

Natural Path to Health: Spring Has Sprung...

By Dr. Carol McIntyre

Happy Spring everyone! We are having some amazingly beautiful weather and I certainly hope you are all enjoying it. This time of year is always a blessed time in the Northwest.

Recently the children and I went on a hike with friends to Quartz Creek and found some amazing specimens. The children were diligent in carrying up their favorite finds... even the very large rocks! Each one made it back to the car with their treasures; proud, satisfied and tired! It was a wonderful day of exploration and a great day of outdoor exercise for all.

Enjoying the great outdoors is one thing we all are blessed with within our region. Get out for a walk and breathe in the fresh air. Garden nurseries are open and plant starts abound. The annual plant sale will be in 1 month on May 7th here in Vernonia for your opportunity to buy local and support the community. I have already started some carrots, beets, spinach and arugula in one of the raised beds at the office and they are doing great. Remember that our weather fluctuates here, especially at night with the low temperatures, so plants do need cover to avoid freezing.

Whatever you enjoy doing outdoors... this is

the time to begin enjoying!

Around the office I have begun the transformation. Spring time always brings forth the thought of detoxification and I am setting up to have multiple modalities available for you at the office. As I mentioned in my last article, the infrared sauna is already in place. I also have an ionic foot bath up and running. My goal is to provide a place for people to come and spend time utilizing which ever modality they prefer as a detoxifying aid. I am still piecing it all together and all should be complete shortly.

Once this is in place, the community will be able to utilize the space for self-renewal. It is the perfect time to explore new tools, find your peace and aid your health all at the same time. Some things are very technical, some very basic. What I would like to see is that people have a space to be peaceful. I am creating a space where people can feel safe, supported and explore health... on their own time.

Often when we think of detoxification there is a very specific plan, regimented, complex, intense. It does not have to be. Just introducing your system to something new can create the shift you need to continue exploring! Once your body, mind and soul experience the peace and relaxation it will crave more. This is

when the transformation happens; the renewal.

I will work out the details of cost and most likely have package deals, etc... so it is affordable for all who want to engage. Please feel free to call the office and ask me about it. Life is busy for all and to have a local space to relax and heal, even for a 1/2 hour will be a nice reprieve. I truly hope this will become another asset for the community and that you all will take advantage of it. A few patients that have already experienced some of the modalities are very excited and so am I.

On a business note, I have hired a biller to handle accounts. Some of you have received a letter along with your most recent bill, but for those of you who have not, I wanted you to be aware. My biller's name is Mellisa and if you receive a call from her just know that she represents my practice and is valid. Being able to delegate some of the overhead responsibilities at the office is essential and very helpful to me. It allows me to be a better and more present doctor to you all; which I enjoy very much.

If you want to come help with the garden please let me know... always something to do! Enjoy your spring! The trillium are in bloom. See them now before they go. Thanks for joining me. Be well~

ELECT JOEL YARBOR COUNTY COMMISSIONER

Like the first time I ran for County Commissioner, I feel our County is in trouble and going in the wrong direction. I'm running for my family and yours to ensure our kids and grandkids have a future in Columbia County, where they can work, live and raise a family like I have been blessed.

- * I have a proven track record in creating jobs and business driven tax revenues
- * Being a Veteran, I will diligently work to support the Veteran's of our County
- * I have the experience during hard times, balancing the County's budget 4 years in a row
- * I fought to keep taxes low while maintaining essential services
- * I worked to streamline the permitting process before and will do so again
- * Experienced and ready to start working for you Day One

- * I will work to keep the County doors open 5 days a week, if the County is not open for business how can we attract businesses.
- * I'll create a path, like many cities have, to create a mother-in-law housing ordinance and expand it to a family ordinance to help relieve our housing shortage
- * I'll work with public transportation to ensure we have necessary transportation for Veterans to the Veterans Hospital without raising taxes
- * I'll work hard every day to ensure your tax dollars are spent wisely and to the benefit of all our residents
- * I'll work to improve safety on Highway 30

My priority will be creating jobs and tax revenues from businesses. Working with the Port and the Building Department to ensure any potential business finds our County open for business and eager to help them succeed in starting or relocating in Columbia County

Nicole DeWitt to Run in Boston

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that mark.

At age 26, DeWitt will run in the most competitive women's age group in Boston, 18-34.

DeWitt says she has officially been training for Boston since November, "...even though I never really stop training." She is currently following a scheduled training program that lays out what distance to run and pace she needs to meet each day. She says she generally does one long run of up to 20 miles, one interval run (sprints of up to a quarter mile), and one tempo run each week. "As long as I can get those three runs in each week, that's good," she says. "With the family and working full time, it's hard to fit those three runs in." She says having a tread mill at home has helped make training with children during a wet and cold winter much easier.

While running 26 miles might sound like torture (or impossible!) to most of us, DeWitt says she likes running long distances and doesn't mind the hard work it entails. "It's fun, I enjoy it!" she says. "Even when I'm not training for a race I still will always be running."

The trip to Boston will not just be hard work. DeWitt says she and her husband Colton will fly out early on Saturday, April 16 and will attend a Boston

Red Sox game at Fenway Park on Sunday. Four girlfriends from Vernonia will fly in on Sunday night to cheer Nicole on in her big race. The entire group will stick around to do some sightseeing and enjoy Boston on Tuesday and fly back on Wednesday night.

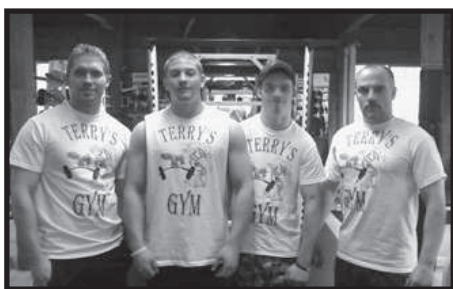
After Boston, DeWitt in planning to expand her distance running. She plans to compete in the McDonald Forest 50 kilometer trail run (31+ miles) three weeks after Boston back in Oregon. "My friend Jennifer Draeger and I are already trained for the long distance so we're going to run that together," she says. She also is considering making an effort to qualify for the marathon at the 2020 Olympic trials in four years. "I have some friends I run with who put the idea in my head," says DeWitt. "Right now the Olympic Trials are just an idea. We'll see how well I do in Boston. And then we'll see if I really want to keep training seriously for four more years."

DeWitt wanted to thank her husband, family and friends for all their support and encouragement through the many long hours of training and her other races. "I couldn't do all this without them," she says.

Vernonia's Voice would like to wish Nicole DeWitt the best of luck in Boston! Go Nicole!



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