan Jobe and Pat Pippin, of Fifty1Fifty3 Tactical in Monmouth, which carries an inventory of survival gear, said when people consider emergency supplies they need to think about the following: medications, water, food, something to light a fire, a small amount of extra gasoline, copies of important documents, cash, clothing, shelter from the elements, and a weather radio.

Don't forget about storing food and supplies for your pets, too.

"People need to consider that their house may not be livable," Pippin said. "But don't overthink it. Keep it simple. Think about it as going camping outside. Put everything in a tote in the garage where you can grab it and go."

Pippin said consider stocking food that could be a source of comfort — not in the homemade mac 'n' cheese kind of way — but



Pat Pippin points out solar chargers for electronics, available at Fifty1Fifty3 Tactical supply shop in Monmouth. The shop sells a variety of items for an emergency kit.

Learn more

- Polk County CERT will be launching its fall training class on Oct. 3. The class focuses on preparing citizens to be ready for and assist during emergencies of all types. Anyone wishing to sign-up for the course should contact Kimber Townsend at: KTownsend@polkcountycert.org.
- For tips on creating emergency plans for all types of disasters, go to "Be Ready Dallas" on Facebook.
- Polk County's Emergency Management page has several preparedness handouts to help get you started. They can be found at www.co.polk.or.us/sheriff/em/emergency-management.
- American Red Cross: www.redcross.org/prepare/location/home-family.
- www.ready.gov.

What should be in your emergency kit?

- **Food:** Ready-to-eat canned meats, fruits, vegetables and a can opener; protein or fruit bars; dry cereal or granola; peanut butter, dried fruit, nuts; crackers, canned juices, non-perishable pasteurized milk; high energy foods; vitamins, food for infants; comfort/stress foods and pet food.
- **Following a disaster,** there may be power outages that could last for several days. Stock canned foods, dry mixes and other staples that do not require refrigeration, cooking, water or special preparation. Be sure to include a manual can opener and eating utensils.
- **Water:** You should store at least one gallon of water per person for three days. A normally active person needs about three quarters of a gallon of fluid daily, from water and other beverages. However, individual needs vary, depending on age, health, physical condition, activity, diet and climate.
- **Supplies:** Battery-powered or hand crank radio and NOAA weather radio and extra batteries for both; flashlight with extra batteries; first aid kit; whistle to signal for help; dust mask to filter contaminated air; plastic sheeting and duct tape to keep a shelter in place; moist towelettes, garbage bags and plastic ties for personal sanitation; wrench or pliers to turn off utilities; manual can opener for food; local maps; cell phone with chargers, inverter or solar charger.
- **Personal:** Medications, toothpaste, toothbrush, toilet paper and other personal needs should not be overlooked. Also, consider a deck of cards, well-loved book or some other kind of small, no-electricity-needed form of entertainment.

Source: www.ready.gov/kit.

something familiar in a stressful situation.

There is no harm in storing something you like to eat.

"You should stock things that you would normally eat, not just what is cheap," Jobe said. "It's (the disaster is) already going to be a shock to your system."

For example, Jobe, a coffee drinker, recommended putting some instant coffee in the supply.

The pair could list numerous items that would be useful in an emergency kit, but said people don't have to spend hundreds of dollars.

"You are never going to get everything you want," Jobe said. "Just try to get to a comfort level."

Pippin said organization

of those resources is critical, as well.

"When the earthquake hits, that's not the time to go running through the house," he said, suggesting that families keep designated storage areas in their homes for emergency supplies.

Talking and planning with neighbors is always a good idea, Jobe said.

Pippin added storing up extra to help others who are not as prepared is something to keep in mind, too.

"Hungry people do crazy things," he said.

It's a sobering thought, but certainly possible that people would panic if normal society — including basic services — is disrupted for an extended amount of time, Townsend added.

No new taxes for Dallas builders

School board makes no decision to move forward on starting excise tax

By Jolene Guzman
 The Itemizer-Observer

DALLAS — The Dallas School Board ended its discussion about charging a construction excise tax without a vote on Sept. 14.

Similar to systems development fees used to expand infrastructure — streets, water and sewer systems and parks — the fee could only be used to acquire land or help pay for improvements or new school construction.

In 2007, the Oregon State Legislature passed a law allowing school boards to charge the tax, which would become part of the permit fees on new residential or commercial construction.

The topic has been on the board's agenda since May. This is the second time the board has considered using the tax.

