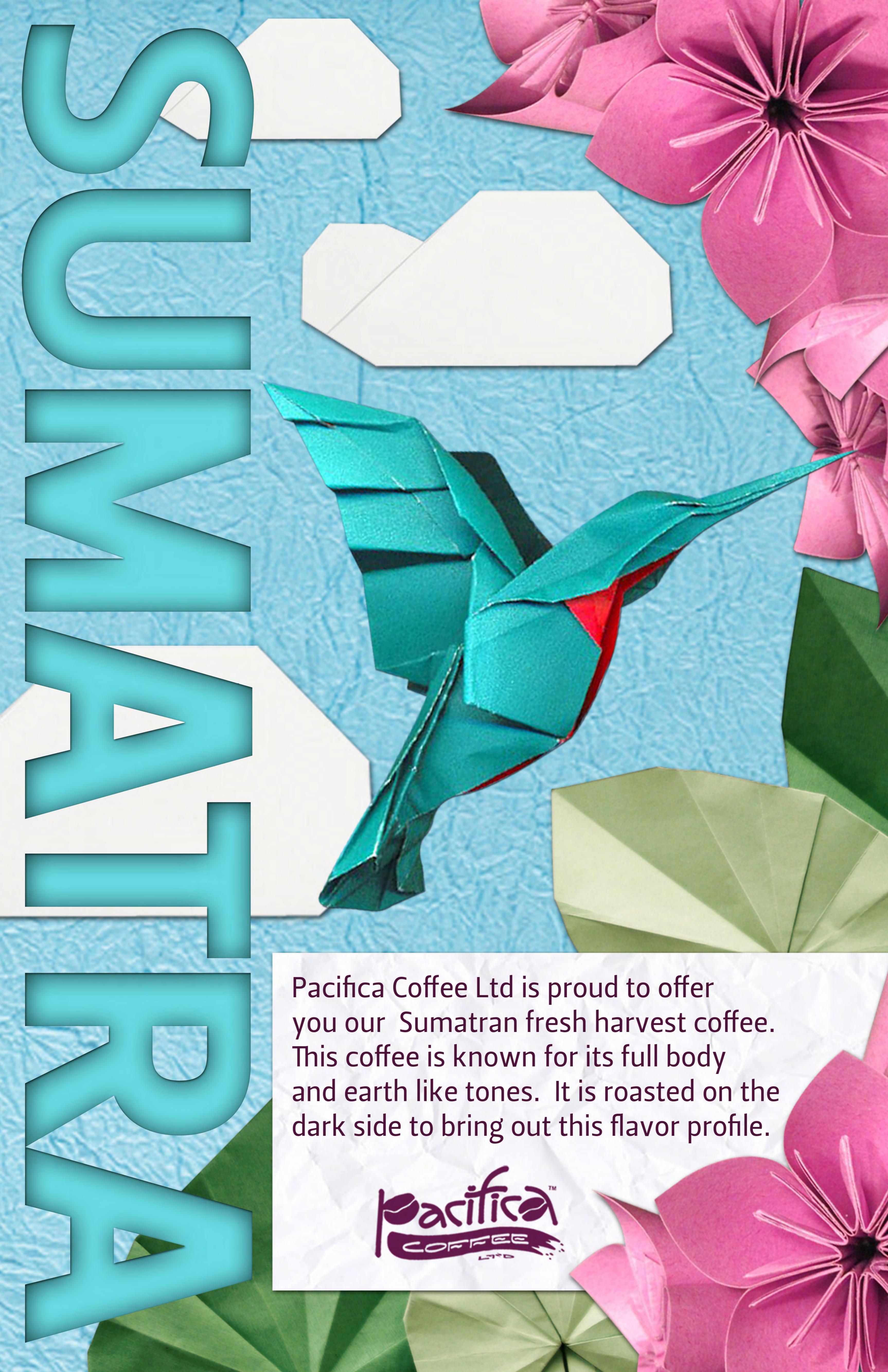




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Pacifica Coffee Ltd is proud to offer you our Sumatran fresh harvest coffee. This coffee is known for its full body and earth like tones. It is roasted on the dark side to bring out this flavor profile.



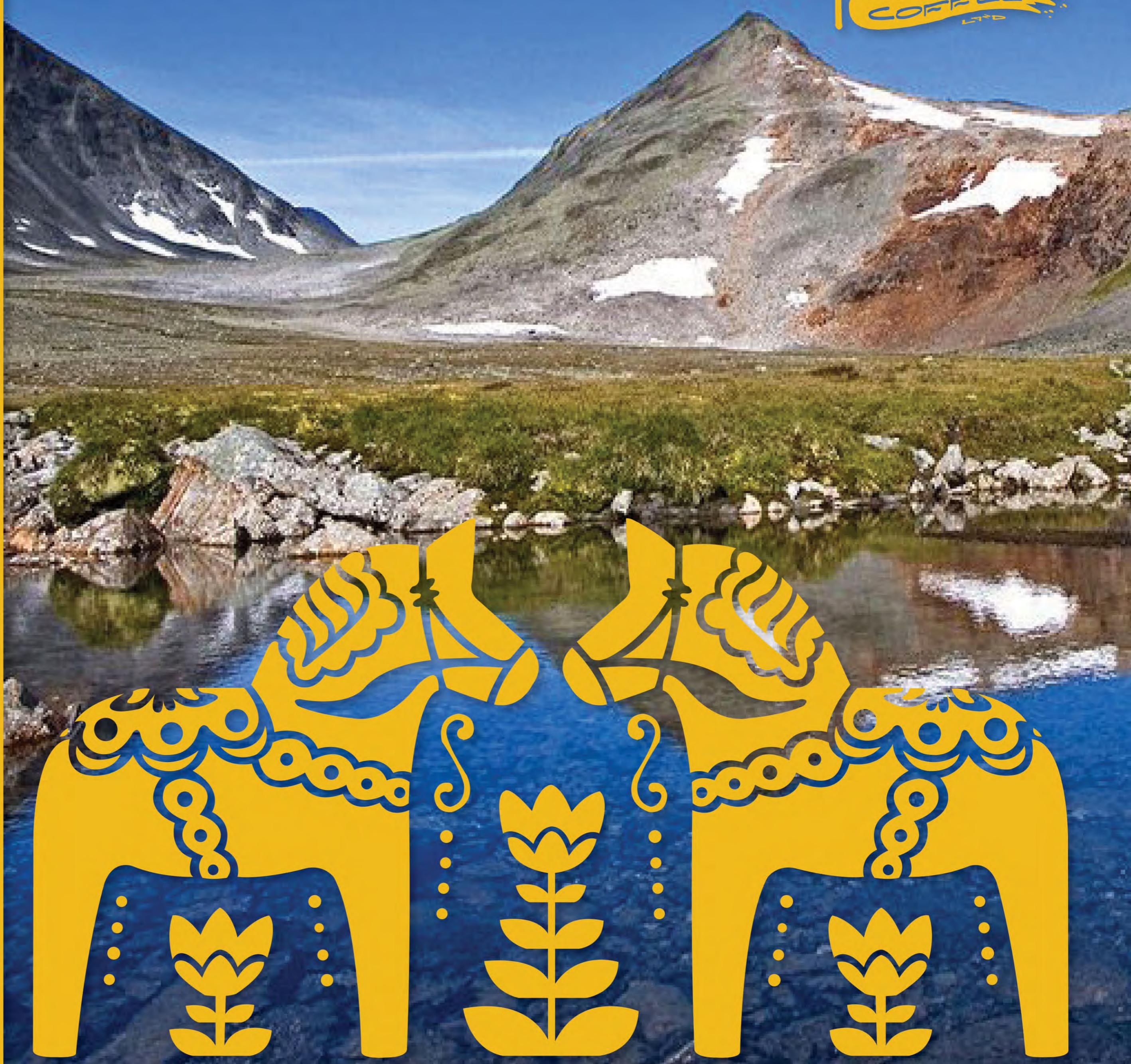
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FRENCH ROAST



