

Natural Path: Moving Forward

By Dr. Carol McIntyre

Spring is officially here! As I write this I am sitting outside in the warm sunshine, enjoying the breeze. It is so pleasant. Some of my favorite things about spring are watching the buds transform into leaves and flowers. The plants give us so much knowledge through observation... we just have to take the time to be observant.

There is a lot of transition at this time of year; the movement and momentum that inspires us to begin new projects or finish old ones. As I have mentioned in my previous articles, this year is the year of the Wood Horse and will be very transformative. We should all take time to observe the areas of our life that

we want to focus on and put proper energy into it.

On Saturday I attended the Vital Vernonia meeting held at the school library. It was a nice group of people, some who do not even live in Vernonia but who cared enough to come in support of its future. I was happily involved with the youth and education group, brainstorming about ways to inspire our young people (pre K through grade 12, as we defined it). We thought of ways to engage them and empower them to become involved and proud of their community. This was a wonderful experience for me because our son Curtis will begin school this fall and is very excited about it. My hope is that by empowering the children and engaging them in the community it will keep them excited about moving forward in life.

I have been keeping busy at the office as many of you know. There are however some insurance changes I would like to debrief you on. As this is a year of transition, the insurance world is no different! Many of you are now eligible for the Oregon Health Plan (OHP) which will help provide care for many of you who have been patiently waiting. I can certainly bill OHP with some exceptions, so please be sure to check your eligibility prior to scheduling. This helps prevent unpaid visit costs.

All insurance carriers are making changes to policy this year. Many companies have decreased benefits and increased premium cost. Other insurance companies like Blue Cross have required pre-authorization for certain procedures. So again, please check your eligibility prior to scheduling... many

things have changed.

Also, it is very important that you contact your insurance company with any questions you may have, especially if you are unhappy with certain changes that have been made. Speak up and let them know. Having insurance is only of benefit to you if it is serving you well and meeting your needs. Many people are confused by all the changes that have been taking place and it is important that you become engaged to understand the process. Speak your mind, create change and feel empowered!

Remember to get outside and play! I still plan to do a small garden space at the office. This will be available to any of my patients that offer their time to its growth. Anyone interested, please contact me at the office. 503.429.3928. Thanks for listening. ~Be Well.

Vernonia Veterinary Clinic

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Equestrian Team Qualifies for State *continued from front page*

took the Silver. In Working Rancher, Pedersen qualified as the st alt.

Vernonia had their first District Meet in February on the weekend of the big snowstorm. The meet has now earned the nickname "SNOSET." In spite of the challenges the snow brought, the athletes rode well and started the season by placing well.

The second District Meet came with lots of rain and wind, and was soon dubbed "RAINSET," and again the athletes did well.

The third and final District meet was held April 11-13. Beautiful dry weather ("SUNSET") gave way to Vernonia taking home medals and

placing high in the season final standings. All of the team members did extremely well and the coaches are excited to see the quality of horsemanship and unity among the riders.

All Vernonia has much to be proud of as the team has worked hard, which has shown in the final standings.

The Equestrian Team also would like to publicly thank Mitch and Leslie Siebert for the use of their arena again this year and the Hansen's for donating the use of their land for the team's fundraiser in August. Creatures Pet Store owner Michal Smith also donated a few saddle pads that the riders needed, and is much appreciated.

The team is asking for community support and invite you to attend their car wash fundraiser on Saturday, April 19th at Creatures Pet store from 10:00 AM – 2:00 PM. There will be a bake sale while you wait and a raffle to help the team members to finance their State traveling expenses. There will also be a dog wash by donation. The team would like to thank you in advance for your support of Vernonia's Equestrian Team.

Congratulations to the entire VHS OHSET and good luck at the state meet in May!

CIRCUIT COURT JUDGE - DISTRICT 19 POSITION NO. 3



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Aggi P. for Position 3

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ABOUT AGGI P.

- Life long in Columbia County, Oregon.
- Graduated from St. Helens High school in 1953, University of Oregon law school in 1959.
- Practicing law in St. Helens, OR for 53+ years.
- Admitted to practice before US Supreme Court, US District Court of Appeals 9th Circuit, US District Court of Oregon, and all Oregon Courts.
- Served as elected member of Columbia River PUD, St. Helens Port Commission, St. Helens School Board, Columbia Education Service District and Oregon State Bar Board of Governors.
- Appointed to and served on Oregon Judicial Fitness Commission.

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