



Natural Medicine Comes To Vernonia

By Scott Laird

Meet Vernonia's newest Medical Practitioner, Dr. Carol McIntyre.

McIntyre, a recent graduate of the National College of Natural Medicine (NCNM) in Portland with a Masters of Science in Oriental Medicine and a Doctorate in Naturopathic Medicine, is now licensed to practice



Acupuncture and Shiatsu message and has begun accepting patients at her home office in Vernonia. Not only that, but McIntyre just received word that she has passed her exams and will soon be licensed as a Doctor of Naturopathic Medicine as well.

McIntyre will be practicing

Natural Medicine, which blends the ancient healing wisdom of naturopathic medicine and classical Chinese medicine with modern science. According to the NCNM website, ninety percent of global health care involves methods other than conventional western medicine and Natural Medicine is increasingly becoming a more accepted method or alternative for healthcare in the United States.

McIntyre hopes to introduce and educate area patients to the potential

benefits of acupuncture treatment. She explained, during a recent interview, that through a combination of acupuncture and massage treatments, she can treat musculoskeletal issues and all kinds of pain management, low back pain, joint pain and arthritis, range of motion issues and scar

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Bear Creek Pub and Bar Opens In Vernonia

By Scott Laird

Vernonia has a new place to enjoy a drink and a meal. The Bear Creek Pub and Bar is now open for business, next door to the Black Bear Coffee Company, and in the spot that for years was known to locals as Ben's Barbershop.

Black Bear owner Dana Roach has taken a McMennamins approach to the new Pub and Bar, preserving local history and using actual items from the previous tenants to decorate the room and enhance the atmosphere. "Chuck and Gordon," (who previously owned the



building and sold it to Roach a few years ago) "they saved everything from the barbershop," said Roach. "They just locked it up and left it. This whole thing was preserved."

And Roach took a page from the McMennamins book. "What you do is you grab an old building and you use what's there," he explained about his philosophy for reviving the space and opening it up to the public. "People like that. And you can preserve history and give people an opportunity to come back in. Now they get to come in here and enjoy the space that their grandfathers did when they used to sit here and talk with Ben. Now they can come in here and have a sandwich and have

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Meet Frank Grace, Vernonia's New Police Chief

Vernonia recently hired a new part-time Police Chief. Frank Grace retired as the Chief of Police in Gladstone, Oregon, and has over thirty years of law enforcement experience. Vernonia's Voice sat down with Chief Grace to talk about his first few months on the job in Vernonia.

Vernonia's Voice: Why did you decide to come out of retirement and go back to work?

Frank Grace: It was a great opportunity! The PERS system in Oregon is pretty unique. If you retire from law enforcement under honorable conditions in Oregon, you can go back to work for cities that have a population of under 15,000 and not have it effect your PERS benefits. So, as a Police Chief, I'm on a list when jobs come up, especially for temporary fill-ins--you apply, and that's what I did for this. I think this part-time idea is a very innovative approach-- I'm not aware of any other agency in Oregon that's done a part-time permanent position. And I think this is an excellent opportunity, not only for me but for the community. I bring with me some skills in management, not just from big agencies-- I've worked in agencies smaller than this and in agencies much larger than this. And I'm very glad I was selected. It works out well for me, and I think it works out well for the city-- they save money and we've been able

to hire another officer. I'm excited that the city had the vision to do this. The other thing is, after about four weeks of retirement, it gets old after a while! I found I needed to do something more. I volunteer with the Red Cross once a week and at the Veterans Hospital once a week, and I do some teaching, and this fit right into my schedule.

Vernonia's Voice: Why did you choose Vernonia?

Frank Grace: I'm not a stranger to Vernonia, I've never lived here, but I've passed through a lot over the years on my journeys. So when it came available I thought, let's give it a try. I think it's interesting, how we all have preconceived ideas about what a community will be like, whether it's Northeast Portland or Vernonia. But what I've found over the years in all the communities that I've lived in is that if you take the time to slow down and stop and talk, you'll find people are people wherever you go. And we actually have more in common than

not. The problem is, we don't take that time.

Vernonia's Voice: Do you see any specific major challenges that you expect to have to deal with in this community?

Frank Grace: Honestly, I've not seen anything major. As a manager coming into a new "business," I have my own ideas, and my ideas are based on best business practices, so I'm not going to come in here and change things just because. I'm going to take time to evaluate the operation and the best way to do that is from inside. I don't know how long that will take. One advantage here is this city has a well-established Police Department, and in my opinion, very good personnel who want to do police work. So I'm looking and just taking my time. Instead of changes, I think I see the Department needing enhancements. I'm not one to rush in and make changes overnight, and I'm not one to make changes with-

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