

COLUMBIA CITY NEWSLETTER

November 2009



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OPEN BURNING PERIOD FOR YARD DEBRIS NOVEMBER 7TH TO NOVEMBER 15TH BURN PERMITS NOW REQUIRED

Yard debris may be burned outdoors beginning **Saturday, November 7th, and ending Sunday, November 15th**. Burning is restricted to yard debris only, and burn barrels are prohibited. Yard debris is lawn clippings, leaves, brush, trimmings/prunings, sawdust and wood scraps. It is **not** dirt/gravel, paper/plastic, metal, rocks/bricks, sod, or food waste.

Burn permits are required prior to burning!



Permits may be obtained at City Hall or at any Fire Station within the Columbia River Fire & Rescue District. Please remember you will also need to call the "Burn Line" at (503) 397-4800 each day to see if it is a burn day.

You must follow these basic rules for proper open burning:

- ❖ You must have a garden hose, or a shovel and a 5-gallon bucket of water at all times, and the fire must NOT be left unattended at any time until out.
- ❖ Yard and garden trimmings must be cut and piled no larger than 6 feet wide by 4 feet high.
- ❖ The ground must be cleared not less than 10 feet around the burning area. There must be a separation of 50 feet between the burn pile and any structure, trees, vehicle or property line if the burn pile is greater than 3 feet in diameter; and a 25 foot separation if the burn pile is less than 3 feet in diameter.
- ❖ The fire must not adversely affect neighbors (smoke).
- ❖ It must be daylight hours during a designated burn day.

Have questions? Please call Bill Goodwin, Fire Marshall, at 503-397-2990 Ext. 17.

INQUIRY LINE FOR QUESTIONS ABOUT THE H1N1 VIRUS

Columbia County Health District urges residents with questions about the H1N1 Virus, vaccinations sites and clinics to contact the State of Oregon Public Inquiry Line at 1-800-978-3040 for answers to any and all questions regarding the Virus.

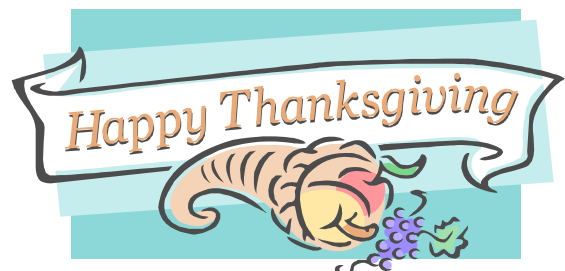


Anne Parrott, Columbia County Health Preparedness Coordinator stated, "Many County residents are calling local clinics in Columbia County with general questions on the H1N1 Virus, the status of the vaccine supply, and/or flu symptoms". "The influx of phone calls to local clinics is creating a lot of extra work for our local health care providers who are very busy," she said. Anne recommends that residents should call 1-800-978-3040 for information.

Residents should contact their health care provider if they are experiencing flu symptoms such as a fever or if they have other extenuating health care issues.

DAYLIGHT SAVING TIME ENDS

On November 1st (the first Sunday in November), clocks are set back one hour at 2:00 a.m. local daylight time, which becomes 1:00 a.m. local standard time.



BETTER BURNING TIPS FOR CLEANER AIR

During colder months in Oregon, smoke from fireplaces and woodstoves is one of the largest threats to healthy air. Wood smoke is basically fuel from your firewood that does not burn and becomes air pollution.

If you heat your home with wood you can take steps to burn cleaner (good for your health) and more efficiently (good for your pocketbook):

- Use only dry, seasoned wood. Dry wood for at least 6 months.
- Burn only wood. Do not burn garbage, plastics, rubber, paint or oil, briquettes, paper, etc. – burning these items releases harmful chemicals into the air.
- Build small, hot fires instead of large, smoldering ones.
- Don't "bed the fire down" for the night. Holding a fire overnight is a fire hazard and can create serious indoor and outdoor air pollution problems.



For more tips on how to burn smart, visit our woodstoves web page: <http://www.deq.state.or.us/aq/burning/woodstoves/index.htm>.

