

Winding Trails: by Al Hobart

Thursday, August 25, 1966
Illinois Valley News

Guests of the Davises'

The one-time wild and woolly west may not be so woolly any more, but there are still large areas that, from the standpoint of physical ruggedness, are plenty wild, and the classical example being Curry County, Oregon's ragged and rocky southwest corner. And when two young ladies make their first journey to the far west from their home in far-off Wisconsin, what could make their trip more memorable than to be taken back among the rough mountains and deep canyons of Curry County's fascinating Chetco country?

The two young ladies here referred to are the daughters of Ted Markham, a recent Wisconsinite who now belongs to the Valley and is building himself a new home here. Not long ago he went back to Wisconsin and brought his two

girls, Koleen, 13, and Pamela, 11, out for their first visit to the West Coast. As guests of the Davises' they were given a taste of roughing it, back in the peaceful, upside-down country of Little Chetco.

Just being back from my Rogue River boat trip I learned that Perry and Ruth were in town, and when later I called on them I was invited to come out and help entertain the two star guests. They returned to Little Chetco that day with their thrilled young visitors. Next morning I tossed my packsack and sleeping bag in to the jeep and headed for Babyfoot Canyon—and the new irongate—on my way to Davis's.

A diversionary sidelight of my trip was a bit of interesting entertainment provided by a shy mountain bird called Townsend's Solitaire, who, in trying to draw my attention away from her nest, in effect pointed it out to me. Somewhat smaller than a robin and of more slender build, this solitaire is modestly dressed in dull grayish brown. Like the robin, it is a thrush, the highest-dwelling of this large

group of birds. The female builds her nest on the ground, usually in a nice niche on a mountain road bank, where if she remained perfectly still, the nest would be overlooked by passers-by. But invariably she invites the attention to its location by darting off and away just before an intruder reaches the vicinity of the nest.

In this nest 5 newly-hatched babies, each covered with fine long black hairs, much resembling some kind of fruiting mold. Before taking a flash picture of the nest and its downy occupants I tried to get the obstinate little rascals to open their mouths by acting like a worm (which was surprisingly easy for me), but they didn't seem to be interested in either eating or getting their pictures taken.

When at last I arrived at the Davis hacienda I found the place deserted— all hands were down at the river panning gold. When the merry crew trooped back to the cabin I was let in on a wonderful secret: the deep cold "refrigerator" pool in the little stream beside the cabin was half full of canned drinks

(soft of course) and the place was a goldmine of all manner of delicious food.

In true old-timer style, dinner was prepared on the big outdoor grill, and all too soon the mountain of delicious food and the merry gabbling were reduced to a pile of messed-up dishes and the contented sighs of near-satiety.

Heroines of the occasion Pam and Koleen, finding themselves suddenly and miraculously transplanted into this wonderfully strange and beautiful environment were overwhelmed with admiration — for Tsing, the Siamese cat!

Girls are as hard to understand as women! True, this Tsing cat is very affectionate, and can even speak a few words of English; but, after all, she's only a mobile mouse trap, and with all that marvelous scenery around—oh, well.

In the evening we sat around the campfire till dark, jabbering, drinking and nibbling, then the party broke up and all sought out various places of rest for the night, some outside and some indoors. The girls, with their dad, slept in their

sleepy-bags out under the stars.

On the way out next day the girls were introduced to the wee solitaires, all of whom seemed unimpressed except one precocious youngster who opened one eye and winked at his pretty admirers.

The girls rode most of the long rough way out with me in the jeep. When I asked them if they didn't think Little Toot was a very easy-riding little car they suddenly remembered what a wonderful, lovable cat is Tsing.

Now Ted is taking his daughters back to their Wisconsin home, after their short and exciting visit out west. And on the Little Chetco, Ruth and Perry are struggling with a new problem that may turn out to be a toughie: Should they try to regain their rightful place in the household, now that their cat has gone snooty on them after the royal treatment she received from Koleen and Pam; or would it be simpler to just give up and let Tsing rule the roost, like a Siamese queen is supposed to.

