

Fire season is in effect; be careful with fire, sparks, even barbecues

Fire season is in effect and most state and private lands are under Restrictive Use. Statistics show that most human-caused wildfires start on small parcels of land by the people who live on that land. Those fires are usually ignited by gas-powered machinery or burning debris. Other human-caused fires include those ignited by careless smokers or recreationalists.

The following fire-safe procedures are recommended by the Keep Oregon Green Association. The use of these procedures while traveling through, recreating, or working outdoors, will prevent most wildfires. Be responsible for knowing the fire restrictions and closures where you live or travel by checking with your local fire district. Some private landown-

ers who are protecting their resources have closed their properties due to the increasing fire danger, but other lands remain open.

- If a campfire is allowed where you are camping, put it out...DEAD OUT! Drown, Stir, Drown. Abandoning a campfire is in violation of ORS 477.710.

- Keep all matches and lighters out of the reach of children.

- Use care when barbecuing. Make sure the ground around the barbecue has been cleared of vegetation for a 5-foot radius and is far away from anything that will burn. After you're through, put the briquettes in a metal bucket of water and cover with a lid.

- Smoking is allowed only in vehicles on improved roads when traveling through or working in a forest.

- Debris burning is seldom allowed during fire season. Check with your local fire district and follow all restrictions.

- Remember, Wildfire Prevention is your INDIVIDUAL responsibility.

If you have any questions, call your local fire district or Keep Oregon Green at 503-745-7499 or visit www.keeptoregongreen.org.

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Behind Vernonia Inn

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Minger/Krahn offer unique new service

Vernonia residents, Sue Minger and Marie Krahn, are offering a new and unique service, a foot bath from NRG Works.

The NRG is a foot bath system that utilizes a mechanical system of energy and water to enhance the bio-electric field of the body as a therapeutic aid for increased vitality and well being. The NRG Works module uses the water to set up a negatively enhanced field with your body to complete a conductive cycle so your body, via your fluid system, becomes negatively charged. The disease conditions (bacteria, infections, viruses, and parasites) of the body are associated with positively charged ions. The foot bath allows the fluid systems of the body to carry the disease conditions out through the dermal layers and into the foot bath water.

Now, what's it like to get a foot bath: You take your shoes off, put your bare feet in a tub of warm water and relax for 20 to 40 minutes. The water changes color during the bath and the changes represent the disease conditions (toxins) leaving the body. There is no pain, though if there is any discomfort, the feet can be removed or the time shortened.

Afterwards, different people describe the results in different ways. Some feel they have been energized, some that they have been cleansed, some feel that different body parts have been detoxed and positively affected.

The foot bath can be repeated as desired, as often as every other day.

Minger has a long-standing interest in herbal therapy and other alternative treatments, and sells Nature Sunshine herbal products. In addition, she has taken classes in iridology and is a second degree Reiki, working toward the third



Sue Minger and Marie Krahn, LMT, have brought NRG Works foot bath to Vernonia and offer other services, too.

degree in Reiki.

Marie Krahn is a Licensed Massage Therapist who came across the NRG Works system when an acquaintance suggested she try it. She did and became convinced that it helps the body become stronger and healthier. Krahn, like Minger, is trained in Reiki, plus Reflexology and Aromatherapy.

Both Minger and Krahn have training in Cranial-sacral and have taken classes in Kinesiology. Another beneficial and relaxing aid they offer is the use of a Chi Machine. They are thus able to offer many aids for health and well-being, the newest being the NRG foot bath.

Now, the disclaimer, according to the website nrgworks.us, this equipment and associated services have not been evaluated by the Food and Drug Administration. This therapy is used as a research device, and is not intended to diagnose, treat, cure, or prevent any disease or disorder. People should consult with their most competent health care practitioner before under-

taking any treatment or taking any dietary/nutritional supplements.

Now that that's out of the way, if you want to try the foot bath, just relax and enjoy yourself! For more information, or to schedule your reasonably priced foot bath, call Sue at 503-429-7565 or Marie at 503-429-5180.

Campground by Timber opens



The opening of Reehers Camp campground, near Timber in the Tillamook State Forest, was celebrated June 25 by the Oregon Department of Forestry and the volunteers who helped plan, design and construct the campground.

The campground, on the site of a former Civilian Conservation Corps Camp, has 10 equestrian sites. There are also six regular campsites and a day-use trailhead facility.

To get to Reehers Camp from Highway 26, go south on Timber Road to Cochran Road (3 miles), and turn west for about 2-1/2 miles.

For more information, contact Stephanie Beall at the ODF Forest Grove District Office, 503-359-7464.

NRG WORKS

A Foot Bath that detoxes the whole body as a therapeutic aid for increased vitality and well being.

You'll never feel the same about Foot Baths!

For an appointment, call Sue Minger at 503-429-7565 or Marie Krahn at 503-429-5180