

Unusual health camp exposes students to career opportunities

"The fiberglass crackles like breakfast cereal as it hardens," explained Inga Idzal as she pressed and squeezed casting material over Maye Mohamed's right forearm. Wearing surgical gloves and a cast herself, it was no small feat for Idzal, a senior at Neah-Kah-Nie High School, to wrap a cast on someone else.

But Idzal was determined. This was her first experience casting, and it probably won't be her last.

Idzal and Mohamed were among 41 highly motivated high school students who attended an unusual camp this summer in Eugene. Offered by the Oregon Pacific Area

Health Education Center (AHEC), the annual Health Careers Camp is a week-long program designed to expose rural teens to a broad range of health career experiences.

"For a long time, I've wanted to be a pediatrician," said Idzal. "But now I'm not so sure. There are so many other choices I didn't know about before." Her reaction was common among camp goers, who came from small towns in northwest and coastal Oregon and expressed amazement at the number of "new" careers they discovered.

More than 20 different health-related professions were woven into the week's curriculum. Students plunged

into the anatomy lab for a lesson with human cadavers. They staged a mock triage operation with a team of EMTs. They listened to visiting professionals give talks on surgery and eye care, veterinary medicine, pharmacy, forensic dentistry, physical therapy, pediatrics, and more.

Students even took the Meyers-Briggs test, an extensive personality inventory. "It helps us know ourselves better," commented one student.

"I love sports, and I want to be around them," said Sam Isett, a defensive back in football and a high-jumper on the St. Helens High School track team. Isett has battled with shin splints, and feels motivated to help other athletes overcome their injuries. "I think it would be really cool to work with Pac-10 athletes."

Also attending the camp from Columbia County were Lindsay Barker, Colleen Broderick, Jamie Graham, Celeste Lambert, and Lisa Stockwell, all from St. Helens High School; and Ashley Weller from Vernonia High School.

Oregon Pacific AHEC is a

private nonprofit organization based in Newport. Supported primarily through federal grant money, the organization provided most of the \$12,000 needed to provide the camp experience for students.

"The long-term mission of the AHEC," said Executive Director Dr. Kathy Phipps, "is to increase the number of health care providers in rural communities." Oregon Pacific AHEC is one of five similar centers around Oregon which are focused on attracting and training health care professionals to work in rural or oth-

er underserved areas.

Of course, even the most avid health career camper has got to take a break. In addition to learning about health careers, camp goers experienced firsthand the virtues of balancing a professional life with fun. The week's rigorous schedule also included regular breaks for hiking, swimming and miniature golf.

For information about next summer's Health Careers Camp or other Oregon Pacific AHEC programs, contact Sue Ellen Seydel, 541-867-0286.

Jamboree parade winners named

Winners of the Vernonia Friendship Jamboree parade are as follows:

Grand Prize, Local - Upper Nehalem Valley Dixieland Band and the Roaring '20s dancers from Vernonia Pride.

Grand Prize, elsewhere - Astoria Regatta.

Mayor's Choice - 1929 Model A owned by Roy Pennington.

Chairman's Choice - 1st, Astoria Clowns; 2nd, U.S. Bank Fire Truck.

Service Organizations - 1st place tie between 9-1-1 Emergency Communications District and Oregon Army National Guard; 2nd, Oregon State Forestry.

Floats - 1st, Astoria Regatta; 2nd, Vernonia Library

Summer Reading Program, 3rd, Paulette Kuiper.

Antique Car - 1949 Ford owned by Tracy Pennington.

Classic Car - 1st, 1968 Camaro; 2nd, 1941 Ford pickup owned by Scott and Jenny Bailey; 3rd, Bob's Auto Care entry.

Open Class Car - 1st, 1973 Chevrolet pickup owned by Doc Hoots; 2nd, 1953 Ford pickup owned by Dan Hoots; 3rd, 1986 Zimmer owned by Fred Wiley.

Novelty & Humorous - 1st, 4 Clowns-Sara, Jessica, Gregg & Karena; 2nd, Clown Silly Sally.

Kids Novelty - 1st, Little Red Riding Hen; 2nd, Clown Leslie Price; Atlanta or Bust.

Mitigation

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be made to the Vernonia City Council. If everything stays on schedule, the plan will be ready early in November; even then, it will be subject to revisions if necessary.

Members of the local Hazard Mitigation Planning Committee include members of the Unmet Needs Committee, which has been dealing with recovery since its formation in late March: Dan Brown, Jim and Kim Tierney, Lani Vandehy, city recorder Jana Borst, city councilor Jim Jacobs and Mayor Tony Hyde; Steve Weller and Paul Epler from the Vernonia Rural Fire District, surveyor Jerry Keenon, realtor Nancy Dailey, city permit clerk Kathy Morrison, who also represents flooded homeowners, and journalist Noni Andersen.

Additional members will be appointed to represent the Soil & Water Conservation District, Watershed Council, river advocates and flooded business owners.

Providing staff support for the committee are city administrator Vergie Ries and clerk Deanna Jauron. Other city staff from the Department of Public Works and the Police Department will also be called upon as needed.

WEATHER REPORT

JULY 1996

DATE	TEMPERATURE HI	LO	PRECIP. AMT.
1	80	42	--
2	80	46	--
3	77	51	--
4	67	44	--
5	64	37	--
6	71	37	--
7	80	40	--
8	88	45	--
9	78	51	--
10	68	41	--
11	77	42	--
12	87	44	--
13	90	44	--
14	96	51	--
15	98	49	--
16	78	45	--
17	69	48	T
18	69	46	.02
19	60	51	.36
20	65	52	--
21	68	52	--
22	77	47	--
23	89	47	--
24	94	51	--
25	90	47	--
26	91	49	--
27	91	50	--
28	94	53	--
29	80	56	--
30	83	45	--
31	73	39	--

Temperature and precipitation amounts are from the official U.S. weather station at the Vernonia water plant. Precipitation in July totalled .38 of an inch.

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