

Not Just a Store, a Family

FERGASONS

Appliance Sales & Service
215 Pacific Hwy So.
Cottage Grove, OR 97424
942-2443
Free Delivery & Disposal of Trade within 35 miles

WONDERING WHAT 2020 HAS FOR YOU?
ASK LINDA.

Email her at info@chronicle1909.com

Exclusively in The Chronicle every Thursday

JAMES HEATING & AIR CONDITIONING COMMERCIAL & RESIDENTIAL

Precision Tune-up! \$119⁰⁰ SPECIAL

Make sure your heating and air conditioning system is dependable, safe and running at optimum performance for energy savings.

Tune-up includes identifying existing or potential problems that can cause an unexpected breakdown!

Take advantage of our no-risk guarantee and schedule your appointment today!

541-746-9743

115 Lawrence, Eugene, OR 97401
CCB# 47396

COTTAGE GROVE SCHEDULES/ RESULTS

SCHEDULES

BOYS BASKETBALL

Tuesday, Jan. 7
CGHS lost at home to Crook County, 74-60.

Friday, Jan. 10
CGHS lost to Mazama 52-43 in the Sky-Em/Skyline Crossover.

Saturday, Jan. 11
CGHS lost its fourth in a row at Phoenix, 60-52.

GIRLS BASKETBALL

Tuesday, Jan. 7
CGHS won at home against Crook County, 60-36.

Friday, Jan. 10
The Lions beat Henley 46-25 in the Sky-Em/Skyline Crossover.

Saturday, Jan. 11
CGHS lost 39-27 to Hidden Valley in the Crossover event.

WRESTLING

Saturday, Jan. 11
CGHS traveled to Sutherlin and finished fourth overall in the varsity boys tournament and 7th overall in the girls division. Jacob Dunn took first in the 160-pound weight class, Drew Swenson took first and teammate Oden Armstrong took third at 170, Walker Humphrey was second at 182 and Trace Nelson took 2nd at 220. For the girls, Hannah Cook took 3rd at 133-136 pounds and Lillian Wood placed third in the 154-169 weight class.

SCHEDULES

BOYS BASKETBALL

Friday, Jan. 17
CGHS hosts Siuslaw in Sky-Em season opener, 5:45 p.m.

Tuesday, Jan. 21
The Lions travel to Marshfield, 5:45 p.m.

GIRLS' BASKETBALL

Friday, Jan. 17
CGHS will host Siuslaw in Sky-Em season opener, 7:15 p.m.

Tuesday, Jan. 21
The Lions travel to Marshfield, 7:15 p.m.

WRESTLING

Saturday, Jan. 18
CGHS will compete in the Siuslaw Tournament, time TBD

Wednesday, Jan. 22
CGHS will host Creswell for a dual meet, time TBD

NUTRITIONALLY SPEAKING

Read all about it: 'Herbal medicine' releases third edition

Whenever possible I am excited to share with you my favorite resources that empower us to help ourselves as we work towards better health. These days, DIY (Do It Yourself) is trending, and learning to make our own herbal remedies is one of my favorite DIY pastimes.



Yaakov Levine

I received an exciting New Year's gift in the mail recently: Dr. Sharol Tilgner's updated and expanded third edition of her book, "Herbal Medicine from the Heart of the Earth." Originally published over 20 years ago, this book – which I have previously reviewed here – has been a helpful resource for many practitioners as they have supported their patients' health goals, and it is now available for everyone – readers beginning their herbal medicine explorations as well as seasoned practitioners.

The author is a naturopathic physician (ND), herbalist of 35 years; founder and past owner of Wise Woman Herbs, located in Creswell; has owned and operated herb farms; and has organized national herbal events.

Included in this book is the most up-to-date detailed information on valuable medicinal herbs including dosage, specific indications, general uses, active constituents and contraindications. As noted herbalist/educator Paul Bergner states in the forward, "Herbal Medicine from the Heart of the Earth" is broad enough in scope that it contains within it material enough for three books."

There is an introduction to the actions and uses of medicinal herbs, a concise materia medica containing monographs of each herb. Next we find a complete section of herbal formulas organized by body systems. There is also a step-by-step guide to making your own herbal preparations. This book also includes an appendix, which contains useful harvesting and preparation charts, and ends with many pages of reference notes, so we can be assured that all of the information in this book has been painstakingly researched.

