



East Fork Frontier Neighborhood Association

Volume No. 4, Issue No. 4 --- May 13, 2011

BPA Meeting put on hold

The second Monday of each month the Neighborhood Association Council of Clark County (NACCC) holds a meeting for the neighborhood presidents or representatives. At this month's meeting the subject came up regarding meeting with *Enviroissues* (in behalf of BPA) to discuss the proposed power line expansion. A notice asking about interest in such a meeting was sent out to EFFNA several weeks ago and three individuals responded positively. At the NACCC meeting, the associations who had met with *Enviroissues* stated emphatically that they had learned nothing new and that it was, essentially, a rehash of what we already know, i.e., BPA has not made a final decision on whether to expand on the existing line (which runs through our neighborhood and many other highly populated areas in Clark County), or place it in the least developed area in East County. Only a group out of Yacolt is urging BPA to expand the existing I-5 Corridor line. Therefore, EFFNA has not schedule a meeting with *Enviroissues*. However, if anyone would like to speak directly with *Enviroissues*, the contact information is:

Seth Baker | *EnviroIssues* | sbaker@enviroissues.com
1515 SW Fifth Ave., Suite 1022 | Portland, OR 97201-5449
503.248.9500 | www.enviroissues.com

County may consider Home Rule charter

The following is an excerpt from a letter sent to the County by a member of NACCC asking the county to abandon the notion of changing to a Home Rule Charter form of county government. The letter discussed the cost of accommodating the proposal when the county is already suffering cutbacks for lack of funding, and ended the letter with the following:

"These past couple years have been very challenging times for Clark County and its citizens. We as a community have survived these tough times and our efforts should continue to be focused on development, job creation and creative ways of providing public services with limited funding. Now is not the time to be exploring alternative forms of county government. Our current form of government has served us well in these difficult times.

I recommend to the Board of Clark County Commissioners that no further actions be taken to place Home Rule Charter on the November 2011 ballot

Thank you for this opportunity to comment on the Home rule Charter process."

If Home Rule is something you feel strongly about, perhaps you would like to attend an upcoming hearing on this topic scheduled for **May 24th at 10 am in the Hearing Room of the Public Service Center** in Vancouver. If you decide to attend, please send us a note letting us know how you felt the hearing went.

Fatal dog shooting on Landerholm Rd.

On Sunday, May 8th, Jim and Kim Wilson, who live on the 7000 block of NE Landerholm Road, were preparing for a backyard barbecue when Jim Wilson heard their dog, an American Eskimo named Roger, yelp out in pain. Kim Wilson picked the dog up and said he died in her arms. Deputies had only a vague description of the vehicle, a dark SUV, seen speeding away from the Wilson home about 1 p.m. Wilson attempted to follow the SUV but was quickly left behind.

Another La Center area resident, Nick Sievers, reported to KATU-TV that his Doberman pinscher was shot and killed in his front yard on March 23 at about 2:30 p.m. No vehicle was seen in this incident. Shots were also fired at a dog near Fargher Lake on Sunday but the dog was not injured.

Anyone with information on the shootings is asked to call 911 and leave a message for Sgt. Scott Schanaker, or call the sheriff's office main number, 360-397-2211.

Excerpt from *The Columbian*, 05/12/2011

FYI: *LACK of SALT* Hazardous to Your Health

You may recall that a study linking autism to childhood vaccines has since proven to be false. The study was debunked but not before thousands of children were put at risk of contracting some very dangerous childhood diseases. Likewise, the original study that linked salt intake to a litany of medical conditions has proven not only to be false, but extremely dangerous. From the beginning the salt hypothesis was strongly refuted by Dr. David McCarron, formerly of Oregon Health & Sciences University, and he has been proven right.

A May 2011 study published in the Journal of the American Medical Assn. (JAMA) confirmed that cutting back on salt intake can indeed be hazardous to your health. More specifically, the study found that even modest reduction in salt intake is associated with an increased risk of cardiovascular disease and death.

- The study debunks claims made by anti-salt advocates that a population-wide reduction in sodium consumption would benefit public health.
- Low-salt diet leads to higher mortality: Journal of General Internal Medicine.
- Risk of diabetes: A 2010 Harvard study linked low-salt diets to an increase in insulin resistance – a precursor to Type 2 Diabetes.
- Cognitive problems among elderly including falls.
- Low birth weights, poor brain development.

There are a few medical conditions that can be exacerbated by salt intake but these conditions should be diagnosed by a physician. Otherwise, the conclusion is that salt should not be restricted.

