

Winding Trails: by Al Hobart

Thursday, April 16, 1964
Illinois Valley News

Bell Echo
El Capitan

Above Bell Echo, on the side of El Capitan, is a large crevice in the mountainside that I don't like any more – even if I did find the little carnivorous butterwort growing there. I don't like it now because, after beckoning to me so friendly, it gave me the darnedest scare of my mountain-prowling experience.

A 100 feet or more up, just at the head of this big crevice, is an enticing-looking bench, and the more I looked at it and the vegetation growing up there, the more it made my botanical

mouth water. This big friendly-looking gash in the mountain (I have since named it the Lorelei Crevice) looked like the easiest and quickest way up. The lower end is a steep, rocky slope, but the higher up you go the more perpendicular the crevice becomes. The result of a slip would be the same as if it were a vertical wall – the victim would just as surely tumble to the very bottom.

What makes the climb particularly risky is the fact that a trickle of water all down the crevice makes it dangerously slick in places, especially if you're wearing rubber-soled shoes, as I was. I wasn't carrying a rope; didn't suppose I needed anything but my claws, and as much luck as a fellow has a right to expect.

Up about 75 feet the going

got steeper and handholds scarcer. A few feet above my head was a narrow shelf upon which a friendly-looking runt of a shrub had found a toehold in a small crevice in the rock. I thought if I could manage to get hold of that bush I could pull myself up onto the shelf and rest a bit before going up the rest of the way. From there on up to the big ledge (and a good route back down) looked easy from where I was.

Bracing my knees against the sides of the crevice, I reached up and found a shallow fingerhold a few inches below the rim of the shelf. Pulling myself up as far as I could I made a quick grab for the shrub and was soon resting in the little niche. Then I looked up and discovered it was impossible to go on. There were no little

jutting rocks or cracks for handholds; the rock was not only smooth, but wet and slippery, and to try to go down the way I came up would have been almost surely disastrous. Not even a contortionist could have reached below the rim of that shelf, found the shallow fingerholds and safely lowered himself.

Those were the loneliest few minutes I've ever known, in that rocky niche on the side of El Capitan, utterly unable to go either up or down, and 75 feet or more above the jagged boulders below. For the first time in my life I thought I could smell the smoke and feel the heat at the end of the line.

If I couldn't go up or down, the only alternative was to look for a way out the side, and the prospect was so bleak that for the first sickening moments I

didn't even consider it. The only possibility that I could find was a narrow ledge that led out onto one shoulder of the crevice a short distance. As far as I could see beyond that it was a sheer drop-off.

But in desperation we grab at any straw that presents itself. I carefully worked my way the short distance around the shoulder, and when I found that instead of dead-ending, the little ledge led to safety, the relief was so great I almost choked up.

After that unpleasant experience I decided to invest in a nylon rope for such contingencies. And if I ever get into such a jackpot again I only hope I haven't remained true to character and forgotten to bring my rope along.

REX ...

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Besides the homecoming of Denham at the I.V. Golf Club, everyone

got to enjoy the homemade cooking of Kathy Kennedy from the newly opened "Hole in One Café."

The new café will specialize in home cooked American foods like meatloaf, chili, biscuits and gravy, chef and taco salads, plus potato and macaroni salads. When Kennedy was asked about a favorite on her menu she said, "People like my Mexi dog which is a beef hot dog deep fried in a flour tortilla" which comes with bacon, onion and cheese. The Hole in One Café's normal hours will be from 7 a.m. to 4 p.m. serving breakfast and lunch items but stay tuned for special dinners they will be offering in the future.

"The Valley needs a good

place to eat dinner without driving to Grants Pass."

In addition to food, the café has its liquor license and will be serving liquor, beer and wine.

Speaking of wine, Reggie Boltz from Augustino Estate & Vineyard located in O'Brien was at the tournament doing a free tasting of his wines. "I am excited for the Valley to have a place to bring family and friends and also a place for business associates to meet."

According to Gill, "A lot of people will be coming through town for tournaments and the golf club and winery can help each other out. This golf club will be proudly serving Augustino wines."

And that's not all, there is a brand new golf pro shop being run by Dave Muswieck and newly decorated by his finance, Debbie Day. Muswieck is no stranger to the golf course, his father Bob Muswieck who recently passed away in March 2017 was a founder of the annual I.V. Junior Golf Tournament.

Muswieck, who has been instrumental in rejuvenating the golf course and club, has invested in the pro shop and the café. "I will be running the pro shop and tournaments," plus he will be managing the driving range and golf carts.

He wants to encourage the locals to come down and see the changes to the

club, and of course, get familiar with the I.V. Golf Course again.

"I like the changes that their bringing to the golf course; bringing it back to its glory. A lot of people will come back to play," said Gene Benschoter, longtime I.V. resident.

