

# In & Out Gardens

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## Look who's reading the Gater

Take us with you on your next trip. Then send your favorite "Reading the Gater" photo to [gater@applegater.org](mailto:gater@applegater.org) or mail to *Applegater*, P.O. Box 14, Jacksonville, OR 97530. Photos will appear as space allows.



**Photos, from left to right:**

—Applegate School students **Kailas Lowry**, 6, and **Coral Lowry**, 9, search the Applegater for ninja turtle sightings while vacationing on Grand Turk Island.

—**Claudia and Dan Beausoleil** of Williams hiked up 2,000 feet to The Tiger's Nest monastery (elevation: 9,300 feet) in Bhutan, where they clung to the Applegater for spiritual guidance.

—Just below Huddleston Glacier while hiking the Southern Alps in New Zealand, **Tom and Kathy Carstens** check the Gater's avalanche forecasts.



**Ruch Family Medicine**  
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**Introducing  
Natalia Nazartchouk, PhD, FNP-BC**

**Natalia Nazartchouk** has joined Dr. Andrew Watson at Ruch Family Medicine and is **currently accepting new patients**. She is a Board Certified Family Nurse Practitioner and, additionally, has been certified as an

Advanced Diabetes Management Practitioner by the American Diabetes Association. Natalia received her Master of Science degree from University of Massachusetts in 2002 and, for the last 11 years, has engaged in advanced medical practice, both in ambulatory and hospital care environments.

**Key specialties of her medical experience include family primary care, cardiology, advanced diabetes management, geriatrics, and women's health.** As a Family Nurse Practitioner, Natalia places strong emphasis on health promotion and disease prevention.

**Natalia's Philosophy of Care:** "Compassion and understanding need to be integrated with clinical aspects of healthcare. I want to build long-term professional relationships with my patients based on trust, comfort, and understanding, and I enjoy taking care of multiple generations within a family. I am a strong advocate for preventative medicine and strive to equip my patients with knowledge and tools, which will help to promote their personal wellbeing."

## Black Oak Forest Restoration

*Services Provided:*

- Ecological Fuel Reduction • Native Plantings
- Blackberry Removal • Forest Health Thinning
- Salmon/Riparian Restoration • Consultation
- Trail Building and Maintenance
- Native Grass and Wildflower Seeding

**The Applegate Valley's forest and land management specialists. Owned and operated since 2007. We know the needs of the Applegate Valley.**

**Contact Us**

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