

Small Town, Big World: The Buzz Cut

By Britt Bensen Steele

Traveling overseas has this way of turning my perspective on end. I feel a humble gratitude for everything that we have in our small community and in our great big world.

When we were living overseas, we were asked to accompany some friends on a short trip to a little island called Bunaken (one of the 17,000 islands that make up the country of Indonesia). The island was remote and we had a lot of time to snorkel, ponder, and wander. At the time of our visit, there were no cars, no cell phones and all the fresh water was brought in by boat. Each afternoon, we'd take a walk around the island. By about 3 o'clock, this was a welcomed activity, as there was an ocean breeze that made the 90 degree high humidity climate a little more manageable.

It was a very peaceful island with half Muslim residents and half Christians. When we'd awake we'd hear the morning prayers of the Muslims and on the big pink church about 10 minutes from our bungalow were painted the words, "Jesus loves Bunaken."

Still, the sense we got was that peace prevailed on this little island. We were only on Bunaken for five nights, but during that time, our afternoon walks brought us through the yards and outdoor living rooms of the villagers, with children and adults alike smiling with big eyes, pointing at themselves, nodding and saying, "Foto! Foto!" Without a common verbal language, we would just widen our eyes too, nod right back at them, and snap a photo. They were always so excited to see themselves in the photos. They would laugh and put their hands at their hearts saying a universal, "thank you." It was contagious.

One of my favorite photo opportunities was when our travel partner, Anat, knelt down beside some children to see them eye to eye. Anat was a twenty something man from Sweden with light skin and hair and a stature that was at least a foot taller than any native adults we'd seen on the island. The kids were immediately taken, not just by Anat, but by his buzz cut. They began reaching out to him,

requesting with outstretched arms to touch his head. Anat dropped his chin and the kids came running, first a few and then nearly a dozen, reaching out to touch his fuzzy head amidst waves of giggles.



These moments still remind me of how incredibly similar we are to one another — despite our differences. Sometimes it seems we can get caught up in differences, maybe because our affluence as a country makes it more convenient to not rely upon one

another, or maybe we've just fallen into seeing the difference as a result of wanting to be different somehow. I am not sure, but I do know that we all have something pretty special within us — and when that part inside of me reaches out and touches that part inside of you, our hearts connect.

No matter if, or where we pray or for whom we cast our vote, we're a lot more similar than we are different.

Thanks for reading, Neighbor.

Britt Bensen Steele, BS, MPH lives just outside Vernonia with her husband, Larry and their farm critters, where she offers community yoga classes and related events at their home and YogaFarm. Before moving to Vernonia, Britt worked as a health care consultant, taught public health at the college level and conducted hospital research and development. Stories presented here weave her life in Vernonia with her various overseas travel, teaching, and study. To learn more about Britt, visit BrittBSteele.com

Creature Comforts: Essential Oils For Your Animals - Why? How?

By Michal Smith

Perhaps you've heard of essential oils and don't know exactly what the purpose or uses for them are. Maybe you've thought about trying a natural way to remedy some health issues you or your pet have.

Creatures pet store in Vernonia is now providing Doterra CPTG essential oils to their customers and will have them available for purchase during store hours.

Doterra CPTG means Certified Pure Therapeutic Grade oils that are pure, natural, aromatic compounds carefully extracted from plants. They don't contain fillers or artificial ingredients that would dilute their active qualities and are free of contaminants such as pesticides or other chemical residues.

Many oils claim to be therapeutic and pure but few are subjected to rigorous testing standards for chemical composition. Doterra CPTG essential oils are cross tested using Mass Spectrometry and Gas Chromatography to ensure both the extract purity and composition potency of each batch.

Essential oils can benefit

both animals and people. Proven effective for hundreds of ailments, the history of essential oils dates back to ancient times when plants were the first medicines.

Doterra essential oils are antiseptic and immune system stimulants. They fight parasites, viruses, bacteria, fungal organisms, allergies, skin disorders, tumors and more. Essential Oils aren't meant to be

used in place of veterinarian care but rather to complement any prescribed care and enhance overall health and wellness before conditions develop or care is needed. These are delivered to the animal either topical, aromatically, or internally depending on the condition being treated.

To learn more and sample some of the amazing oils for yourself, everyone is invited to Creatures the last

Sunday of each month from 4-5p.m. beginning Sunday, March 29th. A Doterra professional will be here to discuss specific oil uses, recipes, and other amazing opportunities. Mark your calendar and plan to attend every month! Creatures is open 7 Days a Week. Mon-Fri 10-6; Sat 10-5; Sun noon-4 503-429-PETS (7387)

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Vernonia Health Center Open House

Meet our new provider!

Saturday, March 14

11 am-2 pm



Kimberly Lovato, PA-C

Kimberly has practiced rural family medicine for seven years and has experience diagnosing, treating, and providing support and maintenance of a wide scope of medical conditions from pediatric to geriatric patients.

Welcome to Columbia Community Mental Health as they join us in our new building. Sam Lewis and Roland Migchielsen will be available to discuss services.

Free Blood sugar checks
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Drawing for door prizes
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