

Gasoline insights online, note governor, state AG

A Website that provides information including how gasoline prices are set and regulated has been launched by Gov. Kulongoski and Oregon Attorney General Hardy Myers.

The site also provides links to conservation strategies, information about tax credits for projects that reduce energy use in transportation, and invites Oregonians to help detect unlawful conspiracies in gasoline pricing, according to an announcement.

The governor and AG also urged the next session of the Legislature to pass an anti-price-gouging law as part of Oregon's overall effort to achieve energy independence and cope with skyrocketing prices at service stations.

"I've urged President Bush to take steps to force oil companies to invest their soaring profits in alternative energy sources or greater production capacity," the governor added.

Myers announced plans to participate in a meeting

on gasoline prices with attorneys general from 47 states, the U.S. attorney general, and the chairman of the Federal Trade Commission.

He emphasized action the state has already taken toward achieving energy independence, despite the apparent inability of the federal government to address skyrocketing gasoline prices.

The state's new Website, the "Gas Price Reporter," enables Oregonians to report evidence that might suggest unlawful conduct in gasoline pricing.

The AG, "Although the high price of gasoline does not in itself establish any violation of law, it is unlawful for competitors to conspire to fix the price of gasoline. I will aggressively investigate and prosecute anyone who unlawfully fixes the price of gasoline in Oregon."

The site is available from the governor's Website, governor.oregon.gov; and the AG's site, doj.state.or.us.

Parasites linked to specie origins

Researchers at Oregon State University (OSU) have discovered that the best way to tell where an animal came from, such as salmon that scientists are trying to track, may not be the genetics of the animal itself, but rather the parasites that are hitching rides.

In a pioneering study that should give wildlife biologists an important new

tool to track migrating animals, the OSU researchers found that genetic "fingerprinting" of parasites can be up to four times more effective for identifying the origin of a host animal than the DNA of the host animal itself.

The findings were just published in "Ecology," a professional journal, reported OSU.



NO INJURIES WERE REPORTED in a Downtown Cave Junction motor vehicle accident Monday, May 8 at approximately 1:30 p.m. at Hwy. 199 and Watkins Street near Shop Smart Food Warehouse. Drivers were identified by Josephine County Sheriff's Office (JCSO) as

Cave Junction resident Jerry Buell, 77, and California resident Douglas Green, 60. Responders to the scene were American Medical Response, Illinois Valley Fire District (IVFD), and JCSO. (Photo by Dale & Elaine Sandberg/IVFD)

Unprepared hikers susceptible to incapacitating injuries

Hiking can be vigorous exercise, and many hikers are ill prepared for the beating their feet will take, warns the American College of Foot and Ankle Surgeons (ACFAS).

"Hikers, hunters and others who love the outdoors often don't realize how strenuous it can be to withstand constant, vigorous walking on uneven terrain," said Michael Cosenza, a doctor of podiatric medicine, and a former U.S. Navy medical officer. He's now a foot-and-ankle surgeon based in Ukiah, Calif.

An avid outdoorsman himself, Cosenza said that lax physical conditioning and inappropriate footwear bring scores of outdoor enthusiasts to him for treatment of foot-and-ankle problems such as heel pain, ankle sprains, Achilles ten-

donitis, fungal infections and severe blisters.

"Walking steep hillsides and tramping through wet, slippery fields and wooded areas puts stress on the muscles and tendons in the feet and ankles, especially if you haven't conditioned properly before hitting the trail," said Cosenza.

"Also," he added, "many don't realize that cross-training shoes aren't the best for extended hiking and hunting. Had some of my patients worn sturdy, well-constructed hiking boots, they wouldn't have suffered sprained ankles or strained Achilles tendons."

Cosenza advises hikers and hunters to invest in strong, well-insulated and moisture-proof boots with steel or graphite shanks offer excellent ankle and foot support that lessens stress

and muscle fatigue to reduce injury risk.

In wet and cold weather, wearing the right socks can help prevent blisters, fungal infections and frostbite. Cosenza recommends synthetic socks as the first layer to keep the feet dry and reduce blister-causing friction. For the second layer, wool socks add warmth, absorb moisture and help make hiking boots more comfortable.

What happens if your feet or ankles hurt during a hike or hunt? According to the ACFAS American College of Foot & Ankle Surgeons, consumer Website, FootPhysicians.com, pain is a warning sign that something is wrong.

"Serious injury risk escalates significantly if you continue hiking in pain," Cosenza said. He likened

hiking to skiing in that beginners should take on less-difficult trails until they become better conditioned and more confident.

Cosenza also recommends visiting a foot-and-ankle surgeon if there is persistent pain after a hiking or hunting outing.

"I'm most concerned about ankle instability and strained Achilles tendons," he said. "Inattention to these problems at their early stages may lead to a serious injury that will keep you off the trails a long time," Cosenza said.

Hikers and hunters seeking further information about ankle sprains, Achilles tendon injuries and other foot-and-ankle problems or looking for an appropriate surgeon, can visit www.FootPhysicians.com (NAPS)

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