



The High Prairian

"All the news that's print to fit."

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March, 2004

NOTICES

**ANNUAL FIREHOUSE SALE:
MAY 22 & 23, 2004.**

**DUMPSTER for community cleanup at
FIREHALL May 22 & 23 (Please, no tires,
appliances, chemicals or batteries).**

Fire Volunteers meet the 2nd and 4th Tuesday of
each month at 7:00 PM at the Fire Hall.

Fire Commissioners meet the 3rd Thursday of
each month at 7:30 PM at Fire Hall.

High Prairie Neighborhood Association
meets the 4th Thursday of each month at 7:00
PM. The next meeting will be March 25th at
Taylor's church.

High Prairie Historical Society is held quarterly
on the 3rd Sunday of March, June, and September
and the 1st Sunday of December beginning
at 2:00 PM, The next meeting will be March
21st at Morning Song Acres.

Lyle School Board meets the next to last Thursday
of each month at 7:00 PM at the Boardroom.

**When requesting medical assistance or
reporting a fire CALL 911**

TEUNIS WYERS WILL SPEAK ON OPEN RANGE

Lozetta Doll

Hood River attorney, Teunis Wyers, has agreed to speak at the April 22, 2004 meeting of the High Prairie Neighborhood Association. Mr. Wyers lives in Washington, has a ranching background, and is very knowledgeable about the open range laws in this state. The open range issue has come up time after time in our neighborhood gatherings so here is an opportunity to learn about the topic and to ask questions. Everyone in the community is invited to attend the HPNA April meeting, starting at 7:00 p.m. at the Taylor church, 876 Centerville Highway.

HIGH PRAIRIE NIGHT OUT ON THE TOWN II

Lozetta Doll

The Lyle Hotel is once again reserving its dining room on Wednesday, March 31, 2004 for High Prairie residents to celebrate community and very good food. Last year's gathering was an overwhelming success. To make your reservation for the evening's meal, call Jim or Penny Rutledge at 365-5953. Lyle Hotel has a new chef who hails from Sacramento. His name is Matt McGowan and he lives in Glenwood. Tom and I can attest to his culinary skills.

WELCOME TO NEW NEIGHBORS

Chis and Diane Anderson

Gordon and Katherine Baugh

Trace White



Welcome to Spring on the Prairie!

LETTERS TO THE EDITOR

December 2003

To *The Highprairian*:

As we come to the end of another year, and the weather really sets in, I would like to take a minute to remind everyone of the outstanding job the Klickitat County Road Dept. has been doing on the Centerville Highway I have heard them and seen them plowing, "sanding" with red rock and pushing boulders off of the road from Lyle to Goldendale in all kinds of weather. These people get up early and sometimes stay late so the rest of us can use these vital links. I want to say THANK YOU to all of them for their part in keeping our roads safe and clear. I'm sure many others feel the same way.

*Chas H. Gardner
High Prairie*



The High Prairian

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DEMONS IN THE DARK

Martha Hamil

Early in the morning, about 2:30, on the first of February 2004, one of my dogs awakened me with a bark that said, "Now, I have to go out Now!" As I stumbled out of bed, the light went on in the utility room much to my amazement. After retrieving my robe and slippers and shuffling around the corner, the light went off. Then, as I approached the utility room entrance, Savannah barked again and the light came on. Then as we tore outside (she was in a hurry), the light went off. By now I am in something of a dither; either let a distressed dog out or go back and get the shotgun. Is someone out there? Are ghosts there? Can Savannah turn the light off and on by telepathy? What's happening?

I went with the needful dog. No one was there so I didn't need the shotgun. But the rest of the night, the light turned on and off sporadically. Needless to say I lost a lot of sleep!

After drinking my coffee and waiting until a reasonable hour (just trying to be considerate), I called Mike Chabbert, a newly-retired electrician living in High Prairie. At that point, I shakily said, "Mike, I need the advice of a priest or an electrician." Dead silence prevailed for a moment. Finally Mike asked, "What are you talking about?" (He may have thought drugs or drunk.) Explaining that I had either an electrical poltergeist or an electrical problem and that he was closer than either a priest or an exorcist, I called him first. He listened to my tale and then said, "I better come over." Good neighbors are the greatest.

When Mike arrived, I explained to him that it hadn't happened for about three hours and mentioned that it had been sporadic. Mike just said, "I better check the switches." The switch that had been causing the problem was now completely dead. The next day Mike picked up two three-way switches and replaced them. The three-ways now work again.

A moral gained from these events is:

Before you panic and attribute strange events to spirits, demons, ghosts or haunts and before you call the exorcist or have word of the haunted house get around the neighborhood, make sure that there is no physical explanation for strange events.

HPNA FIREHOUSE SALE DATE SET

Sharon Aleckson

Now is the time to start collecting items for the 5th Annual High Prairie Firehouse Sale. May 22 and 23 have been set for this event.

Sharon Aleckson has volunteered to be the chairman for this fundraiser that guarantees unbelievable bargains and delicious food. Dona Taylor will be in charge of the Publicity Committee and Sharon Edwards will head the Set-Up Committee. Other committees are in the process of being formed.

Volunteer and donated items are needed to make our community fundraiser a success. There will be a Volunteer sign-up sheet at the March and April HPNA meetings. You can also call Sharon Aleckson at 365-4429 if you are interested in volunteering but cannot attend the HPNA meetings.

