

Saturday Market in Vernonia

By Diana Peach

When the Saturday Market in Vernonia needed a food vendor someone suggested to Katie Organ that she should make donuts. In her non-donut life, Katie creates patterns as part of her business, The Paisley Pincushion. She admits that she also bakes bread, which must be where the donut idea came from. Now Katie and her daughter-in-law, Rachael, make fresh donuts Saturday mornings and they sell approximately two hundred warm, sweet, melt-in-your-mouth donuts every weekend.

According to Kathy Larsen of Mosquito Lodge Lavender, the Saturday Market is intended to draw tourists and create community in Vernonia's downtown. The market also offers area residents and vendors a venue to sell their goods, including artwork and farm goods.

Kathy and her mother, Barbara, started their lavender farm when they moved to Vernonia and found that they had no water on their property. They noticed a couple of lavender bushes that didn't seem to mind the weather and, you might say, the

idea took root. You can find them at the Saturday Market selling lavender lotions, sachets and a variety of other goods.

Debi Wyckoff and her husband, Dave, started Dairy Creek Farm about four years ago and enjoy being a, "family that grows food for other families." They bring fresh produce and farm products as it becomes available. Lately that's included blueberries, strawberries, radishes, and honeybee products. Their eggs are from a variety of free range chickens and are naturally white, pink, dark brown and green, almost too pretty to eat.

It's hard to miss Susan Mulikin and Sweet Toppers Hair Accessories on Saturday because of the colorful bows, headbands and crocheted monkey hats on display. She started her business last summer and says that it's exploded since then. She loves doing custom orders and admits that she once made a camouflaged monkey hat with orange eyes and a mohawk. That said, little appears to be beyond her ability when it comes to custom hair accessories.

Lee Anne and Bill Krause are

both vendors at the Saturday Market. Lee Anne has been selling Pampered Chef kitchen supplies for seven years because, "everyone eats and everyone has a kitchen!" She brings a variety of gadgets to the Saturday Market



Gene Taylor rode over 55 miles to check out Vernonia's Open Air Market. Photo courtesy of Kathy Larsen.

and will also do catalog orders and shows. "Food is fun with friends," is her slogan and she reports that seventy-five percent of her wares sell for under twenty dollars. Bill Krause sells electronic cigarettes, a smoke-free, carcinogen free alternative to traditional cigarettes. Bill reports

that his products are for those who enjoy smoking without the harmful effects and can be used to wean down nicotine levels for those who want to kick the habit.

The Saturday Market sports some fine artists as well including Walter Neuman and Heather Brien. Walter carves walking sticks and makes jewelry. He also paints in oils and acrylics and in 2010 won 1st, 2nd, and 3rd place for his paintings in the Columbia County Fair. Heather's artwork includes paintings, collage and photography. Last Saturday she displayed cards, magnets, and photographs, originals and prints.

The Saturday Market is growing and worth a look. Stop by downtown Vernonia from 10:00 AM through 2:00 PM, June through September. Buy a garlic press, chat with neighbors, splurge on fresh blueberries and, by all means, enjoy a large donut!

Natural Path to Health: Inflammation

By Dr Carol McIntyre

Everyone has dealt with inflammation...but I'm hoping to enlighten you about it even further.

Generally, people know inflammation as something that occurs when you have an acute injury of some kind. It could be a sprain/strain of a muscle, a bug bite, or even that you got hit with a baseball! Either way, we all know the signs of acute inflammation: Redness, pain, area is hot to touch/feels hot to the person and swelling. Depending on what the injury is, usually bruising will be soon to follow.

The best way to treat acute inflammation is by applying ICE to the injured area within the first 5 minutes to decrease the inflammatory response. Although the

inflammatory response is the normal/natural way for the body to respond, it can be a bit 'overpowering' at times. This is why using ice within the first 5 minutes of injury is important because it helps to moderate the swelling, pain, and heat associated with the acute injury.

There is also chronic inflammation. This type of inflammation can present itself in many different ways and have many different causes. First, the causes of chronic inflammation always have something to do with the immune system. Inflammation in general is an immune response. Chronically however, the body has generally been repeatedly aggravated by some outside stimuli to the point of causing what we call a 'maladapted response'. This negative stimuli can come

from food allergies/sensitivities, environmental toxins and mental/emotional stress to name a choice few.

There are many different hormones, immune factors and neurotransmitters involved in the cascade of inflammation. One very big piece to be aware of is how your natural cortisol affects this. Cortisol is a hormone that is made by your adrenals and it has an anti-stress and anti-inflammatory effect on your body. People who are under chronic stress could have excess cortisol output from the adrenals until the adrenals become exhausted and are unable to produce adequate amounts of cortisol anymore. This inability of the adrenals to produce proper levels of cortisol leads to a

continued on page 7

Senior Center Activities

5-Area Luncheon: Monday, August 29 at the St. Helens Senior Center

Connie's Fabulous Breakfasts: Fabulous breakfasts are available to the public on Fridays for a cost of only \$3.50. The event happens at the Senior Center (446 Bridge Street) from 7:30 to 9:00 AM each Friday. Meal price includes a beverage, too. Enter through the side, parking lot door. What a deal!

Week Day Lunches: The Vernonia Senior Center offers nutritious and tasty lunches each weekday for only \$4. These are available to the public, not just Senior Citizens. (Mealtime is noon; late arrivals may not be served.) You can reserve your lunch by calling by 11:15 AM, or further in advance if possible, to assist the cooks as they prepare the day's meals.

Maple Bars available locally! Connie King, the cook at the Senior Center, is making maple bars each day. The maple bars are available to the public, too, and only cost \$1 each. Availability is subject to quantity on hand. You can assure yourself of a good supply by pre-ordering them directly from Connie by calling the Senior Center (503-429-3912) any week day, from 7:00 AM-3:00 PM. Please allow one day lead time for larger orders. The Center's front door opens at 9:00, but the side parking lot door opens at 7:00. Ah, sweet treats!

Thrift Store: Bargain prices can be found in Vernonia's Senior Center in their Thrift Store. The retail store is open Monday through Friday, from 9:00 AM until 3:00 PM. The Thrift Store provides funds for the Senior Center's facility and its many activities. Donations can also be dropped off during those same hours, and donated

clothes need to be clean and in good condition so they are "sales ready". We are offering half off during the first week of each month. Buy locally and support your local Senior Center.

For after hours drop-offs please contact Pauline 503-429-5810.

Special Days: On the last Wednesday of the month Wauna Credit Union will be serving ice cream. On the last Friday of the month we will serve birthday cake and ice cream to celebrate that month's birthdays.

Membership Dues: Another way to support Vernonia's Senior Center is to pay the \$15 annual membership dues. Checks may be mailed or dropped off at the Senior Center. Anyone 50 and older may join.

Questions? Call: (503) 429-3912



Vernonia's Voice is published twice each month on the 2nd and 4th Tuesday. Look for our next issue on August 9th.