

Community

Health Notes

By Audeen Wagner



Graduation:

This is a very exciting time for high school seniors, as they prepare to leave high school forever!

Providence Family Medicine-Vernonia sends congratulations to all seniors, and encourages all graduates to celebrate in a safe and sane way. It's true that a disturbing number of graduation parties end up in emergency rooms and/or hospitals, due to alcohol and drugs. And the most shocking message regarding drinking and drugs as a way to celebrate is that one person dies every 15 minutes as a result of an accident involving alcohol or drugs.

There will be a huge party for the class of 2002 at Cedar Ridge on graduation night. It will be a drug- and alcohol-free all-night party, with all kinds of sports and activities going on nonstop from 10:00 p.m. until 6:00 a.m. The list of door prizes is amazing: TV, VCR, microwave, George Forman grill, plus cash prizes and gift certificates, and more!

And of course, loads of food and beverages all night long. Sue Robertson, from the parent-committee for the party, is very excited about this year's party. "There have been so many generous donations from businesses and the community, and we are really looking forward to a great time," she said. "This will be a time for these young people to get together, perhaps for the last time - a special night to remember for a long, long time."

So, the message from the Vernonia Clinic to the Class of 2002: Have a wonderful graduation and please, don't become an Emergency Room patient!

Summer fun:

With school coming to a close, families will be thinking of getting out there to enjoy many summer activities. Vernonia Family Medicine sees scores of patients during the summer with everything from bee stings to injuries resulting from sports and other outdoor activities. The clinic staff hopes that people of all ages use common sense while enjoying recreation this summer. Here are a few precautions for adults as well as children.

- Swim with a buddy.
- Include a first aid kit/bee sting kit on outings.
- Use helmets, knee and elbow pads when skating and biking.
- Life jackets for boating.
- Hydration--always carry plenty of drinking water.
- Wear proper shoes for hiking.
- Don't forget the sunscreen!

This summer, have fun and stay healthy.

Mammogram schedule:

The Tuality Mammovan will be in Vernonia on June 19th. Call the clinic to schedule.

Swimming lessons may save a life

Swimming lessons will again be offered at Cedar Ridge (Larry Steele's Basketball Camp), one mile north of Vernonia on Keasey Road, this summer. To ensure a space for everyone, there will be two sessions of two weeks each, plus a third one week session.

Deadline extended to submit theme for marketing Vernonia

Vernonia residents who missed the deadline for submission of a theme for the city's marketing plan have another opportunity. During their meeting of May 20, the Vernonia City Council extended the time for submission of marketing themes for Vernonia.

The theme should be short, no more than ten words, simple and memorable; something that describes Vernonia and invites people to visit.

Suggestions may be submitted to Vernonia City Hall, 1001 Bridge Street, Vernonia, Monday through Friday, 8:00 a.m. to 5:00 p.m. by June 13.

Last summer, the Columbia County Commission on Children and Families funded swimming lessons for 40 children, plus necessary transportation. The commission will again offer the program this year. Priority for these "Swimmerships" will be given to begin-

ning and non-swimmers, 5 to 18 years old.

Applications are available at Washington Grade School and Vernonia Head Start, and completed applications may be dropped off at either location.

For more information, call Kim Tierney at 429-0720.

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