What you're worth	
Prices for goods in the underground economy	
Utility bill, scanned: \$10	Full identity: \$6 to \$80
Passport, scanned: \$20	Driver's License scanned: \$20
Bank-scanned credentials: \$15 to \$850	Botnet with up to 10,000 bots for rent: \$200 an hr.
Gmail username and password: \$80	Novice botnet-building toolkit: \$700
Facebook user ID and password: \$300	Standard crimeware toolkit: \$100 to \$1000
Driver's license, scanned: \$20	Control of hacked military site: \$500
Credit card with \$1,000 available: \$25	Credit card with personal information: \$80
<i>Popular Science</i> , April 2011, Kaspersky Lab, Symantec, Trend Micro	

Does this apply to the proposed Cowlitz Casino?

Interesting Letter to the Editor, National Geographic, April 2011

"As you stated, mine owners promise jobs and an infusion of money. Mine owners have promised the same things for years, but delivery has been a different matter. The results have not varied: short-term jobs, short-term money, and virtually permanent environmental damage."

Marty Bankhead, Lake Oswego, OR

Electronic Technology Tips



Free Smart-Phone security

Scammers *"can access your contact list, e-mails, mobile-banking account login information...They can act on your behalf; they can become you."*

To find trustworthy apps, experts recommend downloading from reliable sources such as the Apple Store, Amazon and the Android Market—exceptions such as the infected application notwithstanding. For extra coverage download free mobile security software such as: www.mylookout.com—Lookout Mobile Security available for Android, Windows and BlackBerry phones.

Kiplinger's Personal Finance 06/2011

The Internet:

www.BooksShouldBeFree.com offers free audio versions of titles that have entered the public domain, as do www.Librophile.com and www.Gutenberg.org. The "hundreds of selections" on Books Should Be Free are organized by genre. The site makes choosing easy with a Top 100 list and provides readings in 25 languages, including Old English, Javanese, and Urdu.

www.OpenCulture.com aggregates free cultural and education material, from audiobooks to university lectures, lpanels, and musical performances. The site also offers links to lessons or courses in everything from Spanish to archaeology to law.

The Week, March 11, 2011

Free Music: www.loc.gov/jukebox The site offers the originals of pre-1925 music and more.

Compare your financial newsletter: This site ranks financial newsletters. How's yours doing? www.aaii.com/authors/mark-hubert

Telephone Scams: AT&T advises that consumers always check the location of unfamiliar area codes before dialing. This can be done by visiting www.consumer.att.com or simply Googling the area code (e.g., [area code 809](http://www.area-code.com)) and viewing the top result.

There is a [real scam](#) in which consumers are tricked into dialing international phone numbers, which would result in substantial long-distance charges. That is possible because there a few regions outside the U.S., which includes the Caribbean and Canada, that can be dialed directly without the usual "011" international prefix.

"809" - Dominican Republic.

"284" - British Virgin Islands.

"876" - Jamaica.

And since these numbers are outside the United States, the U.S. requirement to inform callers in advance of any special rates or fees doesn't apply. However, the hoax is the gross exaggeration of the charges.

EMPOWER UP – Technology Reuse in Action

Empower Up provides free education resources to help those in need gain access to technology and the Internet. Empower Up accepts both working and non-working computers and other consumer electronics from the public for reuse and recycling. Please call 360-735-0888 during business hours to sign up for classes or get further information by visiting the Empower Up website www.empowerupnow.org.

Free PC Clinics: Free drop-in clinics to help with your computer problems. Free PC Clinics are staffed by Clark College Help-desk Students. Second Saturday of every month. 10 am to noon.

Free Mac Clinics: Free drop-in clinics to help with your Apple computer problems. Free Mac clinics are sponsored by MacRory.com. Third Wednesday of every month. 7 pm to 9 pm.

Free Internet Access: Twelve free Internet access terminals are available to the public. Includes one MacOS and one Linux OS terminal. Every Tues., Thurs., Sat., 1 pm to 5 pm.

WRITTEN IN STONE

Two friends were walking through the desert. During some point of the journey, they had an argument and one friend slapped the other one in the face. The one who got slapped was hurt, but without saying anything, wrote in the sand , "Today my best friend slapped me in the face."

They kept on walking, until they found an oasis where they decided to take a bath. The one who had been slapped got stuck in the mire and started drowning, but the friend saved him.

After he recovered from the near drowning, he wrote on a stone: "Today my best friend saved my life." The friend who had slapped and saved his best friend asked him, "After I hurt you, you wrote in the sand and now, you write on a stone, why?"

