

TALL AND TAN and Young and Lovely

By C RAIG JOSEPH DANNER

Part 2: The Girl From Ipanema...

Starting in the late 1990s, I endured a stretch of my life when every single morning of every single day for five years I woke up with the same song stuck in my head. The same song, every morning, for FIVE YEARS. And I didn't even like the song. I had never liked the



song. It was a bad song, a pop song, with stupid lyrics sung by a very mediocre singer. And don't ask what it was; I can't tell you because it might come back again. It would stick in my head for about a half an hour or so, just long enough to thoroughly annoy me while I showered and ate breakfast. As other thoughts and problems entered my head, the song would fade away for the rest of the day, but the next morning,

as soon as my eyes would open, it would be back again. It was like Groundhog Day.

I suffered in this unfortunate state for five years, but then I discovered a cure. It came from my brother Peter, to whom I will forever be indebted. He said it was simple.

"When a song gets stuck in your head, just hum 'The Girl From Ipanema.' It works every time. But just hum the tune. If you sing the lyrics, there are side effects to the treatment."

And he was right. The next morning when I opened my eyes, the accursed song popped into my head, just as it had every other morning for the past 1825 days. But this time I was ready. I quickly started humming "The Girl From Ipanema." The horrid song vanished. I was elated. But my mind seemed to have a mind of its own and wouldn't be satisfied with just humming "The Girl From Ipanema." It had to break out into the full song, "Tall and tan and young and lovely, the girl from..."

The side effect, of course, is that "The Girl From Ipanema" then gets stuck. But at least I LIKE "The Girl From Ipanema!" After a few weeks of doing battle every morning, the old, horrid tune finally gave up the ghost and stopped torturing me. Instead, I have since awakened each morning to some random song I may have heard in the grocery store the day before or while waiting on hold on the phone. Stacey knows that whenever she hears me singing "The Girl From Ipanema" in the shower, I have awoken to a song I don't particularly care for.

And you may be wondering, "Why, Craig, should I give a damn about what's stuck in your head?" Well, bear with me a little longer.

Just over a year ago, I started providing medical care for the inmates at NORCOR, our local jail. Much of what we treat there is pretty mundane, though generally more advanced than what I would see in the general population: lots of dental problems and skin abscesses and untreated hypertension. But one of the things I see a lot of at the jail and not in my regular clinic is a near epidemic of hearing voices.

This is a common complaint of people suffering from severe mental illness, most commonly schizophrenia. Schizophrenia is a devastating illness if untreated, but for a large number of patients it can be well controlled with medication, and many of the afflicted can lead normal and productive lives ... if they are treated. Unfortunately, the symptoms of the disease make treatment difficult. Like that song stuck in my head, the voices people hear are not usually very nice to listen to. They tell them they are bad people, that others might be trying to hurt them, that they should do things they know they shouldn't. Schizophrenics have a hard time ignoring the voices they hear, and often end up getting in trouble with the law because of them.

If I stop to think about it, I've almost always got a song stuck in my head. It's like I've got a radio tucked away in my brain that's always on, sometimes soft, sometimes loud. I don't think this registers anywhere on the scale of mental illness. It may occasionally be annoying, but it doesn't interfere with my ability to do my job or care for myself or my family. I've never had a song tell me to hurt myself or run naked down the middle of the freeway. But I've been wondering recently just how different my annoying little quirk is from an illness than could potentially destroy my life.

In Part One of this article (April 1) I mentioned that working at the jail has allowed me to see a reason to hope. And this is what I've been seeing. At the jail I see medical staff who are caring and compassionate and dedicated to helping a desperately needy population. The nurses there are amazing, working with incredibly difficult patients with kindness and humor. There is a new program called "Jail Diversion," sponsored by Mid-Columbia Center For Living. Through this program, inmates with significant mental illness are now being evaluated within days instead of weeks or months, their illnesses stabilized and resources identified not only to provide treatment, but also housing and health care. The program is offering inmates with mental illnesses the support they need both to stay out of jail and to stay healthy after release. I see a willingness to look at things differently, to explore alternative ways of doing things, to try to keep the mentally ill out of jail in the first place.