Information brought to you by Oregon Department of Environmental Quality, "Oregon Environment" Fall 2009 eNewsletter.

THANK YOU

We'd like to extend a very special thank you to:

- ❖ Vonnie Walker for weeding the flowerbeds at City Hall.
- ❖ Norm Jones for mowing in the Parks.
- ❖ Truedson and Jackie for the treats.
- ❖ Judy Anderson, Karin Bates, Kathie Fellows, Dolores Heinz, Gladys Riahi and Vonnie Walker for helping with the newsletter and utility billing in September.



PLANNING TO GET AWAY?

This time of year many residents escape to warmer locations or make plans to visit family out of town. The Columbia City Police Department would like to remind you that they could periodically check your home while you are away. To receive this service, please register with the Columbia City Police Department before you leave. Forms are available at City Hall.



FOUND ITEMS

The following items were found recently and turned into City Hall. Do they belong to you?

- Necklace found in front of Bundy Park porta-potty.
- Baseball cap in front of Community Hall.
- US Mint Proof Set on Bike Path.

COLUMBIA RIVER ARTS FAIR & TEA

Don't miss the Columbia River Arts Fair and Tea on Saturday, November 14th from 10:00 a.m. to 4:00 p.m. at the Caples House Museum (1925 First Street) & Columbia City Community Hall (1850 Second Street). This event will benefit the Caples House Museum Complex, property of the Oregon State Daughters of the American Revolution. There will be jewelry, quilts, handmade soaps, candles, handcrafts, special one-of-a-kind gifts, photos with Santa and more! Assorted hot and iced teas, hot cider, cocoa, soups, tasty tidbits and other refreshments will also be available. For more information call the Events Coordinator, Sara Reed at (503) 913-0770, e-mail her at events@capleshouse.com, or go to their website at <http://capleshouse.com/caledar>.



CHRISTMAS SHIPS

The Christmas Ship Parade will visit Columbia City on **Saturday, December 12**. Look for more information in next month's newsletter.

BE PREPARED FOR THE COLD & FLU SEASON

Reprinted from a Regence BlueCross BlueShield of Oregon Flyer.

The winter months signal the return of the cold and flu season! This year, why not take some steps to help prevent the annual attack.

Hand-to-Hand Combat. Remember how you were taught to always cover your mouth when you cough or sneeze? That actually helps spread the infection. As a result, you leave the virus behind on everything you touch.

It also means that you can catch a cold from touching things that other people have touched—like coffee cups, door handles, telephones or drinking fountains.

To help prevent this “catch-and-spread” cycle:

1. Wash your hands often.
2. Cover your nose and mouth when coughing or sneezing, preferably with a tissue or arm (not hands);
3. And don't put your hands around your eyes, mouth or nose until you have had a chance to wash them.

Try to avoid people who cough and sneeze. Adults may be able to infect others **1 day before** getting symptoms and up to **7 days after** getting sick. So it is possible to give someone the flu before you know you're sick as well as while you are sick.

What is the Flu? The flu is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness, and at times can lead to death.

Be Aware of Flu Symptoms.

H1N1 “Swine Flu”:

- ❖ Fever, which is usually high, but unlike seasonal flu, is sometimes absent
- ❖ Cough
- ❖ Sore throat
- ❖ Runny or stuffy nose
- ❖ Body aches, headache, chills
- ❖ Fatigue or tiredness, which can be extreme
- ❖ Diarrhea and vomiting (not common but may be seen with H1N1)

Common flu:

- ❖ Fever (usually high)
- ❖ Headache
- ❖ Tiredness (can be extreme)
- ❖ Cough
- ❖ Sore throat

- ❖ Runny or stuffy nose
- ❖ Body aches
- ❖ Diarrhea and vomiting also can occur but are more common in children

Preventing the Flu. The single best way to protect against the flu is to get vaccinated each fall.

Who is High-Risk? Some people are considered at high risk for complications of the flu.

