

Health Notes

By Audeen Wagner

Welcome, Amy



Amy Leatherwood, Nurse Practitioner, has joined the staff at Vernonia Clinic. Amy grew up in Banks, graduated from St. Mary's High School in Portland, and attended the University of San Francisco for her undergraduate studies, earning a degree in Exercise and Sports Science. She returned to Oregon to work in the Physical Therapy Department at Providence. After three years, she returned to San Francisco, where she entered a master's nursing program and graduated in Advanced Practice Nursing; she is certified as a Nurse Practitioner. In addition to working for Providence in Portland, she has Public Health experience in a rural, family



Family Nurse Practitioner Amy Leatherwood is now seeing patients at Providence Family Medicine in Vernonia.

practice clinic in Tillamook. Her career interests include family practice, women's health and rural medicine. Amy and her husband, Aaron, live in Hillsboro, and enjoy hiking and swimming in their free time. "I'm excited to be part of the medical community in Vernonia," Amy said. "I believe strongly that every person deserves good health care, and that is my goal."

Winter Storm

Clinic Manager Cathy Rozinek wants to say thanks to all the clinic patients who suffered through the icy weather with us. "Our faithful courier service just wasn't able to get to Vernonia for days, creating a frustrating time for patients needing prescriptions," she said, "and most patients realized that there's not a lot we could do when Mother Nature goes on the rampage! We are sorry for any inconvenience caused by the storm." On two occasions, Marla Rethwill made the trip to Scappoose to pick up medications. The staff at the clinic will no doubt be glad to see the end of winter!

I couldn't help but notice that while many clinics in and around Portland were closed during the weather crisis, Vernonia Family Medicine managed to stay up and running. The caregivers who have to commute to Vernonia managed to get to the clinic, so they were available for patient care on a regular schedule.

It's the Cold Season

Fortunately, we have gotten off easy with the annual influenza bug this year, but many families are down with severe colds. The advice from the clinic is to make sure you eat right, drink lots of fluids, get extra vitamin C, and make sure you get enough rest. And, if symptoms persist, you should be seen for diagnosis and treatment.

Mammovan Schedule

The next visit of the Mammovan to the Vernonia Clinic will be February 25. Appointment for a mammogram can be made at the local clinic (503-429-9191).

Bits & Bites

By Jacqueline Ramsay



Happy New Year. Ho! Ho! It came in crisp, clear, white and silently. Well, almost. That one fellow has to shoot off his cannon once a year. Don't know who he is but he makes himself heard.

I know I was sort of griping about what was missing during the holiday season in Vernonia but driving into town early one morning there was a feeling of "Our Town" about the main street. The blinking light, the court house. Not a car on the street for four blocks; until my eyes caught the warm welcome glow of a lighted spiral barber pole, casting the welcome sign, "come in, it's warm inside." Someone to talk to and catch up on what's going on in town. The smell of shaving cream and lotion and a smiling face (that's the memories it brought back to me).

It's time to take down the twinkling lights, bells, balls, swags, wreaths, garlands and dried out trees. Wash the windows, sweep the floors, clean out the fridge and eat the final bowl of turkey soup.

I'm tired, guess I'll curl up with another good book til spring. Read two books by Jane Kirkpatrick, *A Name of Her Own* and *Homestead*. Strange what life presents to you when you read. I did not know the author until I read her book *Homestead*. Our lives crossed in March of '86 when

they crashed their airplane in downtown Wasco, Oregon, not far from our house. I knew nothing more of her until her book brought back that day. We came here in July of '86.

On books yet – last May I was touting OLD books, well, I was in the Senior Center just before Christmas and a lady was purchasing two of them for Christmas gifts. Whoopee.

Guess what? Winter has finally arrived. This will be one we can talk about for years – it's been about seven years since we had one close to this.

What does hibernate really mean? Hi = Hello, ber = slang for I'm cold, nate = (since nates is plural, natis is half a but-tocks). So much for breaking a word down to today's English.

You see the word hibernate means going stir crazy for a house-bound human.

I've read *Clan of the Cave Bear* in two days and watched 12 hours of old Sherlock Holmes videos. I had forgotten some of them but the 7% Solution is still good watching.

Good Grief. The robins are back, get out your bread crumbs and bird seed. Can the hummingbirds be far behind?

Kiwi's are the only birds with a sense of smell.

A Big P.S.

All I can say is thank you to Vernonia Sr. Center bread and vegetables. I was smart enough (for once) to pick up onions, spuds, cantaloupe and fresh salad mix just before the storm hit. Also, thanks to my friend who braved the thaw to go out and get me the meds I ran out of. My drug store does not mail out prescriptions. I wonder how many others got caught this way. Bless you.

Submit art for Youth Art Show

This year's annual Youth Art Show at The Gallery at Columbia Center will be held a month earlier than usual, though it will start a week later than the date published in the 2004 Gallery brochure because of weather-caused school closures.

Artists through grade 12 are invited to submit artwork on Monday, February 9, from 4:00 to 6:30 p.m. at the Columbia Center, 375 S 18th Street, St Helens.

Art will be on display from February 10 through February 27. The artists, their friends and families, and the public are invited to an opening night recep-

tion on Friday, February 13, from 6:00 to 7:30 p.m. to admire the art, enjoy great snacks, and congratulate the prize winners. Prizes will be awarded by age group and all those attending the reception will have the opportunity to vote for a candidate for the People's Choice award.

Although many local classrooms submit art as a group, home schooled students and children not yet enrolled in school are also welcome to participate. For more information on art submissions contact Jan Rentenaar, show coordinator, at 503-397-7873.



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