After March 1st, CLEAN USABLE items/clothing may be brought to the church at Doug and Dona Taylor's at 876 Centerville Hwy. Call ahead at 365-3242 to make arrangements for delivering these items. If you are unable to bring your donations to the church, please bring them to the fire station on Friday May 21. You may also call Sharon Aleckson at 365-4429 or Martha Hamil at 365-5459 and arrangements can be made to pick up your items.

If you have any questions about this event call 365-4429.

HIGH PRAIRIE BARBEQUE — MAY 27, 2004

Lozetta Doll

Prior to the May 27, 2004 High Prairie Neighborhood Association meeting, there will be a barbeque at the Tom Doll residence, 120 S. Prairie Road. Everyone in the community is invited to attend. It would be especially great to see lots of newcomers to this area coming to get acquainted. The Dolls will provide hamburgers and hotdogs, with all the trimmings, soft drinks, plates and eating utensils. If you like, you may bring a dessert or salad, or anything you wish, to share with the group. The barbeque will begin at 6:00 p.m. This is a great way to wind down after all the hard work of putting on the Firehouse Sale!

REFURBISH A PIECE OF HIGH PRAIRIE HISTORY

Douglas Taylor



This house and property, located on Schilling Road, have been donated to the High Prairie Community for their use as a secondary fire hall through the generosity of Ron and Irene Olin. It is the desire of the Fire District to eventually build a building there to house fire equipment.

If it were the desire of the community to utilize the old house on Schilling Road for community purposes and historical value, we need your input. The first line of preserving it is to roof the building. We have volunteers to install the metal roofing; all we need is the funds to purchase the material. Once this is accomplished to prevent further deterioration, the inside can be refurbished as time and money become available. Anyone wishing to express an opinion for this endeavor can send replies to *The High Prairian*, PO Box 592 Lyle, WA 98635 or email: highprairie@gorge.net.

IN MEMORIAM

compiled by Dona Taylor

Former High Prairie resident Gene Struck passed Feb. 9, 2004, at his home in Walla Walla, WA. He came to High Prairie with his parents in 1946 and moved away with his wife and 3 children in the 1960's. Our sincerest condolences to our County Commissioner Don Struck and his family.



Douglas Taylor

High
Prairie
History

CROSSING THE PLAINS BY COVERED WAGON

In the spring of 1877 Edward Charles Barker Taylor started preparing for their trip west by trading their land for brood mares and getting supplies to help keep them going as they contemplated their long journey. They started their journey on April 23. Edward was the wagon boss and had two wagons, a riding pony, a colt and an extra horse. He also brought along his two dogs, a shepherd and a bulldog. The wagon train was made up of 21 members from Kansas. They loaded camping equipment, large amounts of butter, guns, and ammunition that would be needed to kill game and for protection from Indians.

The brood mares were traded for mules in Nebraska as surely they were more rugged and could be more easily maintained.

The travel was relatively fast paced for the obstacles that were to be encountered. They maintained an average travel time of 25 miles per day, taking four months and one day to arrive in Portland Oregon in August 1877. Once in Portland they took a boat to Monticello where they purchased land along the Cowlitz River in Lewis County, Washington. There they started the monumental task of removing the huge fir trees to yield farmland. The trip certainly was not easy and required much hardship. They would need to gather their wood and prepare for each meal. I am sure there was places where buffalo chips were

used as fuel and water would be very scarce in others.

Washing clothes would be another chore that would have to be endured. No wonder Grandmother Taylor was quoted: "If I could turn this team around I'll not stop 'till I get to Kansas."

I think a trip of five hours by car from our Lyle home to Seattle is tiring and a long trip. The early settlers had to rely on themselves, as there were no filling stations or convenience stores to replenish their supply. Therefore, of necessity it was of prime importance to have the required supplies and tools for any emergency or daily subsistence. It is hard to imagine the trip without the things that we use daily, just for our own daily hygiene.

Many Taylor relatives came west on the trip according to an unknown writer (possibly a Shultz). There was Uncle Ike, Aunt Eliza, and Gertie, Grandpa and Grandma Taylor, Uncle John Shultz, Al Taylor, Laurence McEwen, and six Taylor children. It was reported that no savage Indians were met on the trip and no relatives were left in Kansas.

John Andrew Taylor grandfather of this writer would have been only 5 years old and next to the youngest of the Taylor children to make the westward trip from Kansas. His younger brother Charles died of scarlet fever in January of 1884 at just 10 years old. John grew up in Toledo and maintained a business partnership with his brother Bill, which they continued for several years. He married and raised ten children, moving to the Hartland (High Prairie) area of Klickitat County in 1919 when my father (Ben) was 14 years old.

My father was raised on a farm in Hartland and when he grew up, he took up the farming as his occupation. When thinking of relying on oneself for all decisions seems quite a challenge, as one can lose as well as gain. Farming is always a gamble, as one not only relies on his decisions, but depends on the weather as well. Dad and Mom were wheat farmers, raising cattle and hogs for extra income.

I never thought of my Dad as being more than a very caring, polite and industrious man. Working very long hours and always very much keeping his cool. I was very surprised to find the dry sense of humor he possessed. My Dad carried pictures of my sister Lorna and I in his billfold until the day he died at the age of 93. These were a little tattered and showing some



wear but still having the resemblance of us.