- ❖ People 65 years of age and older
- ❖ Children ages 6 months to 23 months
- ❖ Residents of long-term care facilities
- ❖ People age 2-64 years with chronic illnesses
- ❖ Pregnant women
- ❖ Health-care personnel who provide direct patient care
- ❖ Household contacts and out-of-home caregivers of children ages <6 months.



Where Can You Get a Flu Shot?

Check to see if there is any community flu shot clinics being held in your area. Many communities have public sites that offer flu shots during October, November and December. If you are at high risk, call your doctor about getting a flu shot.

Tender Loving Care. Treating the flu or a cold is mostly a matter of relieving your symptoms. There are some things you can do to be more comfortable:

1. *Get as much bed rest as possible.* How you feel indicates how much rest you need. Once the fever is gone and you feel like being up and about, then go ahead. You're the best judge of how you feel.
2. *Take aspirin or ibuprofen every 4 hours.* It's still the best medicine for fever and muscle aches for adults. Children can be given ibuprofen or acetaminophen (remember, *never* give aspirin to a child unless directed to by your child's doctor).
3. *Drink plenty of fluids, especially water and fruit juices, and eat a proper diet.* Fluids help keep the mucus more liquid, and help prevent complications such as bronchitis and ear infections.

Foods That Soothe. Hot tea with a little honey is a tried-and-true remedy for a stuffy nose—but chicken soup works even better! Nobody knows why, but steaming chicken soup does a better job of clearing mucus from your nasal passages, making you feel



better while getting rid of a lot of virus. And that can speed up your recovery.

Add Some Spice. For a vigorous effect on your sinuses, try something spicy. Hot, spicy foods unplug your nose and clear your sinuses as well as your lungs. Use lots of horseradish, mustard, cayenne, chili pepper and garlic on your food.

Following these easy tips can help you be prepared when the cold and flu season strikes this year.

FLU FUNNY

What is the difference between Bird Flu and Swine Flu?

For bird flu you need tweetment and for swine flu you need oinkment.



CCPD'S RECENT GRANT AWARDS

The Police Department is pleased to report that they have recently been awarded two grants to assist with financial funding in regards to police operations and equipment.

The first grant received is an award from the Bulletproof Vest Partnership federal grant. This grant assists police agencies throughout the country with the purchase of ballistic body armor for police officers. These funds will be allocated to offset the purchase price of these vital pieces of equipment needed to keep our officers safe.

The second grant that has been received is an award from the Oregon Association of Chiefs of Police for increased safety belt enforcement. This grant program assists police departments across the state by helping to defray salary costs for increased traffic patrols. These funds will be allocated throughout the upcoming year in order to schedule officers to conduct extra traffic patrol to keep our citizens and the motoring public safe.

PROJECT CHILDSAFE PARTNERSHIP (Free Locking Devices for Firearms)

The police department is pleased to report its recent partnership with **Project ChildSafe**, a program in conjunction with the federal **Project Safe Neighborhoods** office. Our addition to this effort will enable us to furnish citizens with locking devices for firearms that may be in the home. This project was initiated and completed by Police Sergeant Josh Harper and his hard work is greatly appreciated. Please feel free to come to City Hall to pick up your free gun lock and let's keep our children safe!

POLICE ACTIVITY – 09/19/09 to 10/07/09

- 09/19/09 Domestic dispute in the 2000 block of Fifth Street.
- 09/19/09 Nuisance call in the 2300 block of Sixth Street.
- 09/20/09 Premise checks conducted.
- 09/20/09 Missing adult reported in the 3100 block of Fifth Street.
- 09/20/09 Suspicious person in the 1700 block of Third Street.
- 09/21/09 Premise checks conducted.
- 09/21/09 Suspicious person in the area of Highway 30 and Pacific Street.
- 09/21/09 Missing adult in the 3500 block of Park Drive.
- 09/22/09 Incomplete 911 call in the 3500 block of Park Drive.
- 09/22/09 Traffic crash in the 2300 block of Second Street.
- 09/22/09 Agency assist in the 3400 block of Fifth Street.
- 09/22/09 Domestic dispute in the 3400 block of Fifth Street.
- 09/22/09 Public assist in the 3500 block of Park Drive.
- 09/25/09 Incomplete 911 call in the 2400 block of Sixth Street.
- 09/25/09 Juvenile situation in the 1800 block of Second Street.
- 09/26/09 Premise checks conducted.
- 09/26/09 Suspicious vehicle in the parking lot of the St. Helens Port Offices.
- 09/27/09 Premise checks conducted.
- 09/27/09 Audible alarm in the 1900 block of Second Street.
- 09/27/09 Juvenile situation in the 500 block of "A" Street.
- 09/27/09 Premise checks conducted.
- 09/27/09 Motorist assist in the area of Highway 30 and Chimes Crest.
- 09/28/09 Premise checks conducted.