The friend replied "When someone hurts us we should write it down in sand, where winds of forgiveness can erase it away. But, when someone does something good for us, we must engrave it in stone where no wind can ever erase it."

Learn to write your hurts in the sand and to carve your benefits in stone.

They say it takes a minute to find a special person; an hour to appreciate them; a day to love them: but then, an entire life to forget them. Share this with the people you'll never forget.

Senior Information & Assistance program

www.helpingelders.org: Southwest Washington Agency on Aging and Disabilities (SWADD) is the federally designated agency on aging for the five southwest Washington Counties and is part of the state and national network of area agencies on aging.

The **Senior Information and Assistance Program** is a free service that acts as a main access point for a wide range of public and private resources that are available to the persons 60 years of age or older, adults with disabilities, and family caregivers. Offices are located in Vancouver, Kelso, Goldendale, Stevenson, and White Salmon. (360) 694-8144 or (888) 637-6060.

Help Eradicate Invasive Garlic Mustard Weed



Garlic mustard is an invasive non-native biennial herb that spreads by seed. It is difficult to control once it has reached a site; it can cross-pollinate or self-pollinate, it has a high seed production rate, it out competes native vegetation and it can establish in a relatively stable forest understory. It can grow in dense shade or sunny sites. The fact that it is self fertile means that one plant can occupy a site and produce a seed bank. Plant stands can produce more than 62,000 seeds per square meter to quickly out compete local flora, changing the structure of plant communities on the forest floor. Garlic mustard is also allelopathic, producing chemicals that inhibit the growth of other plants and mycorrhizal fungi needed for healthy tree growth and tree seedling survival.

Garlic mustard is a biennial herb that grows to about 3 feet tall. The small, white 4-petaled flowers appear in early spring and seed production soon follows. Seedlings develop into basal rosettes by mid summer. The plants overwinter as a basal rosette with kidney-shaped leaves. When the plants bolt in early spring, the mature leaves are triangular, becoming smaller toward the top of the plant. In early spring the roots and new leaves smell like garlic. Each plant usually produces one flowering stem. If a plant is cut or stepped on, many stems will form. Roots typically have a characteristic s-shaped bend that helps the plant hold on to the soil even on steep slopes with loose soil. Garlic mustard is competitive in a wide range of soils, sun, shade and moisture. It grows in wet soil near creeks and on dry, steep slopes. It can grow under the shade of other plants like nettles or in bright sunny spots. Flowering plants range in size from several feet tall to tiny plants with just a few seed pods. Seeds can last in the soil for at least 10 years.

<http://www.kingcounty.gov/environment/animalsAndPlants/noxious-weeds/weed-identification/garlic-mustard.aspx>

Memorial Day Ceremony Honoring Military



The Community Military Appreciation Committee invites you to attend a Memorial Day Ceremony on Monday, May 30th, 2011, at the Vancouver Barracks – 11:00 A.M.

The event is being sponsored by Waste Connections.



Vancouver-Clark Parks & Recreation

Summer Schedule – May thru September 2011

For a spectacular look at the enormous recreational opportunities happening in Clark County this summer, check out <http://www.cityofvancouver.us/parks-recreation/index.asp>

See the Spring/Summer Catalog - it's online now!

- Form a Nature Explore club!
- Economic slump prompts reductions in Clark County park construction, maintenance
- 2010 snapshot of pedestrian and bicycle trail use now available
- Get a great rate on spring community room rentals at Firstenburg Center!
- Make your 2011 picnic shelter reservations now
- 2011 Budget Impacts
- Watch this video and know the value of parks and recreation

Activities include youth and adult sports, hiking, kayaking, car shows, summer camps, dance, music and art, arts & crafts, swim lessons, and much more. Don't let the summer go to waste. Plan NOW. Get a copy of the Summer Catalog. (360) 487-8730.

❖ ALL THAT JAZZ ❖

22nd Annual Senior Citizen Prom

Sponsored by the Vancouver –Clark Parks & Recreation, Fifty & Better Activities, the prom will be at the Luepke Community room, 1009East McLoughlin Blvd. Vancouver, WA, doors open at 5:30 PM. \$12.00 per person.

Celebrate this special evening of dinner and dancing featuring Stardusters and the vocal stylings of Patti Prigo. Register early by phone at 487-7100. For more details contact Kelly Lund at 487-7055

HOUSEHOLD HAZARDOUS WASTE COLLECTION

May 21, 9:00 am to 1:00 pm, East County Fire & Rescue Station 91 (Fern Prairie) 600 NE 2675th Ave.