# Black Rocks Mountain Clouds



Considering that the Swedes drink more coffee per capita than anyone, it is safe to say they know a good cup of coffee! This is a classic Swedish style coffee that blends light and dark roasted coffees. The brightness of the light roast coffee accentuates the chocolate and spice flavors in the darker roast. With a hint of fruit aroma this is the perfect coffee for the cooler fall days.

.. Recipe Courtesy of ..

Kelsey Delanoy

STAFF  
SPECIAL

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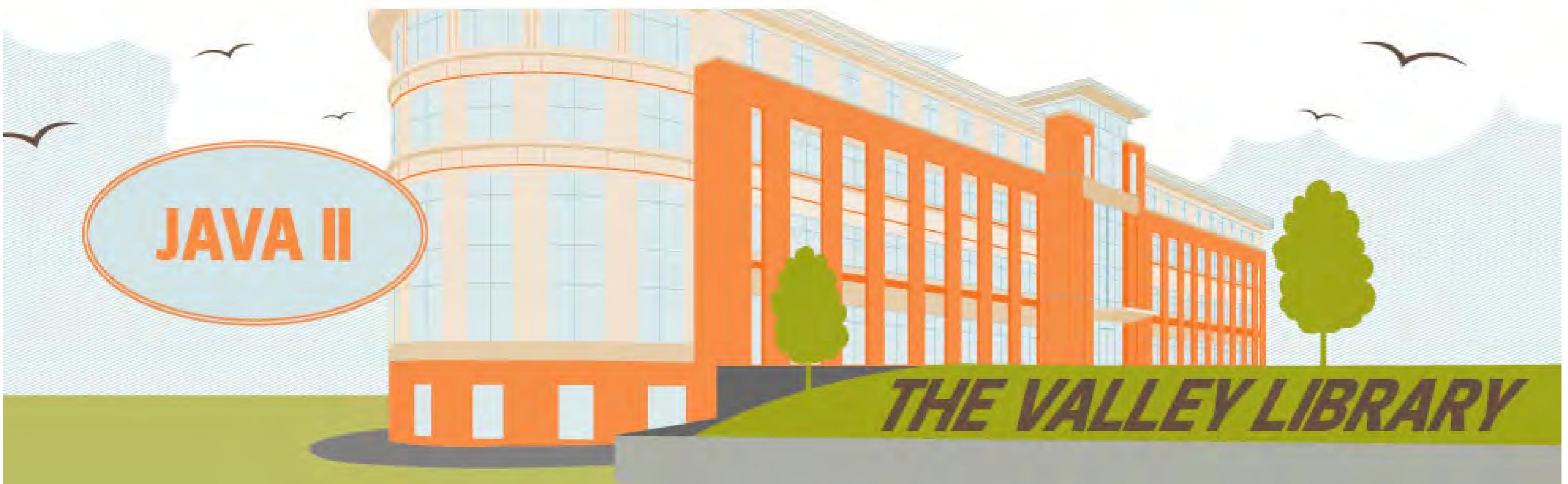
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## HYDRATION 101

9.14.2013 // Author Jen Still

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### Why Is Hydration Important?

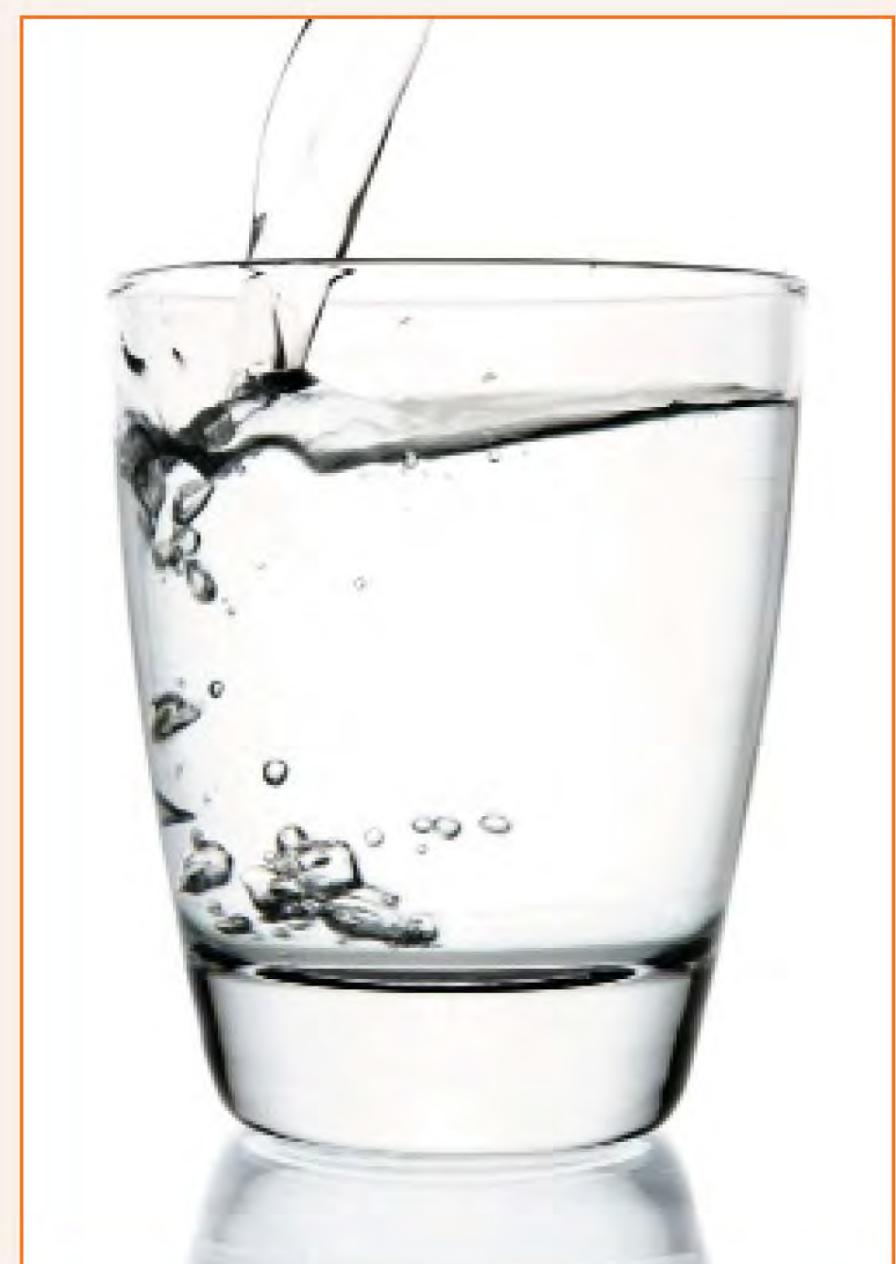
Hydration is important for your overall health, regardless of your daily activity level. A large percentage of your body is made up of water, and proper hydration means ensuring that your body maintains that level of water, as we are constantly losing water. Water helps your body regulate temperature, transport nutrients to organs and tissues, transport oxygen to cells, remove waste, and protect your joints and organs.

