

Natural Path to Health: Inspiration

By Dr. Carol McIntyre

From time to time I struggle to find inspiration to write my article. Sometimes I wait until the very last minute before producing an article. This was one of those times.

As I worked at my office tonight, I awaited inspiration. Not until my very last patient did it come to me. My line of work is anything but average. Most of us can say that, as we all experience something different than the other. Tonight however I realized that I have the interesting task of helping people with their personal health in a different way than I ever imagined.

Beyond personal it becomes professional, familial, and otherwise social to an extent. I am a doctor. Those who know me understand I am not your 'typical' doctor. I wear Birkenstocks to work; I have crazy hair and a very present personality. Many times I laugh, pray, cry, complain, play and eat in front of and with my patients. This is because

I too am a person. I'm just an everyday, real person who happens to have an education as a doctor and a healer.

The inspiration comes on many levels. Tonight I realized that in my practice of eight years here in Vernonia I have had to deliver some very... intense... messages to patients. Specifically those related to cancer.

In my short time as a doctor and healer I have diagnosed cancer twice. Tonight I had to sit with another patient and family member to review recent diagnostics showing potential for cancer diagnosis. When I first began practice I thought that if I sent someone for labs and there was an abnormality that the patient would be referred to a specialist who would deliver the news. This is not always the case as I quickly discovered.

To look someone in the eye and tell them there is a sure diagnosis of cancer or a very clear possibility is interesting at best, for some daunting, and for me, it's a development in my practice. That may seem odd, but to

be able to communicate a socially debilitating diagnosis to someone in the most realistic and caring sense is an art. This is one of the many reasons they call it 'the practice of medicine.' Medicine is not definitive. It is an art. Ever evolving, ever developing. There is always something new on the horizon.

The word cancer is scary. It has taken many members of my family and also many friends. I am also proud to say that because of my ability to convey, understand and support, I have saved lives. Of course I would like to think that my ability to communicate and be empathetic leads to a well-received message - as best it could be. Support is key; which leads me to my next point.

I have had many of my patients who are cancer survivors request a 'post cancer group' where they can discuss their experience and years after survival. There are also patients who have lost loved ones and want the opportunity to discuss feelings surrounding this as well. Many deal with financial difficulties

and dread follow-up appointments. The looming of another diagnosis can bring high anxiety.

It is my pleasure to announce that my office space is finally being re-vamped. There will be a small meeting area in the waiting room for discussion/classes and groups, such as the one mentioned above, to convene. If you are interested in participating please let me know. Stop in or call the office at (503) 429-3928. If you have family members that would like to attend from afar, I'm sure we could do an online share.

Point being, inspiration comes from all places. I have been gifted with a wonderful community of patients. They come from near and far. Let's continue the circle of life. I much prefer to be diligent in my practice as a doctor and healer, living to hear the stories shared. Blessed be that will continue for all of us for many years to come. Thanks for joining me.

Be Well~

November 2106 Election Results

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approved allowing universities to invest in equities, devoting 1.5% of state lottery funds to provide veterans services, requiring state funding for high school dropout prevention, creating outdoor school funding, and prohibiting the sale of products from endangered species. Voters rejected repealing retirements ages for judges, and Measure 97, which would have increased taxes on large corporations doing business in Oregon, which set a record for the most money spent on a ballot initiative in the state.

Oregon voters elected Democrat Kate Brown as Governor, although Columbia County voters voted for Bud Pierce by a 49.8% to 42.3% margin. Oregon voters did elect Republican Dennis Richardson as Secretary of State, and also elected Democrat Ellen Rosenblum as Attorney General.

At the Federal level, local voters re-elected Democratic Representative Suzanne Bonamici to the US House. Oregonians re-elected Democrat Ron Wyden to the US Senate.

For the office of President, Columbia County voters voted in favor of Republican Donald Trump over Democrat Hillary Clinton by a 47.9% to 38.2% margin.

Vernonia Mayor

Mario Leonetti	529	52.5%
Kim Tierney	466	46.2%

Vernonia City Council (top 2 elected)

Bruce McNair	548	36.8%
Susan Wagner	531	35.6%
Mike Buufum	392	26.3%

Vernonia School Bond Measure 5-259

No	1,012	51.3%
Yes	958	48.6%

County Commissioner Position 1

Margaret Magruder	12,305	51.9%
Wayne Mayo	11,221	47.3%

5-255 Columbia County Depletion Fee

No	13,912	55.9%
Yes	10,965	44.1%

5-257 Columbia County Renew Levy Jail Operations

Yes	13,835	56.3%
No	10,726	43.6%

5-258 Columbia County County Marijuana Tax

Yes	17,447	56.3%
No	7,785	43.6%

President of the United States (Columbia County)

Donald Trump	12,967	49.7%
Hillary Clinton	9,959	38.2%
Gary Johnson	1,601	6.14%
Write-In	982	3.7%
Jill Stein	550	2.1%

Voters Reject School Bond

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"We're not talking about a situation where the School District has all this money and they are just misusing it," said Smith. "I invite everyone to come to a school Budget Committee meeting. You can't mishandle money you don't have."

Miller said there were only two places to make cuts in the budget, cut the number of days of school, or cut personnel and programs.

Miller said cutting a day of school would save \$22,000 and would require cutting about 20 days from the school calendar to make up the \$408,000 shortfall. He said that was not acceptable, as students are already receiving just about the minimum of required instructional school days.

Otherwise, Miller says programs and staff will need to be cut. "That means teachers, that means assistants, that means administration, that means supplies," said Miller. "Everything we provide our kids would be on the table as a potential cut and we will have to find what will have

the least amount of impact. And that least amount of impact will be a huge impact."

Miller's concerns were shared by both members of the Board and members of the School Bond Committee that were in attendance at the meeting.

"Basic economics says that everything has fixed costs as far as electricity, water and sewer, and things like that in a community, and those costs are the same no matter how many people are here," said Smith. "Every time someone leaves the community your property values are going to drop and your electricity and water rates are going to go up. It may not happen immediately, but they are going to go up, and eventually your taxes are going to go up anyway, because the government still needs their money to operate. My property is my retirement. This is what we are voting for. Do you want your property to be worth something in 10 years, 20 years, or 30 years from now?"

Sharon Bernal, who helped manage the Bond Committee's efforts, remained positive that another bond effort in May would be successful. "I have no doubt we will pass this. We have to believe that and stay positive," Bernal told the Board and audience.

Miller suggested the District would need to gather input from teachers and staff, from community members and businesses, and from both yes and no voters about how to structure another bond measure in the future and come up with the right request.

Miller said the District would be eligible to receive matching funds from the state in May if they initiated another bond measure, but only if they were once again lucky and selected through the lottery process.

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