June 11, 9:00 am to 2:00 pm, Camas Operations Center, 1620 SE Eighth Ave.

June 18, 9:00 am to 2:00 pm, Clark County fire & Rescue Station 26 (Dollars Corner) 21609 NE 72nd Ave.

July 9, 9:00 am to 1:00 pm, Clark County Fire & Rescue Station 27, 505 SW First St., Battle Ground.

July 16, 9:00 am to 1:00 pm, Fire District 3, Station 31, 17718 NE 159th St., Brush Prairie

October 8, 9:00 am to 1:00 pm, County Operations Center, 4700 NE 78th St.

ACCEPTABLE ITEMS: Household hazardous waste includes pesticides, paints, solvents, batteries, thinners, motor oil, antifreeze and cleaners. Block foam must be clean and bagged and from households only. .

NOT ACCEPTABLE: Plastic-wrapped yellow urethane foam, hot tub covers or packaging peanuts. Explosives, ammunition, biological materials or business generated hazardous waste WILL NOT be accepted.

ACCEPTABLE ELECTRONICS include computers, monitors, televisions, printers, VCRs typewriters and cell phones.

NOT ACCEPTABLE ELECTRONICS: Microwave ovens, smoke detectors and large appliances.

Household and hazardous waste can be taken at no charge to three permanent facilities:

- **Central Transfer Station**, 11034 NE 117th Ave., 8:00 am to 4:00 pm, Saturdays & Sundays.
- **West Van Materials Recovery Center**, 6601 NW Old Lower River Road, 8:00 am to 4:00 pm, Fridays and Saturdays
- **Washougal Transfer Station**, 4020 S. Grant St., 8:00 am to 4:00 pm on the third Saturday of each month.

How to get your small business online (without a website)

Ninety-four million American adults are online every day and 64 percent of them use the Internet as their primary way to search for local businesses – so if you aren't online potential customers will find someone who is.

If you haven't tackled the world of the Internet, here are three simple tasks you might do to get your small business online today even if you don't have a website yet.

- (1) Create a free business listing on search engines such as Google, Yahoo and Bing.
- (2) Create a free business listing on the different Internet Yellow Pages.
- (3) Create a free business listing on consumer/business connection sites such as www.yelp.com, www.MerchantCircle.com and www.Local.com.

These three steps are easy to follow, but if your time doesn't permit or you're not comfortable with doing it yourself, you can hire someone or even ask a computer-savvy teenager to help you.

It doesn't matter what type of small business you own. You can be a hair salon owner, landscaper, dentist, flower shop owner, chiropractor, etc. What matters as a small business is having an online presence, even if it's minimal, in order to remain competitive.

This is to help you get started today without a website, but ultimately, a website is very important for your small business presence.

Excerpt from The Costco Connection

Earth-friendly gardening tips

Anti-fungal:

- 1 C. antiseptic mouthwash
- 1 C chamomile tea
- 1 C Murphy Oil Soap.

Place in a 20 gallon hose-end sprayer and spray everything. Repeat every two weeks during the growing season.

Anti-Gopher

Drop ammonia soaked dryer sheets into the gopher tunnels then seal the hole

Ant-Voles and Moles

Mix ½ C of castor oil and ½ C dishwashing liquid in your 20 gallon hose-end sprayer and saturate the area around all of your trees and shrubs. These critters love to make burrows under the roots of rhodias and roses and these air pockets can kill the plants.

Anti-tomato blight

- 3 C compost
- ½ C powdered nonfat milk
- ½ C Epsom salts
- 1 Tbs baking soda

Put handful of mixture into each hole before planting

Epsom Salts – Garden Magic

Sprinkled around bulbs after planting. It not only fertilizes bulbs but keeps chipmunks and squirrels away.

Bulb booster:

Combine 1 lb of Epsom salt with 2 lbs wood ashes and 2 lbs of bone meal and sprinkle on your bulbs.

DO YOU HAVE A STORY FOR OUR NEWSLETTER

If you have a story of interest to our neighborhood association, please contact us. We'd very much like to hear from you. Or, if you have an interest in working on the newsletter, please let us know.

Also, if you know of a neighbor who isn't getting the newsletter and would like to receive it, please send us their email address. If they are not on e-mail, please make a copy of the newsletter to share with them.

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The information and views expressed herein are solely those of the neighborhood association and not of Clark County government or the Public Information and Outreach Office