

## Debris from tsunami should be handled carefully, if found

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tion will be shared with the marine debris response team and invasive species experts to determine what action needs to be taken.

If you are able to move the item, then please do your part. Help us clean up the debris and dispose of it as follows:

- If you find small marine debris items – with or without living organisms – dispose of them in a garbage can off the beach or in a landfill. If you are too far from a disposal site, remove the item from the water and place on dry land (above the high tide line) so that any organisms living on it will die and not be returned to the ocean. If you find debris that is too large to remove: Report it and its location to Oregon Parks and Recreation Department via email, beach.debris@state.or.us

- Never move debris with organisms on it to other bodies of water – an aquarium, pond or estuary. It increases the risk

that invasive species will spread.

OPRD and ODFW staff also remind Oregonians that:

A lot of marine debris that washes ashore is not from the tsunami: Marine debris arrives on Oregon's shore every day from around the Pacific. Accumulation and disposal of marine debris is an on-going management issue for OPRD

Not all marine debris carries invasive species nor does it pose a risk: Much of the marine debris that arrives onshore every day has living organisms on it; many of these organisms are native to the open ocean and do not pose a threat to our coastal environment. The items related to the Japan tsunami that are most likely to carry invasive species are those that were floating in Japan's waters for extended periods of time before the tsunami – docks, buoys, barges and boats, for example.

Marine invasive species pose a serious threat to Ore-

### Power of the People

By W. Marc Farmer, General Manager, West Oregon Electric Cooperative



#### Annual Meeting Mailing & Co-op Connections Card Discount Program

The new and improved West Oregon Electric Co-op Connections Cards will be mailed out in our official

annual meeting mailing the first week of August. Please watch your mail for this important mailing, read all the annual meeting information and return your ballot, and make sure to keep and use your new Co-op Connections Card. This new card has added benefits including the Healthy Savings Program, National and local deals on goods and services, coupons.com printable coupons, and My VIP savings, which is an amazing Internet Mall where you can enjoy cash back rewards and exciting savings at over 1,000 of your favorite online stores.

The Healthy Savings Program includes prescription savings and discounts on dental, vision, chiropractic, hearing aids, and lab and imaging costs. Prescription savings are honored at over 60,000 participating pharmacies and the

discounts range from 10% up to 85%. The new vision benefit of the Healthy Savings Program offers discounts of 10% to 60% on eyeglasses, contact lenses, eye exams and LASIK. Dental care such as cleanings, x-rays, root canals, crowns and orthodontics can have discounts of 20% to 40% at participating providers. All you have to do is show your WOEC Co-op Connections card at participating providers to receive the discounts.

The Co-op Connections card program has also added a new feature called, My VIP Savings. This feature allows you to enjoy cash back rewards and exciting savings at over 1,000 of your favorite online stores including Walmart, Macys, Best Buy, and Target. The Coupons.com link from our WOEC website/Co-op Connections page has printable coupons for groceries that are updated daily, which allows you to save on things that you buy regularly. Be sure to check out the flyer that will be included in the mailing that lists the discount deals at local businesses.

Don't forget to watch your mail for the envelope that says "Annual Meeting Notice and Ballot Enclosed" and "Your New Co-op Connections Card is Enclosed" the first week of August. Then keep and use your New Co-op Connections Card to save even more money!

gon's marine environment and native species by competing with our native fish and wildlife

for food and habitat. While not all nonnative species are destructive, most often, they exist

at the expense of native fish and wildlife and can impact the state's economy.

## School Based Health Clinic moves forward with planning grant

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but this is a huge deal," said Peter Weisel, Vernonia school counselor, "Vernonia kids and families will benefit very directly because of the Public Health commitment to us."

"Our goal for Columbia County is to have a school-based health center in every school district," said Public Health Administrator Karen Ladd, "Vernonia makes the third of five districts to have clinics."

Other SBHCs awarded planning funds in this round are Astoria School District, Milwaukie High School, Century High School, Estacada High School and Sandy High School. There are currently 63 School-Based Health Centers in Oregon.

According to The National Assembly on School-Based Health Care (NASBHC) website www.nasbhc.org, school-based health centers (SBHCs) ensure that kindergarteners through high schoolers can get a flu shot, have an annual physical, have their teeth ex-

amined and their eyes checked, or speak to a mental health counselor in a safe, nurturing place – without the barriers that families too often face.

SBHCs exist at the intersection of education and health and are the caulk that prevents children and adolescents from falling through the cracks. They provide care – primary health, mental health and counseling, family outreach, and chronic illness management – without concern for the student's ability to pay and in a location that meets students where they are: at school.

SBHCs may vary based on community need and re-

sources.

Common characteristics of SBHCs include:

- Located in schools or on school grounds.
- Work cooperatively within the school to become an integral part of the school.
- Provide a comprehensive range of services that meet the specific physical and behavioral health needs of the young people in the community.
- Employ a multidisciplinary team of providers to care for the students: nurse practitioners, registered nurses, physician assistants, social workers, physicians, alcohol and drug counselors, and other health

professionals.

- Provide clinical services through a qualified health provider such as a hospital, health department, or medical practice.
- Require parents to sign written consents for their chil-

dren to receive the full scope of services provided at the SBHC.

- Have an advisory board consisting of community representatives, parents, youth, and family organizations, to provide planning and oversight.

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