

Community Health & Fitness Fair will accent the area's concern for a healthy way of life

"The fifth annual Community Health and Fitness Fair, scheduled for May 12th, promises to be the best ever!" said spokesperson Barb Fulmer.

"There are so many activities scheduled before, during and after the fair, it is difficult to list them all," she added.

The activities have already begun with the community Play-4-Health month, April 15-May 12. It's not too late to pick up a sore card and begin marking your points as you do daily, weekly and community events.

More than thirty prizes will be awarded to grade school children participating, and another 30 will go to adults who turn in their score cards the day of the fair.

"It's not so important how many points you earn, but

the fact that one takes the initiative to try a few fitness lifestyle changes in the next few weeks," Fulmer said.

Simply filling out the score card, doing a few activities daily, and showing up at community events, will earn you the opportunity to win a night's stay at a Red Lion Inn, a golf package of lessons and golf, or an Avia sweat suit. The drawing for winners of the Play-4-Health game will be during the Health Fair. You need not be present to win.

Leading up to the Fair, May 1 and 2 will be the days for women to have a mammogram while the Tuality Hospital Mobile Unit is in Vernonia. Call the Vernonia Health Center, 429-9191, to schedule your appointment.

May 5th will feature both

a Community Bike Ride (please see accompanying article for details) and a demonstration by the local unit of the American Cancer Society on nutritious cooking. The cooking demonstration will be at SENTRY Market from 11 a.m. to 4 p.m.

The doors of the Vernonia High School gym will open at 9 a.m. on the day of the Health Fair and, at the same time, a community walk will begin, around the track at the high school stadium.

At 9:30 a.m. there will be a demonstration soccer match at the stadium; at 10:30 a.m. bike safety checks will begin at the VHS tennis courts. A play by the Class of the Year 2000 (now in second grade) will be presented at 11 a.m. and the Play-4-Health drawing will begin at noon.

After the Health Fair closes at 1 p.m., there will be another Community Bike Ride, leaving VHS at 2 p.m.

Free health checks available at the Fair include cholesterol (see note), body fat analysis, blood pressure, glucose test, visual screening, dental screening, back problems check and more.

Nutritional information will include a presentation by Oregon Dairy Princess Melissa Schmidlin, of Vernonia; a food demonstration by the local unit of ACS; Km and Fibrosol samples by a local distributor; home canning information and a check of pressure cooker gauges by the OSU Home Extension group.

Take Off Pounds Sensibly, better known as TOPS, will be represented, as will the American Heart Association and the Oregon Diabetes Association. A consultant from Mary Kay Skin Wellness will be at the Fair.

Fitness activities, in addition to the two-mile walk around the track (which will earn T-shirts for the first 50 walkers), include a step test for aerobic fitness, a weight lifting demonstration by VHS weight lifters, and a presentation by the Forest Grove Gymnastic and Fitness Center.

Ambulance volunteers from the Mist-Birkenfeld

Rural Fire Protection District will display their fire safety curriculum; the Vernonia Volunteer Ambulance Association will demonstrate the Heimlich maneuver; there will be bike safety information, and St. Vincent Hospital will provide information on poisons. Smokey the Bear may visit, also.

Other contributors will include Planned Parenthood, Family Counseling Center, Alcoholics Anonymous, Alanon, Women's Resource Center, Computerized Stress Testing, Forest Grove and Tuality Hospitals, Mike Busch Road Run and American Red Cross.

Lunch of chili, sandwiches and homemade pie can be purchased at a nominal cost from the local ACS chapter. There will also be a rummage sale in the high school science room, with all proceeds going to the VHS track team.

Everyone is invited to attend the Health and Fitness Fair, and all activities will be free.

"Never before have we been able to offer such a variety of health and fitness checks, demonstrations and information in one day," Fulmer said.

"So put on your sweats, roll up your sleeves and plan to participate in this day of fun and fitness."

Directions for cholesterol testing

If you plan to have a cholesterol test at the health fair, you will get a more accurate reading if you fast for 12-14 hours prior to the test. No

alcohol consumption for 48 hours before the test will also improve the accuracy. A free nutritional snack will be provided following your test.

New medical staff is getting settled in at Vernonia Health Center

With the arrival of a doctor and a nurse practitioner, the Vernonia Health Center is again open five days a week with a health care provider.

James Gerow, M.D., a general practitioner, is at the clinic Mondays and Wednesdays from 9 a.m. to 3 p.m.

Gerow graduated from the University of Oregon School of Medicine in 1940 and did a tour of duty with the military during World War II. He then developed a general medical practice, specializing in family medical care, for 40 years in Oregon City.

"I'm interested in helping this community get back on its feet, medically," Gerow said.

Since his "retirement," he has also been helping at the migrant workers' clinic in Woodburn.

Jim Pittman, a Family Nurse Practitioner, is now at

the health center on Tuesdays, Thursdays and Fridays from 9 a.m. to 5 p.m. He has more than ten years experience as a nurse practitioner, and came to Vernonia from the Tigard Family Medical Center, where he spent two-and-a-half years.

Prior to his tenure in Tigard, he was employed by the Multnomah and Marion County Health Departments.

Pittman has a B.S. degree from the University of Utah, and a M.S. in nursing from the University of Colorado. He has been working toward

a PhD. in nursing, specializing in health promotion with a minor in exercise physiology, and is now doing his dissertation. He has also taught in the Family Nurse Practitioner program at the Oregon Health Sciences University School of Nursing.

Pittman and his family have been residents of the Chapman area for five years.

Clinic hours are 9 a.m. to 5 p.m. Monday through Friday; it is located at 825 Bridge Street. Phone 429-9191 for information or appointments.



James Gerow, M.D. is now in Vernonia two days each week.



Family Nurse Practitioner Jim Pittman is here three days.

Rebekahs donate \$1,000 to VHC clinic

The building fund drive for Vernonia Medical Center recently received another

boost, with a \$1,000 donation from Mt. Heart Rebekah Lodge, No. 243.

Additional contributions included a \$500 log truck load of firewood from Gwin & Sons Logging, and free hauling of the logs from Gene Weller & Sons Trucking.

The Columbia County Board of Commissioners also aided the fund drive by waiving building permit fees for construction of the clinic.

Items are being sought for an auction on August 4, during Jamboree. If you have something you would like to donate for the auction, call the health center, 429-9191.



Barbara Erwin, Vernonia Health Center fund raiser, accepts a \$1,000 check from Isabel Anderegg, treasurer of Mt. Heart Rebekah Lodge No. 243. In back row, left to right, are Albert Tandy, Henry Anderegg, Maude Wells and Edna Linn.



Dan and Vic Burri, cement sub-contractors, complete pouring of the Vernonia Health Center foundation. Scappoose Sand and Gravel supplied the concrete.

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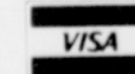
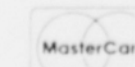
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