Because that's not where they belong. But for the grace of God, when I wake up in the morning, I only hear "The Girl From Ipanema." Others are less fortunate. It is our duty as a humane society to help them.



SENIORS: 'STAY ACTIVE'

Lauren Kraemer, OSU Extension Family and Community Health Coordinator, CPS, MPH, demonstrates a healthy adult femur Thursday afternoon at the Hood River Adult Center. Kraemer's speech encouraged senior citizens to stay active in small doses every day in order to prevent injuries and maintain bone strength. The event was hosted by Heart of Hospice, Ashley Manor Care Center and Hood River Care Center.

Photo by Patrick Mulvihill

PARKDALE NEWS

Strong women classes coming to upper valley

BY TAMARA EMLER BALL
Parkdale Columnist

The Oregon State University Extension office is sponsoring a new program in the upper valley with a series of classes from May 12 through July 31.

Beginning next week, Strong Women will meet every Tuesday and Friday mornings from 9:30 - 10:30 a.m. at the Mt. Hood Town Hall.

This national evidence-based community exercise and nutrition program targets midlife and older women who want to be able to dig in the garden all day, pick up their grandkids, or lift their suitcase into an overhead bin by themselves.

The program is based on research done by Dr. Miriam Nelson and her colleagues at Tufts University who have the vision that Strong Women are a diverse community of fit, strong, healthy women, who, once empowered, will become agents of change for their families, communities and beyond.

Classes will be led by Ann Dow with assistance from Lauren Kramer, Christina

McGhee and Joanne Ehl. Women of all ages and abilities are invited to join in the fun for a minimal program registration fee and do not need to have prior strength training experience to participate.

Accommodations for disabilities may be made by calling 541-386-3343 x258. For more information, go to www.strongwomen.org, or contact OSU Extension Strong Women leader Ann Dow at 503-708-6469 or AnnDow@me.com.



Tamara Emler Ball

This Sunday, May 10, is Mother's Day and the Parkdale Grange will be serving up their last community breakfast of the season that day, so bring all the special "moms" in your life out to enjoy a great "home-cooked" meal!

A little something special will be given to moms who attend.

Breakfast is just \$6 for adults and in addition to the regular menu of scrambled eggs, sausage, your choice of biscuits and gravy or pancakes, a choice of ham and cheese quiche will

be served and beverages are included.

Kindergarten Round-Up is going on this week through Friday at Parkdale Elementary School and parents who have a child turning five by September 1, 2015, should bring their child's birth certificate and current immunization record to the school to register them this week.

On Tuesday, May 19 (time TBA), the school will hold a story time to welcome all incoming Kindergarten students and their families.

"This is a good opportunity to meet the teachers, myself, and learn a bit about Parkdale Elementary School," said Principal Gus Hedburg.

For questions, contact the school office at 541-352-6255.

New this summer will be Open Library Night, hosted by Parkdale Elementary School.

Every Thursday night beginning June 18, community members and their children are welcome to come to the school library from 5 to 7 p.m.

There will be free book giveaways, snacks, and

other fun activities and children can check out books to read.

For more information contact the school at 541-352-6255.

The annual OSU Family and Community Education Study Groups' Spring Tour will be on Thursday, May 21, and the cost is \$55 for FCE members and \$60 for non-FCE members and includes transportation, entry fees, lunch and gratuity.

This year's bus is heading out to explore Bob's Red Mill to tour their processing facility and meet founder Bob Moore, then enjoy a delicious lunch at Bob's Red Mill and a chance to stock up on their products for sale at the restaurant.

Afterwards, the tour will head to Oregon's Museum of Science and Industry to wander in wonder and take in an OMNIMax movie at the OMSI Theater.