Ben had spent about four months in a nursing home in Hood River, Oregon. His last wishes were that he be brought home. Returning home he was a very sick man with complications of a stroke and not expected to live the night. He was so happy on returning and being cared for by his daughter-in-law Dona and son Douglas with the help and compassion of Hospice that he survived another eleven days. He died on September 5, 1998 at his home on High Prairie. Both Ben and his wife Letitia Taylor were buried at the Lone Pine Cemetery on High Prairie.

Learn more about the history of High Prairie. Come to the High Prairie Historical Society Meeting on Sunday, March 21 at Morning Song Acres. The meeting begins at 2:00 PM. Everyone is invited!

SPRING TIME WILD FLOWERS

Reprinted from:
"Sketches of Early High Prairie"
Written by Nelia Binford Fleming

But at last the snow was gone, and spring came. Spring in Klickitat County can't be surpassed for beauty, and is not equaled in many places. Even though the wind does blow, the tang of the air, the sunny days and the wild flowers were something superb. First the earth was fragrant with the tiny "salt-and-pepper" flowers, that seemed to come through the ground blooming. There were Indian paint brush, wild violets, lupine, camas, and sun flowers, that colored the prairies different shades in their seasons. Dainty little Dutchman's breeches hid shyly in the oak thickets, and rock lilies bloomed in their favorite places in the hollows.

Mother used to say that she never could find a cup to use, as we would have everything filled with flowers.

THE BEAUFORT SCALE

Martha Hamil

No! It's not some kind of plant disease. Rather, it is a simple way to estimate wind speed without investing in an anemometer, more accurate but pricey. Beaufort, an admiral in the British Navy devised the scale in 1805 to predict how to trim the ships and estimate ship speed. Originally, he used 12 numbers to describe wind speed. Later this was extended to 17. We won't use all 17 because after 12, they are all hurricane force winds and the devastation just gets worse. Now for the Beaufort Wind Scale:

Beaufort #	Description	Miles per Hour	Effects
0	Calm	0	Smoke rises vertically
1	Light Air	1-3	Smoke drifts, weather vanes remain still
2	Light Breeze	4-7	Leaves rustle; some weather vanes move; ornamental grasses sway
3	Gentle Breeze	8-12	Leaves & twigs move; weather vanes indicate wind direction; flags wave
4	Moderate Breeze	13-18	Branches move; loose paper and dust blow around
5	Fresh Breeze	19-24	Small trees sway
6	Strong Breeze	25-31	Large branches move; whistling noise in window cracks and through wires
7	Moderate Gale	32-38	Larger trees sway; walking against wind is hard
8	Fresh Gale	39-46	Twigs break off trees; walking into wind is very hard
9	Strong Gale	47-54	Shingles loosen; signs blow down; tree branches break
10	Whole Gale	55-63	Small trees uprooted; some damage to buildings
11	Violent Storm	64-72	Widespread damage to trees and structures
12	Hurricane	73-82	Widespread destruction of trees and structures
	Beyond Hurricane	83 +	Devastation

GARDENING CALENDAR

GETTING READY FOR SPRING

From WSU Gardening Calendar
Compiled by Judi Strait, Master Gardener

Do you find yourself wishing the snow would go away and it would warm up so you could get your garden going? I do, but there are actually a lot of things you can do now. This is a really good time to sit down with your seed catalogs and start planning this summer's garden. It's a good idea to rotate the vegetables in your garden from year to year. This helps to cut down on bug problems. A garden journal is a great way to keep track of where you plant things each year.

Would you like a fresh color spot in your house? Cut some short branches off of your fruit trees or spring flowering shrubs when you see the buds forming. Bring these into the house and put them in a vase of water. They will bloom and give you a touch of spring in your home.

It's not too late to spray fruit trees with a dormant spray. You can also prune fruit trees and grapes now. For fruit trees, prune out any dead branches and branches that cross and rub against another branch. Prune for shape and size as well. Prune grapes back to leave 2 buds on each branch. Be sure to clean up what you prune off and any leaves under the trees.

March is a good time to start tomato and pepper seeds inside. I put a heating pad set on low under my peppers until they sprout as they like extra heat. I never set tomatoes and peppers out in the garden until the first of June. If you stopped fertilizing your houseplants last fall, March is the time to start feeding them again.

As soon as the garden is dry enough plow it up and fertilize it. This area normally only needs nitrogen but if you have been gardening in the same place for more that a year or two, use a general fertilizer that is high in nitrogen.

Peas can be planted in late April and the other cold weather crops, such as broccoli, cauliflower, cabbage, etc., can be started inside in late March or early April and placed outside in May or can be direct seeded outside in May.

Spring is the time to plan ahead for fall color and plant fall-blooming bulbs.

Have a wonderful spring and enjoy your gardens.

BLUEBIRDS ON THE PRAIRIE

Bev Edwards

Bickleton, "Bluebird Capital of The World" ...is the message we have received through various publications during our six years of residing on High Prairie. It was Sunday, Leap Day, a beautiful day filled with sunshine. We decided to make the trip to Bickleton where bluebirds are known to flock to during the middle of February.

