

# Natural Path to Health: Fighting Up Stream

By Dr. Carol McIntyre

It was mid-October and the children and I were standing on the bridge overlooking Rock creek watching the salmon work their way upstream. As we stood there, I observed their journey. I was impressed to see how hard they work to achieve their goal. The creek was still quite low and their bodies were being scraped across the rocks as they propelled themselves forward. They moved changing position repeatedly, sometimes flopping over on their side, trying to increase the depth of the water they had to swim through in an attempt to achieve their goal quicker. We watched them for some time; about 15 minutes or so. They only moved about one foot... maybe two. As I stood there

watching, I noticed that there was one group of 3 salmon together and 1 salmon all alone. There was also a skeleton of one resting to the side of a large rock. So much energy. So motivated to reach their destination. A relentless drive to succeed, regardless of the treacherous course.

It reminded me of our own lives. Of how we struggle to achieve even the most seemingly minor goal, only to meet unexpected obstacles along the way. I have many patients who put forth great amounts of effort to achieve optimal health. Some of them have friends and family to support them. Some of them do it on their own.

Even being able to take the time to watch the salmon move up river was such a blessing for me. Life is hectic,

chaotic and overwhelming at times. Most all of my patients come into the office feeling this way and leaving with a better sense of focus and clarity. They can refocus on their goal and stay connected to the bigger picture.

Find your path. Make a plan. Know what works for you. Decide whether you work better with a group of people or on your own. Choose realistic goals. Know that each step is one closer to making it there. Work hard. Rest. Breathe. Be proud of yourself for your accomplishments~ no matter how small they may seem. You are worth it.

I hope you all were able to take the time to watch the salmon move up river this year. It was particularly difficult for them because of the lack of rain. The rivers and creeks were low

and the salmon had to work especially hard to achieve their goal. Sometimes, that's how it is. Life is difficult one day and enjoyably relaxing the next. Stay focused. Rejuvenate yourself through your focus. Remember your goal.

Beginning in January I will be teaching Qigong again at the Vernonia Community Grange. Classes will be on Mondays from 7:30 AM-8:30 AM(ish). Qigong is a wonderful practice which I refer to as "active meditation". Any of you who are familiar with TaiChi will find some similarities in Qigong. It is a wonderful exercise for people of all ages and I will hope to see a variety of people joining in. More to come on that topic...

Happy Holidays~ Be Thankful for all you have and all you are. Be Well~

# Creature Comforts ~ Supporting a Good Cause

By Michal Smith

Creatures Pet Store is finally moved in and unpacked in the new location across from City Hall! So what next? A party of course!

We're hosting a Grand Re-Opening Celebration on Saturday, November 24th from 9:00 AM-7:00 PM. We will have special sales on select items, door prizes, goodies and much more!! We sincerely hope you all can come and celebrate with us and check out our new location! We are soooo thankful for all the local support both through the physical move and through Vernonia's loyal patronage. We can't wait to give back so please mark your calendars!

Speaking of being thankful, just

recently I learned of a wonderful cause of the fur and paw sort right here in our own backyard so to speak - it's Bailey's Pantry. Bailey's Pantry is in essence a living tribute to Bailey, who was a golden retriever/lab, now in heaven and once owned by Vernonia's Carol Davis. Bailey was such a special dog in her life that after his passing she was inspired to honor his memory by creating an extension of the Vernonia Cares Food Bank that exists to provide quality pet food to families in need. Without the pantry, many needy families would likely share their "people food" with their pet(s) in order to feed them too. I'm quite thrilled to announce that Creatures LLC will be an active partner with Bailey's Pantry and will work to help stock the pet

food shelves with quality cat and dog food through regular fundraising drives throughout the year that will be fun and get the whole community and family involved. Especially now and as we prepare to celebrate Thanksgiving with our families, (furry and not) I want to ask you to remember the pets in need in our area and donate to Bailey's Pantry either directly to the Vernonia Cares Food Bank/Bailey's Pantry or through Creatures pet store. Beginning this month, Creatures is asking you to buy a paper puppy or kitten for only \$1.00. Your name (or name of your choice) will be written on the animal you choose and we'll display those on our windows throughout the holiday season. Really, what pet store is a real pet store with-

out puppies and kittens in the windows? Our collective goal will be to raise (at least) \$350 by December 31 to present to Bailey's Pantry to buy quality cat food-which I'm told is the current need. At the end of the puppy and kitten sale all the names will be put into a kennel and several will be drawn to win prizes donated from the community businesses. The smallest amount can make a big difference and I thank you in advance. See you at the pet store Tues-Fri 10-6 and Sat 10-5, 503-429-PETS (7387). 998 Bridge Street.

