

Happy Camp News:by Judy Bushy

Congratulations to the seniors who graduated from Happy Camp High School. We are all proud of your accomplishment! Good luck as you launch out into the wide world as you continue your education or training.

Congratulations to the eighth-graders who also completed their elementary education and will be going on to Happy Camp High in August.

There’s so much outdoor fun to do this summer! I recently read an article and was amazed at the 101 ideas they came up with. Most of them, except for a rollercoaster ride or a trip to the movie theater, can be done right here along the wild and beautiful Klamath River that makes it all so much more special.

Go to the farmers’ market. Yes, the first Happy Camp Farmers’ Market of the summer is Thursday. It will be at the Gail Zink Park next to the ballfields from 5:30 to 7 p.m. Thursday. Last year the vendors and the shoppers both increased after word got around. There’ll be lots, fresh veggies that have begun to be harvested and plenty more to enjoy. If you’d enjoy not cooking dinner, there’s a fundraising rib dinner for \$15 for adults and \$7 for children. You’ll need to get there early.

Visit the People’s Center, our local Karuk Museum. A redwood dugout canoe, regalia, basketry and introduction to the language are just a few of the things you can enjoy seeing from the early days.

Aaron Martin was home visiting the other day and got good photos of the whole town from the top of Town Trail. It’s a fun hike, although nearly perpendicular it seems! At the top you’ll be rewarded with seeing the whole town from on high.

Go for a Swim. The Creeks are a bit chilly for the less brave of us, but you could go take a dip at Sulphur Springs far up Elk Creek Road.

Float down the river for a perfect summer afternoon. If you have a kayak, you could go floating down the river. If you don’t have a kayak or a raft, an inner tube will do. Then you can sing that old song, “floating down the river on a Sunday afternoon…,” for a musical trip!

Sunday morning, Father’s Day will be a Kids Fishing Day at Kelly Lake. Thank you to all the Forest Service personnel and volunteers who helped to make this a fun day for the kids and their families. If you missed it, since there were some energetic

fish that probably got away, you can go see if you are better at fishing than the kids were at Kelly Lake. Even if you didn’t catch a thing, it’s a nice outing for a beautiful summer day.

Take a picnic! Pack up some sandwiches, watermelon or your favorite picnic meal, and go to the River Park, or Old Town Park, or the creek; wherever you’ll enjoy the beauty all-around you for a picnic outing.

You may see some wildflowers, or butterflies. Take photos of the nature around you. Look at the shapes in the clouds overhead, if there happen to be clouds floating by.

Cool off with an ice cream cone at the Marble Mountain Gift Co., or a vanilla or chocolate cone at Double J. Yum!

Help out an elderly neighbor by weeding their garden, helping with lawn work, washing a car, or just sitting on the swing and talking about their memories of what they did in childhood long ago. Keep in mind that those memories of long ago may enrich both your lives as you share together.

That sounds to me like a wonderful summer, so I think I’ll go start now. Let me know if there’s something you want to share with our readers at 530-493-2900

MD ...

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With this shortage of M.D.s, the heavy lifting has been taken off their backs and dispersed to a wider range of medical professionals. Collectively called “advanced practice providers,” Levine comments that, “They don’t have as much training as M.D.s but are licensed to do many of the same things... The share of physicians with these clinicians on their team has risen from 25 percent in 1999 to more than 60 percent now.”

It is clear that advanced practice providers are becoming increasingly important in the health care industry. This raises an important question, and the one most relevant to patients: How does the care provided by them compare with that of M.D.-dominated practices? According to Levine, “Practices with advanced practice providers have outcomes at least as

good as those that rely mainly on M.D.s.” Even so, it can be useful to know the different types of advanced care providers, what their training consists of, and what kind of care they specialize in. The remainder of this article will give you this information on the most common providers.