We packed a lunch, took our baby "Fifi", got in the van and headed east in the Gorge. We turned north at Roosevelt anticipating the first glimpse of bluebirds and springtime. As we arrived at the top of the mountain range we saw our first bluebird. Since there was no traffic we backed up and watched the bird as it flew to a nearby post and landed there checking us out as we checked him out through our binoculars. What a beautiful color of blue he was. He looked like an eastern bluebird, brilliant blue from head to tail.

We then proceeded toward Bickleton passing a lot more birdhouses but alas, no more bluebirds. We arrived in town, headed west toward Goldendale and didn't see another bluebird at all....in fact hardly any birds were to be seen. It was a nice outing despite the lack of birds to see.

So, this morning, Monday, March 1, we are looking out our living room window and low and behold... many bluebirds are checking out our birdhouses. We hope they all find good homes in our little piece of the world. And best of all...their arrival does mean springtime is coming.

In ending this story...we're wondering if the bluebirds have found that High Prairie is THE place to live...just like all of us who have found this great place on earth to live.



STRANDED IN THE SNOW

Peyt Turner

Being recent newcomers to the High Prairie of less than six years, we received a hardy initiation and exposure to winter this year. There were great tales of community due to snow and below 0 temperatures as the year blasted in. January 1, Schilling Road was closed due to drifting until late in the afternoon before the plows were able to get through. The next week had various challenges and many of us realized how long our driveways were during snow or drifting. One gets to be in touch with the trade-offs of rural living. It was great hearing tales of neighbors digging out neighbors' driveways and checking on neighbors, and Tom and Lozetta Doll sledding down their giant hill.

Our most vivid memory of the year will be mid-January, when we came home very late one night from Portland. Forecast had been wind, no snow. I woke to the car pounding down the road seeing only snow on what must be Schilling Road. Serious wind and drifting made the drive down the road arduous, and in order to maintain momentum, Gary going rather speedily with extremely low visibility exposing only giant snowflakes and no road! A high pitched "stop" got the driver to momentarily stop assuring us that we were still on the road, get unstuck and continue. Three-fourths of a mile beyond the mailboxes we high centered. Husband said we'd have to leave the car and walk to neighbors. We were closer to Rundalls, but no lights were on there, and the Neths still had lights. I couldn't believe my cell phone worked, and then the guilt of calling at midnight. Evelyn Neth responded to my apology and being stuck by a long "Ohhhh".

I was unprepared for a walk in a blizzard and freezing air with heelless shoes. Gary found tennis shoes for me in the trunk, and it closed! He thought it might not close due to wind. We found gloves, hats and still couldn't believe we were going to walk to people's house to spend the night whom we really didn't know. Gary instructed me to walk in tire tracks. This was not easy; the flashlight had been illusive, and I kept getting in snow up to my knees when outside of the tracks as the wind kept blowing. It was so cold, I could feel the outline of my lungs.

The slope of Neth's land to the east of their house obscured the house. I wondered if we

would be able to see the driveway and was triumphant when we found the entrance. Fred's plow job eased the task of going uphill into the wind, but chilled the lungs more.

Fred and Evelyn welcomed the snowman/snowoman pair who arrived on their doorstep, and poo-pooed the snow on our coats, gloves and faces that came in with us. Fred's welcoming comment was, "Isn't this fun!" Music to our ears when we felt like intruders. We slept wonderfully, and lo and behold the cell worked from the bedroom the next morning. We had 20+ cattle needing to eat, a menagerie of cats, a dog and no way there. Gary thought he might walk home. I connected with Lowell Turner, who was able to get his chained vehicle out of his long driveway and down to our place, found hay, kitty and dog food and got home safely.

Fred greeted us that morning with "Isn't this fun!" again, and it felt more fun in the morning than the night before.

I tried not to feel guilty about Lowell forging through the drifts while the Neths and we breakfasted with their fabulous view. We told grandfather stories and laughed at how different times were now, even though we were still snowed in. Gary joined Fred and LeRay with their chained tractors, which freed the snowbound Buick, and Gary chained up at Fred's. Evelyn fixed high tea and treats before we set out on our journey home, and we saw the county snowplow breaking through the drifts. We made it home, chatted with the county snowplower again, thanked him, and came in a bit discombobulated by the experience.

Acknowledgments need to be made for those who graciously and generously gave help to neighbors who were stuck or snowbound or homeless. We appreciated greatly the county snowplowers, who always left the entrance open at the foot of our driveway.

This winter was an eye opener to many, and although winter snow or drifting may not occur next year, we need to be adequately prepared. We had not been aware the county doesn't plow when it is drifting on Schilling Road. We need to look out for each other, give thanks and cookies to the county snowplowers, neighbors and the Neths, a great unpublished "bed and breakfast."

Memories of

Photographs by



< Neth's



Turner's Cattle >



< Waiting for Spring

Winter 2003 / 2004

Peyt Turner



< Lone Pine Cemetery



Fenchell's >



< Looking South from Turner's

DEFEATING DE AGONY OF “DEFEET”

John “Jack” Bruckner, MD

Every few days now, the ascending sun breaks through late winter’s fogs. Grass widows and Buttercups erupt between the mole ridges. Goldfinches molt into nesting colors. All birds get romantically vocal, and the grasses get greener. While none of us can really “hibernate”, even those of us that try, wake up and realize that spring is trumping winter and that the Vernal Equinox is only weeks away. By High Prairie standards, it’s been a tough, deep-snow, and cold winter. Unless we’ve been unfortunate enough to manually scoop out hundreds of cubic feet of driveway snow (there are silver linings to everything), we’ve probably gotten a little thick (or maybe a lot thicker) in the midriff, and we all have become another winter older. Neither one is appealing. While none of us can do much about getting older, we can all get to work burning off that belly.