Hydration, however, is more than just drinking water. Proper hydration is essential for concentration and attention to detail, whether you're running a marathon, or a marathon of errands. Even a small decline in dehydration levels can result in a decrease of mental and physical performance.

### Why Does Dehydration Happen?

Your body loses water each day when you go to the bathroom, sweat, and even when you breath. You can lose quicker when it is hot out or you are exercising. When you are sick you can lose a substantial amount of water and if you do not replace it you can become dehydrated.

An estimated 75 percent of Americans are chronically dehydrated. Dehydration most often occurs when you do not drink enough water nor regularly enough. On a day-to-day basis, most people won't realize they are dehydrated until they start to feel the symptoms and by this time, the damage of dehydration has already set in. Dehydration can result in muscle fatigue, cramps, headaches, dizziness, nausea, decreased performance level, and rapid heart rate.



### How Much Water Should You Be Drinking?

Different recommendations make it confusing to know what your daily water intake should be, usually stating 6-8 8oz glasses of water per day. Though this is a good goal and a base standard different people need different amounts of water to stay hydrated. Most healthy individuals sticking to this and then drinking when you are thirsty should be enough.

Another school of thought is that you should be drinking half your body weight in fluid ounces. Say you weigh 130 lbs, then you should be making sure to get in 65 oz of water a day. This is just where you start, for every hour of exercise you should drink another one to two glasses of water to replenish your fluids.

### Tips For Staying Hydrated:

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SMOOTHIE water

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# BENEFITS TO YOUR



+



+



+



MEDLINE

Just half a cup of raw spinach counts as 1 of the 5 servings of fruits and vegetables you should eat a day.

During the First World War, wine was fortified with spinach juice and given to French soldiers weakened by hemorrhaging

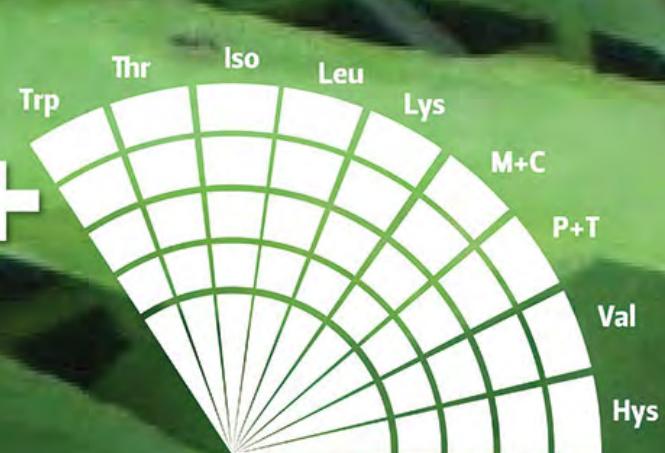
Most of the calories in spinach come from protein. Spinach also contains vitamin K, fiber, phosphorus and thiamine

Spinach is one of the best sources of dietary potassium, weighing in at 839mg per cup

PROTEIN  
QUALITY+

119

GLYCEMIC  
INDEX LOWO



# SPINACH

## MU.OREGONSTATE.EDU/MURFS HISTORY

Catherine de Medici, Italian royalty of the 1500's, preferred spinach over other greens. When she left her home in Florence to marry into the French royal family she brought cooks with her to prepare her favorite spinach dishes. Dishes that are served with a bed of spinach are known as "a la Florentine" in her honor.