- Medical doctor (M.D.): The tip of the spear when it comes to primary care, M.D.s spend four years in medical school, at least two studying various specialties, and three to seven training with experienced physicians. They are the optimum providers to visit when you have several symptoms or complex symptoms you don’t understand well. The drawbacks to gaining an audience with one of these doctors is a long wait time when making an appointment and a shorter appointment length when you do manage to schedule one, as a result of the short supply of M.D.s in the U.S.
- Doctor of osteopathic medicine (D.O.): D.O.s receive very similar training and education as M.D.s, and in fact offer essentially

the same services. The main difference between the two is that D.O.s have extra training in the musculoskeletal system, so if you have a muscle or bone injury/condition, consulting one of these providers is recommended. Unfortunately, the same drawbacks that apply to M.D.s apply to D.O.s, and it has actually been found that the average osteopathic visit is a couple of minutes shorter than appointments with an M.D.

- Registered nurse (R.N.): According to Levine, “R.N.s are vital members of a medical team, taking medical histories, assessing symptoms and supporting patients.” Although they cannot write prescriptions or practice independently of an M.D. or D.O., R.N.s are a great resource for lifestyle or diet management and instructions on daily management of medical conditions, as their role is more focused on patient outreach.
- Nurse practitioner (N.P.): To become an N.P., one must first be an R.N., then go on to earn a master’s or doctorate degree. Like R.N.s,

N.P.s focus on health education and counseling, though they have a greater capacity to diagnose and treat problems. It is not uncommon to have an N.P. as one’s main health care provider, but faced with serious or complicated health problems, patients who choose this option should expect to be referred to a physician.

- Physician assistant (P.A.): Just like with NPs, it is best not to rely on P.A.s for help with advanced conditions or complicated procedures. What they can do for you is take a medical history, conduct physical exams, order X-rays and other tests, and fill out a prescription. To become a P.A., one must take a three-year master’s program, train in various areas of medicine, and sometimes get experience as an R.N. or another role in which patient care is emphasized. P.A.s can only work under a supervising physician.

For a more comprehensive overview of advanced practice providers, visit <https://www.consumerreports.org/doctors/will-you-see-an-actual-doctor-when-you-go-to-the-doctor>.

Calm ...

Continued from A-1

However, the forest has documented one fire triggered by a fired flare, Lucas says.

That occurred during President George W. Bush’s 2004 visit to the Rogue Valley, when fighter planes deployed flares as general protection for Air Force One from possible ground-to-surface missiles during landing, Lucas says.

The small fire was in the Ashland watershed and was extinguished, Lucas says.

Howe says his Siskiyou Mountain

Club crew was in the Kalmiopsis last year on the eve of the Chetco Bar fire when they saw the F-15s practice dogfighting and fire flares.

The Chetco Bar fire, which eventually enveloped 191,197 acres including portions of the Kalmiopsis in the upper Chetco River Basin, was caused by lightning, and Howe says “unequivocally” that no spent flares ignited any portion of that fire.

When the crew returned, Howe says he talked to them individually about what they saw and their accounts were consistent. They were also consistent with rumors Howe had heard from botanists and others who venture into the

Kalmiopsis.

However, he didn’t say anything at the time because he didn’t think people would believe him.

“It just sounds like a conspiracy,” Howe says. “Living in Ashland, people would associate me with the anti-vaccination crowd or the chemtrails crowd.

“But I saw it with my own two eyes,” he says.

Information from: Mail Tribune, <http://www.mailtribune.com/>



McDonnell Douglas F-15 Eagle

ComParrot®
by Bonnie J. Malcolm

Can you spot 12 differences between these pictures?

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Solution: 1. Bandage on leg is missing. 2. Grass behind sandcastle is missing. 3. Handle appears on pail. 4. Ball appears in water. 5. Bottle in sand is colored in. 6. Neckline on shirt is colored in. 7. Stick by wave behind boys has moved. 9. Flag on sandcastle has moved. 10. Window has moved. 11. Duck is facing other direction. 12. Design on pail is different.

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