

To Your Health!

By Judy Hargis, P.A., and Audeen Wagner



VERNONIA HAS A NEW PHARMACY!

Vernonia has been without local pharmacy service for over a decade, when our drug store was one of the casualties of the Flood of '96. We are delighted to announce that we now have a new pharmacy: Vernonia Healthmart Pharmacy

is open for business.

Operated by Phil Darrah, the new pharmacy is up and running, and is now serving our community. Located in the same building with Vernonia Dental, it is a full-service store, able to provide prescriptions and a variety of over-the-counter items. These include first aid supplies, cold medicines, vitamins, and much more. The store hours are Monday through Friday, 10:00 a.m. to 6:00 p.m.

Interestingly, at the time of the Flood of '96, Phil was a student at OSU, getting ready to receive his degree in Pharmacy. In 2005, he and his partner, Mark Sargeant, bought the small pharmacy located in Jim's Thriftway store in Banks, and in 2007 expanded their business to one in Garden Home and now to Vernonia.

Assisting in the store is a personable young Vernonia woman, Teresa Mushatt, a Certified Pharmacy Technician – and a very busy lady. She and her husband have a family of four, ranging in age from 1 to 9. She is excited about serving the community, and especially likes walking to work!

Phil told me that their mission is "to serve small communities without pharmacy service, or who are underserved," and he will work with patients to improve their healthcare needs. They have a full stock of drugs and medicines on hand, and have overnight service if something has to be ordered.

"We will be offering an adult flu shot clinic soon, and will be able to administer other vaccines to adults, as well," Phil says, "and we are able to bill most insurance companies direct."

All this adds up to a huge convenience for local patients.

Phil lives in Aurora with his wife, Gene, and has four children, two in high school and two in college. They are very committed to our community.

Keep your anger from controlling you

by the American Counseling Association

We live in a world of high stress and tension. Whether it's bad economic news, local reports of growing crime rates, that traffic jam that made us late this morning, or a boss who never understands or appreciates us, we face lots of things that make our lives stressful.

Unfortunately, for many people, the stress and tension of daily life can build to the point that it only takes one small incident for them to explode, letting their anger get out of control.

Experts say anger is the most poorly-managed emotion in our society, with as many as one in five Americans having an anger control problem. Not being able to manage one's anger is a major cause of conflicts in both professional and personal relationships.

Is it a problem for you? One way to judge how well you control your anger is to consider whether you've ever, during an argument: raised your voice;

broken something; pushed, slapped or physically hurt someone; embarrassed yourself; or felt out of control.

If any of those apply, you might consider some actions to help you better manage your anger:

- Accept responsibility for your anger. Anger may be triggered by someone else, but it's you who lets it happen and grow out of control.

- Learn to recognize the beginning signs of anger. Anger is easier to control when emotions are still at a low level.

- Try to identify the cause of your anger. It isn't someone else, but rather something within you, emotional or psychological from your past, that's usually the real source of your anger.

- Focus on the situation or behavior making you angry, rather than the other person. Criticizing or name-calling doesn't resolve a problem but merely escalates it. Rather than putting the other person on the defensive and raising the conflict level, use "I" state-

ments to talk about what you're feeling and experiencing.

- Learn to listen and communicate more effectively. Too often situations that lead to an angry outburst are simply the result of not understanding what was said, or not expressing yourself clearly and calmly.

Anger should never control you. When it does, it can make your life miserable, lead to very real problems and even affect your health. If your anger is sometimes out of control and causing you problems, consider an Anger Management course, or consulting a counseling professional offering Anger Management help.

Get a free blood pressure check

Free blood pressure checks will be available at Vernonia Senior Center on the third Wednesday of every month from 10:15 to 11:15 a.m. Providence Medical Clinic is providing the service.

For more information, call Karen at 503-429-9112.

20 Years Ago This Month

The October 27, 1988, issue of *The Independent* included the following news story on page 9:

The problem of court room space for jury trials in the Vernonia Justice Court has been solved, it was announced at the Vernonia City Council meeting.

The Columbia County Dis-

trict Attorney's office will send a deputy district attorney to Vernonia on Thursdays to prosecute for jury trials, instead of the previously scheduled Fridays.

The Friday schedule resulted in Justice of the Peace Marilyn Van Winkle asking for the use of the library, which doubles as a courtroom, on two Fri-

days of each month as well as Thursday, the regular court day.

The Vernonia Library Board objected because Friday is the library's busiest day of the week, and the city hall staff objected because they are unable to get some of their files when court is in session.

Councilmember Mario Leonetti said he will continue to seek alternate court space in case another scheduling conflict arises in the future.

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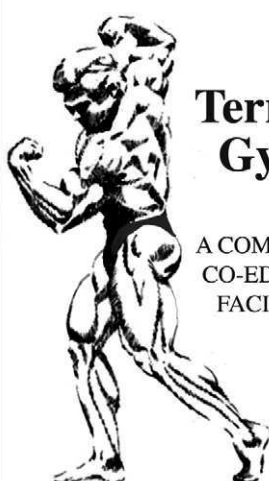
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