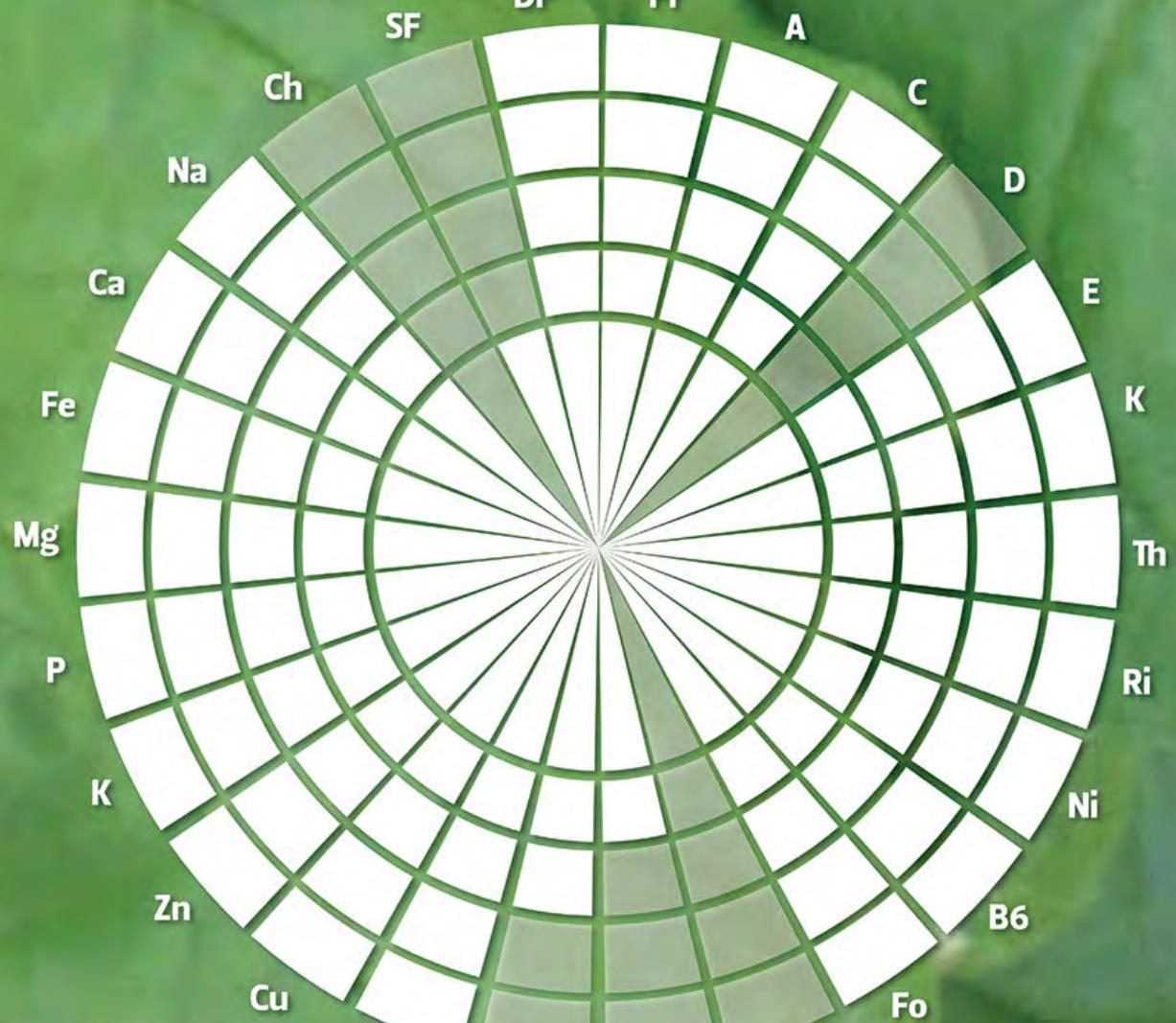
In the 1930's U.S. spinach growers credited Popeye with a 33% increase in domestic spinach consumption.

The spinach growing town of Crystal City, Texas, erected a statue of Popeye in 1937.

Medieval artists extracted green pigment from spinach to use as an ink or paint.

*I'm strong to the finich,  
'cause I eats me Spinach,  
I'm Popeye the sailor man!  
A-gah-gah-gah-gah-gah-gah!  
- Popeye*

INFLAMMATION  
FACTOR 74  
NUTRIENT BALANCE CHART



## WHERE TO GET IT

### SMOOTHIES:

#### GOIN' GREEN

apple juice, mango, and spinach

#### INCREDIBLE HULK

vanilla soy, spinach, peanut butter, and bananas

Add spinach to any of your favorite smoothie for added nutrients!



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# HISTORY



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free radicals  
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whortleberries  
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five star berries

One of the few fruits native to North America.

Native Americans used the berries, leaves, and roots for medicinal purposes. The fruit was used as a fabric dye and combined with meat into a nutritious dried jerky.

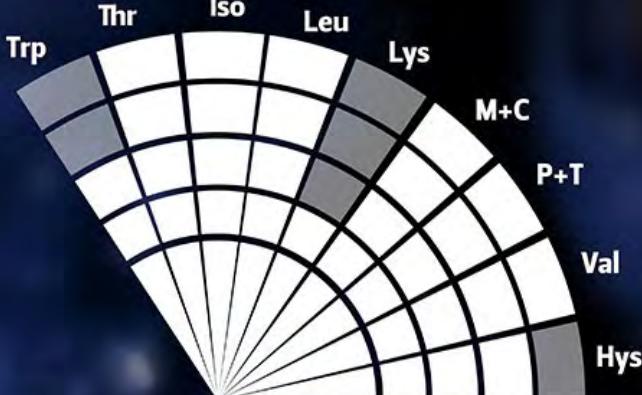
During World War II, British Royal Air Force pilots consumed blueberries, which purportedly improved their night vision.

During the Civil War soldiers drank a blueberry beverage that was supposed to improve their health.



## BRAIN CELL RESTORATION HIGH IN FIBER - HIGH IN IRON

PROTEIN  
QUALITY  
34



GLYCEMIC INDEX LOW 53

# BLUEBERRIES

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## BENEFITS TO YOUR



+



+



+



*Blueberries as big as the end of your thumb, Real sky-blue, and heavy, and ready to drum In the cavernous pail of the first one to come! -Robert Frost*