One of the best, and most enjoyable, ways to burn away that unhealthy belly fat is walking. But why burn it? Many medical studies reveal that excess abdominal fat contributes strongly to diabetes, high blood pressure, heart attack, stroke, Alzheimer’s Disease, several types of cancer, as well as arthritis of the low back, hips, knees, and feet, -- need I say more? Most of us can walk, and since we are fortunate enough to live in the High Prairie Country we have abundant opportunities. Most of us can walk (or run) out of our back doors into a beautiful landscape, unconcerned about muggers, crazed drivers, smog and other hazards. But, as a sports medicine doc of some 30 years experience, I have found that even the most fun and usually healthy sports can have their downsides, and result in injuries and even disabilities. While we live in a delightful place where we can hunt, fish, run, ski, bike, paddle, windsurf, climb, and even hang or paraglide, most of us High Prairie denizens will spend a large amount of our recreation/exercise time walking, hiking, or maybe jogging across our landscape. If we confine our activities to the pedestrian, we are apt to have most problems, if we have any, with our foundation—the feet and the legs. So, if we want to continue to enjoy our wonderful environment, trim that tummy and most importantly improve our health; we should look to the foundation first.

If you are going to begin seriously walking, jogging, or running, get yourself well shod. Although many third world people carry massive loads across formidable distances barefoot (and with minimal foot problems) none of us are going to do that. That said, poorly designed, and poorly built shoes may be worse than going barefoot. Years ago, as a military and later a sports medicine physician I frequently treated people who were injured by traveling too many miles in their poorly designed, built, and inadequate footwear. Today, we can be thankful that manufacturers (and even the military) have learned to produce quality footwear that can allow us to do what our state of fitness allows without falling apart at the impact zone.

Many years ago a delightful lady known as Grandma Gatewood hiked (while in her late sixties and seventies) the entire 2200 mile long Appalachian Trail. She did this not once, but three times, in her in cheap Ked Tennis Shoes (she also carried all her gear in a duffle bag tossed over her shoulder, no fancy carbon reinforced Kevlar packs for her). Grandma Gatewood might have had tougher tootsies than the rest of us, but she also had the right idea. Footwear should be light. Heavy walking, running, hiking shoes and boots don’t provide anything except excess weight hanging off our feet and wearing us down. So, get some light, well-designed shoes that fit your feet. You will find ambulating much more enjoyable. How? I would suggest going to a shoe store that specializes in, or at least offers a good selection of outdoor shoes and request a salesperson experienced in selecting and fitting walking/running/hiking shoes. Fitting the right shoe to your particular foot is a real skill. Many shoe salespeople in discount or expensive but fashionable shoe stores may be well meaning, but they are probably paid minimum wage, have had zilch training in shoe function, and will be motivated to fit you with the most stylish but usually least functional (for your purpose) shoe in the store. This doesn’t mean you need to lay out \$120 bucks for the latest high-tech shoe endorsed by and compensated for in big bucks by the hottest runner of the year. Tell the clerk what you intend to do in those shoes (walk, run, trail hike, etc) and ask to see some of the models that will meet your needs. Frequently,

last years hot styles are being discontinued (and replaced by the latest fashion) and are on sale at half cost. Shoe technology does not change fast. Most any name brand shoe made in the last few years will serve you well if it fits your foot and your particular needs. But don't worry too much about cost. A cardiac bypass can cost \$35,000. A major stroke, at least the same cost with no guaranteed outcome. Prevention is always the best medicine, and it might begin with your shoes. The costs will be negligible compared to the cost of medical treatment.

If you get serious about ambulating, you will need to replace your shoes fairly frequently as the cushioning foam, especially in the insoles, breaks down with use. At a minimum, buy a replacement pair of cushioning insoles every couple of hundred miles (That may sound like a lot of miles, but if you cover ground regularly, you will be surprised at how quickly they add up). All quality shoes meant for walking/running will have removable insoles inside which can be replaced. Don't buy walking/running/hiking shoes that lack this feature, as they will undoubtedly be of poor quality.

So now you are well shod, what next? Clothe yourself adequately (that is another topic), with wind blocking outers and appropriate water shedding, i.e. fleece, layers under, and get going, but don't overdo it. Whether walking, running or hiking, it best to start out with moderate short distances, and work up to longer distances in increments. How fast you go depends on your basic fitness, so tune into yourself. If you are more than a little sore or tired after your first outing, cut it in half the next time and then increase the distance slightly several trips later. Most of injuries I have seen (and personally

experienced) resulted from pushing too fast too soon in the training process. The surface we cover is also very important. This is probably more important for runners than walkers. When we walk, we drive 1G of force onto each footstep. Thus, if you weigh 150 lbs, 150 lbs of force transmits to and through your foot. If we run, this force triples, so the force becomes 450 lbs. At approximately 1500 steps per mile we are talking 112 tons of force (walking) or 337 tons (running) per mile. No wonder things



