

**Health Notes**

By Audeen Wagner



**Open House Recognition Party**

A reminder that the everyone is invited to the big party honoring Laura Nichols, P.A., on Saturday, April 3, at the Scout Cabin. The hours are 11:00 to 2:00. There will be presentations and speakers at noon, musical entertainment, and refreshments will be served. There will be ample time for conversation and reminiscing with Laura, and there will be a memory book available to sign.

**Mammovan visit:**

The next visit of the Tuality Mammovan will be on Wednesday, April 21, 2004—this is a change, in case you've marked your calendar. Please call the clinic at 503.429.9191 to schedule a mammogram.

**Welcome Additions**

**Jackson Oreste Wilcoxon**

Jackson Oreste Wilcoxon was born March 10, 2004, the first child of Eric and Shelly Wilcoxon of Clackamas. He weighed 7 pounds, 2 ounces and was 19 inches long.

Grandparents are Bill and Darlene Wilcoxon of Vernonia and John and Bev Crabtree of Portland.

Great-grandparents are Ms. Jones of Hillsboro and Ms. Crabtree of Clackamas.

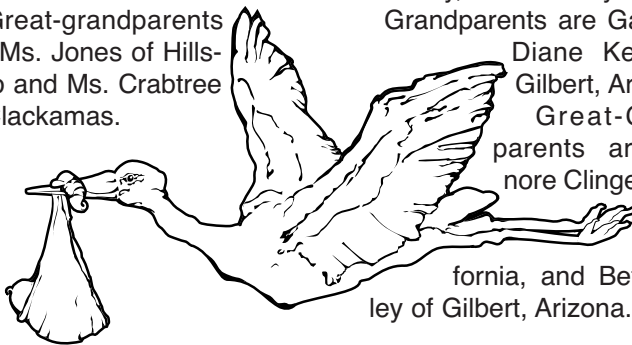
**Sydney Marie Fox Kelley**

Sydney Marie Fox Kelley was born March 15, 2004, to Jason and Michael Kelley of Vernonia. She weighed 7 pounds, 13 ounces and was 19.5 inches long.

She joins her two brothers, Austin Shadday and Nicholas Kelley, and her sister, Katelyn Shadday, at the family home.

Grandparents are Gary and Diane Kelley of Gilbert, Arizona.

Great-Grandparents are Elanore Clinge of Sylmar, California, and Betty Kelley of Gilbert, Arizona.



**For better brain, get more exercise**

Want to have a brain that is more efficient, flexible and adaptive as you grow older?

The latest research, published in February by researchers from four departments at the University of Illinois, provides the key: Get more exercise.

No matter how old or infirm you are, your brain will gain benefits from "aerobic" exercise, such as walking.

Science has known for some time that exercise enhances cognitive skills in aging animals. Now new studies demonstrate that this is true for humans, too.

Normal aging is associated with changes in the ability to consciously learn and retain new information. With normal aging, declines in certain mental functions occur, particularly "executive control" processes such as planning, scheduling, coordinating and selective attention.

People who were physically

fit or who had aerobic training showed much more activity in their brains when they worked in 3-D type problems or on tests that required particular kinds of concentration.

Researchers identified specific functional differences in regions of the brain that changed with improved aerobic fitness. These changes allowed researchers to predict improvements in performance on a decision-making task.

Three groups of seniors aged 58 to 78 participated in the experiments. The first group was asked to walk at different levels of activity. This is essentially "aerobic" exercise, designed to increase heart rate and breathing. The second group was asked to do "stretching" and "toning" exercise. A third group was not asked to do any additional exercise.

To determine changes, researchers used magnetic resonance imaging to measure

brain activity before and after a six-month program of aerobic exercise. The exercise involved gradually increased periods of walking over three months. In the final three months of the program, each subject walked briskly for 45 minutes, three sessions per week.

The study revealed that the walkers, who exercised their heart and lungs, received cognitive benefits. The toners or inactive group members showed no benefits.

According to one of the researchers, "The kinds of tasks that we explored are similar to those encountered in real world situations, such as driving a vehicle or any endeavor that requires a person to pay attention despite distractions."

The conclusion is clear: Exercise and thinking go hand-in-hand. Pay a visit to your local sidewalk, treadmill, or even a long hallway. Get moving and get thinking.

**Volkswalk scheduled for Vernonia**

The Vernonia Classic, a walking and bicycling event sponsored by the Cedar Milers Volkssports Club, is scheduled for April 10. Included in the day's activities will be two 10-kilometer (6.2 miles) walking events and a 26-kilometer (16 miles) bicycling event. A shorter 5-kilometer (3.1 miles) walk will also be available.

Registration for all routes will be at the Vernonia Pioneer Museum on East Bridge Street, anytime between the hours of 8:00 a.m. and 2:00 p.m. Walkers and cyclists should try to complete the routes by 5:00 p.m. These events are open to the public at no cost. All participants must register and carry a start card. Well-behaved pets on leashes are welcome (Owners must clean up after them.).

This event is sanctioned by the American Volkssport Asso-

ciation (AVA), a member of the International Federation of Popular Sports (IVV). The walks are eligible for IVV Achievement Awards credit. Credit fee is \$3.00.

For those who would like to get involved in the day, but not as a walker or cyclist, the club will welcome some extra volunteers to staff checkpoints and assist with helping participants find parking spaces. To volunteer or for more information, contact walk coordinator, Dar Parrow (yes, formerly of Vernonia) at <parrowd@aol.com> or by calling 503-614-8771.

For additional information, contact Dar Parrow at numbers above, or Will Glessner at <willster@pacifier.com> or call 503-520-8947. For a printable map with directions, visit their website at <www.seeformiles.com>.

**EasterCantata on April 2 and 3**

This year's Easter Cantata, "God's Holy Lamb," will be April 2 and 3 at Washington Grade School. The April 2 show will be at 7:30 p.m. On April 3, there will be two shows, one at 3:00 p.m. and one at 7:30 p.m.

The Cantata is presented by a community choir directed by Lynda Cahill. Performances are free, though donations will be accepted to defray costs.

**Help sought for Jamboree needs**

The Vernonia Friendship Jamboree committee is slowly filling key positions, with Paula Hansen and Ron Wright assuming the responsibilities of co-vice-presidents, and Janet Holcomb as the new secretary. Christine Purvee will continue as treasurer this year.

The position of president is still unfilled and former president Randy Parrow has offered to mentor the new president through this year.

The next meeting will be 7-9:00 p.m. on April 8 at the Washington Grade School Library. Everyone interested in being involved with the community festival is welcome.

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