

Banks City Council hears water system update from Public Works

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Banks City Planner K.J. Won provided information regarding the plan, which the city hopes to complete by December 31, 2008. The estimated cost for the UGB Expansion is approximately \$60,000 and will require consideration in the budget process.

Fred Evers presented the

Public Works Report. Answering a question regarding the city water system since the December storm, Evers said that the little spring is shut down, but he has the big spring running slowly at this time. The city is currently using the water tower for its water supply.

Raymond Deeth, of the Banks Chamber of Commerce,

reported that the chamber will be holding the Annual International Soup Festival on Saturday, February 2, at the Banks Elementary School cafeteria from 3:00 p.m. to 7:00 p.m. While sampling soups, there will be local live entertainment including John Deegan and his band and vocal artist Alena Sheldon. Tickets for the event

can be purchased at the door, or a table can be reserved by purchasing advance tickets through the chamber. Mayor Branstitre noted that the city

supports this event and that they have a table reserved.

The next City Council Meeting will be held on Tuesday, February 12 at 7:30 p.m.

47J has a board member opening

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bid, but the board believes there may be some cost saving opportunities with Curl's to bring that amount down during negotiation. Any contract negotiated will come back to the board for final approval.

A new drug and alcohol policy was voted in (with board member Kim Wallace voting nay). The new policy includes, among other changes, wording that off-duty misconduct that adversely affects the effectiveness of the employee's job performance may result in discipline up to and including dismissal.

In other business, the board:

- heard Superintendent Ken Cox declare January to be

School Board Recognition Month,

- noted that there is still one opening on the board and applications are being accepted now. The board hopes to interview and appoint a member at one of the next board meetings,

- received a copy of the auditors report on the district's finances that indicated they found no material weakness with the district's financial records.

The next board meeting will be a Town Hall style meeting, to discuss the future of the schools, from 6:00 to 7:30 p.m. on January 17, expected to be held at the Vernonia Community Church.

Student Health Center may open in 2009

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planning could culminate in certified SBHCs that would open in Fall 2009.

Karen Fox Ladd, Public Health Administrator, said that access to health care continues to be an issue for Columbia County. "SBHCs are part of the Safety Net system of caring for those who are without insurance or who are under-insured," said Ladd. "This is a wonderful opportunity for communities to work together to improve the health of their children."

There are 45 SBHCs in 17 counties throughout Oregon,

including Sacagawea Health Center based in Lewis and Clark Elementary School in St. Helens.

DHS estimates that SBHCs deliver \$900,000 in health care services annually to uninsured students in Oregon. Last year the Centers served nearly 18,000 students with over 56,000 visits. SBHCs are like a doctor's office in school, providing quality primary and mental health services where kids are, reinforcing health promotion messages provided in school, keeping parents from missing work to take students to health care services and helping stu-

dents return more quickly to class. Qualified nurse practitioners, physician assistants, registered nurses and counselors provide care in School-Based Health Centers.

The mission of the Columbia Health District is to increase access to health care services for Columbia County residents. CHD is the Public Health Authority for Columbia County and oversees Public Health services and the Columbia River Community Hospital project.

Oregonians can get help to quit smoking

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succeed if you use medications/patches and get professional counseling.

All Oregonians (over the age of 18) can get counseling services and two weeks of free nicotine replacement therapy through the Oregon quit line.

And uninsured Oregonians qualify for even more.

Top 10 Tips for Quitting Tobacco:

1. Call the Oregon Tobacco Quit Line (1-800-QUIT-NOW or 1-877-2NO-FUME).

2. Talk to your health care provider about quitting.

3. Set a quit date and make plan to prepare.

4. Make a decision about medicines to help you quit.

5. Identify your triggers: think about when and where you smoke or chew.

6. Plan coping strategies to overcome triggers.

7. Change your routines to avoid triggers.

8. Choose your allies and ask them for help and support.

9. Reward yourself and celebrate your successes.

10. If you slip, learn from the experience and don't give up.

Tips to help someone else quit: Do; talk one-on-one about your concerns for the person's health. Be compassionate. Quitting tobacco is very hard. Tell them that you believe in them and they can do it! Don't; verbally or emotionally punish the person. Use threats. Tell the person what to do or hide their cigarettes or chew.

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