can break down. This emphasizes the need for proper cushioning of the feet. You can further cushion impact by choosing soft surfaces to tread on. Running on concrete and asphalt can be brutal. On a soft impact-absorbing surface like high prairie grass, it is much less stressful. An additional concern is that each of those steps on that concrete or asphalt is almost identical to the previous. Thus those accumulated tons of force impact on the same foot and leg tissues identically with each step, and those tissues quickly suffer. Each step on an irregular surface like a backcountry trail is little different than

the previous step, and thus different tissues bear the strain. This lessens the chance of getting an overuse (those resulting from identical, repetitive movements) injury. In short, walking/running on soft irregular trails or even backcountry is far less apt to cause overuse injuries. Luckily (for our feet and legs, but not our wheeled vehicles, which are designed for repetition) we don't have too many concrete and asphalt surfaces up here on the prairie.

So, we are now well shod, have a soft walking trail, realistic expectations and are off on the road to burning fat, but we still get too sore. What

gives? Physical fitness is a triad, composed of aerobic endurance, muscular power (both of which we'll develop if we are persistent), and flexibility. Flexibility is what many of us lack and this lack can eventually stop us in our tracks. Good flexibility can minimize those tons of strain forces we inflict upon ourselves. It can also improve posture, muscular function, and retard a bit of that extra year of age we just gained, (The stooped stiff posturing of many of the elderly is directly caused by inflexibility). Some sports, (swimming, aerobic dance, gymnastics, martial arts) can lead to flexibility, but walking and running do not necessarily do this. The impact forces of running, and even walking, can actually lead to stiffening and inflexibility, and this leads to many, if not most, overuse injuries, especially to runners. Inflexibility leads to increased tension in muscles, and in muscle connections to tendons and in tendon connections to bone.

These over tensioned and brittle connections can break down and literally tear apart causing pain and disability. Or, the over tensioned tissues may cause compression of and increased friction over other tissues leading to bursitis and tendonitis. Even the overstressed bones can break down with stress fractures.

Good flexibility requires stretching of muscles and connective tissues. Stretching is something most animals do instinctively; just watch your cats and dogs. Humans are not instinctively good at it, and the older we get the less we stretch. Good athletic trainers don't allow elite, supple, healthy young athletes to do any sports unless they warm up and stretch out first. They do this because they know, by experience, that it will prevent injuries. But we much older and much more brittle would be jocks are terrible stretchers and undertake all sorts of activities with no preparation whatsoever and bam-out goes the back or down goes the knee. Maybe we feel antisocial or fear ridicule by posturing ourselves into a stretch or we are too hurried. I think most commonly though, it is we don't know how to, or understand the importance of warming up and stretching. But, if we are going to be and stay fit and healthy, we need to learn how to stretch. There are many ways to accomplish this, some of the best being yoga and its variations and some of the sports mentioned previously. They lead to flexibility by proper instruction or inherent activity. Most people feel they are inherently inflexible (some folks are genetic rubber bands), when the fact is that they

simply haven't learned how to stretch properly and consequently have never gotten flexible. They also fail to understand two extremely important principles of stretching. The First, a cold muscle will not stretch. The Second, if you stretch a muscle until it becomes painful, it will contract and shorten, not stretch.

Lets look at these. Cold muscles are physically stiff, hard to stretch, and it feels very uncomfortable while doing so. This is totally natural. People dumped in very cold water (which rapidly cools muscles) frequently "cramp up" and drown. When we try to stretch those same cold muscles it feels so bad we have got to be masochistic to persist. Even normal 96-97 degree muscles can feel stiff. But, walk a fast half mile, get that body temp up to 100, or get out of a hot tub, or get a massage, all of which warm the muscles, and you will find stretching them to be comfortable and even pleasant. So, you have to warm the muscles up before you stretch them. If you are going to sprint, you should warm up for 5-15 minutes and then thoroughly stretch out the legs or you may immediately pull a hamstring or other muscle. This is related to the extreme forces imposed on inflexible muscles by sprinting. However, if you are going for a walk or a jog or even a distance run, forces are low and you will most likely never pull even a cold, unstretched muscle. But the activity itself will get those muscles warmed up and supple and you will find it actually pleasant to stretch them afterwards. As a major bonus, most of us also produce endorphins as a response to exercise. These are our bodies' natural opiates. They make us feel good! Warm, stretched, tired, but relaxed muscles, a body high on natural endorphins, and the wonderful feeling of accomplishment and relaxation, makes taking the time to stretch, after exercise, a wonderful and well deserved reward.

The second principle is—don't make it hurt. The macho concept, no pain, no gain, works if you are trying to build maximum power. A muscle doesn't get stronger unless you exhaust it by overloading it, and that doesn't feel good, but is something anyone trying to build power must live with. On the other hand, a muscle that gets overstretched, which is what many of the macho types try to do, with bouncing or forced stretching, will generate a painful impulse while the muscles self-protective mechanism is to contract. When over stretched, a muscle will tear apart before it will relax. The

result, with this approach is to not improve muscle flexibility but only to incur pain and possibly injury. Only bona fide masochists persist in this behavior and they never get flexible. On the other hand, a muscle will not lengthen until stretched to the point where it feels tight. So, the secret to stretching is to make a muscle feel very, almost uncomfortably tight, but never, ever (while stretching) make it hurt. If you can make muscles tight, without pain, you will win the stretching game.