## WHERE TO GET IT



### SMOOTHIES:

#### BERRY BLAST

apple juice, bananas, strawberries, blueberries and raspberries

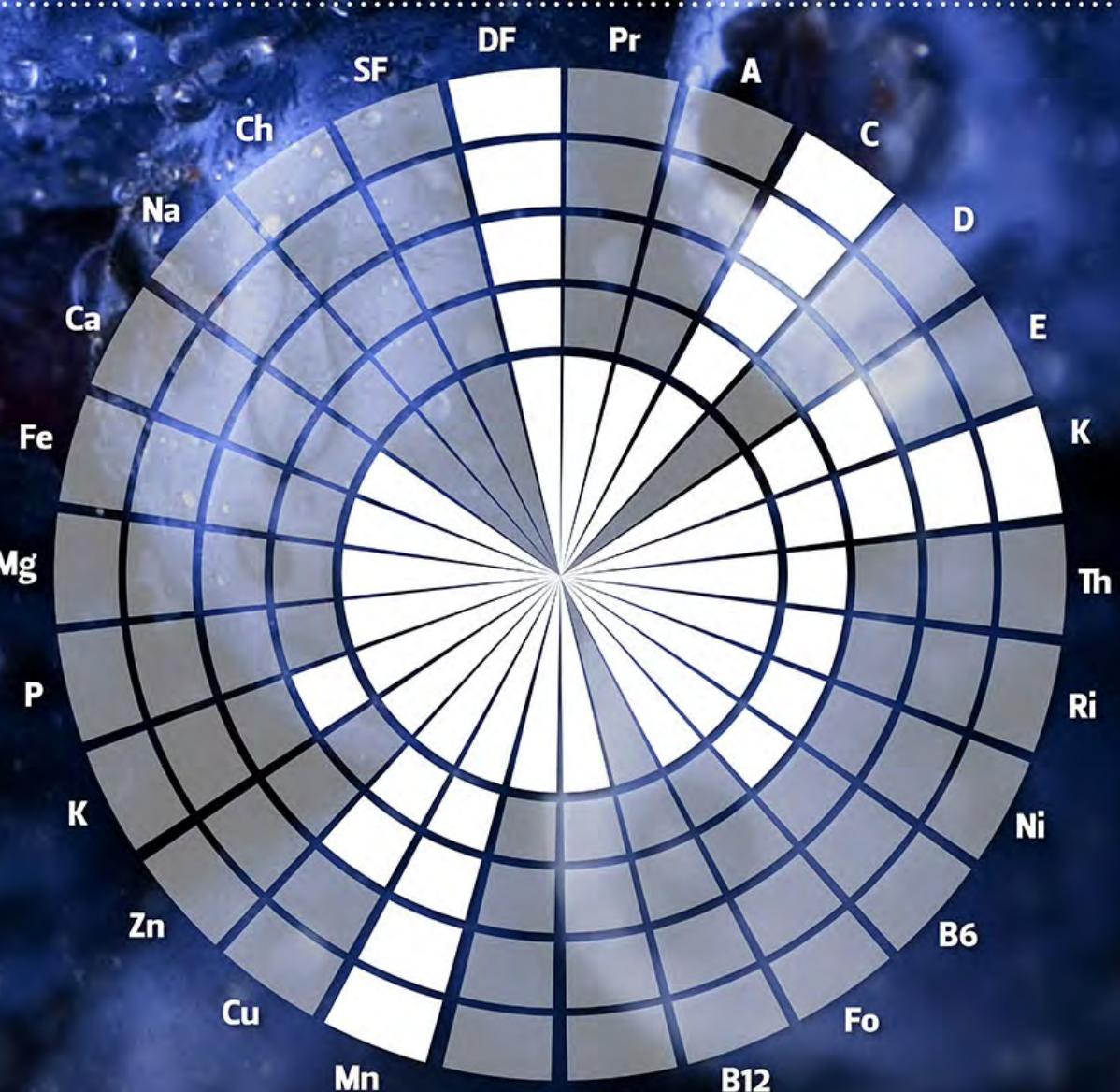
#### JOY OF SOY

Vanilla soy, plain yogurt, blueberries and bananas

#### PEACH FLING

POG, Juice, frozen yogurt, peaches and blueberries

INFLAMMATION  
FACTOR 6  
NUTRIENT BALANCE CHART



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# THE SOURCE WEEKLY



THE WOMEN'S ISSUE

## COUNTRY'S COOL UNDER BIG TENT PRESSURE

What hick hop can teach us about Hank Williams

Late season storms deliver sun-soaked fun

## HOLD THE EGGROLL

Boken and Five Fusion rewrite the lunch menu

## THE WOMEN'S ISSUE

Feminism. It was kind of a dirty word in the Republican household in which I grew up. The concept evoked images of women marching in the streets so angry they seemed hysterical. And the fact that my own strong mother—a lawyer and the parent in charge, no questions asked—didn't embrace feminism as a philosophy made the whole idea seem like something other people did, at least to a girl in the decidedly unworldly town of Anchorage, Alaska. But I've changed my mind since then. Rather than 'other,' feminism is now 'all.' As women, we no longer burn bras in the street demanding the world give us independence and respect. Instead, we simply take what we want and deserve every day through the choices we make—the choice to get a tattoo, the choice to have an interesting career, the choice to take on a challenging sport, the choice to build influence and wield it in a community, and, as embodied by our Woman of the Year, the choice to face things, even death, with an inner fire and power that is awe inspiring and frankly, possibly, a little frightening to our male counterparts. I like to think of it as Feminism 2012, strength married to power sprinkled with a healthy dash of badass.

## TRAILBLAZERS



### ELIZABETH I (1533-1603)

Things weren't great for women in the latter half of the sixteenth century. From the utter lack of authority to the clothes, life was restrictive for rich women and poor women alike, to say the least. But the second daughter of Henry VIII refused to be stifled by her male advisors. She settled what was quickly becoming a violent religious war and decreed England to be a Protestant state, this despite the fact that the male English ruling class was divided on the issue. She never married and kept peace in England for 44 years in what would come to be called the Golden Age.

### AMELIA EARHART (1897-1937)

As one of the first female aviators, Amelia no doubt stared down a great deal of condescension just getting into the cockpit. Despite this, she went on to set many aviation records, including setting the record as the first woman to fly solo across the Atlantic Ocean. She was proposed to six times by George Palmer Putnam, who would later move to Bend and serve as editor of The Bend Bulletin, before agreeing to marry him. She is said to have given Putnam a letter on the day of their marriage telling him she would hold him to no medieval code of faithfulness, and she did not expect to be bound by one either. She kept her own name and would ever after refer to their marriage as a partnership.



### ELEANOR ROOSEVELT (1884-1962)

Maybe it was because of her high school's headmistress, an early feminist who taught her female pupils to think for themselves, that Eleanor grew up to be an outspoken and influential woman in an era when women were relegated to domestic roles. By the time she was 20, Roosevelt had already helped found the New York Junior League, a group of women devoted to improving the living conditions of working class New Yorkers. For the rest of her life, she remained a leader in progressive politics and a staunch advocate of equal rights for women, even espousing that women should be given universal military training and that housewives should be paid for their work. Fun Fact: Roosevelt stayed at the historic Pilot Butte Inn while passing through Bend in 1934 on her way to Crater Lake.

# THE SOURCE WEEKLY

# LOCAL HEROES

## THE HEALERS ISSUE

The doctor who took on health care • The nurse without borders  
The rescue crew that does it for you



### BE QUIET!

*The Artist* merely flirts with greatness

### TROUT BUMS NO MORE

Bigger, better Fly Fishing Film Tour returns to Bend

### NOW THAT'S A SANDWICH

Letzer's Deli drops in on downtown

### SKATE OR DIE

Why snowskating might just change your life

## THE EXTRA MILE

What does it mean to be a hero? It's a term that few, if any, of us would ever bestow on ourselves. Yet it's important to recognize who among us goes the extra mile to make the world a better, safer and more loving place.

There are of course, the fire fighters who dash into burning buildings, cops who lay their lives on the line every time they pick up their badge. There are our men and women in uniform, many of whom have made the ultimate sacrifice in the war against terrorism.

But you don't have to wear a gun to be a hero. A hero can be anyone who goes beyond the call of duty to impact the lives of their neighbors, whether those neighbors live down the street or across the globe. In that sense, we have many heroes in Central Oregon where the spirit of community service and volunteering runs especially strong. In this issue we're recognizing one specific brand of hero: The Healer. We salute those doctors, nurses and volunteers who have dedicated their lives to caring for the wellness of others. They are the on the front lines in the battle against the most deadly threats to our well-being, and it's not terrorists, it's accidents and disease. So here's to the search and rescue volunteers who tramp into the wilderness to rescue the lost climber, the nurse who goes the extra mile for a stranger, the doctor who staunches the bleeding and comforts the grieving family. You're all heroes in our book.

