

CLUPNY: Active in Parkinson’s support group

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boost this spring when she underwent a procedure called deep brain stimulation at the Oregon Health & Science University. Clupny’s surgeon drilled two nickel-sized holes in her skull and implanted tiny electrodes. The electrodes connect to a battery-powered neurostimulator implanted under her left collarbone. The pacemaker-like device delivers continuous low-voltage current to the brain.

Clupny shared her feelings in a blog just before the surgery.

“I will somehow be different when I begin deep brain stimulation therapy at the end of April,” she wrote. “After I am healed up from the two procedures to surgically implant the devices, there will be three programming sessions. Then, we will know how changed I will be.”

A specialist fine-tuned the devices with on-the-spot feedback from Clupny. Since the surgery, tremors have subsided. She has increased control over her voice, moves more freely and needs less medication. She blogged after her first programming session.

“All I can say is ‘Oh, my,’ I think it will be like peeling an onion – more layers and layers will be revealed as this device is tweaked and I discover what I have forgotten I was able to do.”

Recently, the former softball player noticed two men tossing a softball back and forth in a park. She asked if she could play catch, too, to test out her increased



Staff photo by E.J. Harris

Carol Clupny stands in the master bathroom of her new home in Hermiston. The bathroom, along with other elements of her home, was designed with her disease in mind and the possibility she may one day have to use a wheelchair.

mobility. When she threw, the ball hit the glove with a satisfying smack.

“It was just like it was yesterday,” she said.

Though the surgery dialed down the disease, it didn’t wipe it away, but the difference was still remarkable. Charlie, a retired educator, described the before and after.

“Before the surgery, she was unable to hold numbers in her head and do addition. Her cognition was starting to wane,” he said.

Medications wore off faster.

“We’d be having a conversation and her whole body started to weave,” Charlie said. “Her toes started to cross.”

After the surgery, he said she was more alert and quick-witted. The tremors abated and her toes no longer crossed. Her messy handwriting again became legible.

Dr. Matthew Brodsky, medical director for OHSU’s

deep brain stimulation program, said DBS works best for Parkinson’s patients who are experiencing excessive involuntary movements and for whom medication is losing its effectiveness.

“There are perturbations of signaling that occur in the brains of people with Parkinson’s,” Brodsky said. “Deep brain stimulation helps to reset or normalize this signaling within the brain.”

The procedure isn’t a cure, he said. The disease will continue to progress, albeit with the suppression of some of the symptoms.

In her quest to live well with a degenerative disease, Clupny draws encouragement from her many friends, some who have Parkinson’s and some who don’t. One of them, a Seattle resident named Nan Little, is something of a mentor for Clupny. Little, who schooled Clupny in cycling, has climbed Kilimanjaro and is the author of “If I Can

“You have to make a choice and you have to choose it every day.”
— Carol Clupny,

Climb Mt. Kilimanjaro, why can’t I brush my teeth?”

Clupny also gets comfort and camaraderie from a Facebook group of Parkinson’s patients and members of a Parkinson’s support group she and Charlie started several years ago. The group meets at noon, the first Monday of every month at Desert Lanes bowling alley.

She also spends time with her guitar, sometimes jamming with a bluegrass group that meets weekly at the Great Pacific in Pendleton.

A life with Parkinson’s is challenging every day, even with the neurostimulator in her chest. Clupny said she tries to dwell on the positive, because “being irritated and upset is a waste of personal energy.” Instead she hops on her bike or “grabs a couple spoonfuls of Cherry Garcia.”

“You have to make a choice,” Clupny said. “And you have to choose it every day.”

Clupny is in the process of turning her blog into a book.

Contact Kathy Aney at kaney@eastoregonian.com or call 541-966-0810.

EXHIBIT: Through Dec. 7



Staff photo by Kathy Aney

Adolf Hitler rides in a Nationalist Socialist Party parade in Nuremberg in 1935.

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he said, and resonants in Indian country because of the parallels between the Nazi’s Final Solution to wipe out European Jews and the U.S. government’s policies and efforts to annihilate American Indians.

Hitler found at least part of his inspiration for death camps in the United State’s Indian reservation system, according to historian John Toland, author of “Adolf Hitler: The Definitive Biography.” The exhibit includes information on how tribal people were subject to medical experiments and shines light on the Nazi use of forced sterilization, a practice American Indians suffered as well.

The federal Indian Health Service between 1973 and 1976 officially sterilized 3,406 American Indian women without their permission, according to the U.S. General Accounting Office. Other studies peg the number at 70,000 American Indian girls and women.

