

Natural Path: Transition

By Dr. Carol McIntyre

Again we approach a new change. The kids are back to school and the weather patterns are beginning to slowly shift. Schedules have changed and daily activities shifted to accommodate. Life is shifting and ever changing... we must learn to shift and change with it. Fall is upon us. Autumn will soon bring changing color of the leaves, cool breezes and rainy days. Harvest time has already begun to arrive. I have already been canning beets and tomatoes, making pesto and trying to keep up with the berries and apples!

The natural flow of order during the transition from summer to fall is descending. The energy is moving down. There is less yang and more yin as observed by the days getting shorter and

the nights longer. The fruits are ripening or already past. The leaves have begun dropping from the trees to the ground.

There is a feeling of inwardness that begins to emerge. However, there is also a sense of readiness and preparedness for the hibernation period of winter. Finishing tasks is a main focus at this time. Sometimes it is good to focus on small projects and take rest between to allow for the space desired and much needed for relaxation.

Autumn is governed by the lung's descending energy. In the physical body, the lung moves the energy down and out. Emotionally, the lung is related to grief. Many may find this transition period to be difficult as tasks need to be completed and there is a combined sense of wanting to just be. Allow time for yourself.

Keeping the balance is always important. It is also important to keep the balance in your physical body as well. Enhance your immune system and keep your energy up. The elderberries are ripening and ready for harvest. They are wonderful for stimulating the immune system and can be easily made into a wonderfully tasty syrup the kids love!

We have many elderberry trees in our immediate area. Many people in the local community harvest and process them. It is enjoyable to harvest and make your own medicine and a great way to be active and relax all at the same time. Some of you may already be doing this. If not, ask around, you may have a friend or neighbor that is and would let you tag along.

With my children starting school this year, transitioning has been busy for me also. I am looking forward to putting together some interactive classes that are fun, educational and engaging regarding processing herbs and cooking. If you have any suggestions please let me know.

Qigong is still gathering at the senior center on Friday mornings at 9:00 AM. Since we have had such beautiful weather we will often leave from the senior center and have class outside. I have been leaving a note on the door so if you would like to come join the class please do! Qigong is wonderful for enhancing circulation, maintaining balance and stimulating the immune system. Hope to see you there. Enjoy the last days of summer. Thanks for joining me. Be Well~

Oregon Realty Has a New Agent

Carol Higley recently joined Steve Calhoun and Henk Schenk in their Oregon Realty office at 825 Bridge Street. Higley has an interesting story to tell about how she ended up in Vernonia.

Higley has been married to husband Leland Higley for fifty-one years. Leland grew up on an eighty acre farm in Vernonia and graduated from high school here in 1960. After graduation, Leland's father divorced and moved to North Plains. There he met and married a widowed grandmother, Zeta. Later Carol, Zeta's granddaughter, met her grandmother's husband's son, Leland, and they married. "My grandmother always said I made her feel younger when I married Leland, because now she was no longer my grandmother but now my mother-in-law," says Carol.

The story gets just a bit more complicated- Carol's sister Loretta married Leland's brother Roy Higley, so two brothers married two sisters. Loretta

and Roy had two sets of twins and later Loretta gave birth to a third set of twins by a second husband, and ended up with her photo on the front page of the Oregonian. To make the story even more interesting, two more of Leland's brothers, Bill and Hank Higley married another set of sisters (not related to Carol), Jacalyn and Sanda Rogers.

Did you follow all that?

OK, enough about Carol's relations. Carol spent many years working in inventory control, including her last job at Intel. She then opened a successful beauty salon in Hillsboro, with sixteen stylists working there at its peak. After selling the beauty salon, Carol earned her Real Estate license and began selling in 1991.



Carol says she has worked for Re/Max, for John L. Scott in Redmond, OR and Windermere in Sandy, OR over the years.

After living in Arizona, Leland decided he wanted to move back to Vernonia to retire, but Carol says she isn't ready for retirement just yet and took a position with Oregon Realty. Carol says she often works from her home office.

"I love working with people," says Carol. "I love helping them start their lives over, whether they are moving or staying here in Vernonia."

You can find Carol Higley on Facebook, reach her at 503-816-4792 or carolh@oregonrealty.com.

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For class descriptions and to register online: www.pcc.edu

Need more information? Contact Kelly at kmarks@pcc.edu

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