

Learn to use intuition in library presentation

Most people have experienced a “gut feeling” or a “hunch,” but how we act on those experiences varies widely. Can you trust your intuition?

Author, international teacher and health intuitive Karen Grace Kassy says you can — if you learn to hone your skills.

“Intuition can be used to access new information to give clues and insights to yourself, people, animals, emotions, health, career, decision-making and more,” she says. Her presentation, “Learning to Use Intuition,” is part of Deschutes Public Library’s “Know You” series of programs and is free and open to the public. The event is set for Wednesday, September 23 at noon at Sisters Library.

“We think of intuition as a magical phenomenon,” says Kassy. “But hunches are formed out of our past experiences and knowledge. So while relying on gut feelings doesn’t always lead to good decisions, it’s not nearly as flighty a tactic as it may seem.”

In these free presentations Kassy will teach attendees a fun exercise and share accessible research to help them develop the practical skill of intuition, and will tell them how they can use it in their everyday lives.



Karen Kassy.

Karen Grace Kassy spent the early part of her career in the corporate world. She eventually became the director of the conference division in a multi-million dollar company. Today, Karen works as a life and health intuitive. Through her work, Karen has researched and developed a diverse training program that shares the skill of intuition with audiences worldwide. She offers classes to teach others to develop their own intuitive skill, and has authored a best-selling book titled “Health Intuition: A Simple Guide to Greater Well-Being.” She currently lives in Sisters.

For more information about this or other library programs, visit the library website at www.deschuteslibrary.org.

LETTERS

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solution that is proven to be the safest, and recommended by the National Highway Administration: the roundabout. Save lives and move Sisters into the 21st century.

Gordon Golden

♦ ♦ ♦

To the Editor:

As a former Outlaw lacrosse player, I am concerned with the recent turmoil. I think it is appropriate that someone who has participated in the program bring substance to this sensitive issue.

Blaming and attacking Mr. Gorayeb is not the correct action. Having grown up with Mr. Gorayeb’s son since middle school, I have a rich history with Mr. Gorayeb and his family. These attacks are twisted and unfair to him and his family, who have given much to the community of Sisters.

Having played for Mr. Gorayeb, I know that he is as much fervid as he is obtuse. During my tenure as goalie, I quickly learned how intense Mr. Gorayeb could be. I had never experienced a coaching style that demanded such excellence on and off the field. What has been completely ignored in this debacle are the intentions of Mr. Gorayeb and the level at which he cares for his players, the program and the community.

I am sad for Outlaws Lacrosse, Mr. Gorayeb, and the community. I am troubled for Outlaws Lacrosse because the loss of Mr. Gorayeb will be difficult to replace, as his experience with the game, level of involvement, and unmatched willingness to transform boys into young men will be difficult to replace. I am sorry for Mr. Gorayeb and his family because he is not the villain portrayed in this picture painted by defamation. I am saddened for the community because not only did Mr. Gorayeb volunteer an unprecedented amount of time through the plethora of organizations he was involved with, but because his involvement has made Sisters a better place.

I am currently a senior in college, and I

spent my last semester living and studying in China, traveling to many countries and large cities and I am not sure if I — as a Sisters native — would have done this without the influence of Coach Gorayeb. He helped me to transform from an adolescent boy in a small town to a young man without fear to explore the world that is far more expansive and not as coddling as our little town of Sisters. For that I will be a better, more productive citizen, and forever grateful.

Brennan Layne
Outlaws Class of 2012
Gonzaga University Class of 2016

♦ ♦ ♦

To the Editor:

On Monday, September 21, from 3 to 7 p.m. there will be a free, public drive in the community hall at 301 S. Elm St. to add people to the Be The Match bone marrow registry.

I invite all of my Sisters Country neighbors and friends to come and join me in the effort to help patients with cancer. There are many within our community who have been touched by cancer, and joining the registry is a great way of saying you are willing to help others in need. It is a very simple process which only requires a painless cheek swab to obtain the necessary information. Donors must be 18-60 years of age, in good general health, and willing to donate to any patient in need.

I have personally been a member of the registry for many years and have never been called upon to donate. Recently, I needed to access my registry information to see if I was a match for my brother, DeRew, who was diagnosed with lymphoma last year. I was not a match, but DeRew was able to successfully undergo bone marrow treatment. At this time he is “cancer-free” and on the road to recovery.

With just a few minutes of your time, you can play an integral part in helping someone like my brother. I know we have a great contingent of blood donors in our community and I hope that giving spirit will translate to a community of people joining me on the Be The Match registry.

Damon E. Frutos

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