For the beginning student this text starts off with a description of the properties and actions in our bodies of the individual herbs. For example, along with a list of anti-inflammatory herbs is a description of the various ways these herbs can help reduce inflammation. In the section, "Dictionary of Herbal Preparations," Dr. Tilgner describes various types of preparations including information that will help the reader determine which herbal preparation is best for them, or for a particular situation.

The materia medica is a detailed description of each herb, including the parts used, taste/smell, whether it is cooling or warming, and a description of the herbs' constituents. Also a farmer, the author includes information for those interested in growing these herbs. She includes the various uses of the herbs and ends the section for each herb with contraindications and any applicable herb/drug interaction data.

There truly is enough information for at least three books here, and the section about herbal formulas could certainly stand alone as a useful guide for practitioners and lay people alike. As a nutritional therapist, I appreciate that Dr. Tilgner has started this section with formulas that support the digestive system. In this column I have often stressed that we look at supporting our digestive health first as we strive to be our healthiest.

Rarely will you find a text on herbal formulas that includes suggested percentages of each component. This section also includes the rationale for each herb's inclusion in the formula, which is not commonly found in most herbal texts. Each formula includes a dosage chart for the various ways to prepare them as liquid extracts, teas or elixirs.

In her illustrated section on making herbal preparations you will find detailed instructions to make any of the formulas found on the preceding pages. The easy-to-follow instructions will assist the experienced herbal practitioner and beginners alike. The useful herb chart for harvesting and preparation of liquid extracts tells us when to harvest, which part of the plant to use, and whether to use fresh or dried herbs.

As a physician, herbalist, educator and farmer Dr. Tilgner has presented us with a comprehensive, easy-to-use guide to herbal medicine that gets better with each edition, and which you will find an important addition to your library. With the financial challenges our society is experiencing, the third edition of "Herbal Medicine from the Heart of the Earth" will be an important guide as we learn how to take care of ourselves and our families. Salud!

For addition information about this text and these events contact me at: nutritionallyspeaking@gmail.com. This book is available via Amazon.com.

Contact Yaakov, a Creswell resident, at nutritionallyspeaking@gmail.com

Dentures or Missing Teeth?

NEW SMILE NEW CONFIDENCE

BIRCH AVENUE DENTAL

Tammy L. McClung DDS | Park W. McClung DDS

BirchAvenueDental.com | (541) 942-2471

TempSure Envi™ SALE

Brighten & Tighten Your Skin

BUY 3 TREATMENTS GET 2 FREE

* Financing options available

541-658-5301 | CamasMedical.com
170 Melton Road, Creswell, OR 97426

LORANE NEWS

This time, we're prepared for snow

Well, we've made it into the new year without any major weather inconveniences, but most of us are still preparing ourselves for the possibility of another snow/ice storm that caused us to be without power and water last February. I've always considered that the more prepared we are, though, the less likely it will happen ... something similar to Murphy's Law.

Jim and I feel we're much more ready to deal with another spate of bad weather than we were last year. Thanks to Brian and Michele – our daughter and son-in-law – we now have a large generator that should help us with water, lights and heat if power goes out for several days again; and if our water



Pat Edwards

lines freeze, I have about six 5-gallon containers of water stored away we can use. Those measures should ensure that we won't need any of it this year.

With the new year also comes tax season. At least the normal cold and rainy days of our Oregon winters can be spent in a warm house while going through all of the unending paperwork and records-retrieval that is required to make sure that Uncle Sam has all of the information needed that will hopefully net us a refund. Of course, that's generally proven to be wishful thinking, but miracles do happen sometimes.

The Lorane community has been quiet lately. The regular "first and third

Saturday" Crow Grange Bingo nights have resumed; the Lorane Grange Spaghetti and Bingo Night is Saturday, Jan. 25, (dinner at 5:30 p.m. and bingo at 6:30 p.m.); and the Crow Grange's first Bingo Night is Wednesday, Jan. 15 (games start at 7 p.m.)

The Crow Middle/High School art class has a new project and needs your help. Teacher Pat Dixon is asking for donations of old and/or worn books, postcards, games with missing pieces, jigsaw puzzles, cloth, buttons, costume jewelry, etc. that can be used in their "Altered Art" project. Contact Pat at pdixon@cal.k12.or.us to arrange for a drop-off or pick-up time.

Be sure to check out my personal website at <http://allthingslorane.com>