

Boosters Buzz



Youth Basketball- Vernonia Youth Basketball held their 5th annual "Kick-Off the Season" basketball tournament on Saturday January 5, 2013, hosting 13 teams. It was a fun and exciting tournament, especially for our own 2 Vernonia teams. The boys 5/6 grade team, coached by Jay Holmes and Derek Handegard, took first place! The girls 5/6 grade

team, coached by Amanda Wolf and Jasen Shaw, took second place! All teams had an MVP awarded at the end, which was voted on by the referees and scorekeepers. The MVP for Vernonia girls was Sofia Wolf and MVP for Vernonia boys was Jake Handegard. Great job to our youth; they are both very talented teams!

Attention Vernonia Pie Makers!- Here is a Volunteer Opportunity. Boosters provides healthy homemade soup and scrumptious pie for the participants of the Vernonia Marathon. If you are a pie maker and want to lend a pie, mark your calendar for Sunday, April 14, 2013 and contact Allison McLeod (503) 429.0734 / allisonmcleod@me.com to be counted in!

Keep your eye on the Booster Buzz for more details and also more Volunteer Opportunities!
T-Ball, Junior Baseball

and Softball Sign-ups- It is time to get ready for the boys and girls of summer to take the fields. Sign-ups will be held Monday, February 11th from 6:00-8:00 PM in the Vernonia School Commons and Wednesday, February 27th from 6:00-8:00 PM in the Vernonia School Lobby

For more information: Baseball/T-ball questions please call Brooke Morrison (503) 726-8427 or Amy Cieloha (503) 429-0745; Softball questions please call Katie Poetter (503) 429-0700 or Amanda Wolf (503)429-0745.

WANTED: Umpires for youth baseball. Paid training!!! Paid position!!! Have fun, earn money, help the youth in our community! Please call Brooke Morrison (503) 726-8427 or Amy Cieloha (503) 429-0745 if interested.

Also WANTED: Parents of Kindergarten and First Graders, we need parents to step up for T-Ball. We need a T-Ball board, coaches and parents willing to help. Please call Lisa Brewer at (503)475-1803 for information.



The Vernonia Girls 5/6 team took second place and the Boys 5/6 team took first place at the "Kick-Off the Season" basketball tournament.

Natural Path to Health: Chinese Organs ~ The Complete Clock Cycle

By Dr. Carol McIntyre

This will be the first of a series that will describe each organ system according to Chinese medicine and its attributes. I think it is important to understand the complexity of this medical system. I hope it will enlighten some of you as to my method of treatment I provide for you. The overall system of Chinese medicine incorporates directions, animals, elements, emotions, organs/organ systems and time. This will become clearer as I elaborate. First, I will give a basic outline and then I will describe each organ system in future articles.

The center of the clock is the balance of yin and yang. This is further divided into three additional segments; heaven, earth and human being. The core of the center is EARTH. To the East is WOOD; South is FIRE; West is METAL and North is WATER. In the East, there is a relationship to the sunrise, the element of Wood, science, post-natal energy (this is the energy that you obtain from food and drink) and the Earth (Di). The West is associated with the element of Metal, the sunset, religion, pre-natal energy (this is the energy given to you by your parents at the time of conception and while in the mother's womb) and Heaven (Tian). East and West have stronger association to other attributes because this is where the sun rises and sets.

There is also a Trigram associated with each direction. To the East: Fire; SE: Wind; South: Heaven; SW: Lake; West: Water; NW: Mountain; North: Earth; NE: Thunder. The Trigrams were professed by the legendary Fu Xi, an ancient ruler of China around the time of 2800 BC. He then wrote one of the most ancient texts called the "Yi Jing" or "I Ching" translated as the Classic of Changes or The Book of Changes which

contains 64 hexagrams that are built from combining the 8 Trigrams. Each organ is also associated with a hexagram as you will learn.

In Five Element Theory, there is an engendering cycle and a controlling cycle. The engendering or promoting cycle is: Wood→ Fire→ Earth→ Metal→ Water→ Wood... and the controlling cycle is: Water→ Fire; Fire→ Metal; Metal→ Wood; Wood→ Earth; Earth→ Water. If you think about this logically it will give you great insight to the philosophy of Chinese medicine.

The engendering cycle: Wood can be burned→ Fire. Fire makes wood turn into ash and builds Earth. Earth in great abundance creates mountains which is where the resources of Metal are found. Metal, as being associated with the mountain is where Water originates as the mountain spring. Water helps the trees/Wood to grow... and so the cycle continues.

The controlling cycle: Water controls Fire- we all know that. Fire controls Metal- we can ask Wolfgang Forge about that. Metal controls wood because the metal can encase the wood and contain it. Wood controls Earth-

we can ask Maggie Peyton, director of the Upper Nehalem Watershed Counsel about that as she works diligently to plant trees to maintain the slope of the river bank. Earth controls water- now this may be hard for some to believe during flood season, but we generally see the banks of the river guiding the water along.

This is just a very brief introduction to the ever encompassing philosophy of Chinese medicine. Each piece intertwines with another aspect of another theory. I would suggest that if you are interested, you keep track of each of these articles so you can piece things together as the series progresses. The series will go all year. The next article will discuss each element in further detail.

Another friendly reminder that Qigong started Monday, January 7th at 7:30 AM. It is being held at the Vernonia Community Grange located at 375 North Street. Turn Left onto Washington from Bridge Street (just after the Senior Center) and it is the large grey/maroon building on the Right (at the corner of North and Washington). I hope to see many new faces in attendance in addition to my loyal followers! (Thank you!) During practice you will invigorate your body and mind as well as learning more in depth aspects of Chinese medicine. Hope to see you there. Happy New Year to you all.
~ Be Well.

Local Author Stacy L. Reeh
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Vernonia's Voice
is changing publication dates!
Starting in February we will publish twice each month
on the 1st and 3rd Thursday.
Our next issues will be February 7 & 21.

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