

Natural Path to Health: Hydrotherapy

By Dr. Carol McIntyre

Water therapy is one of the most natural treatments we have beyond clean air, sun and the plants; all beloved universal gifts. Hydrotherapy has been used for centuries to treat many types of disease but was made most popular by Father Sebastian Kneipp (1824-1897). Father Kneipp practiced Nature Cure using water, sun, clean air, herbs and exercise to treat many thousands of people. He gave lectures in which people from all around the world would attend and was ultimately coined "the world's most famous Nature doctor."

Do these treatment modalities sound familiar to you? I too use these and other modalities in my practice. What I want to remind you of is to never forget the basic pieces of life that are the most healing. As above... water, sun, clean air, herbs and exercise most certainly qualify as basic treatment modalities.

Warming socks, a.k.a. wet socks, is something I often recommend to my patients for a variety of reasons. It is helpful to increase systemic circulation, reduce fever, drain sinuses, relieve headache and reduce any type of systemic infection. It is a simple yet amazing modality that is virtually cost free, beyond the need for two pairs of socks.

You can also do alternating hot/cold water therapy when you are bathing or in the shower. If you shower on a daily basis, end with a cold rinse. This shunts the blood back to the internal organs rather than leaving it circulating in the more superficial layers of muscles and skin, promoting better internal circulation overall. Try alternating back and forth toward the end of the shower a few times. The feeling is invigorating.

Sits baths are very therapeutic for any type of pelvic complaint, gastrointestinal disorders, etc. These are obviously more involved because you need proper

equipment such as two tubs and the ability to move between them accordingly. There are also other types of hydrotherapy which include use of sine wave therapy in conjunction with water therapy such as constitutional hydrotherapy. Another type is the hot fomentation in which you are wrapped in warm blankets, heated and then scrubbed down with a cold cloth. This process is repeated multiple times during the treatment. These types of hydrotherapy would be conducted in a facility that specifically offered them.

I urge you to begin using hydrotherapy on your own. Start small with a cool rinse at the end of your shower. Wear wet socks to bed every night to increase your circulation naturally. Explore and have fun with it. And yes, drink more water. As always. I have handouts on Wet sock therapy at my office, feel free to stop in and ask for one.

Thanks for joining me! Be Well

City Department Updates *continued from page 12*

Parks

- Parks department worked on beautification projects at Vernonia Lake.
- Parks department put picnic tables at each of the campsites at Anderson Park.
- Parks department worked at Spencer Park putting in the posts around the perimeter of the park as well as stretching the cable between the posts.
- Parks staff provided regular maintenance to the Vernonia Lake and Anderson Park.

Library

- Library Director is finalizing Summer Reading program information. A full page flyer with program details, performers, and events will be sent with the May utility bill and sent home with all Vernonia Elementary students.
- Library Director made a presentation at the Lions Club meeting on Tuesday, May 5, about the upcoming Summer Reading Program. The Lions Club generously donated \$400. The money will go towards purchasing book prizes for all kids who finish the program.
- The library ordered a new collection of "how to" writing books with grant money from the State Library, Oregon Reads mini grant. Books will first be made available at our next Writer's Group meeting on Thursday, May 21, 6:00 pm. Please join us.
- Library Director went to a Grant Writing workshop "Fundamentals of Grant Writing" in St. Helens on Tuesday, May 12, sponsored by the Columbia County Cultural Coalition.
- Circulation Statistics: 1,574 items were checked out the month of April 2015. By comparison, 1,566 items were checked out March 2015 and 1,969 items were checked out

in April 2014.

City Recorder/Administration

- New City Hall Hours are now in effect! City Hall will be open 8 AM - 5 PM and closed daily for lunch from 12:30 PM to 1:30 PM.
- City Hall will be closed Monday, May 25th, 2015 in observance of Memorial Day.

City Administrator

- In conversation with West Oregon Electric management, we discovered we could buy wood power poles for projects for \$1. These poles come in length from 5 to 40 feet. Staff has already identified different project where these poles could be used (lake, cemetery, and the playground area at the New Spencer Park).
- We are working on the draft of an application to apply for appointment to a City Council position. Presently there is a vacancy on the Council. It is anticipated that the position will be advertised soon.
- We are working on a draft for a Transient Vendor's License to be presented to City Council for consideration.
- In collaboration with the City Attorney we are working on a policy that would allow the City, in case of emergency, or potential environmental/

public health crisis to access a property and address/stop and repair the problem.

- Because of the resignation of our City Planner, we are exploring possibilities on how to replace that position. We are going to advertise soon for a Planner Position.
- City Administrator met with Steve Calhoun to review draft for Resolution pertaining to City opposition to LNG Oregon Pipeline Project.
- City Administrator has been contacted about concerns on subdivision development complaints at Knickerson Loop. The concerns are based on infrastructure breakdown (sidewalks) and potential lack of final inspection/oversight that is developing in outstanding issues (undersized culvert/drainage/flooding) for some residents. City Administrator, Building Inspector and PW Foreman recently visited the site to identify outstanding issues as notified by resident. City Administrator has contacted the engineering company that was involved in the development (in 2000) and is in the process of collecting and reviewing City and County documents to assess full compliance with any and all rules, regulations and final inspection.

EMPLOYMENT OPPORTUNITY

Position: Utility Worker I

Location/Department: City of Vernonia Public Works

Annual Salary: \$31,200

Description: Position will be full time public works utility worker I. This is a full time position with benefits that include health coverage, PERS, and paid leave. This position is non-exempt, non-union. Position will include all duties necessary to maintain the City's water treatment and distribution systems, sewer treatment and collection systems, storm water management and streets maintenance, as well as general duties necessary to maintain City property. The position requires a basic knowledge of the methods and techniques of general construction, maintenance and repair related to public works. Minimum qualification for this position requires a Class I Certification in a water or wastewater field prior to hire or within one year of the hire date. Preferred and desired qualifications include a Class II Water and Waste water certification, backflow inspection and/or cross connection certification, pesticide applicators license and a CDL endorsement. Please visit our website at vernonia-or.gov (forms & documents) for full job description.

Interested applicants should forward application cover letter & resume to:

Angie Handegard at City Hall or financial@vernonia-or.gov

Application Deadline: May 31, 2015, 12:00pm

Randstad is hiring immediately for great jobs in the Solar Panel Manufacturing Industry in Hillsboro!

These positions are entry level and do not require any experience. This is a great opportunity to get your foot in the door into high tech manufacturing. These positions are 120 day assignments with the opportunity to get hired on full time at 90 days if meeting all expectations. We offer both day and night shifts on a compressed work week (12 hour shifts). Day shifts pay \$10.50 an hour and night shifts pay \$11.55 an hour. Every shift will have about 1.5 hours of overtime! Interested applicants please contact the Randstad branch at 503-693-5265 and you will be provided a link to the application.



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SERVICES

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HELP WANTED

Vernonia School District is accepting applications for a K-12 Life Skills Teacher, K-12 Life Skills Instructional Assistants,

HELP WANTED

and Part-Time Assistant Cook. Please visit www.vernonia.k12.or.us for more info.

Local small business looking for part-time help, 30+ hrs/week. Retail sales/shop mechanical work. Requires Saturday shifts, some heavy lifting, self-motivated and a fast learner. Please send resume to: Employment, PO Box 55, Vernonia, OR 97064

HELP WANTED

Immediate Opening for Park Host at Anderson Park, Vernonia OR. Please visit vernonia-or.gov for information.

WANTED

I Buy Guitars, amps and other musical instruments. Call John 503-235-8996 or 503-789-3835