

Whooping cough in Columbia Co.

Cases of whooping cough have been confirmed in Columbia County and cultures of a suspected Vernonia case were requested by Columbia County Public Health.

Although whooping cough immunizations (pertussis) and boosters are typically administered between the ages of two months and 6-7 years, there are several reasons why the disease can appear. The vaccine is considered to be 85 percent effective, but some children don't get booster shots on the most effective schedule and others are exempt because of religious considerations.

Whooping cough is contagious but, unlike flu, is not airborne. It can be spread easily, though, in the spittle or moisture of a cough, which allows it to quickly infect several people within a family or small group. To avoid this, do what your mother always told you: Cover your mouth when you cough.

Symptoms of whooping cough are the same as for most upper respiratory diseases, mild discomfort and cough with little or no fever. Many people who contract it will not go beyond a fairly persistent, annoying cough. The difficult, and sometimes dangerous, phase is a strong, uncontrollable

cough that makes a person gasp loudly (whoop) for air. It is not uncommon for spasms from the coughing to also cause vomiting. Treatment is usually with antibiotics.

Whooping cough can be very dangerous for infants who have not yet been immunized, or for people who have other conditions that weaken their systems.

Cases have been confirmed in Benton County and in Washington state. If someone in your family is suspected of having whooping cough and your doctor is not in Columbia County, be sure your doctor knows your county of residence.

Blizzardz softball team takes fifth in State Games of Oregon in July

The Aloha Blizzardz, a 14U softball team which included vernonia players, finished fifth in the State Games of Oregon tournament held last month at the Tualatin Hills Park & Recreation complex.

The Sweet Home Blazin Angels defeated the Siletz Dream Catchers in the championship game.

The Aloha squad, sponsored by Creative Resources, is a member of the Washington County League, which is composed of teams from Aloha, Banks, Gaston, Forest Grove, Vernonia and Beaverton.

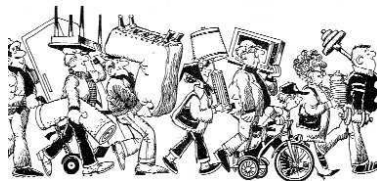
The Blizzardz, coached by Bill Shaw and assistants Bill Grogg and Shawn O'Brien, posted a 9-4-1 record prior to the tournament.

Jessica Darling, Lacy Lenahan, Adrienne Boman and Nicole Bulbul led the team in on-base percentage. The pitching duties were handled by Boman, Lenahan, Branda Richter

Community Yard Sale sign-ups

Vernonia's sixth annual Community-Wide Yard & Sidewalk Sale will be on Saturday, September 18. Organizers are already getting calls from people outside the area to find out the date.

To participate in making Vernonia one big yard sale, or for more details, call Helen Bateman at Vernonia Realty & Insurance, 503-429-6203.



and Meaghan McHill.

The other squad members are Crystal Gregg, Jessica Gregory, Erica Grogg, Jaime Harvey, Michele Stangland, Elizabeth Childers and Britney Talbot.

Vernonia players Adrienne East, Brittney Paden and Amy Rethwill joined the team for the State Games of Oregon tournament.

Brewington-Dean wedding



Tina Dean of Vernonia and Jeffrey L. Brewington, Sr. of Jefferson were married August 1 in Vernonia. The couple plan to make their home in Vernonia.

The bride graduated from Vernonia High School in 1986 and is currently employed by Dr. Timothy Gray in Forest Grove. She is the daughter of Penny Dean of Vernonia.

The groom graduated from high school in Nebraska in 1986 and is employed at Securatos in Lake Oswego. He is the son of Patricia Brewington of Jefferson.

Health Notes

By Audeen Wagner



Need a School Sports Physical?

A new program is being offered this year which will allow students to get sports physical exams absolutely **FREE**. It is a **ONE DAY ONLY** clinic, first come-first served and no appointment is necessary. Students who plan to participate in sports should either phone or drop by the school district office immediately to sign up and take care of the paperwork. Dr. Gilmore and Cathy Rozinek, R.N., from the Vernonia clinic will be at the high school all day to do the sports physicals.

- What: **FREE** sports physical clinic.
 When: Tuesday, August 10. Dr. Gilmore will see athletes from 8:15 a.m. until 4:30 p.m.
 Where: Vernonia High School.
 Who: Any student who wishes to participate in a school sports program. A physical exam is required for everyone turning out for athletics.

Students will want to take advantage of the **FREE** clinic, which is offered on August 10 **ONLY**. Contact Barb Carr at the District Office immediately, 503-429-5891, then mark your calendar for next Tuesday to take care of this requirement.

Questions? Call the District Office at 503-429-5891.

Next Mammovan visit: August 18, 2004. Call the clinic at 503-429-9191 to make an appointment.

Tillamook State Forest Summer programs offer something for all

Are the kids bored with summer vacation? Are you tired of trying to come up with something new for them to do?

Take advantage of the Oregon Department of Forestry regularly scheduled interpretive programs that let you experience the Tillamook State Forest with experienced forest interpreters.

ODF offers guided walks, talks and tours on this 364,000-acre forest in the northern Coast Range. The programs are free and are conducted at easily reachable locations off Highway 6. The length of the average program is one hour. Locations for the programs are at the end of the article.

Sat., August 7, 2 p.m. WHEEL OF FOREST GAME

Similar to the TV game show, Wheel of Fortune, participants will spin a wheel and discover fun facts about the Tillamook Forest. This is a family/group game where naturalist guides encourage participants to take a closer look at watersheds, water-loving plants and animals, and recreation etiquette. Groups will test their

knowledge and compete with others. Prizes will be awarded to the lucky winners! Gales Creek Campground Day-use Area

Sat., August 7, 7 p.m. COUGARS

Most of us will never actually see a cougar in the wild because they are extremely shy and secretive. Though we don't see them, we can still get to know these powerful predators. Enjoy interesting pictures, facts, and stories about the largest cats in Oregon. Smith Homestead Day-use Area

Sat., August 14, 2 p.m. TILLAMOOK BURN FACTS AND LEGENDS

Hike along an old railroad grade to the origin of the 1933 Tillamook Fire, which tore at the heart and soul of Oregon's citizens, but spurred them to action. See if you can spot any clues from the past. We will discuss the facts and legends of the first and largest of the fires that became known as the "six-year jinx." Gales Creek Campground Day-use Area

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Behind Vernonia Inn

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