Keep up the good work,

Eric Flowers, editor

## THE AGENT OF CHANGE

### In many ways Josh Cook is an unlikely candidate to transform America's moribund health care system

BY ERIC FLOWERS

An emergency room physician, Cook set out to be a teacher only to find himself practicing medicine despite the fact that he never completed his undergraduate degree – it wasn't required for him to be accepted into medical school.

"To me it was a much shorter and direct way to being a teacher."

Instead of teaching, he found himself practicing family medicine as a doctor of osteopathy, a more traditional practice that emphasizes hands on medicine and direct contact with patients.

Within a few years, Cook made his way to the emergency room and in doing so found his niche. It's where Cook has been for the past 20 or so years, tending to broken bones, delivering babies, treating cardiac cases, performing emergency surgery on car accident victims and everything else that comes with the day-to-day reality of the ER. For the last decade and a half Cook has been the face of emergency room medicine in Prineville where he has served as the both the chief of staff at the Prineville hospital and the emergency room director, overseeing a staff of 12 physicians that covers emergency medical duties in both Redmond and Prineville.

"There's no rhyme or reason. I practice in Prineville so it's a relatively low volume, but we can have huge surges."

Because pain and suffering, death and disease don't take a break, Cook can be on duty day or night any day of the week, 365 days a year. In recent years, though, Cook has switched from focusing solely on patients and turned a fair amount of his attention to treating the ailing medical system, which he, like so many other, caregivers sees as failing the American public. Recently, Cook has found himself on the forefront of the health care overhaul debate, largely because of the work he and other care providers have done in Prineville where Cook has helped to lead an initiative aimed at expanding health care access to the entire population. The work is still in its nascent stages, and is funded largely by a federal grant, but early indications are showing some promising results that could have implications for the region, the state and the nation.

Recently, Cook joined the St. Charles Board of Directors. His goal is to represent the needs of the rural population that he has tended to as an ER physician and medical director, but also to share the lessons that he has gleaned on the forefront of the health care revolution that he believes is already underway.

"The real mission that's happening is we have to transform health care and that's where my passion is at this point. How can we go from this system that is unaffordable for the individual," Diegel said.

Regardless, Cook's views on the changing nature of health care is informed by his two decades as a physician in the emergency room, a place that he speaks of with affinity, but also refers to as the dumping ground for the health care industry.

"If there's any take home message, it's that the bulk of medicine that is practiced in the emergency room department should not be practiced in the emergency room department."

But getting people out of the ER into the local doctor's office takes a seismic shift in health care delivery, which is based on a demand-for-services model. And most patients only demand the services when they need them most, long after the optimal window for intervention has closed. Consider, says Cook, that the number one, the Number One, diagnosis in the Prineville ER was acute mouth pain. That means that not only has the patient ignored all the warning signs of dental decay, but he or she has actually come the wrong place for

individuals, for businesses, for the state and for the country into something that works and provide better medicine. That's now a focus of everything we're doing here."

St. Charles CEO Jim Diegel said it was Cook's dual experience as a physician and an administrator who started the first federally qualified health care clinic in Central Clinic, the Mosaic Medical Clinic in Prineville that made him attractive as a board member.

#### ON DEALING WITH TRAUMA

*In those critical situations, it's important not to get hijacked by one's emotions. Always feel compassion, but get the job done. This is the time to give them what they need and split yourself so that you can give the empathy and the compassion at the same time that you're [working]. You have to be able to hold two things in yourself together and not let the stress of what's happening cause you to lose control of yourself.*

"I watched him blossom as a leader in Prineville then become involved in some of the regional work. And when we asked Josh to join the board we weren't asking Dr. Josh Cook, we asked Josh Cook the community leader to join us," Diegel said.

The real mission that's happening is we have to transform health care and that's where my passion is at this point. How can we go from this system that is unaffordable for the individual," Diegel said.

As the stepmother of a child living with cerebral palsy, it was a cause close to Redman's heart. The school was so successful that the



#### HOW IT WORKS

Treating patients in the ER is costly, extremely costly. "We put on expensive bands," says Cook. But getting folks into a doctor's office is also an expensive proposition and one that our current system of care doesn't have a good track record of doing, particularly for those populations who are most at risk. In Prineville, Cook and others have implemented a "continuous care" model that matches patients with primary physicians and in some case managers who can help direct patients to the best provider. Referred to as "home" model, the goal is to ensure that every patient has a home base for their health care needs, led by a physician or physicians, who are familiar with the patient's health history. At present, the federal government is helping to pick up the tab through the Federal Qualified Health Care Clinic program, but it's a group effort that requires breaking down barriers among providers, including increased involvement of the mental health and social services community in health care delivery.

"Health care is not their first need. Eating, making it day to day, paying the mortgage, not getting beat up by their family. Substance abuse. That's what a large percentage of the population that doesn't have access (is focused on)," Cook said.

treatment. Prineville now works with a dental group to refer these patients to a dental provider for treatment. More importantly though, Cook and other care providers have developed a system for identifying these patients earlier, before they become a huge financial burden on the system. And they are a huge burden. Consider that 80 percent of all health care dollars is spent on 20 percent of the population and you get a sense of just how out of whack the system is.

Those dynamics create a huge economic incentive for doctors, patients, politicians and the general public to fix the current model. However, Cook says that we ought not look to Washington for answers to the dilemma. Rather, the solution, or solutions, have to be developed at home, in clinics, emergency rooms and board rooms here in Central Oregon. Thanks to Cook, we have someone to start. Right over in Prineville.

#### HOW HE RATES THEM

We asked Josh Cook the question that we knew would be on the minds of all Source readers, do doctors watch doctor shows like E.R. and Grey's Anatomy? And if so, what do they make of them? Here's how our real-life ER expert ranked them on a simply thumbs up or down scale.

**House:** Thumbs up.

*Total entertainment. Don't even think of it in regards to medicine.*

**Scrubs:** Neutral

*Scrubs is kind of the South Park of medical dramas. It's like reading Mad Magazine's take on the E.R.*

**ER:** Thumbs Up.

*I think everybody gives ER a thumbs up, but never are people so pretty as they are in TV shows.*

**Grey's Anatomy:** Thumbs Up

**MASH:** Thumbs up

*MASH is classic.*



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## THERE WHEN YOU NEED THEM

### Commitment binds local search and rescue volunteers

BY GREGG MORRIS

Last November, a climber attempting The Wambat Route in Smith Rock State Park lost his hold and fell hard to a ledge below. Luckily for the climber, the Deschutes County Search and Rescue Mountain Rescue Unit was training at Smith Rock that day. They moved into action and immediately initiated the rescue.

