

Health Notes

By Audeen Wagner

Introducing...Phyllis C. Gilmore, M.D.



The first thing you notice about Dr. Gilmore is her southern accent; she was born and raised in Louisiana, graduated from medical school in New Orleans in 1977, served three years in Family Practice in Baton Rouge, and spent 14 years in private practice in a small town (about the size of Vernonia) in southern Louisiana. She also worked for five years in Indian Health in Colorado, Arizona and New Mexico.

It's easy to see that Dr. Gilmore's heart is in rural medicine. When asked by Providence about the difficulty of her commute to Vernonia, she said, "There won't be a commute—I plan to live in Vernonia." It is important to her to be a part of the community, to know her neighbors and her patients. She is now a permanent Vernonia resident, and loves it here already.

She and her fiancé, James Baraibar, are huge NASCAR racing fans and they love to entertain, cooking Cajun and Basque dishes for friends to enjoy while watching auto races on TV. They also attend regional races as time allows. They plan to be married this summer. Dr. Gilmore has one son, Phillip Morlier, who is a student at Louisiana State University, studying Anthropology and English.

She brings 24 years' experience and a love of small-town medicine to her practice in Vernonia. When asked her impressions of Vernonia, so far, she replied, "I feel that I've come home!"

Dr. Gilmore will see patients at Providence-Vernonia on Wednesdays, Thursdays and Fridays.

Parking at the Clinic

You may have noticed that parking anywhere downtown these days can be a nightmare, due to highway construction. The clinic asks that drivers not use the clinic parking lot during clinic hours (for other than medical reasons!), so that patients can be better served. This is a general, on-going policy, of course, but especially so during this time of inconvenience due to the work on Highway 47. Thanks for your consideration.



Phyllis C. Gilmore, M.D.

Mammovan visit:

The Tuality Mammovan will be in Vernonia on June 16, 2004. Call the clinic at 503-429-9191 to make an appointment.

In the Service



Michael W. Huntington

Air Force Airman Michael W. Huntington has graduated from basic military training at Lackland Air Force Base, San Antonio, Texas.

During the six weeks of training, the airman studied organization, military customs and courtesies, and received physical training, rifle marks-

Bits & Bites

By Jacqueline Ramsay



Hello? Since last I wrote I've been lost in the construction.

My car's starter solenoid died. The cat hurt his paw. It rained the days I could have worked in the yard and – blow of all blows – I've out-lived my wheelbarrow. It

gave up the fight and I've had to retire it to a bright spot in my lawn. I had to buy a new one.

Oh yes – also had to buy a new set of tires. But, we did pass 9-1-1.

I've also been picking up someone else's pet's poo at the lake.

I'm in such a great mood I'll see you in the paper on June 16.

Remember, an electric eel produces enough energy in one shock to light up every room in your house.

Girl gives hair for kids hairpieces

Payton Wolf, 5, recently lost much of her hair to help others, when she donated 11 inches of hair to Locks of Love on April 13. Payton wanted shorter hair and wanted to help other children, so she did both with her haircut. She is the daughter of Steve and Amanda Wolf of Vernonia.

Lock of Love, a non-profit or-

ganization, provides hairpieces to financially disadvantaged children under age 18 who are suffering from long-term medical hair loss. Most of the children helped have lost their hair due to a condition called alopecia areata, which has no known cause or cure. The hairpieces help restore the recipient's self-esteem and confidence.

It takes seven donations of hair at least 10 inches long to make one hairpiece. Ritual Hair Design in Hillsboro cut Payton's hair. Other participating salons can be found online at <www.locksoflove.org>.

Below, Payton Wolf during and after donating her hair.



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Watch for kids' programs in June

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