If you are interested in becoming a member of the I.V. Golf Club, there are numerous packages available, anything from corporate to regular, couples to seasonal specials or various "round punch cards." Visit the I.V. Golf Course for more information at 25320 Redwood Hwy, Cave Junction or call 541-592-3151.

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Illinois Valley Wellness Resources

Food & Friends Menu

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MONDAY – APR 23
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WEDNESDAY- APR 25
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Call 541-955-8839
to volunteer or if you
need meals.

SENIOR SPOTLIGHT

SPONSORED BY I.V. Wellness Resources 541-592-9781

Balance

Maintaining balance requires a finely tuned system working together. To maintain balance, your brain must coordinate information sent to it from different locations. Your eyes process visual signals that help determine where your body is relative to your surroundings.

Sensory nerves in your skin, muscles and joints relay impulses to your brain about your movements. Your inner ear sends signals for the perception of how you are moving in space and also helps control eye movements, so that what you're looking at remains in focus while your head is in motion. Your heart must consistently and effectively pump sufficient blood up to your basin. Your blood vessels must ad-

just to maintain a relatively constant blood pressure. And, you must have an adequate volume of blood circulating throughout your body. Conversely, cardiovascular changes can challenge your sense of balance.

Sometimes, symptoms that set you off balance are a direct result of a disorder affecting the structures of the inner ear or other aspects of your vestibular system. But there can be other causes and sometimes more than one, such as: low blood pressure, poor blood circulation, multiple sensory deficits, anxiety disorders, migraines and certain medications.

Symptoms of a departure from your normal can signal an underlying disorder and warrant a visit to your healthcare provider. It is important to see a doctor immediately if

you experience dizziness or vertigo along with any of the following:

- *a new or different headache,
- *blurred or double vision,
- *hearing loss,
- *impaired speech,
- *leg or arm weakness,
- *loss of consciousness,
- *falling or difficulty walking,
- *numbness or tingling,
- *chest pain or rapid or slow heart rate.

Any of these symptoms may signal a more serious problem, such as a stroke, brain tumor or heart disease. Summarized from Mayo Clinic HealthLetter; April, 2014.

To contact I.V. Wellness Resources you can call 541-592-9781 or email [www.ivwellnessresources@gmail.com](mailto:ivwellnessresources@gmail.com) and like our Facebook page@ivwellnessresources.

If you are a senior or disabled resident of the Illinois Valley and need help finding resources to keep you healthy and happy in your home

Caregivers – Handyman
Yard work – Firewood
Housekeepers –
Please call
I. V. Wellness Resources



541-592-9781

VET TRANSPORTION

If you are a veteran and need free rides to your VA appointment contact the The I.V. Eagle by calling De at 541-944-3741.

ALZHEIMER'S SUPPORT GROUP

Last Thursday of the month 2-3:30 PM at Oaklane Retirement, 727 SW Rogue River Ave, Grants Pass. Call 541-772-2230 for more info.

CHAIR FITNESS

FREE at Healthy U, Tues/Thurs from 1 - 1:45 p.m. 535 E. River St., Cave Junction Call 541-592-4888 or visit www.healthyucenter.org.

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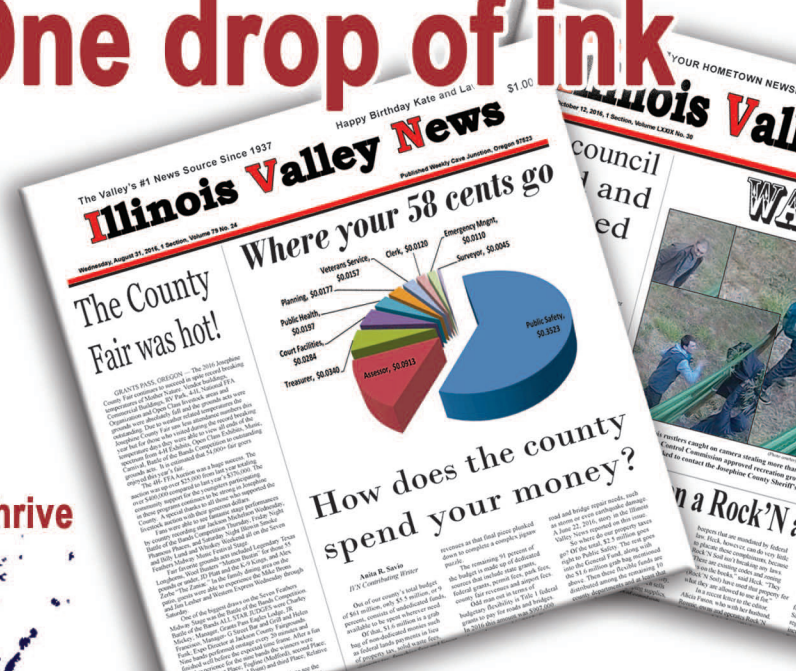
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Illinois Valley News

can make a whole valley think.