

Women's Safety Fair is this Saturday

On Saturday June 19th, the Washington County Sheriff's Office will hold the first annual "Passport to Women's Safety Fair". This will be an all-day event featuring a self-defense class in the morning, with advanced scenarios in the afternoon accompanied by testimonial speakers and vendors. A prize drawing will be held at the end of the day.

The Sheriff's Office has been teaching females self-defense techniques for over two years in the "Power Curve" class. This class is offered free to females 14-years and older, and has been very popular in the community.

Since the Power Curve class is limited in size, deputies decided to hold a one day course in self-defense that is able to accommodate up to 80 females at one time. Deputies coordinating the Power Curves program also wanted to offer solutions to women who want to take the next step in self-defense. During the afternoon portion, participants will take part in a scenario where they will be able to test what they learned in the morning. There

will be informational tables where women can ask experts questions about women's safety and other educational information.

During the afternoon, two guest speakers will share their courageous stories of survival.

- Nicole Laundry was brutally attacked by a Comcast Worker during a robbery at her place of employment. She will talk about that attack and her will to survive.

- Heather Straznik was attacked on a rural Washington County road by a man who had recently been released from prison. She fought off her attacker for several minutes until he finally gave up and fled the scene.

In addition to these inspirational speakers, Sarah Okeefe, who works for the Washington County Domestic Violence Resource Center, will give a presentation on domestic violence in the community.

Aside from the self-defense scenario, the afternoon information experts and the speakers are open to the public. You do not have to participate in the morning class to come and join

the safety fair. In addition, a drawing for great prizes will be held at the end of the event.

The Washington County Sheriff's Office believes there is a benefit in teaching as many women as possible a basic course such as "Power Curve" to make them aware of techniques that may help them survive an attack. Our goal is to educate women how to react during a highly stressful situation such as an attack, what to do after an incident, and to be educated about some resources within the community.

The Power curve safety class will be held Saturday June 19, at 8:00 a.m. (please sign up in advance) and the safety fair starts at 12:00 p.m. (no sign up required, open to the public). Both will be held at the Washington County Sheriff's Office, 215 SW Adams Avenue, Hillsboro in the Training Rooms on the second floor.

Space in the class is limited. To register, call Christine at 503-846-2579 or email to Christine_rouches@co.washington.or.us .

Shelter has your new cat or kitten

The Bonnie L. Hays Small Animal Shelter is bursting at the seams with a sudden influx of cats and kittens and is asking the public to help. On June 4, the shelter brought in a whopping 33 unwanted cats and kittens. "No one can remember bringing in that many cats in one day," said Deborah Wood, Washington County Animal Services Manager.

Shelter staff is asking people to consider adopting cats and kittens, and possibly volunteering to act as foster parents for kittens that aren't old enough to go to their permanent homes.

To adopt: The shelter has cats and kittens of all ages. They are long-haired, short-haired, tabbies, calicos, black kitties and tuxedos. "We can pretty much guarantee you will find a great pet if you come in," said Melinda Hines, Senior Animal Shelter Technician. While kittens usually find loving homes quickly, adult cats have a harder time. "We have mama cats that are barely older than kittens themselves, and other adult cats that will make fabulous family pets," says Hines.

The adoption fee for adult cats is \$50; the kitten adoption

fee is \$80. All cats are spayed or neutered before going to their new homes, up-to-date on shots, microchipped, and test negative for Feline AIDS and Feline Leukemia. "When you add in all these services, our cats cost less than a free cat," says Wood.

Adoption hours are Monday Tuesday, Thursday, Friday and Saturday from 11:00 a.m. to 5:30 p.m. and Wednesday from noon to 5:30 p.m..

To foster a litter: "We are looking for caring foster homes to give kittens a good start in life. No kitten should spend its early weeks in a shelter," says Wood.

Foster kittens typically stay with their foster families for two to six weeks. They may be with their mother cat, or may just need TLC without their mothers while they become socialized and old enough to be ready for their permanent homes. "It's fun to foster," says Hines. "Kitten antics are hilarious. They're entertaining – and the foster family is helping out these little guys enormously."

To become a foster parent, come to the shelter and fill out an application.

Project REACH earns award for DAVS

Washington County Disability, Aging & Veterans' Services (DAVS) will receive a 2010 n4a Aging Achievement Award for Project REACH (Ready to Extend a Caring Hand) in the Home/Community-Based Care award category from the National Association of Area Agencies on Aging (n4a). The award was announced last week by Joannetta Bolden of n4a.

According to REACH founder Deborah Letourneau, Program Coordinator for DAVS, "Project REACH is an innovative response to the fact that many isolated seniors in Washington County do not link in to

services for many reasons: the absence of an advocate, difficulty navigating phone systems, challenges in completing an application and/or lack of transportation."

REACH volunteer senior advocates make home visits to assess needs, and work with the senior and other agency partners to ensure access to necessary services. These talented and compassionate volunteers have extended the agency's ability to reach out to some of the most isolated seniors in Washington County.

"We have had 155 referrals since the program began," said Aging Services Coordinator

Lorraine Barr, who now heads the program. "Some of the services to which REACH volunteers have successfully linked elders include: Emergency food and Meals on Wheels, Oregon Project Independence in-home services, dental services, transportation, medical equipment, support groups, home repair and adaptation, Medicare counseling, services for the blind, prescription drug assistance, energy assistance, public housing and relocation services."

Additionally, REACH advocates provide emotional support to isolated seniors who are going through difficult transitions. In the words of one senior who was assisted by REACH volunteers, "Do you know how it feels when someone is helping to carry your burden? I feel like I have angels in my corner."

The award will be presented at the n4a Annual Conference in St. Louis, Missouri, in July.

Project REACH may be contacted at 503-846-3060.

Zoo summer concerts ready to go

Twilight fades and a warm breeze blows across the lawn. The band tunes instruments and checks mikes: "Testing 1, 2, 3." Spectators are gathered on the lawn ready to listen to some hypnotic rhythms when ...an elephant trumpets in the background? It must be the 32nd annual summer concert series at the Oregon Zoo, with

music and shows as diverse as the animals.

The series, presented by NW Natural with support from KINK-FM, will feature more than a dozen shows from July through August. It is the longest continuously running outdoor concert series in the Pacific Northwest, and one of the most

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Council positions up for election

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held by Pete Edison, No. 3 currently held by Rob Fowler, and No. 5 currently held by Mark Gregg. Anyone wanting to file for a council opening may get nominating papers and instructions from City Hall. The deadline for all nominees is August 25.

In other business, Council:

- Approved 11 budget resolutions, three to balance the 2009-10 FY (fiscal year) budget, which will end June 30, and eight to make final adjustments in the 2010-11 FY budget,

which will begin July 1, 2010;

- approved a 2010-2011 lease agreement with Banks Historical Society for use of the Log Cabin;

- adopted a Safety Manual, and

- adopted a revised Comprehensive Fee Schedule, adding fees for new services, and pending clarification of the rental fee for the Library Community Room.

The next regular meeting will be July 13 at 7:30 p.m., in Banks City Hall.

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