



October 2016

www.igoono.com

Igo, Ono, Trinity Alps Preserve

Commission on Aging to Meet at the Ono Grange

by Marj Lewis

Aging! We all do it, some better than others. But the fact is that we can all use some help now and then to help navigate this course more successfully. That success is the ultimate goal of the Shasta County Commission on Aging. Appointed by the Board of Supervisors, the commission is in place to consider the problems and complaints of the older adults in Shasta County. Members then report back to their supervisors, who may be able to solve the problem or respond to the complaint in a effective manner.

Despite the fact that regular public meetings are held in Redding, the commission routinely travels to outlying areas to insure that seniors from the entire county are heard. **The commission is scheduled to meet at the Ono Grange on Friday, October 21st at 10 a.m..**

Since they are working on our behalf, it would be helpful to have a good turnout of seniors at the meeting. (Youngsters under the age of 65-years are also urged to attend) Come and voice any concerns or share constructive ideas that you may have concerning seniors in our area. Hope to see you there.

Neighborhood Watch Advances Community Service

by Marj Lewis

The Igo-Ono-Trinity Alps Preserve was formed in 2004 in response to an increased presence of crime in the area. The stated goal was to increase community awareness and to form a working arrangement with law enforcement. Since then, local crime has decreased and the group has focus has evolved into community service. Examples of NW projects include: Overhead Night Lighting in both Igo and Ono, with a fund to pay for the electric bills; Placement and Maintenance of local bulletin boards; A special Food Bank fund; American Flags along the route to the Veterans Cemetery; Firewood and other services to those in need; as well as many other improvements throughout the communities. As a non-profit 501c3 group, NW also serves as the parent group for the Raney-Katie Fund and the Disaster Relief Committee.

All of these services and more are provided by a small, but dedicated, core group of community members, many over the age of 70. (some are well past 80 years old!) Attempts to appeal to the younger members of the community have not been successful. The group would appreciate any and all feedback in its effort to keep itself relevant and working for the betterment of the area. Anybody who may be interested in helping improve our community is encouraged to consider attending the Neighborhood Watch meetings. The next meeting will be on Saturday Oct. 8 at 10 a.m.. Meetings are held at the Igo School.

Ono Grange

396-2322

Grange Meetings are held on the second Wednesday of each month. The next meeting is **October 12.**

Women of the Grange meets at 6 p.m.

Junior Grange meets at 6 p.m.

General Grange Meeting starts at 7 p.m.

Bunco is on October 19. Potluck Starts at 6. Game starts at 7. 18 yrs and older.

Neighborhood Watch

Neighborhood Watch meets **Saturday, October 8** at the Igo School. **Meetings start at 10am.**

Ono-Igo Community Church

396-2277

Sunday Service Times.--- 9:30 a.m. Casual Service

11 a.m. Traditional Service

Igo Store

396-2292

Open Everyday. French Fry Friday starts at 6p.m. Breakfast every Sunday at 8 a.m.

Call the store for more info

Ono Store

396-2300

Every Friday evening at 7 pm, live Blue Grass music by The Lost Boys, a very popular local group with amazing talent. They have been drawing crowds.

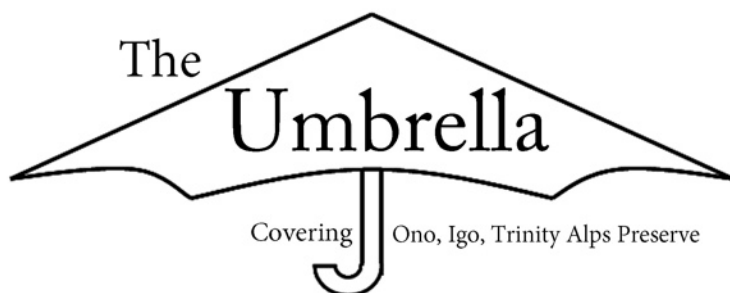
On the first and third Saturday nights at 7 pm we have Acoustic Jam. Everyone is invited.

On the second and fourth Saturday nights at 7 pm we have Karaoke with Cal Hodges as DJ. Singing, dancing, good times.

On the third Saturday each month at 3 pm we have a group birthday party for all those born during that month.

On the nights that we have entertainment, we are open 'til 11 or 12 pm.

In addition to our famous burgers, we now serve pizza.



The Umbrella is a community-run newsletter published with the intention of highlighting local events, local businesses, local groups, and local people. If you would like to contribute a story please contact Ed at 396-2277.