"He fell onto a ledge, which is a tricky rescue," said Richard Adler, team member since 2007. "This was the first time we were able to perform a ground-up rescue. It worked perfectly."

Adler is one of 118 volunteers on the Deschutes County Search and Rescue crew who devotes hundreds of hours to training and rescue missions all in the name of keeping Central Oregonians safe.

DCSAR's list of abilities and accomplishments extends further than just the dramatic rescue. The team also performs fire evacuations, evidence collection and crime scene searches, public safety assists and natural disaster relief.

Ranging in age from their early 20s to their late 60s, the volunteers come from all walks of life. Monthly general meetings can find former law enforcement officers discussing trainings with teachers and bankers. What they all share is the desire to help people and a love for the outdoors.

Adler's path to DCSAR started in California.

"I was climbing in Southern California when a guy who was climbing 100 feet above me fell really hard. I assisted in the rescue with a couple of other climbers. I ended up moving to Joshua Tree shortly after and got recruited to join their Search and Rescue team."

Two more factors that bond the team members are the training and time com-

mitment. After completing the intensive, new-member training academy, it is not uncommon for a DCSAR member to donate upwards of 100 hours per month.

"If you volunteer for SAR, make sure you have the time and effort for training," Adler said. "There are lots of cogs in the wheel to facilitate a rescue."

This importance of training is stressed from day one. All team members are trained in ground-search techniques, and must have a minimum Wilderness First Aid certification to assist the expertly trained medical team.

Specially trained crews include the Mountain Rescue Unit, the Search and Recovery Horse team, the Dive and Swift Water team, and the winter teams, which include highly skilled members trained in alpine and backcountry skiing, snowshoeing and snowmobile or tracked ATV usage.

"We have grown a lot

over the last decade," stated Al Hornish, a 12-year veteran of DCSAR. "The nature of missions has changed as well. There are more rescues and less searches, mostly because of the better technology available," said Hornish.

These local heroes have a variety of reasons for doing what they do, but it boils down to helping people.

"I have a strong belief that people need to

volunteer. If more people took to volunteering, the world would be a much better place," said Adler.

Hornish said the gratification of a successful rescue is a two-way street.

"I've never experienced anything that comes close to the feeling of being on a team that rescues someone. People call us because they need us. They're not messing around," Hornish said.



If you're interested in becoming a member of Deschutes County SAR, the Sheriff's Department is accepting applications for the 2012 Academy until 5 p.m., Jan. 27th.

Gregg Morris writes the Outside Column for the Source and is a proud member of the Deschutes County Search and Rescue Team.

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## FRIENDS IN FOREIGN LANDS

### Local nurses travel abroad to volunteer time and energy for those with little resources

BY JAMES WILLIAMS

say, but I think it bridges peace."

Bostrom's efforts did not go unrecognized. "She is one of the best volunteers I have worked with. She worked nights and was always a pleasant presence at the end of every day. She never complains and strives to energize the team so we all can achieve excellence," said Russell Papineau, the Operation Smile Program Coordinator who worked with Bostrom in Jordan.

Bostrom, along with fellow Bend nurse and friend Mitchi Soto, have volunteered for Operation Smile since 2000. During that time they've forged many such cross-cultural connections. Bostrom's previous work as a burn nurse in Salt Lake City before coming to Bend, gave her valuable experience that she was able to share on trips to Southern India, her favorite destination.

"It's a unique population," Bostrom said of the people she met while in Mumbai and the surrounding area. Sadly, burns are commonplace there. Many people attempt to take their own life by lighting themselves on fire. Burning is also a disturbingly common method of retribution employed by angry family members. Additionally, many women, wrapped in flowing saris, find themselves at risk when visiting temples that are often teeming with candles.

During her most recent trip, a 10-day stint in Jordan this past December, Bostrom met an Iraqi refugee family, which had been flown in by the U.S. State Department and was seeking treatment for a child. The mother, veiled in a full burqa, appeared distant to Bostrom who could see only the woman's eyes peering through the traditional Islamic garment. While the child was in surgery, Bostrom began to talk to the mother. As the two women conversed about the war, their families and being a mom, the Bend nurse began to feel a familiar sensation.

"They have no money, they can't get treated," Bostrom said of the people who live in the world's fourth most-populated city. Burn patients who don't receive treatment usually become deformed for life, as their skin grows taut, leaving them locked in a fixed position. And the pain is severe.

While there, Bostrom befriended a 10-year-old boy whose neck had become stuck to his shoulder and was recovering in the intensive care unit. The boy's family had no money for pain relief. Bostrom offered up herself, her time, and her love. She even offered to pay for the treatment herself.

"It's very hard, it can be so sad," Bostrom said, adding that, overcome

with grief, she had to leave the ICU.

Witnessing pain is an unavoidable and even necessary aspect of the job. Few can handle the sadness, which is in large part why Bostrom is our hero.

With suffering, though, comes great joy.

"It's unbelievable. It's an amazing opportunity," said Bostrom, ever the optimist. "I do it very self-servingly."

And for the children who otherwise would have few opportunities afforded them in life, Bostrom's work may be the greatest gift they will ever receive.

"Your child will go to school now. Yes," she said, happy to be of service to her fellow man.



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# NOTABLE NETWORKER

## 10 ways to make yourself memorable

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# JOB SECTOR DIVERSITY

## public vs. private employment

**PRIVATE**

*Someday, we're all going to be like our parents. That doesn't mean we're going to wear socks with sandals or have an 8 p.m. bedtime. Rather, at some point we're all going to have to join the working world.*

Since the recession began in December 2007, unemployment has gone as high as 9.5% nationally. However, total government employment actually increased during this time, which should make job seekers pay extra attention to job openings in the public sector. On the outside, it seems like a job is just a job, but in

this case, it's important to know a few things about employment in private and government sectors before you jump into a gig with both feet.

### Underlying goals

The most fundamental distinction between public and private jobs is what they work toward. Private companies want to make a profit, and the government provides services to the public without expecting a monetary return on investment. That's not to say that there aren't private companies that directly help people, but as a sector the intent is to make money.

### Will it last?

While civilian employment has decreased by more than 6 million jobs during the recession, government employment has actually enjoyed a modest increase of 166,000 jobs. Also, many

### NON-PAPER-PUSHING GOVERNMENT JOBS

**Marine science lecturer:** Teach members of the U.S. Coast Guard Academy in Connecticut.

**Veterinary soldier:** Serve as a veterinarian for the Army Medical Department.

**International news production:** Work with TV producers in countries around the world to produce live and taped programs for the American news agency The Voice Of America.