09/28/09 Nuisance call in the 3300 block of Tahoma Street.

09/29/09 Premise checks conducted.

09/29/09 Found bike on the bike path to St. Helens.

09/30/09 Suspicious person in the area of Highway 30 and "A" Street.

09/30/09 Threats call reported in the 100 block of "E" Street.

09/30/09 Premise checks conducted.

10/01/09 Premise checks conducted.

10/01/09 Public assist at City Hall.

10/02/09 Premise checks conducted.

10/02/09 Suspicious vehicle in the 1700 block of Third Street.

10/02/09 Public assist in the 1600 block of Seventh Street.

10/02/09 Suspicious vehicle at Harvard Park.

10/02/09 Public assist at the Post Office.

10/02/09 Public assist in the 2100 block of Second Street.

10/02/09 Suspicious person in the 100 block of "E" Street.

10/02/09 Suspicious vehicle in the area of Second and "F" Street.

10/03/09 Premise checks conducted.

10/03/09 Suspicious vehicle at the Columbia City Mini Mart.

10/03/09 Suspicious person in the area of Park Street and Yakima Court.

10/05/09 Premise checks conducted.

10/05/09 Missing juvenile reported at the Columbia City Grade School.

10/05/09 Suspicious person in the area of Seventh and "E" Street.

10/06/09 Premise checks conducted.

10/06/09 Animal complaint in the 2000 block of First Street.

10/06/09 Assist outside agency in the area of Third and "I" Street.

10/06/09 Barking dog in the 3000 block of Sixth Street.

10/07/09 Premise checks conducted.

10/07/09 Assist outside agency in the 700 block of James Street.

LIBRARY NEWS

The winter rains have started, so it's time to pick out a good book and curl up by the fireplace! We have more books every month – it's so much more fun to add books than to weed them out! But weed we do, since it's the only way we have enough shelf space (unless you check out more books!)

Our collection's average copyright date is 1998, which is very current considering that we have classics that have a copyright date fifty or a hundred years ago, and lots of children's literature with copyrights up to 90 years ago. In fact, Caldecott medals (children's picture books) began in 1938, and we have 1942's winner: *Make Way for Ducklings* by Robert McCloskey. Granted, it was printed much later! Newbery medals (for older children) began in 1922. The oldest we have is *The Voyages of Doctor Dolittle* by Hugh Lofting, from 1923. We have over 130 books that have won Newbery Medal or Honor awards.

In the past year, we added 1250 books, and discarded 800. Friends of the Library purchased around 350 books (including those from PaperbackSwap), and you donated the rest! We estimate that we sold about 4000 books at the three book sales that we held, bringing in \$1837 to support the library. The books you donate to us are used wisely to improve our library. Keep donating books, come volunteer at the library, and join Friends of the Library! And check out lots of books!

The Novel Quilters met in October and showed their quilts based on Betty McDonald's book *The Egg and I*. Some cute quilts! We had ten quilts. The next book we will read is *Prodigal Summer* by Barbara Kingsolver. Quilts will be shown in April. We meet the third Wednesday of most months – join us if you'd like!

The Mystery Book Club read Halloween themed books for October – those featuring ghosts, vampires, haunted houses, old bones... Wish I could tell you what we're doing in November, but the newsletter is always due a few days before we meet! You'll have to join us to keep current!

New at the Library...