UNINVITED SUMMER GUESTS

By Chic Miller

My main goal in life is to care for and protect the many cuddly critters who reside at Bella Vista Farms. But this summer the farm was visited by a few uninvited, uncuddly, dangerous “guests”. Five to be exact. That’s five too many. Yup, you guessed it – Rattlesnakes! Yikes! The first, I came very close to stepping on. I could see his glistening, Colgate polished fangs. He was 45” long, coiled, rattling and ready – I wasn’t. I grabbed my dogs and ran! Bob assured me that he was more afraid of me than I was of him – ya, right.

Since that day, and few more uncuddlies of various sizes, slithering through the farm, I’ve taken a crash course in Rattlesnake 101. Rattlesnake trivia follows --

The only venomous snake in California is the Northern Pacific Rattlesnake, also known as the viperine, or pit viper. They have long, hinged, hollow fangs. They strike, inject venom and withdraw. Both adults and babies are extremely dangerous. There are 32 species of rattlesnakes in the U.S. They are found in grassy areas, between rocks, and in wooded areas. They are most active March-October. 80-85° temperatures are just to their liking. They do hibernate in winter, but still could be found sunny themselves at any time of the year. They are not aggressive, but will bite if startled or frightened. They can strike ½ of their body length. A bite will show two obvious fang puncture marks. Small or baby snakes are not more dangerous as is a common belief. They are tiny and terrified and are not as easily seen, thus they are more likely to bite.

Due to the curious nature of dogs, a rattling snake is just too much temptation. Investigating is a must. Due to this curiosity, vets treat thousands of rattlesnake bites a year. If your dog is bitten, symptoms will include severe pain, restlessness, panting, drooling, weakness, collapse, seizures, and shock. Keeping the phone number of your local emergency vet handy could save your pet’s life. If your dog is bitten, do not waste time. Keep your dog warm and quiet and get to the vet!

Severity depends on the number of bites, size and age of the dog, location of the bite, amount of venom injected and how much time has elapsed. The most dangerous bites are to the tongue, face, or shoulders. The larger the animal, the higher the rate of survival. Treatment will include anti-venom, pain meds, lab work, IV fluids, antihistamines, and antibiotics, all very costly. Please vaccinate your dogs yearly to protect against rattlesnake bites. The injection is inexpensive and will lessen the severity of a bite. This immunization should not give you a false sense of security – still get to the vet immediately.

For a group or private class on rattlesnake aversion training, contact Cody Will at Wills Skills, 530-200-1880 or at K9SNAKEAVERSION@yahoo.com. He is extremely knowledgeable and an expert aversion trainer.

Pay attention and stay safe! Questions or Comments? Call Chic.

Chic Miller 530-347-0544
Bella Vista Farms Animal Sanctuary
4301 Lower Gas Point Road Cottonwood, CA 96022



2nd Annual Holiday Craft Expo and Community Yard Sale

Trinkets, treasures and gifts galore! The time is now to start your holiday shopping; don't procrastinate. Get ahead of the game and find some great deals. Whether you are looking for a gift for family, friends or even yourself chances are you will find something at the **Ono Grange's Holiday Craft Expo and Community Yard Sale on October 8th from 10am to 3pm.** Browse the tables inside for handmade items such as hats, blankets, stuffed animals, wooden signs, metal signs, custom jewelry, bath salts and scrubs, wreaths and fresh Flowers by Amber too! Items from Tupperware, Origami Owl and Designer Showcase including vintage and modern purses, wooden clocks and tie-dye clothes will be available. Check out the yard outside (weather permitting) to find your next treasure or can't do without tool for the toolshed. Face-painting by Liz for the kiddos and the young at heart will be up on the stage and live music by Julie of The Gemstone Girls. A tri-tip lunch will be served by the Ladies of the Grange from 10am to 2pm for \$10. Support your community and local artisans by shopping local. Bring a can to donate to the community food drive to help those families in need throughout the year. For more information **call Suzanne at 776-5969 or email info@onogrango.org.**

Essential Oils, A Natural Choice

Stuffy heads, runny noses, sore throat, achy muscles and I don't feel good.... Sounds like a commercial or the grumblings of a child that doesn't feel well. Usually you would reach for a bottle of an over the counter item or run them to a doctor to get a prescription. What if there was an alternative that could assist the body to get back on the path of health and wellness naturally? Doctors are important and definitely needed however sometimes natural assistance instead of man-made chemicals are a welcome change for your body.

Essential oils have been around for thousands of years and they are even mentioned in the Bible; Frankincense and Myrrh ring any bells? Essential oils aren't a new fad or voodoo medicine, they are about using what Mother Nature has provided to us in a way that works in harmony with our bodies. Most 100% natural oils are safe to ingest and be used topically on the pressure and pain points of the body. Oils can be combined with one another to create unique blends that help support our immune system and offer some relief of common aches and pains. Oils can be used to clean your home a la natural, make your car smell better and even aid those annoying sneezes and itchy eyes caused by things floating through the air.