Melton said Tamástslikt sought to bring “Deadly

Medicine” here for about four years and had to wait until it returned from overseas. He said the Holocaust Memorial is thrilled to display it Indian country.

A few visitors in the exhibit’s guest book described the experience as intense but important. A man from Raleigh, North Carolina, called it “an incredibly valuable and needed lesson.”

No doubt the exhibit is heavy material, Melton said, but also important history to remember and not let happen again.

“Deadly Medicine: Creating the Master Race,” runs until Jan. 7. And next Saturday, Dec. 10, at 1 p.m., Pepsi Primetime @ the Museum presents “The Canary Effect” at Tamástslikt. The 2006 documentary examines how the federal government’s policies and actions continue to ripple through Indian country.

For more information about Tamástslikt Cultural Institute or the exhibit, go online to www.tamastslitk.org or call the institute at 541-429-7700.

MARIJUANA: \$850 fee just to apply for license

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the fee can rise if the business has more than 5 employees.

The city requires a marijuana business applicant to also have a state license, which can cost thousands of dollars to obtain in it of itself.

The draft language also sets other parameters — like giving the city authority to conduct compliance inspections, prohibiting any marijuana stores from locating at the Eastern Oregon Regional Airport and barring retailers from selling anything except marijuana or marijuana-related products.

If passed by the council, the business license ordinance would add to the regulatory framework when the council approved zoning rules in November.

The rules require a marijuana business be located in central-mixed or service commercial zones. They cannot be within 1,000 feet of a school or a park, the latter of which is not required by the state.

The council has scheduled the marijuana business license ordinance’s first reading for Dec. 6, a procedural step it i required to take before it can consider passing it. Council discussion and public testimony will be Dec. 20.

Trump, backers ask courts to halt recounts

LANSING, Mich. (AP) — President-elect Donald Trump and his supporters went to court Friday to prevent or halt election recounts in Michigan, Pennsylvania and Wisconsin, less than two weeks before the states would have to complete the tasks to meet a federal deadline to certify their election results.

The legal actions seeking to block or halt the recounts in three states Trump narrowly won could cause delays that would make them extremely difficult or impossible to complete on time. Even if the recounts happen, though, none would be expected to give Hillary Clinton enough votes to emerge as the winner.

The recounts were requested by Green Party candidate Jill Stein, who says they’re necessary to ensure that voting machines weren’t hacked, even though there’s no evidence that they were. Critics say Stein is simply trying to raise money and her political profile while building a donor database.

“In an election already tainted by suspicion, previously expressed by Donald Trump himself, verifying the vote is a common-sense procedure that would address concerns around voter disenfranchisement,

“Stein said in a statement. “Trump’s desperate attempts to silence voter demands raise a simple question: why is Donald Trump afraid of these recounts?”

Wisconsin is the only state where a recount is underway. It began Thursday, and one of the state’s 72 counties had already completed its task by Friday, with Clinton gaining a single a vote on Trump. Clinton lost to Trump in Wisconsin by about 22,000 votes, or less than 1 percentage point.

Two pro-Trump groups, the Great America PAC and the Stop Hillary PAC, along with Wisconsin voter Ronald R. Johnson went to federal court late Thursday to try and stop the recount. U.S. District Judge James Peterson on Friday rejected their request for a temporary restraining order to immediately halt the recount, saying there was no harm in allowing it to continue while the court considers their lawsuit. A hearing on the lawsuit is scheduled for Dec. 9.

The lawsuit says Wisconsin is violating the U.S. Supreme Court’s 2000 Bush v. Gore ruling because it doesn’t have uniform standards to determine which votes should be counted in a recount. They also argue that it threatens

due process rights because it may not get done by the federal deadline to certify the vote, putting Wisconsin’s electoral votes in jeopardy.

If states miss the deadline, Congress would allot their electoral votes.

The Wisconsin Department of Justice was reviewing the lawsuit.

Michigan’s elections board deadlocked Friday on a Trump campaign request to deny Stein’s recount request and on how a recount would be conducted. Both Republican members voted to prevent the recount while both Democrats voted to allow it, meaning it likely would begin Wednesday unless the courts intervene.

In separate lawsuits against the state, Michigan’s Republican attorney general and Trump asked state courts to prevent the recount, saying Stein should not be allowed to seek one because she finished so far behind Trump and Clinton that she couldn’t have won.



Exhibit photo

Jewish men at the Buchenwald concentration camp assemble for roll call in this photo displayed at Tamástslikt Cultural Institute as part of a traveling exhibit called Deadly Medicine: Creating the Master Race.

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