

Health Notes

By Audeen Wagner



New Clinic Manager

The newest member of the Providence Family Medicine-Vernonia staff is Cathy J. Rozinek, R.N., who was hired in June to be the Clinic Manager, and brings with her a broad background in nursing and related services. She holds an MS degree in Adult Fitness/ Cardiac Rehab, and started a program in that field, working for five years in Hawaii; she then came to Oregon, went back to school for a nursing degree, and has worked for Providence for 9-1/2 years. Her various areas of expertise include Critical Care working with heart patients, a Seniors program and in Health Education. She brings a strong nursing background, plus organizational and teaching skills to this position.

Cathy is married and she and husband Dennis have two sons, Curtis who is 11, and Zach, 10. They live in Elsie, and the boys attend school at Jewell. Away from the job, Cathy's interests

are centered around the family, with outdoor activities such as golfing and hiking – and snow skiing, when time allows.

A strong emphasis from Cathy's office will be community outreach, especially in rural issues. She has already started this program, with a free presentation scheduled at the Senior Center. The program, titled "Successful Aging," will be held October 22, from 10:30 to 11:30 a.m. at the Senior Center. All interested people are encouraged to attend.

"We hope to schedule more meetings such as this, and are anxious to hear from local people with suggestions for timely topics. If anyone has a special interest in health-related issues, please call me at the clinic," Cathy says.

Cathy is at her office Monday through Thursday, usually 8:00 til 4:30. She can be reached at 503-429-9700.



Cathy Rozinek, R.N

Local bodybuilders have great season

Vernonia bodybuilders Terry and Kelly Fultz finished the latest competitive season by bringing home six trophies between them.

They began the season in Tacoma, Wash., at the Northern Golds Classic on August

Health Fair in Banks, Oct. 18

The Banks Fire District and Tuality Healthcare will sponsor a Health Fair on Saturday, October 18, from 9:00 a.m. to 1:00 p.m., at the Banks Fire Station, located at 300 S. Main Street.

Blood Pressure Checks, Glucose Testing, Cholesterol Checks (\$5.00 fee), Body Composition Testing, Car Seat Information, nutritional information and more will be available.

For more information, call the Banks Fire Station at 503-324-6262.

30. Terry won first place in the over 50 class and his son, Kelly, placed second in the open men's middle weight class.

On September 6, in competition at the N.W. Championships in Portland, Terry again won first place in the over 50 class, then went on to win the overall by beating the winners of the over 40 and over 60 classes.

At the same competition, Kelly took first place in the open mens' middle weight class and also went on to win the overall, beating the winners of the other five classes – bantam weight, lightweight, light heavyweight, heavyweight and super heavyweight.

Between them, Terry and Kelly took home five trophies and enough points to win the team award. This was the first time in the history of the National Physique Committee that

a father and son team have swept a show.

Terry then competed on September 13 in the Evergreen State Championships in Wenatchee, Wash., and again placed first in the over 50 class.

After their very successful season, Terry and Kelly would like to thank friends and family for their support during the long training period before the season and during the competitive season.

Terry expressed special thanks to Dr. Dennis Crawford, an Orthopedic Surgeon at O.H.S.U., for repairing the shoulder he injured in a fall last December. "Without his surgical skill and rehab. advice, I would have lost this whole season" said Terry.

The Fultz team will begin training for National level competition next.

Breakfast is brain food for kids

As children return to school, breakfast shouldn't be forgotten. Children who are hungry or undernourished have difficulty concentrating and learning.

Breakfast skippers may also skip good nutrition. Some don't catch up on nutrients such as vitamins A and C and calcium during the day. Fruits, vegetables, and milk products are an important part of a healthy breakfast for children.

Stopping for fast food might be a normal routine on busy days, but providing breakfast at home could save money and be more nutritious, too.

Breakfast doesn't have to be cereal or eggs. Reheat a slice of leftover pizza and serve it with a glass of juice or milk. Choose a juice that has vitamin C, such as orange juice, or apple juice enriched with the vita-

min. Toasting an English muffin and spreading it with peanut butter is quick and easy. Melting cheese on a flour tortilla is an option that children can prepare. A flavored bagel and a piece of fruit would be a good choice, too, especially with a cup of low-fat milk.

Try to avoid breakfast foods that are high in fat and sugar, such as hashbrowns and other fried foods, and sweet rolls. If you buy muffins, be aware that many large ones are more than "one serving" as stated on the nutrition label. Read labels to find lower fat choices.

If breakfast will be eaten on the way to school, plan on finger foods that aren't messy. Shelled, hard-cooked eggs pack easily. Yogurt packs well and, if necessary, can safely be left at room temperature for a while.

Walk to help Alzheimer's planned

The 3rd Annual St. Helens Memory Walk is scheduled for Saturday, October 4. This non-competitive 2.5 mile walk is a fundraiser for local services provided by the Alzheimer's Association.

The walk begins at 10:00 a.m. in Olde Town St. Helens. Individuals may register the day of the event at 9:30 a.m. or on Friday, October 3, at Avamere, from 12:00 to 5:00 p.m.

Memory Walk is the largest single fundraiser to support those directly impacted by Alzheimer's disease. Head-

quartered in Portland, the Oregon-Greater Idaho Chapter provides services to an estimated 180,000 individuals living with Alzheimer's disease, their families and caregivers. 100% of the money raised from this event will help fund local access to Alzheimer's Association programs, including education and support services, a 24 hour Helpline, Care Counseling, Safe Return Program, advocacy and research.

For more information, call Community Action Team at 503-397-3511.

Vernonia Salmon Festival Saturday, Oct. 4, 11 am-7 pm

The Health Habit - Terry's Gym

*** NOTICE TO ALL AGES ***

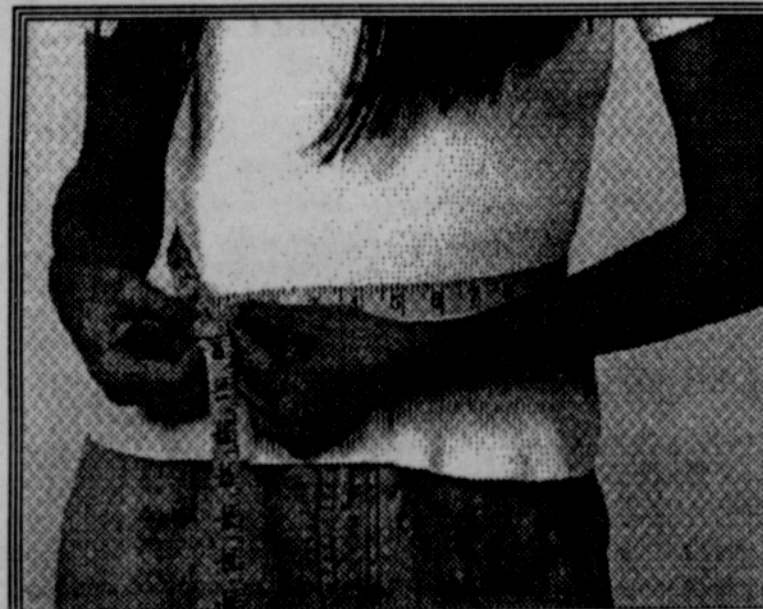
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