For more information or to register for this exceptional and educational tour, contact the Hood River County Extension Office at 541-386-3343.

Send items to: uvupdate@yahoo.com.

CAST

Continued from Page B1

An expensive vase and a handmade gew-gaw both play a critical function in the story; the values placed on these spectrum-opposite keepsakes brings real emotion to the forefront.

No spoilers here, but suffice it to say that the mundane domestic setting that this scenes starts out to be turns into a far more intense drama as desperation and defense lock horns and a marriage faces a severe test.

The play, directed by Judie Hanel, is funny, sometimes caustically, and viewers should note that there is some profanity.

Kathleen Morrow plays Margie, a down-on-her-luck single mother raising a disabled adult daughter.

Margie may be looking for more than a job when she drops into the life of an old flame, Mike (Garoutte), now an endocrinologist, and his wife, Kate, a college professor (Desiree Amyx-Mackintosh). Jean is played by Kim Robichaud, and two CAST newcomers — Rona Klein as Dottie and Angel Reyes as Stevie — round out the cast. They are a re-

minder of the truism that in theater there are no small parts.

Through it all, the characters discuss the role luck has, or does not have, in success, a process that encourages the audience to rethink our relationships, assumptions, and our words, Hanel notes.

"Good People" will be the final full production directed by Hanel, who helped found CAST in 1977 and has directed, and performed in, dozens of shows since then. Hanel will stay involved on the CAST board and in directing staged readings of plays, including "Other Desert Cities," this fall.

Hanel, Frank Levin and Jan Axford are the only charter CAST committee members who have remained involved in recent years.

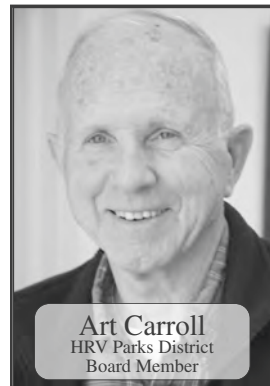
"I want to do other things, and it's a lot of work, and I'm tired. I've been doing this since I was eight years old," said Hanel, whose actor parents got her involved in summer stock theater in her hometown, Denver, and she gained two degrees in theater and worked for years as theater director in Calgary, Alberta, Canada. She came to Hood River in 1977 and helped start CAST shortly after.

Birth

Penelope Elaine White

A daughter, Penelope Elaine White, was born April 26, 2015, at Providence Hood River Memorial Hospital to Tyler and Lindsey White of Odell. She weighed 7 pounds,

9 ounces and measured 21 inches. She joins a sister, Josephine, 34 months. Grandparents are Don and Mary Smith of Hood River, Leonora Repp of Hood River, Chuck and Barb White of Kennewick, Wash., and Mary Lynn Totten of Tulsa, Okla.



Art Carroll
HRV Parks District
Board Member

✓ Motivated
✓ Productive
✓ Community Connector
Vote
Art Carroll
Parks District

Hood River's Family Fun and Fitness Education Center
Open April Through September

1109 13th St Hood River OR 805-637-9633
www.liferocksclimbing.com
www.facebook.com/liferocksclimbing

HOODRIVERHOMES.COM
Your Oregon & Washington Broker

RE/MAX River City

Tom Jenkins
CRS, GRI
541-490-6045

Purchase/Refinance - Call the only OFFICE that matters!

Home Purchases • Refinances • Equity Lines

JEFF SACRE
Sr. Mortgage Specialist
NMLS-140302, MLO-140302
(541) 436.2662 Office
806.1556 Cell

DIRECTORS
Mortgage

This is not a commitment to lend. Information deemed reliable but subject to change without notice. Consumer Loan License NMLS-3240, CL-3240

Bigfoot just got **BIGGER**
...ads covering the Northwest

BIGFOOT ADS

BIGFOOT ADS.COM