

## Vaping: County says teen usage keeps climbing

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Health Authority found that Oregon's teens are able to obtain vapes twice as easily as the national average. E-cigarettes are especially popular among teenagers, with a peer-reviewed study showing 15- to 17-year-olds 16 times more likely to use them as 25- to 27-year-olds, according to the county's website.

The county wants to stop the easy access.

The goal is to have an ordinance in place by Jan. 1, requiring sellers to obtain a \$325 annual tobacco/nicotine retail license.

The county would be responsible for administering and enforcing the ordinance, Wev said.

Interviews conducted by Clatsop County Public Health in March and April found that school leaders were well acquainted with e-cigarette usage in schools, but were less informed about the health risks.

The top concern was that students believe vaping and E-cigarettes pose little harm.

The ordinance will go before county commissioners in the next few weeks and each of the county's cities will be asked to approve it after that.



Cindy Yingst/The Columbia Press  
Clatsop County Public Health Director Michael McNickle and health promotion specialist Julia Hesse speak before city commissioners July 23.



## Senior Moments

with Emma Edwards

### What's the real expiration date?

I was in a discussion recently about expiration dates on food. I looked it up on a Consumer Reports site, plus a few others, to help answer our question.

Many won't drink milk, for instance, if it's even one day over the date stamped on the container. Consumer Reports says milk usually can be consumed at least a week past its expiration date.

Foods such as yogurt or eggs will keep more than one week beyond the date listed.

But if a food smells or tastes bad, or the seal has been broken when you first go to use it, throw it out.

The only exception on food expiration dates was for infant formula. Don't use any formula that's outdated.

Otherwise, as a general rule of thumb, canned foods such as tuna, soup and vegetables can be stored for two to five years beyond the expiration date.

High-acid foods such as canned juice, tomatoes and pickles can be stored for no more than 18 months, according to the U.S. Department of Agriculture.

On a lighter subject, no one ever explains why sour cream has an expiration date.

Then there is the issue of prescription drugs and supplements.

Should you have a headache, reach for an aspirin and find the stamped expiration date is more than a year out of date, don't panic, the Harvard Medical School advises. It won't hurt you and could provide some relief.

At the request of the military, the Food and Drug Administration conducted an extensive study that found "90 percent of more than

100 drugs, both prescription and over-the-counter, were perfectly good to use even 15 years after the expiration date."

Taking a nutritional supplement past its expiration date won't harm you, either. But they do lose some of their potency after expiration and, therefore, their effectiveness.

When you take advantage of a two-for-one sale on vitamins, you may want to check the expiration dates and determine if you'll be able to use it in that block of time.

Although it sounds like it wouldn't matter.

Instead, we're encouraged to eat healthy food instead of turning to multivitamins. The benefits of multivitamins are negligible, according to some recent studies.

If you choose to take a multivitamin for "insurance," don't go overboard. Too much vitamin A, vitamin E and others can be harmful, according to experts.

A column published in Psychopharmacology Today offers some helpful advice.

"The expiration date on a drug does stand for something, but probably not what you think it does," the column says. "Since a law was passed in 1979, drug manufacturers are required to stamp an expiration date on their products. This is the date at which the manufacturer can ... guarantee the full potency and safety of the drug." It does not mean the drug will hurt you or is spoiled.

Aren't you glad we don't have an expiration date? I'm thankful the Lord, and not me, has that date in his big book.

## Senior lunch menu

**Monday, Aug. 12:** Roast pork sirloin, mashed potatoes and gravy, red cabbage, spinach salad, bread pudding.

**Thursday, Aug. 15:** Shepherd's pie, mashed potatoes, broccoli, mixed greens salad, chocolate cake.

*The Warrenton senior lunch program is at noon (doors open at 10:30 a.m.) Mondays and Thursdays at Warrenton Community Center, 170 SW Third St. Suggested donation is \$6 for ages 55 and older; \$7 for those younger. For more information, call 503-861-3502.*

## NOTICE

### Disposition of Abandoned Property

(ORS 98.245)

August 9, 2019

The Clatsop County Sheriff's Office has in its physical possession the unclaimed personal property described below. If you have any ownership interest in any of that unclaimed property, you must file a claim with the Clatsop County Sheriff's Office within 30 days from the date of publication of this notice, or you will lose your interest in that property.

- 2004 Honda CRF 450R motorcycle, serial #JH-2PE05334M207930
- Black metal propane lamp on post
- Backpacks

The Clatsop County Sheriff's Office has in its physical possession the unclaimed personal property of the following individuals listed below. If your name is listed, you must file a claim with the Clatsop County Sheriff's Office within 30 days from the date of publication of this notice, or you will lose your interest in that property.

Bonds, Michael  
Burrows Brent  
Dickerson, Douglas Grant  
Kendrick, Kason  
Kerley, Justin  
Leedy, Zoe

McLean, Jason  
Nichols, David William Jr.  
Rieske, Brandy  
Seanez, Jolene M.  
Wofford, Courtne  
Workman, John Clifford

To file a claim, please contact: Clatsop County Sheriff's Office evidence technician, 1190 SE 19th St, Warrenton, OR, phone 503-325-8635.

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## IN THE CIRCUIT COURT OF THE STATE OF OREGON FOR THE COUNTY OF CLATSOP

In the Matter of the Estate of WILLIAM JOSEPH LIEDER, Deceased  
Case No.: 19PB05672

## NOTICE TO INTERESTED PERSONS

NOTICE IS HEREBY GIVEN that Ashley Flukinger has been appointed Personal Representative. All persons having claims against the estate are required to present them, with vouchers attached, to the Personal Representative c/o Seaside Attorneys, 842 Broadway, Seaside Oregon 97138, within four months after the date of first publication of this notice or the claims may be barred.

All persons whose rights may be affected by the proceedings may obtain additional information from the records of the Court, the Personal Representative, or the lawyer for the Personal Representative, Jeremy Rust.

*Dated and first published on Aug. 9, 2019.*

Jeremy Rust, OSB No. 094927

Seaside Attorneys

842 Broadway

Seaside, Oregon 97138

Attorney for Personal Representative