

Health Center still seeking doctor

By Frazier Rohm, Director
Vernonia Health Center

Vernonia Health Center is a private, non-profit corporation dedicated to providing medical services to the people in and around Vernonia. Nobody "owns" VHC, or maybe everybody does. It is run by a board of directors, it owns a building and has several employees.

Conspicuously absent from these employees is a doctor. We would love to have one in order to provide the highest level of medical care, but there aren't any available. Every family-practice physician graduating in the U.S. today has about ten jobs to pick from — and they pay about \$100,000 per year. If VHC paid the provider that much, we would have to either double the number of patients per day or raise the charges about 50%. We have talked to a few doctors and will continue to look but, realistically, there isn't much hope.

What we have, instead, are Nurse Practitioners. NPs do not have as much training as MDs and cannot do quite as much. They can do a lot of "medicing", though, and the good ones are very good, as anyone knows who has been seen by Pat, or Jim, or Max, or Norma, or any of our others.

Which brings up another point: Why do we have so many different NPs? It's because, right now, VHC doesn't have one full-time permanent provider. We haven't had a permanent provider since Jim left (he's in Spokane, teaching the next generation of NPs). We're looking. We found one wonderful candidate, but he couldn't sell his house in LA — couldn't even give it away — so had to

stay there. We found another, but he has a special child and can't leave the school district. Found another and, maybe, she'll be the right one.

We anticipate an opening on the board of the VHC soon. If you would like to volunteer some time for this frustrating but rewarding job, come to the next board meeting and see what it's about. Next meeting will be Thursday, Nov. 12, at 6:30 p.m. at the Health Center.

VHC schedule for month of November

Vernonia Health Center will be closed Thursday, Nov. 5; Mondays, Nov. 9 and 16; Nov. 25 through 27.

Regular hours are 9 a.m. to 5 p.m., Monday through Friday; Wednesdays until 8 p.m.

Grange schedules sausage/kraut meal

The community is invited to enjoy a Sauerkraut and Sausage Dinner at Natal Grange on Saturday, Nov. 15.

Cost of the fund raising dinner is \$5 for adults, \$2.50 for children 6 through 12, free for children under 6. Dinner will be served from 1-5 p.m.

Port-Krieger vows planned for spring

A spring wedding is being planned by Cindy Port and Darin Krieger. The Vernonia couple plans to wed on April 24, 1993, at the First Christian Church in Vernonia.

Miss Port is the daughter of Greg and Penny Port of Beaverton. Krieger is the son of Bud and Doris Krieger of Vernonia.



Kelly and Tim Lungberg, father and son employees of the Columbia County Road Dep't., install and cover pipe in a new drainfield at Camp Wilkerson.

In the Service

Raymond J. Novack

Marine Lance Cpl. Raymond J. Novack recently returned from six-months with the 13th Marine Expeditionary Unit.

The troops participated in exercises which enhanced the ability to serve as a force-in-readiness for contingency operations throughout the world.

Novack visited the Philippines, Saudi Arabia, Kuwait, Africa, Thailand, Singapore and Australia during the deployment. In several places the troops helped build schools and delivered books, medical supplies and food.

Novack is the son of Ray K. McHale of Vernonia.

John A. Holmes

Airman 1st Class John A. Holmes has graduated from Air Force Basic Training at Lackland Air Force Base, San Antonio, Texas, and earned credits toward an associate degree through the Community College of the Air Force.

Holmes is the son of John F. Holmes of Banks.

James G. Wilson

Coast Guard Fireman Apprentice James G. Wilson recently graduated from the Coast Guard Recruit Training Center.

Wilson is the son of Gale and Sharon Wilson of Ver-

nonia and a 1991 graduate of Vernonia High School.

Bobby L. Keup

Navy Airman Recruit Bobby L. Keup recently completed basic training at Recruit Training Command in San Diego, Calif.

The 1991 graduate of Banks High School is the son of Carl and Sylvia Bates of Banks.

Kenneth J. Parris

Navy Seaman Recruit Kenneth J. Parris recently completed basic training at Recruit Training Command in Great Lakes, Ill.

He is the son of Larry and Linda Parris of Vernonia and a 1992 graduate of Vernonia High School.