**Master gardener:** Help maintain the U.S. Botanic Garden, located on the National Mall in Washington D.C.

**Wildlife biologist:** Help preserve our nation's wilderness and wildlife with the U.S. Fish & Wildlife Service by studying, preserving and enhancing habitat for native flora and fauna.

SOURCES: SIMPLYHIRED.COM • BBG.GOV  
USBG.GOV • FWS.GOV  
VETERINARYSERVICE.ARMY.MIL

government jobs are more difficult to eliminate when times get tough (though they aren't immune). For example, even in a recession, we still need police officers, teachers and fire fighters.

Government positions also tend to have more support from unions, whose contracts make firing workers or cutting back benefits more difficult. In fact, government employees are almost five times as likely

"**PRIVATE COMPANIES WANT TO MAKE A PROFIT, AND THE GOVERNMENT PROVIDES SERVICES TO THE PUBLIC WITHOUT EXPECTING A MONETARY RETURN ON INVESTMENT.**"

to be a union member than private sector workers. With less union activity, private companies have more control over their work force. And private job growth is dependant on the market, so employees can be relatively easy to layoff, cutting companies' costs in tough times.

### Over the long haul

Government jobs are generally harder to get and easier to hold on to, so there usually aren't as many opportunities to advance. So if you're offered a government job, make sure it's something you really want to do. You may have that or a similar position for a long time, maybe even the duration of your career, unless you move on to a different job.

While it can be harder to advance in a government job, there are also fewer available. Due to the greater number - and therefore variety - of positions at private companies, you may have a better chance of landing a job that lives up to your expectations.

As private companies are beholden to the bottom line, if you show exceptional worth as an employee and seize opportunities, you're much more likely to advance higher in the organization or get noticed and offered a job elsewhere. The downside of this is that if you switch jobs often, you run the risk of having the least seniority when the company needs to cut 5% of the workforce.

Government employees have their own system of promotions and raises. It's usually slower, but steadier, over the long run. ▶

**BOTTOM LINE:** As of May 2009, over 140 million people, or around 90% of the total workforce, were employed in the U.S. If you want to be a part of this group, think about what sector is right for what you want out of a job.

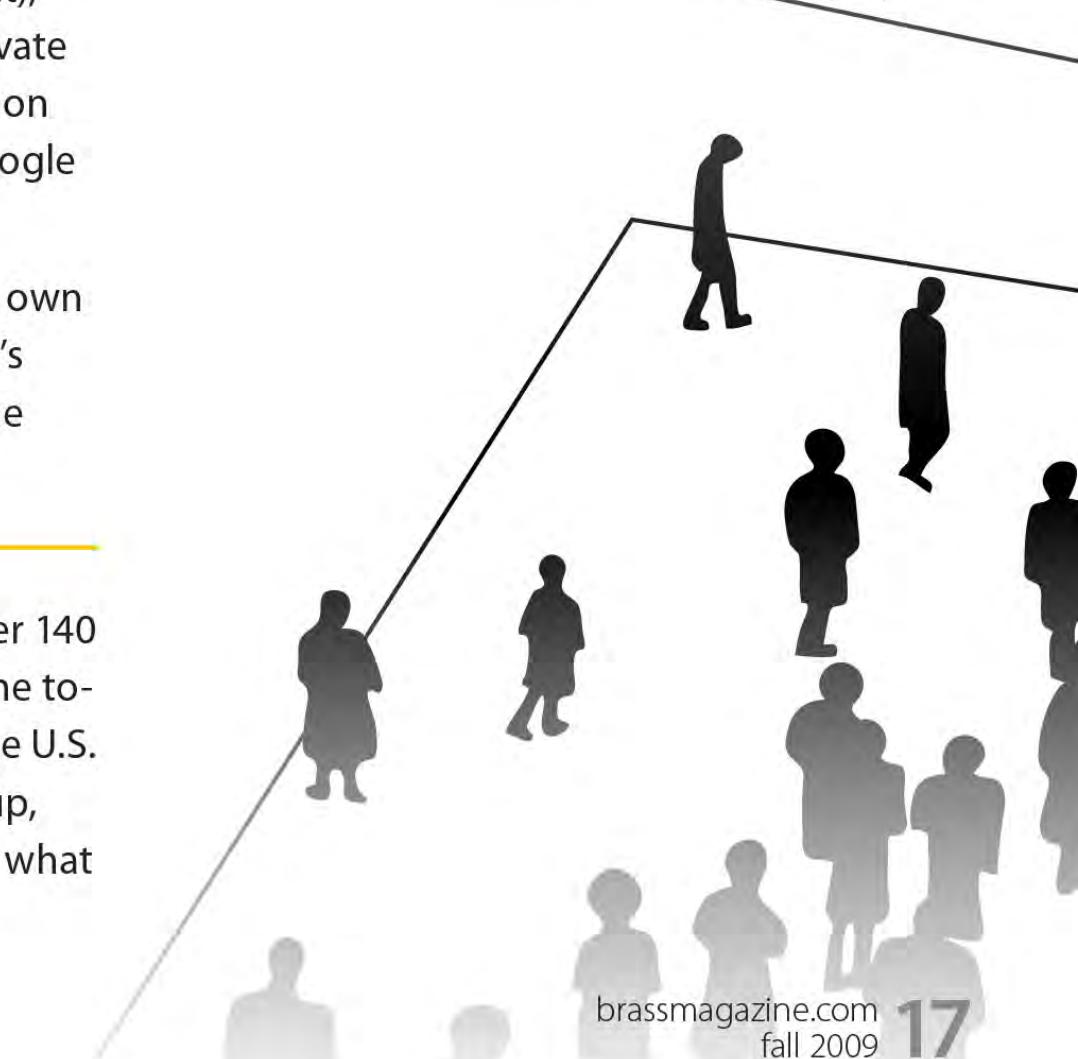
### Who pays more?

Private jobs have traditionally been perceived as having higher pay. Recently that's been less true, especially considering that government jobs usually offer better benefits. When the economy is in a slump, private companies can cut wages and benefits more quickly and easily than the government. And they don't have to worry about getting re-elected if the public is angered by job cuts. Their responsibility is to do what is best for the company, which isn't always in the best interests of every employee.

**\$13.53** AVERAGE AMOUNT CIVIL SERVANTS EARN PER HOUR IN BENEFITS, COMPARED TO \$8.02 FOR PRIVATE SECTOR WORKERS IN MARCH 2009, ACCORDING TO THE BUREAU OF LABOR STATISTICS.

SOURCES: BLS.GOV

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