

Natural Path: Happy Summer!

By Dr. Carol McIntyre

Let me be the first to wish you a very happy summer. We have certainly been enjoying the warm weather and sunshine. The brief rain has been nice for the garden as well. I have some updates to share with you.

My office hours have changed for the summer. I am now open Tuesday and Thursday from 9:00 AM – 4:00 PM and Wednesday from 3:00 PM – 8:00 PM. I am closed Friday – Monday. This new schedule has been working well for most of my patients as well as me. I am looking forward to spending more time with my children this summer.

New patient visits will be limited to 3 per week. Recently I have had a huge influx of new patients and because I already have a very steady patient load, I must leave appropriate space in the schedule to treat everyone. This allows for me to accommodate for everyone and give each person the time and attention they deserve. Thank you in advance for understanding.

Qigong is still going strong at the Senior Center! Please join us on Friday mornings at 9:00 AM. Sessions usually last about 45 minutes. We practice movement and balance exercises as well as breathing and meditation. Everyone

has really been enjoying this so come see what all the excitement is about.

The garden is still growing at the office. I have 5 raised beds now. Anyone who is interested in helping out and receiving part of the bountiful harvest just let me know. This is a chance for you to enjoy very fresh nutrient packed food. Fresh lettuce makes THE best salad.

Thank you to all those who attended the lecture Sunday on essential oils and cancer. We had a very nice turnout and beautiful weather. There are handouts still available at the office if anyone is interested in basic nutritional guidelines and application of essential

oils. Stop in. I look forward to doing more lectures at the office and bringing awareness and education to people.

Enjoy your summer! Get out and absorb the sunshine~ get your Vit D! There will be some time I am out of the office this summer but I will of course keep everyone informed. As always, you can reach me by cell if you are an existing patient. I truly appreciate all of your support. Many new things are happening in Vernonia and I feel blessed to be a part of our developing healing community.

Until next time~ Be Well and thank you for joining me.

BEFORE THE BOARD OF COUNTY COMMISSIONERS
FOR COLUMBIA COUNTY, OREGON

In the Matter of the Rate Adjustments for Solid Waste Curbside Collection Services in Unincorporated Columbia County)
) NOTICE OF PUBLIC HEARING
) (PUBLICATION)

1. The Board of County Commissioners will hold a public hearing on Wednesday, July 2, 2014, at or after 10:00 a.m. in the Commissioners' Meeting Room, Room 308, at the Columbia County Courthouse, 230 Strand Street, St. Helens, Oregon.
2. The purpose of this hearing is to consider proposed rate adjustments for curbside garbage and recycling services for residents and businesses in rural Columbia County (i.e., outside city limits), effective August 1, 2014. The Columbia County Solid Waste Advisory Committee is recommending that the Board adopt rate increases for rural St. Helens (4.62%); rural Rainier (14.1%), and rural Clatskanie (6.6%). These areas are serviced by Waste Connections, dba Hudson Garbage Service and Clatskanie Sanitary Service. Residents and businesses in all collection franchise service areas within the County will be subject to a Transfer State disposal rate CPI pass-thru adjustment calculated as provided in Section 5.04B of the Columbia County Solid Waste Ordinance. The proposed rate adjustments also affect drop box services in the aforementioned areas.
3. This is a public hearing. Interested parties may appear and be heard. Columbia County does not discriminate on the basis of disability and will provide reasonable accommodations in accordance with the County's ADA Policy. To request accommodations or to review the County's ADA Policy, please contact the Board of Commissioners' Office at 503-397-4322.
4. The hearing will be held according to the procedures established in the Columbia County Solid Waste Ordinance.
5. For additional information regarding the proposed rate adjustments, please contact Todd Dugdale, LDS Director, at 503-397-7207 or by visiting the County's website at www.co.columbia.or.us/lgs/.

Dated this 16th day of June, 2014.

BOARD OF COUNTY COMMISSIONERS
FOR COLUMBIA COUNTY, OREGON

By: *Anthony Hyde*
Anthony Hyde, Chair

Chronicle: Please publish in your 6/25/14 issue.
Clatskanie Chief: Please publish in your 6/19/14 issue.
Spotlight: Please publish in your 6/20/14 issue.
Vernonia Voice: Please publish in your next available issue.

NOTICE OF PUBLIC HEARING - PUBLICATION

Author to Speak on Experience with Special Needs Child

Author and Parent Advocate for Special Needs families, Karen Kain is a beacon of light carrying an inspiring message with purpose. In her memoir, "A Unique Life Fully Lived: A Personal Story of Love, Hope and Courage," Karen has written a mother's loving tribute to her only daughter and her search to create a 'full life' for Lorrin. Lorrin was wheelchair bound from 6 months old from a bad vaccination reaction leaving her a quadriplegic with daily seizures, non-verbal, blind and only able to blink. Yet Lorrin lived to fifteen 'full and unique' years.

Karen shares how she was forced to set goals and made decisions to create a life without boundaries. The book describes the unique and extraordinary life experiences that Karen created for Lorrin and the soul connection between mother and daughter that continues to this day.

Lorrin lived a full life: best friends, slumber parties, horseback riding,

overnight camp, Girl Scouts, and attending the school prom resplendent in a pastel pink satin gown complete with tiara. She swam with dolphins, participated in the school play, and she and her canine companion won first place at her middle school Halloween dance contest.

In documenting their victories, challenges and sorrows and sharing the tools and skills she learned to navigate life's journey, Karen's story is inspiring and resonates deeply in the hearts of everyone.

For more info: www.karenkain.com, Twitter: @lorrinsworld.

Kain will be booksigning at: New Renaissance Bookstore in Portland on Saturday, June 21 at 8:00 PM and at Barnes and Noble in Beaverton on Sunday, June 22 at 1:00 PM.

Look for Karen Kain's new food column, "An Unlikely Culinary Column" in the July 3rd issue of Vernonia's Voice.

Vernonia's Voice is published twice each month on the 1st and 3rd Thursday. Our next issue will be out July 3rd.

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