

Columbia County WIC receives honors for one of their programs

Columbia County WIC program was honored for its part in helping Oregon rise to one of six states in the nation with the highest rate of breastfeeding mothers.

"Nationally, an average of 75 percent of moms start out breastfeeding," said Sara Sloan, nutrition consultant with the Oregon WIC program. "Oregon has a 91 percent rate," she told the Board of the Public Health Foundation of Columbia

County at a meeting Feb. 21. "Columbia County is doing a great job of supporting new moms and giving babies a healthy start on life."

Sloan presented a plaque to Jana Mann, Foundation WIC Program Manager, Sheri Duren, WIC Breastfeeding Coordinator and Dan Garrison, chair of the Foundation.

Explaining that there has been a major paradigm shift in the last decade, Sloan said, "We used to be a 'free formula' agency. Now we're not formula so much as promoting breastfeeding." She thanked Karen Ladd, Public Health Administrator, as well as the WIC staff for their contributions to raising

the rate in Oregon and keeping Columbia County's breastfeeding initiation rate at 88 percent.

Mann said that she and Duren attended a conference on breastfeeding this month and, as a result, will be expanding the curriculum of the breastfeeding classes currently offered to WIC moms to help them make good choices.

Columbia County Facts issued by the Oregon WIC program show that in 2010, Columbia County WIC served a total of 2,254 clients, including infants and children under age 5, and pregnant, breastfeeding and postpartum women. WIC served 967 families. WIC certifiers travel monthly to five cities

in Columbia County to see families, and WIC issues \$728,000 in food vouchers to families annually. The vouchers are redeemed at eight grocery

stores, two farmers' markets and one farm stand.

Police/Court Abbreviations

Abbreviations: A&D, Alcohol & Drug; DUII, Driving Under the Influence of Intoxicants; BUII, Boating Under the Influence of Intoxicants; CCSO, Columbia County Sheriff's Office; DWS, Driving While License is Suspended; MIP, Minor In Possession of Intoxicants; MV, Motor Vehicle Accident; PCS, Possession of Controlled Substance; ODL, Oregon Driver License; FTA, Failure to Appear in Court; NTSI, National Traffic Safety Institute; DA, District Attorney; VIP, Victim Impact Panel; FF&A, Fines, Fees and Assessments.

Vernonia Justice Court

March 6 - 13, 2012

Mar. 6 – Grai Ni, 21, Portland, MIP-alcohol; ODL suspension, referred for treatment evaluation, VIP, fine deferred.

Mar. 13 – George M. Wood, 25, Vernonia, PCS < 1 oz marijuana; 6 mo. ODL suspension, \$798 FF&A.

Traffic..... 4
Game..... 1

Action Ads
INEXPENSIVE – EFFECTIVE
503-429-9410

Service Directory

Williams Metal Fab
Custom Fabrication, Welding & Repairs Including Aluminum & Stainless Steel
503-429-8431
17819 Noakes Rd., Vernonia, Oregon

MOUNTAINDALE WOODWORKING.COM
CABINET DESIGN & MANUFACTURING SINCE 1976
JOEL TEMPLIN 503-429-5436
CCB #43965 VERNONIA, OR 97064

KaptansKraft
Custom Garment Printing
711 Bridge St., Vernonia
(At the corner of Bridge & Adams)
503-433-4ART (4278)
On the web at www.kaptanskraft.com

Western Heating & Cooling, Inc.
Servicing & repairing all makes and models* since 1989
*Excluding window units and/or oil furnaces.
Installing American Standard equipment since 1997.
No charge for Proposals.
To Enjoy All the Seasons in the Comfort,
Call **503-543-5599**
CCB # 76978

Better power. More choices.
GENERAC
Have power when your neighbors don't.
Generators for Home, Work or Play
FIVE STAR ELECTRIC
COMMERCIAL / INDUSTRIAL / RESIDENTIAL
503-324-0948 / FIVESTARELECTRIC.ORG / CCB#158231

ROBERT WATTS CONSTRUCTION, INC.
503-429-5504
• Excavating
• Septic Systems
• Site Prep
• Underground Utilities
• Driveways & Roads
• Trenching
PO. Box 65 Vernonia CCB 166815 DEQ 38649

Call 503-429-9410 to be here when someone needs to find you.