

AND THEY'RE OFF!

Bike Trip America begins its journey



By **JOSHUA BESSEX**
The Daily Astorian

The Bike Trip America crew began their journey across the country Thursday morning with a ceremonial dip in the Pacific Ocean at Fort Stevens State Park. The four cyclists — including three Astoria Boy Scouts — and their support team, are riding to raise awareness and funds for Operation Comfort Warriors, a nonprofit organization that provides comfort items to injured, wounded, or ill veterans. The team plans on arriving in New York City Aug. 15.



JOSHUA BESSEX — The Daily Astorian
The Bike Trip America crew dips their rear tires in the Pacific Ocean at Fort Stevens State Park Thursday. They plan on dipping their tires in the Atlantic Ocean once they reach New York.

Bryce Nurning, the Bike Trip America crew leader, holds his bike as he prepares to take off from Fort Stevens State Park Thursday.



Ryan Tallman hits the bike trail as the team begins their journey.



Bryce Nurning carries his bike across a tide pool near the Peter Iredale shipwreck at Fort Stevens State Park.

Columbia Memorial Hospital improves maternity care practice

The Daily Astorian

Skin-to-skin on his or her mother's chest is the best place for a baby to make the transition to life outside the womb, and the caregivers of the Columbia Memorial Hospital Family Birthing Center were recently honored for their efforts to improve skin-to-skin rates for babies born at CMH.

The department was the first recipient of CMH's True North Award of \$500. The award honors a team or individual who has systematically improved a hospital process for better patient outcomes.

"Although skin-to-skin time can be viewed as just a 'nicety,' it really is of medical importance," said maternity nurse and lactation consultant Laura Brown. "Mothers have been delighted that we encourage this, and it has made quite an impression with them. They often comment about how important that was to them, even weeks later when they return for a lactation appointment."

The Centers for Disease Control and Prevention has set a standard of one hour of uninterrupted skin-to-skin for new infants to promote bonding and help with breastfeeding. The Family Birthing Center team focused first on educating nursing staff and physicians in the importance of skin-to-skin contact, then expanded their efforts to include surgery caregivers. Now the topic is part of CMH's childbirth preparation classes.

Currently 65 percent of babies born vaginally at CMH spend their first hour in uninterrupted skin-to-skin contact with their mother. The Family Birthing Center is committed to continually improving this number. For information about prenatal and maternity care at CMH, call 503-325-4321.

For online updates:
www.dailyastorian.com

Dear friends & family of **Wayne Ledford**

Wayne will be at the Pig 'n' Pancake in Astoria on June 20th between 2 and 3 p.m. All are invited to stop by for a visit with him.

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