

GROW Home, Garden & Outdoors

Be on the LOOKOUT for ticks

One young girl overcomes tick ordeal

By Angel Carpenter
EO Medio Group

JOHN DAY – You don't have to wander far to find ticks, and while they may be small, the damage they cause, at times, can be mighty.

A tick found 5-year-old Zoey Rookstool during a recent family outing to a softball game in John Day.

Luckily, no harm came of that tick, but that wasn't the case two years ago.

The morning of April 24, 2013, Zoey's mom, Heather, found that her daughter had fallen out of bed.

Concerned that their normally active child couldn't stand on her own or talk, Heather and her husband, Zane, took Zoey to the emergency room at Blue Mountain Hospital.

While doctors searched for the cause of the little girl's illness, as a precaution they treated her for a tick bite – with antibiotics – and later that morning Heather found two ticks at the nape of her daughter's neck.

"I've never been so glad to

see a tick in my entire life," Heather said.

Zoey had been suffering from tick paralysis.

The disease is rare and thought to be caused by a toxin in a female tick's saliva (mainly Rocky Mountain wood tick, American dog tick and Lone Star tick) – after being attached for a prolonged period (several days), the engorged tick transmits the toxin, causing paralysis.

Most cases of tick paralysis affecting humans have been reported among girls under age 10 during April-June. The risk is greatest for children living in rural areas, especially in the Northwest.

Once the tick is removed symptoms of paralysis usually clear up within 24 hours, but if the tick is not removed, the toxin can be fatal.

After the tick was removed from Zoey, she was talking

two hours later, using her hands six hours later and able to walk 26 hours later.

In a couple days she was dancing.

Lyme disease is another worry where ticks are concerned; however, the risk of acquiring the tick-borne infection is also low.

Prevention is the best method of avoiding potentially serious complications of Lyme disease and other tick-borne illnesses.

Precautions include:

- Wear shoes, long-sleeved shirts, and long pants when you go outside. Keep ticks away from your skin by tucking your pants into your socks.
- Wear light colors so you can spot any ticks that get on your clothes
- Use bug sprays to keep ticks off your skin or clothes
- Shower within two hours of being outdoors if you think you have been in an area where there are ticks
- Check your clothes and body for ticks after being out-

doors. Be sure to check your scalp, waist, armpits, groin, and backs of your knees. Check your children, too.

If you live in a place that has deer or mice nearby, take steps to keep those animals away. Deer and mice carry ticks.

If you or your child is bitten by a tick, take note of the tick's color and size, if it was attached to your skin or just resting on your skin, if it was big, round, and full of blood.

Ticks should be removed promptly using the proper technique.

Dr. Zac Bailey of Strawberry Mountain Community Clinic had this advice: "The best way to remove a tick is to use tweezers and grasp it as close to the skin as possible, pulling it off with gentle pressure."

Further advice from experts includes:

- Do not squeeze, crush, or puncture the body of the tick, since its bodily fluids may contain infection-causing organisms.
- After removing the tick, wash the skin and hands thoroughly with soap and water.
- If any mouth parts of the tick remain in the skin, these should be left alone; they will be

expelled on their own. Attempts to remove these parts may result in significant skin trauma.

Heather said she's noticed that ticks are abundant this year.

When Zoey became ill in 2013, they hadn't been out to the woods, only in the yard and

at the park.

"People only check their kids when they go in the mountains, but you don't have to be at the woods," Heather said. "I think parents need to check their kids – it doesn't take but a few seconds."

Information on ticks, including prevention and removal,

Bartlow to manage Farmers Market

By Steve Tool
Wallowa Valley Chieftain

Wallowa County Farmers Market's newly hired manager, Carol Bartlow, is eager to get into the swing of things this spring. Bartlow, the vendor known as the "Kettle Korn Lady," is a six-year market veteran.

Bartlow said her job is seasonal, running from March to October, while the market itself runs from May to October. She said she basically inherited the position, "I guess the last people found something else to do," she said with a laugh.

Barton takes her position

seriously, however. "I had gotten on the market board, and attended the meetings, and got real passionate about making it work. When the position (manager) came open, it seemed like a logical fit. I've got the passion and drive to make this a success," Bartlow said.

Anyone who pays the membership fee of \$25 can sit on the market board and help create policy. One is not required to be a vendor to become a member. "We're trying to emphasize that non-vendors can be membership sponsors. We appreciate and need their perspective, too," Bartlow said.

In her position, Bartlow manages both the Enterprise and Joseph markets on both days. The Enterprise market takes place on Thursdays while the Joseph market takes place on Saturdays. The Joseph market year starts on May 23, while the Enterprise market opens June 4, in conjunction with the Courthouse Concert Series put on by the Wallowa Valley Music Alliance. Bartlow said she's also in the process of booking local musicians for the Joseph market.

Bartlow doesn't plan to make any earth-shattering changes this year, other than changing the way the Joseph

market is configured, including vendor locations. She said the market is adding two vendors from Cove and La Grande and working hard to recruit more local people.

"I have a passion for the small entrepreneur person, and I'm looking forward to helping new vendors as I have been helped. We're really working and pushing hard to make this a success this year – the best year yet," Bartlow said.



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