The types of stretches to do are many and the proper ways to do them are beyond the scope of this article. For excellent advice on stretching, I would highly recommend the bible of stretching. It is a book called "Stretching" by Bob Anderson and is available at most book stores or at the website www.stretching.com. This book completely explains how to properly stretch and also has clearly described stretches for nearly any sport you can imagine. Its cost is 25% of that of a pair of good shoes and is well worth it. Another couple of excellent guides to stretching can be found and accessed free online at www.rice.edu/~jenky/sports/stretching.html, or at <http://www.mayoclinic.com/>. Whatever source you use, make frequent stretching a part of your lifestyle and it will pay you many health benefits.

So, there you have it, a healthy approach to burning troublesome fat and avoiding some of the pitfalls of exercising. But, even with a cautious approach, you may still encounter some exercise related problems. If you do, they will most likely involve the feet or the legs. Most of these problems are avoidable if you are well shod, trail cautious, and flexible. But if you still encounter problems, I'd suggest going to The Mayo Clinic site above, or to www.walking.about.com / or <http://www.nlm.nih.gov/medlineplus/ency/article/003183.htm> or <http://www.healthandage.com/Home/gm=6!gid6=6101> (This is a really good site to help you self diagnose your problem) for further information on foot and leg pain.

One final bit of advice, one of the most common injuries associated with walking is plantar fasciitis. I specifically mention this because the pain associated with this condition, although harmless to overall health, can cause a major amount of agony. It is characterized by pain on the sole of the foot, just in front of the heel, which is usually maximum when you first step out of bed in the morning. It occurs most commonly in people with flattish feet that roll

to the inside of the arch (pronation), or in those with high fixed arches. It can make life miserable for months, and frequently follows prolonged walking and running. It is associated with heel spurs, but these are not the cause of the problem. If you get symptoms in this area of your foot (and they occur even in nonwalkers and runners), I would strongly recommend visiting the websites: <http://heelspurs.com/index.html> or

<http://walking.about.com/cs/heelpain/f/heelpain.htm>. The most effective treatment for this incredibly nagging problem are custom or off the shelf foot supports (orthotics), rest, stretching of the foot and lower leg muscles, and splints worn at night to keep the foot at 90 degrees. The splints are now available by various manufacturers discussed in the above websites and are highly recommended for this problem.

Happy (and pain free) trails to you.

(John "Jack" Bruckner MD is a mostly retired Sports and Occupational Medicine Physician who frequently pits his feet against the hazards of Oda Knight Road)

THESE BOOTS ARE MADE FOR WALKING

By Lozetta Doll

A New Year's Resolution, postponed by numerous snows, has finally been evolving into a loose-knit "walking group." Everyone has read numerous articles and seen just as many television segments on the benefits of walking and exercise, so we won't go into all that in this article. If you are interested in walking, all you need is a pair of walking shoes or boots and a willingness to put forth the effort. Meet us at 10:00 any morning at the fire station on Centerville Road, Monday through Saturday, possibly Sundays! We are starting out rather gradually but will try some harder hikes as we all get in shape. Starting June 1, we are thinking of meeting at 8:00 a.m. to avoid the heat. Some of our hikers are talking about getting together for some bicycle jaunts. For any additional information, you may call Martha Hamil at 365-5459 or Lozetta Doll at 365-0010.

Anyone interested in hiking the Klickitat Trail can contact Jim Minick at jiminick@gorge.net. He represents the Klickitat Trail Conservancy and will gladly send you a list of the scheduled hikes.

ACKNOWLEDGING COMMUNITY SERVICE: RAMONA SEARLE AND MARY ORCUTT

Lozetta Doll

It's no secret that the High Prairie winds can and do let loose up around Schilling Road but the straw house built by Ramona Searle and Mary Orcutt remains cozy and warm despite the wintry breezes. Mary moved to the area in 1979 to teach in the Klickitat School District. At that time, they owned a small farm near Yelm, Washington where they raised hay and horses. Ramona moved here in 1980 and they never

looked back. They bought their 40 acres from land developers Clark & Graham. At the time they bought their place, the land had been out of production for one or two years. When they moved to High Prairie they brought their horses with them, along with lots and lots of rabbits and two wonderful dogs. They kept the horses for a while but now they are content with having their big black dog, Frisky, for a pet.

They lived in a mobile home for several years and then began researching different building options. They considered and decided against log house construction. A good friend kept them supplied with Sunset magazines and one issue contained an article on straw houses. After researching all the information they could find, they decided that this was the type of house they wanted to build. They bought the house plans from an engineer in Arizona and adjusted the plans to fit their purposes. After finally satisfying Klickitat County authorities and obtaining their building permit, they set about building the first straw house of its type in this county. This is where it helps to have lots of friends! They had a bale raising party and the house went up in two days. The house is of post and beam construction with straw bale infill, a metal roof and an embossed cement floor. Rundall Construction, a Schilling Road contractor, did the roof, floor, cabinets and finish work. They are still working on the interior as time and resources permit. People ask Ramona and Mary if they would build a straw house again and they say no – they wouldn't have to because they have just what they want.