Essential oils are created through a complicated and time consuming process involving steam distillation, resin tapping and cold pressing. Pure essential oils are extremely potent, even more so than the botanicals that make up their composition. Essential oils can be diffused into the air giving a naturally fragrant and even anti-microbial quality to a room. Oils may trigger emotions, memories and help in the journey towards a balanced life. Use oils in a relaxing massage, stress relieving bath, as a moisturizing lotion or a clean the bathroom spray. They have hundreds of uses and combinations.

Essential oils aren't something that should be bought at the local grocery or discount store. They are not currently FDA regulated although there are some companies working with the FDA to set industry standards to ensure that when you buy an essential oil that says 100% pure it really is what it claims. Do your research if you want to invest in essential oils and it is an investment in your health and wellness. Look for a company that is transparent in where they get their botanicals used to make the oils, how they are procured, how they are sealed, stored, labeled and if they have a process to determine if they are not up to quality standards.

If you are interested in learning more about essential oils and their uses contact Suzanne at 530-776-5969.

Halloween Party at the Ono Store and Cafe

Saturday October 29th at 7 pm.

Costumes Encouraged

Prizes and Treats

Everyone is Welcome.



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10th Annual Fall Festival

Ono-Igo Community Church

Monday October 31st at 6 pm.

Food, Candy, Cake Walk, Games, Candy, Community, **CANDY**

Come on out for some Good Ol' Community Fun



CHILLI.



Start working on your chilli recipes!!! **The Annual Igo Store Chilli Cook Off** is scheduled for **Saturday November 12th**. Sign ups are now open. There is a \$5 entry fee for competing chefs. Tasting and Judging costs \$3 per person. All proceeds go to the Igo Christmas Parade Fund for the Kids. **Call 396-2292** for Rules and Details. Ready! Set! Get To Cooking!

Become a Local Firefighter

Serve Your Community
Help Make This a Safer Place to Live

Igo-Ono Fire Company

For Information Call...

225-2418 or 396-2314 or 396-2400



Part II

Substance abuse: Drug abuse and addiction.

by Michele Domine

People use substances for a variety of reasons: to produce pleasure, to alleviate stress, and/or to alter or avoid reality. Addiction happens when a person can't control the impulse (the need) to use drugs even when there are negative consequences. These behavioral changes are also accompanied by changes in the brain functioning.

All addictive drugs affect the brain, flooding it with dopamine.

Dopamine regulates movement, emotion, cognition (thinking), motivation, and feelings of pleasure. Overstimulation rewards the behaviors and produces euphoric effects. Drug users seek this overstimulation and the use of drugs teaches them to repeat the behavior.

The first decision to take drugs is of course voluntary. However, addiction takes over and a person's ability to use self-control becomes seriously impaired. Brain imaging of addicted persons shows changes in areas of the brain that are critical for judgment, decision making, learning, memory, and behavior control. Scientists believe that these changes affect the way the brain works and help explain the compulsive and destructive behaviors of the addicted person.

Commonly Used Addictive Drugs.

K2/Spice

K2 or Spice or synthetic marijuana refers to a variety of herbal mixtures that produce experiences similar to marijuana. K2 is the second most illicit drug used. Affected here are: rapid heart rate, vomiting, agitation, confusion, hallucinations, raised blood pressure, and sometimes heart attacks.

Prescription and Over-the-Counter Medications

Prescription medications or over-the-counter are increasingly being abused. That is used in ways not intended or without prescription. This practice can lead to overdose. Most disturbing is the current trend of these medications to be used by teens and young adults.

Opioids, usually prescribed for pain relief. **Stimulants**, commonly prescribed for attention-deficit hyperactivity disorder (ADHD). **Depressants, Tranquilizers:** usually prescribed to promote sleep or to reduce anxiety. "Syrup", "Purple Drank", "Sizzurp", or "Lean" Using soda or hard candies mix with cough syrup (by prescription only); these combinations are becoming very popular in some areas of the country.

Alcohol

Alcohol consumption damages the brain and most body organs: heart, liver, pancreas. It increases the risks of cancers, weakens the immune system, puts fetal development at risk, and causes deadly vehicle accidents.

Amphetamines/Methamphetamine

Both are strong stimulants that produce feelings of euphoria and alertness. Both have particularly long-lasting and harmful effects on the brain: reduce motor skills, impaired verbal learning, emotional and cognitive problems. These effects are easily observed in regular methamphetamine users.

Anabolic Steroids The synthetic variants of male hormone (testosterone). Long-term steroid use affects some of the brain pathways having significant impact on mood and behavior. Other side effects are heart disease, liver problems, stroke, infectious diseases, depression and suicide, severe acne and shrinking of the testicles in men and growth of facial hair in women.

To be continued in the November issue of the Umbrella!