If the district had implemented the tax in 2007, it would have received about \$430,000 since.

That is not enough money to convince some board members to support the proposal, with a main concern of placing the burden of paying the fee on new home builders.

Board member Mike Blanchard also believes approving the fee would hurt the district's chances of passing a more lucrative tax levy in the future.

"It's not enough to do anything substantial over the next several years," he said. "It's really not, com-

pared to what our bonding capability is. We are six or seven years away from putting together a proposal for the community.

"Looking at this last election that turned on 200 or 250 votes, it wasn't that many votes," he continued, referring the \$17 million maintenance levy passed in November 2014. "The reward doesn't justify the risks."

Board Chairwoman Lu Ann Meyer disagreed.

She said her support of the tax wasn't intended to single out a certain group of people — new home builders — but to give the district another option to pay for rising costs.

The funds collected from the tax would allow the district to budget money in other areas, she said.

"There's an opportunity for us to have some increased funding for our school district. As much as I want to be sensitive, I know that my priority is what can we do for the students?" she said.

"If we have revenue that we can bring into the district to cover, whether it's additional costs or maintaining programs, I think we should do it," she noted. "And I don't think we should feel guilty about it when I get a two-page report that shows all the other districts in Oregon that are doing it."

After several minutes of discussion, no one made a motion to take a vote on the tax.

SCHOOL NOTES

Pertussis case at Dallas schools

DALLAS — Polk County Public Health identified two cases of pertussis, or whooping cough, one at Whitworth Elementary School and another at Oakdale Heights Elementary School on Thursday.

Letters warning parents were sent home with students and posted on the Dallas School District's website and Facebook page Thursday afternoon.

Pertussis is a highly contagious and potentially serious bacterial infection spread by coughing and sneezing. The illness begins with relatively mild cold-like symptoms turning into a severe cough, which can cause gagging or vomiting, within a few weeks.

The letter can be found at <http://www.dallas.k12.or.us/#/pertussis-whooping-cough/c1ue>.

For more information about symptoms, treatment and prevention, call your doctor, Polk County Public Health, 503-623-8175 or the Dallas School District nurse, 503-623-8351.

For more school notes, see Page 9A

Dallas Booster Club Auction

Mark your calendar for **Saturday, October 3rd at 6PM**
Nesmith Readiness Center • Tickets are \$25.00 each
 Donations and Gift Cards of any amount needed for a new section of the Auction.
Don't Miss this Main Fundraiser of the Year!
 If you have a donation or wish to purchase tickets call **503-881-0594**
 Most of the funding for DHS Athletics is provided by Boosters. Here are just a few...

Calvary Chapel Dallas Jubilee Service

Any season or occasion of rejoicing or festivity unto the Lord!
Last Sunday Evening of Each Month • 6:30 to 7:30 pm
 628 SE Jefferson Street, Dallas
Come enjoy old time hymns and blue grass music.
Bring your musical instrument and join in.
Songs you love to sing! Prayer & Testimonies
PS. Hand clapping and loud singing is encouraged!
A short message from God's Word • Dallas community is invited.

Sudoku

Solution on Page 3A

6		5	9		7	4		
	8							
7	2			3	1		8	6
		3		4		1		
	1						9	
		8		5		7		
1	5		8	7			4	9
							7	
		2	5		4	3		1

Difficulty: ★☆☆☆☆

4	3	2	8	1	6	7	5	9
5	6	9	3	7	4	2	1	8
1	7	8	9	5	2	4	6	3
3	4	7	2	8	5	6	9	1
2	1	6	7	4	9	3	8	5
9	8	5	1	6	3	2	7	4
7	9	1	4	3	8	5	2	6
8	5	3	6	2	1	9	4	7
6	2	4	5	9	7	1	3	8

How to do Sudoku
 Fill in the grid so the numbers 1 through 9 appear just once in every column, row, and three-by-three square. See example above.

The Christian Science Monitor

Bambinos, OR

What? 8th Annual Silent Auction
 \$20 ticket includes authentic Asian dinner and non-alcoholic beverages. No host wine/beer available.

When? Saturday, Oct. 10th at 6:00 pm

Where? Eola Hills Wine Cellars
 501 S Pacific Highway 99W, Rickreall, Oregon

Why? Join us for an evening of fun and fellowship in support of the Bambinos ministry!

For additional information: Beth 503-508-6043