

Community

Health Notes

By Audeen Wagner



Strep Throat/Scarlatina:

The clinic has been seeing a number of young patients with severe strep throat and scarlatina. Strep throat is an infection caused by certain bacteria of the streptococcus group. It is most common in children and is spread by droplets containing the bacteria that are coughed or breathed into the air. The child may show symptoms of sore throat, fever, general malaise and enlarged lymph nodes in the neck. In some cases, toxins released by the bacteria lead to a rash, a condition known as scarlatina.

The important thing for parents to know is that an untreated strep throat infection may lead to more serious complications, such as rheumatic fever and kidney problems. Laura Nichols, P.A., emphasizes that you should not hesitate – if your child complains of a sore throat, he or she had better be checked. A simple swab test can determine if it is, indeed, a case of strep.

Plate Power:

A big health problem in the U.S. today is that old bugaboo, Obesity. The April issue of Prevention Magazine has an interesting article on how to lose some of that extra weight. It's called "Plate Power" and the article suggests that you can drop two sizes in eight weeks! Plate Power works like this: Look hard at your plate, and divide it into two sections; fill the top half (or more) with vegetables and/or fruits, and the bottom half with roughly equal amounts of protein and starch. Then watch the weight come off! This concept is as easy as it sounds – no more confusing details about portion sizes, counting calories or carbohydrates.

So, make a salad, cook a vegetable, slice an apple, whatever, to fill up at least half of your plate. Divide the remaining half of the plate in half and put your starch...such as whole grains, potatoes, or pasta...in one quarter, and the protein...such as meat, poultry or fish...in the last section. One rule: Fill that bottom half, the meat and potatoes part, just once. If you want seconds, refill the fruit and vegetable half of your plate. This plan can be used for any meal, for adults and children, and a couple of nice "side effects" are increased energy and possible disease prevention. (*Prevention* magazine is on display at Providence-Vernonia clinic, so you can pick up a copy and read the full article.) Good luck.

Mammovan:

The Mammovan from Tuality Health Care is in Vernonia one day every month. This is another of those rural health services that make life so much easier. Women over the age of 35 should have a mammogram screening every 1-2 years, along with an annual checkup; over age 50 a mammogram every year is recommended. The next mammovan visit to Vernonia is May 22. Call the Clinic to schedule.

Country Kitchen & Pizza

BREAKFAST • LUNCH • DINNER
Soup & Salad Bar • Pies & Pastries
"SOFT SERVE" CONES & SHAKES
Home of the Paul Bunyan Burger

Across from High School

Orders To Go
503-429-6523

DELIVERY AVAILABLE



Arts & Crafts activities open to public

Members of the Vernonia Society of Arts and Crafts recently undertook a ceramic project at Jeanette's Fantasies, the ceramic shop owned by Jeanette Searles. From a variety of styles, each participant selected a greenware mug to work on.

After a good deal of scraping, sanding and smoothing, each mug was left to be baked in the kiln by Searles.

At the next regularly scheduled club meeting, the group

returned to the shop to finish up their mugs. A wide color choice was offered and each member chose from these to paint their mug. The mugs have now been kiln baked and delivered. All participants were happy to report successful outcomes.

On Wednesday afternoons, society members gather at the library with projects in hand, working individually and informally, while learning from each other. Currently, one member is working on a hooked wall hang-

ing, another is crocheting an afghan, and another is involved with pastels and colored pencils.

The Society is always looking for projects and individuals for public presentations or workshops. If you have a suggestion, call Barbara Sturdevant at 429-6696, or April Kinney, 429-3861.

VSAC meets on the second Thursday of each month in the meeting room at the Vernonia Public Library at 2:00 p.m. The public is invited to attend.



A gazebo is taking shape in Hawkins Park, thanks to the generosity and effort of Vernonia Lions Club. Jim Prpich, at right with shovel, is overseeing the project as he works with son Tim, in foreground, and Rick Hobart, left. Scott Rethwill is at the controls of the city's backhoe.

Surprise Delivery!

Farmwoman's Nursery

Remember Mom on
Mother's Day, May

**Hanging Baskets
& Color Bowls**

from \$13⁹⁵

Open Wed-Sat 10-6
Sunday Noon-6
12891 Keasey Rd
7 mi N of Vernonia

**Garden
Gift Baskets**

full of garden treasures
she'll love!

\$25⁰⁰ – \$65⁰⁰

Order Today!
503-429-8200

12th

**Buy 2 Trees, get
3rd Tree FREE**

(Of same or less value)

Our favorite picks...

- Weeping Cherry
- Goldenchain
- Flowering Plum
- Fruit Trees