Donald A. Welch

Airman Donald A. Welch completed the inventory management specialist course at Lowry Air Force Base, Denver.

Students were taught property accounting, customer support, stock control and equipment management for a base supply system. They also were taught to inventory supplies using electronic data processing equipment.

Welch is the nephew of Brian and Darlene McLeod of Vernonia.

Ronald E. Christensen

Airman 1st Class Ronald E. Christensen graduated from Air Force basic training at Lackland Air Force Base, San Antonio, Texas, earning credits toward an associate degree through the Community College of the Air Force.

He is the son of Alan B. Christensen of Banks.

Lulu's Antique Refinishing Repair & Caning

If your furniture isn't becoming to you, you should be coming to me.
429-7633

New bathhouse becomes reality at Wilkerson

Workmen from the Columbia County Road Department have been building a new bathhouse at Camp Wilkerson, complete with toilets and showers. The project necessitated installation of a 6,000 gallon septic tank and an extensive drain field.

The new facility will make longer stays possible for user groups.

Donations and volunteer labor are still needed to refurbish some of the Adirondack shelters at the popular county park.

M-B annual Fall Festival on tap

The annual Fall Festival of the Mist-Birkenfeld Helping Circle will be held Saturday, Nov. 7 at 7:30 p.m. in the Mist Grade School gym.

Events will include an auction, white elephant sale and door prizes, plus tables of crafts and food for sale. There will also be drawings for an afghan and a quilt.

Proceeds of the festival help pay for street lighting, cemetery upkeep and emergency situations in the communities of Mist and Birkenfeld.

Welcome Additions

Peyton N. Chesley

Peyton Nicole Chesley, the first child of Julie and Matt Chesley of Reno, Nev., was born Sept. 20, 1992. She weighed 9 pounds, 1 ounce and was 22 inches long.

Grandparents are Dick and Kathleen Gwin of Vernonia and Bob and Alice Chesley of Ojai, Calif.

Kay Southard of Thousand Oaks, Calif., is the new baby's great-grandmother.

Elijah W. Miller

Elijah William Miller was born Oct. 14, 1992 at Emanuel Hospital in Portland. He weighed 8 pounds, 15 ounces and was 21 1/2 inches long.

The son of Mary and Dan Miller, he will join a sister, Caitlin, at the family home in Vernonia.

Grandparents are Kathy Denckla, of Vernonia, and Bill and Roberta Miller.



CHIROPRACTIC FOR BETTER HEALTH

Dr. Whitney J. Burton CHIROPRACTOR

WHIPLASH — DELAYED SYMPTOMS

The screech of brakes draws your attention to the rearview mirror — as you feel the car lurch you hear the grinding crash of metal against metal.

Dazed, your first thought is "Am I hurt?" and then — "Is anyone else hurt?"

Apparently uninjured, except for minor bruises, you think about the damage to your car.

You trade names and insurance company information with the driver of the other car and ultimately embark upon getting the framework of your car realigned.

You may be making a common mistake that is preparing you for a lifetime of health problems because you may have a WHIPLASH INJURY and the symptoms may not show up for hours, weeks or even years.

The Doctor of Chiropractic has extensive knowledge of the importance of the spine and its alignment

and is the best source of help because, if you have been in an accident, you need specialized treatment.

The Doctor of Chiropractic can perform a simple, painless and inexpensive nerve test that can quickly reveal whether or not you have been hurt, in what portion of the anatomy, and what care is indicated.

Whiplash is all too common in our fast-paced society today. To make sure that it is not disabling for you or loved ones involved in an accident, contact a Doctor of Chiropractic to determine if there are any physical damages. Remember the five most dangerous words are, "MAYBE IT WILL GO AWAY!"

In the interests of better health from the office of
Dr. Whitney J. Burton
622 Bridge St., Vernonia
429-0512

The True Story of Louis Zamperini.

World War II Prisoner of War

But the greatest challenge of his life was yet to come...

A World Wide Pictures Presentation

Nov. 15 - 6:00 p.m.
Evangelical Bible Church
967 State, Vernonia

WORLD WIDE PICTURES, INC.