Ramona was born and raised in Tacoma, moving with



Mary, Ramona, and Frisky.

her family to Portland where she attended high school and Portland State University. She taught junior high in Eugene, PE, teacher training and dance at Eastern Oregon College in LaGrande, and junior high at Lake Oswego while completing her master's degree from the University of Oregon. She then taught dance, teacher preparation and theater at Willamette University in Salem until retiring from education to

seek a more relaxing line of work. Mary was born and raised in Phoenix, Arizona and came to Oregon to attend college. She taught in Alaska, then joined the Army to work on her musicianship. When she finished her tour of duty, she came to Klickitat to teach.

Ramona and Mary stay busy with their many pursuits, only one of which is raising alfalfa hay and doing all their own cutting, raking and baling. Mary teaches full-time in White Salmon. They have a fully-equipped studio where they make functional type pottery such as plates, bowls, vegetable steamers, vases, lamps, and soap holders. They also make items for our fine-feathered friends: bird feeders, bird water dispensers, and hummingbird feeders. They sell their pottery at the Mosier Christmas Fair and at Mossy Creek Pottery at Gearhart, Oregon. The proprietors, Dan and Susan Wheeler, are forever asking Ramona and Mary for more pieces than they have time to make. Ramona's childhood dream was to be a potter and she seems happy to demonstrate her technique to visitors. She is treasurer of the Oregon Potter's Assn. and attends many meetings of that group. Then there is music! They both play in the Mid-Columbia Gorge Winds Concert Band, a group of 30 to 50 people who perform at various functions in Hood River, The Dalles, Trout Lake, Irrigon, and Goldendale. This coming July 4th, they have two performances, one at Hood River and one at Maryhill Museum. They practice with the group in The Dalles once a week.

Both Ramona and Mary are charter members of Fire District 14. Ramona remembers the first fire to which she responded was just across the road from their

place. She drove her tractor over to attempt to plow a firebreak around the blaze. She is a First Responder and Asst. Fire Chief. She houses the district's old 4-wheel drive Jeep at her place. One of her main interests is firefighter safety. She expresses gratitude for the community support given to the Fire District and is pleased to work with such a dedicated group of firefighters. Mary was involved with the fire district from the beginning until a few years ago. Although she wanted to continue to serve the community, her teaching needs were competing with the fire training needs and became too time consuming.

Ramona and Mary are good neighbors and community members. The High Prairie community can be thankful for their encouragement and support.

ARTHRITIS

A Poem by Tom Doll

Arthur has many connections
Since he plays in many joints
And relishes the human anatomy.

Ritis is one of his many next of kin
But his beneficiaries call him "Damitis"
That pain is here again.

Neurotic he is, sexless,
Unbiased, who shows no partiality
For night and day he seeks fame
Through pertinacity.

The zealot of Arthur to wrench pain is widely known
For in order to make peace among his clans
Kinfolks sound their angelus
O' so eloquently throughout the land.

Unweakened by his constant attacks
The spirit of serenity now takes
A tranquilizing path.
Provide me a Tylenol, Aspirin or
Some other inhibitor,
For if they don't do, surely
A corticosteroid will put him on
A compromising track.

Remission was my goal,
But Arthur has the starring role.
The ebbing of time took a downward path
When Arthritis became
The sleeping partner of my life past.

FIRE DISTRICT 14 2004 FIRE GRANTS Fred Henschell

Yep, we got some. We got grANTS in our pants and we're itch'n to spend the money! First, we were pretty successful competing for EDA/Landfill dollars. We asked for \$19,650 and got about \$15,550. Request items funded include:

Upgrading the water supply hose to 4" on our primary fire engine. This includes 1,000 feet of new hose, adapters, nozzles, etc. The upgrade allows us to deliver more water in the initial minutes of a house fire. It also makes our engine more compatible with equipment in adjacent fire districts.

We will also be getting additional face masks for our self-contained breathing apparatus so that individual fire fighters will have their own correctly-fitted masks. Knowing that the mask you use fits your face and functions correctly is a confidence-builder. We will also be getting a large, portable fan and specialized tools to provide ventilation during house fires. Positive air flow can be used to facilitate control and containment and greatly improve safety for fire fighters.

EDA did not provide funding for site preparation for the new station on Schilling Road.

Our District also applied for and received Wildland Assistance Grands sponsored by Washington State Department of Natural Resources, the Bureau of Land Management, and the U. S. Forest Service. Over \$13,000 was approved for refurbishment of our existing 8X8 1,000-gallon fire truck. Our volunteers put a lot of effort into this vehicle several years ago but it is still partially "camo" and topless. Refurbishment includes a new fire pump, plumbing, hose reels, paint, upholstery and an enclosed cab. This truck will serve as both a wildfire engine and a water tender.

We also received funding to fabricate and install spray bars on several other pieces of wildfire apparatus. The spray bars make it possible to safely discharge water while the vehicle is in motion. This capability could be very useful in dealing with a fast-moving grass fire. Our Fire District will provide some matching funds and volunteer labor to accomplish these projects.

The High Prairie
P.O. Box 592
Lyle, WA 98635

Setting Ready for Spring



Arlen Aleckson puts on the finishing touches.



Martha Hamil's creation.



Myrin and Audrey Bentz inspect for leaks.

Building bird feeders and nest boxes for sale at the High Prairie Firehouse Sale, May 22 -23.

Photographs by Douglas Taylor.