

Gil Gilbertson files for county sheriff

Longtime law enforcement professional Gil Gilbertson filed with the county clerk's office for the position of Josephine County sheriff Monday, Jan. 23.

He has served in law enforcement nearly 30 years, according to his candidacy announcement. As of Jan. 23, he'll face Brian Anderson and William "Spike" Kelly in the May 16 primary.

Sheriff Dave Daniel is not seeking re-election to that office, but is running for the county commission.

Gilbertson has lived in Grants Pass since 1991. He spent 16 years as a full-time police officer in Waterloo, Iowa; and then 13 years as a



GIL GILBERTSON

professional law enforcement trainer, international police officer, and law enforcement professional consultant, according to his candidacy announcement.

A Vietnam veteran, he most recently served under the U.S. State Dept. in Kosovo and Bosnia. He served as a police professional in

Iraq, and in Louisiana helping in the hurricane "Katrina" crisis.

Gilbertson is a volunteer in the Josephine County Sheriff's Office Search and Rescue Dive Team. He also holds a position on the executive board of Josephine County Friends of the K-9.

"As a top-level administrator for years in police work, I believe that I can bring new ideas and concepts to our county's law enforcement," he said.

Gilbertson added that he feels not only qualified to seek the office, but considers it a privilege to contribute his years of service and experience to what is now his home county.

Many people continue migrating into Oregon, United Van Lines stats show

During 2005, many people packed up and moved their homes to the Southeast and West -- especially to Oregon -- while the Midwest and Northeast experienced an increase in residents leaving, as measured by the business trends of United Van Lines, the nation's largest household goods mover.

The statistics are among the findings of United's 29th annual "migration" study. It tracks where its customers moved from and the most popular destinations during the last 12 months.

United has tracked shipment patterns annually on a state-by-state basis since 1977. For 2005, the accounting is based on the 226,353 interstate household moves handled by United among the 48 contiguous states, as well as Washington, D.C.

In its study, United classifies each state in one of three categories: "high inbound" (55 percent or more of moves going into a state); "high outbound" (55 percent of moves coming out of a state); or "balanced." Although the majority of states were in the "balanced" category last year, several showed more substantial population shifts.

Movement into the mountain West increased in 2005, with Oregon (63.6 percent) continuing its 18-year, high-inbound trend and having the highest inbound migration of all states in the study.

While still a high-inbound state, Nevada (60.1 percent inbound) witnessed the fewest moves coming in since 1998.

Idaho (61.9 percent inbound), classified as high inbound for the past 18 years, saw its highest inbound year since 1998; and Arizona (60.1 percent inbound) saw its highest inbound since 1996.

Although not considered "high inbound," the other mountain West states also welcomed the arrival of new residents. Colorado (53.5 percent inbound) continued its three-year inbound trend and had nearly 2 percent more moves into the

state compared to last year.

New Mexico (54.2 percent inbound) and Montana (54.4 percent inbound) retained their four-year inbound status. Utah (50.2 percent inbound) and Wyoming (50.1 percent inbound) boasted a more than 2 percent increase in moves as compared to 2004.

Besides the West seeing an inbound migration influx, the Southeastern states also were a top migration spot. North Carolina (61.2 percent) and South Carolina (59.0 percent) continued their 12-year inbound tradition, while Alabama (85.9 percent) continued its three-year, high-inbound trend.

Two southeastern states saw their highest arrival percentage in years: Georgia (55.2 percent, highest percentage since 1982); and Tennessee (58.0 percent highest percentage since 1995.) Kentucky (55.3 percent) welcomed its first year as high-inbound state since the inception of the study.

Rounding out the list of high-inbound locales is Washington, D.C. (61.4 percent), which has remained inbound since the first year of the study. Some other noteworthy inbound-migration states in 2005:

*While Florida (54.2 percent) has been inbound since the survey commenced, this year marked the lowest number of relocations to the state since 2000.

*Texas (53.9 percent) continued inbound movement since 1989 and saw slightly (1.3 percent) more people move in as compared to last year.

*As compared with 2004, Washington state (53.4 percent) became the destination for 2.7 percent more residents.

States in the Northwest and Midwest generally showed an outbound trend, according to United's records. New York (59.8 percent) has been an outbound state since the survey was established.