ROGUE VALLEY



Food & Friends Menu

FRIDAY - AUG 26

ORANGE GLAZED CHICKEN

MONDAY - AUG 29

SMOKEHOUSE CHOP

WEDNESDAY - AUG 31

CHICKEN CHIP SUEY

OVER RICE

If you need meals delivered please call 541-955-8839.

SENIOR SPOTLIGHT

Sponsored by the Rogue Valley Council of Governments

Alzheimer's disease and meds
Although current medications cannot cure Alzheimer's or stop it from progressing, they may help lessen symptoms, such as memory loss and confusion, for a limited time.

Types of drugs
The U.S. Food and Drug Administration (FDA) has approved two types of medications — cholinesterase inhibitors (Aricept, Exelon, Razadyne) and memantine (Namenda) — to treat the cognitive symptoms (memory loss,

confusion, and problems with thinking and reasoning) of Alzheimer's disease.

As Alzheimer's progresses, brain cells die and connections among cells are lost, causing cognitive symptoms to worsen. While current medications cannot stop the damage Alzheimer's causes to brain cells, they may help lessen or stabilize symptoms for a limited time by affecting certain chemicals involved in carrying messages among the brain's nerve cells. Doctors sometimes prescribe both types of

medications together. Some doctors also prescribe high doses of vitamin E for cognitive changes of Alzheimer's disease.

To learn more about these medications you can visit www.alz.org. The Alzheimer's Association has a 24/7 helpline that you can call at 1-800-272-3900.

To learn more about local senior resources you can call the Aging and Disability Resource Connection at 1-855-673-2372.

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Preventing a fall:

Falling or tripping hurts. Sometimes falls cause serious injury. The potential for a fall, serious and minor, is something seniors should have in mind.

Tripping over a pet happens quite often. Pets seek our company and try to attract our attention, especially if they want something from us. Trying to walk faster than usual or walking with a mental preoccupation can make us less wary. If one has a pet and is trying to move quickly with their mind on something other than walking safely, the potential for tripping over your pet increases.

The same is true for that carpet or rug which seems to always catch your foot. Clearing the spaces you walk through of potential hazards, anything which might cause you to trip, is a good idea. Lightheadedness, feeling dizzy, for example, when one gets up from sitting or lying down can easily predispose someone for a fall. This is especially true when getting up from bed a night.

Even if you only experience this once in a while, it is a good idea to wait after you stand up before walking. If you experience this dizziness often or if it ever causes you to doubt your ability to walk until it passes, having something sturdy to hold on to right where you get up is a good idea. How about those slippery porch steps or that rickety step ladder or those sticks in the yard? There are many things which can predispose you to trip and fall. A safety survey and potential hazard clearance of your surroundings is in your best interest.

Please remember that many medicines and intoxicants can increase your likelihood of falling. In this hot weather, drink plenty of water. Dehydration can make you less stable on your feet and also remember that cold drinks can cause "brain freeze." This will certainly predispose you to falling.

(You can contact I.V. Wellness Resources at www.ivwellnessresources@gmail.com.)



Illinois Valley Wellness Resources

Senior Bulletin

Gatekeeper Training at I.V. Family Coalition, 535 E. River St. Sept. 17 at 10 a.m. in the River Room.

I.V. Grief Support Group: Last Thursday of each month, 12-1:30 p.m. at the I.V. Family Coalition, 535 E. River St. For more information or an appointment please contact Lovejoy Hospice at 541-474-1193.

FREE for Seniors

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I.V. Lions Club Labor Day Festival Entertainment

TJ and the Spurs
Saturday September 3 at 6 pm

World's Finest
(sponsored by I.V. News)

Sunday September 4 at 6 pm



Music, Karaoke and Talent Show
at the amphitheater in Jubilee Park

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