Vernonia's Voice is published twice each month on the 2nd and 4th Tuesday. Look for our next issue November 27th.



Vernonia Cares Food Bank  
PO Box 126, 627 Adams Avenue  
Vernonia, OR 97064-0126  
November/December 2012

Dear Friends,

People are preparing for the holidays. However, this year, many people will not be able to celebrate because they are faced with serious economic problems. Some have lost jobs, others cannot find employment. Some are restricted by a budget which cannot cover their basic living expenses. There are those in our community who have lost their homes. Grocery budgets are depleted. It's hard to believe that people in America go to bed hungry, but it is true. Food pantries like Vernonia Cares provide emergency groceries to help out. As the weather blows colder, the need for nutritious food grows higher.

For twenty-seven years Vernonia Cares Food Bank seeks to help alleviate hunger and it's root causes in the Vernonia area. Thirty-three percent of our clients are children: senior citizens compromise another twelve percent. We assist an average of 400 people per month. We depend upon donations of food and money to supply groceries and to keep our doors open for those who need us the most. The United Way of Columbia County provides about one-third of our budget, with volunteers lending support through fundraisers to help meet the other two-thirds of our expenses. We receive no government financial support.

Would you consider a donation to assist us? We are aware that the current economy has stressed everyone's budget. A gift of any amount helps us. Please complete the information slip below, and return it to us with your donations. We appreciate donations to our general fund which keeps our pantry open year round. A second option is to designate your gift towards a special holiday food box. It contains the basic groceries for a Christmas meal, including a turkey. Or your gifts may be given in honor of or in memory of those you designate. Their names will be added to the Caring Tree which will be on display in the window of the Vernonia Community Learning Center during the month of December 2012. If you want a tax-deductible receipt it will be provided, if you designate that request on the slip. Your generous contribution will allow us to continue to be your hands extended to the hungry who reside in and around Vernonia.

Thankfully,  
Sandy Welch, Director

Enclosed is my donation to Vernonia Cares Food Bank. (Please print clearly)

My Name _____	Vernonia Cares Food Bank
Street _____	PO Box 126
City, State and Zip _____	627 Adams Avenue
	Vernonia, OR 97064-0126
Please Choose One:	
<input type="checkbox"/> Designate this gift towards the General Fund, or	
<input type="checkbox"/> The Holiday Box Fund (estimated cost is \$30)	
Given in memory of _____	phone: 503-429-1414
Given in honor of _____	email: directorsandy@yahoo.com
Please send acknowledgement to (name and address) _____	EIN# 93-0901900
<input type="checkbox"/> I would like a tax deductible receipt mailed to me.	

## Lost Horse



Please help us find our White Arabian Mare that has been missing since 7-30-12. She was last seen trotting North on NW Hahn Rd off NW Davidson Rd. She had a gray & burgundy fly mask on. She is 23 years old, measures 14 hands tall. Her mane falls on the right side. She has melanomas or tumors around her anus. She has a scar on her head.

The attached picture is an example of how she looked in her younger days. She is a little sway backed now. She would probably be easy to catch with grain unless she is really scared. Her name is Gidget or "Baby Girl". She has health issues and will need special care through the winter.

We are offering a REWARD for information that leads to finding this horse Alive or Dead. If you have seen her or know someone who has, please call Chuck @ 503-781-5541 or Patty @503-709-4329.



**START RIGHT. START HERE.™**

**GET PREPARED FOR WINTER**

- chains • antifreeze • winter tires mounted & balanced
- wipers • generators • kerosene • flashlights • boots
- batteries • lamp oil • gas cans • candles • propane





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**834 Bridge St., Vernonia (503) 429-6364**