But after eight years as a balanced state, Rhode Island (57.0 percent) jumped to the high-outbound list this year.

Continuing their out-

bound traditions, New Jersey (60.4 percent, outbound since 1997) and Pennsylvania (56.0 percent, high outbound for the past two years) also saw residents depart.

Not identified as "high outbound," but following the outbound trend in the Northeastern part of the country, Connecticut (53.5 percent) noted its third successive year of out-migration, and Maryland (53.5 percent) continued its 13-year outbound tradition.

Maine (51.2 percent) observed 3 percent more relocations leave in 2005 than 2004, and Massachusetts (54.1 percent) lost residents for the 18th consecutive year.

Toward the middle of the country, Midwestern states also experienced outbound migration. Although considered high outbound, two states had less people leaving than they did last year: Indiana (59.9 percent) outbound; 4.2 percent less than 2004) and Illinois (58.4 percent outbound; 2.1 percent less than 2004).

Other states in the Midwest also showed an outbound trend: Missouri (50.8 percent, but this year marked the fewest people leaving since 1995); Nebraska (50.7 percent, after two years of inbound migration, Nebraska saw the departure of residents) and Kansas (52.6 percent, continued nine-year outbound trend.)

The other "high-outbound" states in this year's study were:

*California (55.7 percent) -- 2005 marks the first time it has seen a high outbound number since 1995.

*Louisiana (57.9 percent) -- With many difficult challenges throughout the year, the state saw 4.5 percent more outgoing moves after being classified as a balanced state for the past four years.

*North Dakota (67.8 percent) -- This year marked the highest outbound migration since 2001 for the state.

*Michigan (63.9 percent) -- From the inception of the study, Michigan has been an outbound state.

SAD needs sun to beat them blues

Many folks enjoy this time of year, but there are many others who are already anticipating the arrival of spring.

If you are feeling a little sad or depressed, you probably have a case of the winter blues or cabin fever. For a small number of people, these winter blues can become debilitating and result in a depressive disorder.

The clinical name for this affliction is Seasonal Affective Disorder, or SAD.

First recognized by Dr. Norman E. Rosenthal, the disorder affects people beginning in October or November and ends in March or April. According to the Mayo Clinic, it is more common in women than men and can begin during young adulthood.

The disorder is result of shortened hours of daylight and symptoms can severely affect an individual's well-being. These symptoms include:

- *Fatigue or despair.
- *Increased desire to sleep.
- *Weight gain.
- *Lack of concentration.
- *Wanting to be alone.

Fortunately, there are treatments for this condition, and when properly treated by a medical professional, relief can be felt within a couple of days, and feelings of depression can be reduced. Some of the more common treatments include:

- *Light therapy, which uses bright white fluorescent light to reverse the SAD winter depressive symptoms.
- *Spending more time outdoors during the day.
- *Increasing your exposure to available sunlight.

To those suffering from SAD, the road to happiness may seem long, but with minor treatment, relief is near and the enjoyment of life can resume. For more information, visit the Mayo Clinic at mayoclinic.com and search "Seasonal Affective Disorder."

IVFD annexes 2 Selma sites

Two properties in Selma have been annexed to Illinois Valley Fire District (IVFD).

Their addresses are 4320 Thompson Creek Road, and 1395 Crooks Creek Road.

IVFD Fire Marshal Jerry Schaeffer recommended the requested annexations to the district board. He said that the action would be appropriate, as protecting them would be well within IVFD resources.



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Thank you once again,
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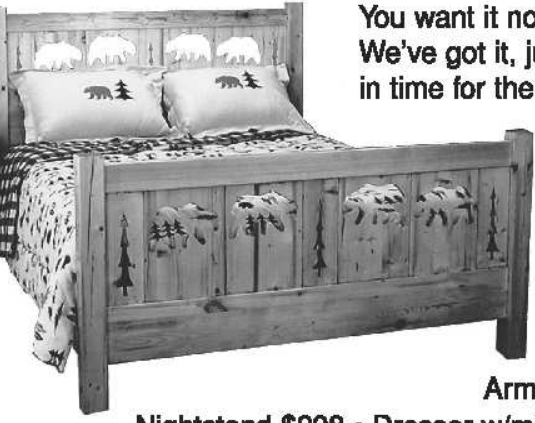
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