

Natural Path to Health: Vernonia Pride

By Dr. Carol McIntyre

So, an amazing thing happened Sunday; we went to the Vernonia Museum. We took the kids. It was our first time. We really learned about Vernonia for the first time. It was amazing! The kids really enjoyed it and the lady there was more than happy to share the stories of Vernonia. (Thanks Barbara!)

I asked about the Spencers and what their history was... She proceeded to print me a section of a book that spoke about the family. The land where we now live was originally purchased by Israel Spencer. The piece that made the biggest connection to Paul, my husband, and I was that he was from Western New York – just like us.

It was quite amazing to us that we moved 3,000 miles away from our homeland to Vernonia, Oregon and acquired a new space that was originally purchased by another transplant. The wonderful thing about this is that Israel Spencer was one of the transplants that really believed in this town. He chose to be here. At the time, he thought Vernonia would become the link to the coast for all the logging. As we know, this did not happen, but what did happen is that his family stayed here and continued to invest in this town.

The Spencer family built a legacy here because they cared about the people in this town. They were proud of the heritage and became a staple of local society.

I bring this to your attention because there are many transplants in Vernonia that make up our wonderful little community. We have people from all over the country and beyond. Many people care about what happens to this town.

My husband and I have also decided to dedicate our energy to Vernonia and bring our children up here. In order for them to have the best educational experience, we are greatly in support of passing the school bond this May. Although the bond has been of great discussion among those in the community, I bring this to your attention because supporting Vernonia is what many proud people have done for decades. Even when the logging dried up, people stayed, rebuilt and took pride. We now need to do this for the school, our children and our community. I am very passionate about this ~ the children are our future and providing them with a

most opportune place to grow and learn is imperative to their overall development.

There have always been basic things we all support in our communities and schools have been a main staple. Without good schools the community loses its appeal and value. While visiting the museum, I saw a picture of the first school built in the late 1800s to support education for the children of the community. Even then the people understood the value of supporting the children's future through education. Please consider our future and support Vernonia schools by passing the bond this May.

Also, by supporting our students we are allowed opportunities for them to go abroad, study and return back to Vernonia in support of their community. This is exactly what happened with a wonderful young woman named Jennifer Hayes. She interned with me a few years back at the office, went to massage school and has now returned to Vernonia to live and practice. She didn't want to move away. She wanted to support Vernonia and return home to live and grow.

Now she will be offering massage at my office. Every Wednesday night she is available for chair massage and she will have regular hours on Mondays and Fridays. Business cards are available at the office and she has a FB page ~ Jenesis. Check it out and see how providing for our kids ensures the future of our community.

Thanks for joining me. Be well~

P.E.O. Announces Spring Tea

Spring is in the air so it must be time to plan another P.E.O. Spring Tea.

As in past years, this event attracts women and girls of all ages - while "dressing up" in spring finery is optional, many of the guests do appear that way, especially the younger set showing off their Easter dresses. And hats.

This year's tea party will be held at the Cabin in Vernonia on Saturday, May 6 at 1:00 pm. Tickets will be available from any P.E.O. member, and will also be on sale at R&S Market. Cost for this fundraiser event are the same as last year: \$10.00 for Adults and \$7.00 for those under 12 years of age.

this year to include a theater group from Forest Grove called "Young at Heart Reading Theater" who have become very popular around the area for their comedy and unique style.

The light luncheon will include tea sandwiches, fruit, and many sweet treats to choose from, all served on fine china the way our mothers and grandmothers used to do it in past generations. Beverages will be served: coffee, punch, and, of course, tea.

P.E.O. recently installed officers for the coming year: Coni Hodgson, President; Tobie Finzel, V. President; Mary Tolonen, Secretary; Patty Buchanan, Cor-



Raffle tickets for three baskets will be available at the door for \$1.00 per ticket or 6 for \$5.00. One basket will be packed with items for gardeners; one, called a "pamper me" basket will contain lotions and scents and all kinds of toiletries; the third will be sure to delight young girls - who knows what will show up in that one!

Entertainment will be expanded

responding Secretary; Myrrhina Kibben, Treasurer; Darlene McLeod, Chaplain; and Claudia Oblack, Guard. Any of these ladies will be happy to provide tickets to all who are interested in a little girl-time with friends and relatives.

So, save the date girls, call your friends, cousins and grandmothers, and we'll have fun once again with lots of conversation, laughter and good food!

Mariolino's Pizza & Grill

**Open for
breakfast, lunch & dinner**

Daily Specials

**We have ice cream!
Cones-Shakes-Sundaes**



721 Madison Avenue, Vernonia
(503) 429-5018

Serving Vernonia since 1970



Please
pass the
bond
for our
children
and
grandchildren

ABSOLUTE MARBLE

QUALITY FABRICATION & INSTALLATION



MARBLE
GRANITE
TRAVERTINE

FREE ESTIMATES
Kitchen Countertops
Fireplace & Furniture
Tubs & Vanities

CCB#204480
Phone 503-429-2617
AbsoluteMarble@frontier.com



CLATSKANIE COMPUTERS

\$10 off
Accessories
with any
Verizon phone
purchase now with
Unlimited Everything

with coupon

Authorized
verizon
wireless retailer



350 W Columbia River Hwy
Clatskanie

503-728-9020
503-338-9989
clatskaniecomputers@gmail.com

Find us on
facebook