Where Memories Lie by Deborah Crombie received the Macavity Best Novel nomination. Deborah Crombie is an American who writes like a Brit. "*Where Memories Lie*" is her 12th novel featuring

COLUMBIA RIVER FIRE & RESCUE COLUMBIA CITY RESPONSES

From July 1st to September 30th CRFR responded to 37 Calls in Columbia City. 25 Medical, 10 Fire & 2 Other.

Scotland Yard detectives Gemma Jones and Duncan Kincaid. Clandestine lovers when they were partners, the unmarried pair now live together. The mystery kicks off when Gemma's friend Erika Rosenthal discovers that a brooch, stolen from her when she fled Germany after Hitler's rise to power, has turned up in Harrowby's fine jewelry auction. As a favor to Erika, Gemma offers to investigate. No sooner does she visit the auction house and raise questions about the provenance of the piece than the young woman who brought the brooch to Harrowby's is murdered.

Crombie is a master storyteller who weaves a compelling, richly textured tale. As the investigation into a growing number of murders unfolds, the story of Erika's past is revealed. There's more drama as Gemma's mother is diagnosed with leukemia, and her difficult relationships with her father and sister emerge. The stories are told from a multitude of viewpoints, each voice adding a new perspective until puzzle pieces fall together. Highly recommended, especially for fans of Elizabeth George. (Excerpted from a *Boston Globe* article by Hallie Ephron)

Loving Frank by Nancy Horan is a novel about the affair between Frank Lloyd Wright and Mamah Borthwick Cheney. In "Loving Frank," bringing the buried truths of the ill-starred relationship of Mamah Borthwick Cheney and Frank Lloyd Wright to light, Horan only increases her heroine's mystery. Mamah Borthwick Cheney wasn't just any woman, but Horan makes her into an enigmatic Everywoman — a symbol of both the freedoms women yearn to have and of the consequences that may await when they try to take them. (Review by Liesl Schillinger of the *New York Times*)

Story Time:

Every Monday, 11 AM

Friends of the Library:

Monday, November 16, 7 PM

Novel Quilters

Wednesday, November 18, 6:30 PM

Mystery Book Group:

Wednesday, November 25, 7 PM

(*may be canceled*)

Staffed Library Hours:

Monday, 10 AM – 2 PM

Wednesday, 4 PM – 8 PM

Thursday, 2 PM – 6 PM

Saturday, 10 AM – 2 PM

Columbia City Community Library

205 "I" Street, PO Box 189

Columbia City OR 97018

(503) 366-8020

cclibrary@opusnet.com

<http://www.freewebs.com/cccomlibrary/index.htm>

**16TH ANNUAL SOUPER SUPPER
BENEFITING UNITED WAY**

On Friday, November 6th, 2009 from 4:30 p.m. to 7:00 p.m. will be the 16th Annual Souper Supper at the Rainier United Methodist Church, 101 C East. Rainier Oregon. Come and enjoy clam chowder, taco, chicken noodle, lentil and fruit soup. Beverages, bread, crackers and desserts will also be provided. All donations from the event benefit the United Way of Columbia County and the Backpack program.

MEETING AND EVENT CALENDAR - NOVEMBER 2009

November 5 th	7:30 p.m.	Regular City Council Meeting at City Hall
November 7 th	dawn	First day of open burn period
November 10th	7:00 p.m.	Planning Commission Meeting at City Hall CANCELED
November 11 th	CLOSED	City Hall is closed in observance of Veteran's Day
November 12 th	7:30 p.m.	Municipal Court at City Hall
November 15 th	dusk	Last day of burn period
November 16 th	7:00 p.m.	Friends of the Library Meeting in the Library
November 17 th	5:00 p.m.	Parks Committee Meeting at City Hall
November 19 th	7:30 p.m.	Regular City Council Meeting at City Hall
November 23 rd	7:30 p.m.	Municipal Court at City Hall
November 26 th	CLOSED	City Hall is closed on Thanksgiving Day
November 27 th	CLOSED	City Hall is closed the day after Thanksgiving