

Vernonia ambulance crew seeking volunteer EMTs

The Vernonia Fire Department, Emergency Medical Services is looking for volunteers. If you are interested in becoming part of a valuable community service your help is needed.

Whether you are trained and certified as an Emergency Medical Technician or First Responder, or could provide childcare for department members while they are on ambulance calls, there is a

spot for you. Help is also needed with fund raising to update our emergency equipment.

If you are interested in joining the department but lack training in emergency medical care, an EMT I (Emergency Medical Technician, Level One) course will be given this fall. The class will require one night per week from 6:00 - 10:00 p.m. and, possibly, one Saturday class per month, for four months.

The fee for the course has not yet been determined, but the department hopes to offer it at a reduced rate. Students will have the option of paying in a lump sum or making monthly payments. Financial aid, in the form of a rebate in trade for department service, is also being considered. In addition, volunteers are being sought to provide childcare for class participants.

If you can help with any of these functions please contact the Vernonia Fire Department between the hours of

8:00 a.m. and 4:30 p.m., Monday through Friday, at 429-4600 or 429-8252 or attend the business meetings which are held in the fire hall on the first Thursday of every month.

Fund raising is currently underway for the purchase of a new Heart Monitor/Defibrillator. The monitor currently being used is a 1979 model Datascope, which is rapidly becoming obsolete; while maintenance costs are increasing, reliability is decreasing. With a large portion of local calls being "cardiac related" and the nearest hospital emergency room being forty-five minutes away, it is very important to have reliable, up-to-date equipment that enables us to provide efficient service to the people in our community.

The department hopes to purchase a LifePak 10 Monitor/Defibrillator/Pacemaker, that is manufactured by the PhysioControl Corporation. This monitor is widely used by Emergency Medical Services throughout the country and is highly recommended. The cost with batteries and charger is approximately \$10,600. To date, the depart-

ment has raised about \$3,000 toward the purchase of this unit.

If you would like to contribute to this fund, or if you have ideas about fund raising, please contact Cyndy at the Fire Department, 429-4600 or 429-8252.



Cynthia and James Hayes were married July 10, 1992, in Reno, Nevada. Cynthia is a full-time emergency medical technician for the City of Vernonia; James has been a volunteer firefighter with the local department for three years, though he has a total of 17 years as an emergency services volunteer. They are at home on Riverside Drive.

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Blue Book photo contest

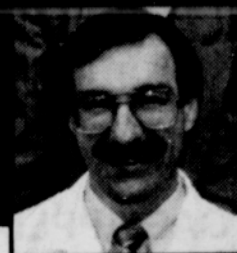
Photographers, both amateur and professional, are invited to submit entries for the 1993-94 Oregon Blue Book cover photo contest. The theme for the '93-94 edition is "The Oregon Trail." Deadline for entries is September 30, 1992.

The photograph selected will be printed in full color on the cover of the book. Other entries will likely be printed throughout the 500 page book.

For an entry form and con-

test rules, send a stamped, self-addressed envelope to: Cover Photo Competition, 158 12th Street NE, Salem, OR 97310-0210.

The Oregon Blue Book is a digest of facts and figures providing information on the state's government services, economy, culture and history. It is available through the Secretary of State's office and at bookstores throughout Oregon. Over 25,000 copies of the Blue Book will be distributed in the spring of 1993.



CHIROPRACTIC FOR BETTER HEALTH

Dr. Whitney J. Burton

CHIROPRACTOR

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57.9% of the nation's school children fail to pass physical fitness tests.

Until recent years, little attention was given to posture defects in children. The distorted, misshapen and, in some cases, actually handicapped child was looked upon as a fate of heredity. The child with spinal curvature, head tilt, or pelvic tilt was taken as an unfortunate but normal accident of nature and nothing could be done that would be helpful.

Research has revealed such defects are not normal, but are rather the forerunners of many various structural spinal disorders of adulthood. Many adults today are suffering serious health problems that were initiated by the neglect of minor falls, strains, sprains, and daily incidents in the life of an active child.

If you suffer from attacks of headaches, backaches, nervousness, shoulder pain, leg or arm aches, bursitis, constipation, stomach trouble or any of a much longer list of common physical complaints-you

are "reaping the whirlwind" of seeds that were "sown in childhood."

The question is, are you "Sowing those same seeds" for your children to "reap?"

Doctors of Chiropractic conscientiously recommend that you include regular spinal examinations in your children's health schedule. You will be rewarded as you see the benefits from this regular analysis as your children develop normal, well-balanced healthy spines, nervous systems and bodies.

If you have a child suffering from a health condition, remember that the central nervous system is a switchboard that controls the body and a misaligned vertebra can cause that "switchboard" to malfunction causing many health conditions.

In the interest of better health, call Dr. Burton at 429-0512 to have your child evaluated.

Dr. Whitney J. Burton
622 Bridge St., Vernonia
429-0512