



Artist Gabriella Salas, of Selma, is making peace flags to fly during the Power to the Peaceful (PTTP) Festival, to be held Saturday, Sept. 6 in San Francisco's Golden Gate Park. Salas has coordinated backstage hospitality for performers and guests for the past seven years. She is seeking donations to help fund

the effort. She can be contacted at the Upstairs Art Gallery above the state liquor store in Cave Junction. All proceeds from the free concert, with headliners Michael Franti & Spearhead, and Ziggy Marley, will help stage PTTP in Brazil and Tanzania. (Photo by Michelle Binker, *Illinois Valley News*)

Governor aims task force at benefits for veterans

(Editor's Note: Following is a statement from the office of Gov. Kulongoski.)

The unanticipated consequences of the Afghanistan and Iraq wars on Oregon families and the Oregon military have sparked immense interest in veterans issues among Oregonians.

In Oregon alone, more than 7,000 National Guard mobilizations for active-duty service have occurred since Sept. 11, 2001. Nationwide, more than 1.2 million men and women have already served in Afghanistan and Iraq. It's anticipated that many more servicemen and women will deploy to Afghanistan and Iraq one or more times before the war is over.

Since 2001, Congress has authorized funds for major combat operations abroad while failing to keep pace with the needs of our veterans. For example, in fiscal year 2008, more than \$625 billion will be spent by the Dept. of Defense on military programs and the Afghanistan and Iraq wars. Yet in FY 2008, the DoD and the Veterans Administration combined will spend less than 10 percent of that amount, \$61 billion, on health care for veterans and dependents.

Uncoordinated attempts to provide care to World War II, Korean and Vietnam-era war veterans has created confusion among veterans advocates, agencies and families. At times, natural allies have worked at cross-purposes due to the constraints of existing policies, procedures and programs.

The lack of a comprehensive approach to veterans care limits the effect of scarce available resources, and restrains our capacity to help veterans who deserve and need care.

All Oregon veterans would benefit from a collaborative and comprehensive examination and inventory of existing state and federal policies, programs and services, with a focus on three specific areas: (1) reintegration services; (2) post-separation access to services; and (3) retirement/senior care.

A programmatic evaluation is necessary to assess the wide scale and scope of services and activities associated with veterans care. The purpose of this evaluation will be to facilitate dialogue between veterans advocates, agencies, families, policy staff and the public about priorities for future action, as well as to promote the efficient use of limited resources.

Now therefore, Executive Order 08-08 directs in part that the Governor's Task Force on Veterans Services (task force) is established and the task force shall consist of 27 members appointed by the governor, including:

One or more representatives from local, state and federal government; veterans from at least two distinct military conflicts; representatives from veterans support organizations; representatives from the Oregon Reintegration Team; one member of the Oregon Senate designated by the Senate president; one member of the Oregon House of Representatives designated by the Speaker of the House; and representatives of the public at large.

The task force shall compile, review and evaluate research on existing veterans policies, procedures and programs. This review shall be organized to reflect three major policy areas: (1) reintegration services; (2) post-separation access to services; and (3) retirement/senior care.



Jennifer Ernest

Project aide at Ausland announced

Ausland Builders of Grants Pass, principal contractor for the new Business Entrepreneurial Center and expansion at the RCC Belt Bldg. in Kerby, announced that Jennifer Ernest has joined its operations team as assistant project manager.

She brings experience as project engineer with Layton Construction, building several large high-end retail facilities for Cabela's in excess of \$30 million each. Prior to her work with Layton she served as project engineer for a large, regional heating, ventilation and air conditioning contractor.

She earned her bachelor of science degree in mechanical engineering technology from Cal State Polytechnic University Pomona.

Cave Junction city positions in Nov. 4 vote

Don Moore, a city of Cave Junction councilman, is the lone person to file for the seat of mayor by the deadline of Monday, Aug. 18.

Moore, currently in Position 4 on the council, was appointed to the position to fill a vacancy. Carl Jacobson Jr. has filed to be elected to the seat in the Nov. 4 voting.

Incumbent Position 2 Councilman Margaret Miller has filed for re-election; and incumbent Position 3 Councilman Trisha Arias has filed for re-election.

No other filings were received by the deadline, said City Recorder Jim Polk.

You can bomb the world to pieces, but you can't bomb it into peace.

~ Michael Franti ~

Sunshine vs. skin damage outlined

Many people take a laissez-faire attitude about protecting themselves from the sun because they think the damage is already done.

Experts have known for quite some time that this is not the case.

"For years, dermatologists believed that the majority of sun exposure was received before the age of 18," said Dr. Perry Robins, president of The Skin Cancer Foundation. "We now know that the damage is typically spread out over the course of a lifetime and that all of the damage matters -- yet many people still don't know that."

"That's why it's so important to be diligent about sun protection at every age," he said, especially in summer.

As reported in the *Sun & Skin News*, a publication of The Skin Cancer Foundation, a multicenter study led by Dianne Godar showed that we get less than 25 percent of our total sun exposure by age 18. Her team analyzed national UVR exposure data during a two-year period, as well as the outdoor activity profiles of nearly 10,000 Americans, and here's how it broke out:

Cumulative average percentage of lifetime sun exposure: 1-18, 22.73 percent; 19-40, 46.53 percent; 41-59, 73.7 percent; 60-78, 100 percent. (Based on a 78-year lifespan.)

Sun Safety Tips

For Active Lifestyles

The Skin Cancer Foundation encourages people to be active and enjoy the outdoors while still protecting themselves from the sun. A little extra effort goes a long way when it comes to sun protection.

Watch the time:

*The sun is strongest between 10 a.m. and 4 p.m. so try to have your activities in the early morning or late afternoon. It's cooler during those times anyway which makes overheating less likely. Use a

sunscreen of SPF 15 or higher whenever you are outdoors.

*Choose a sunscreen with ingredients that block UVB and UVA rays. Apply liberally and evenly to all exposed skin before you go outside. The average adult in a bathing suit should use approximately 1 ounce of sunscreen per application. Not using enough will effectively reduce the product's SPF and the protection you get.

*Be sure to cover often-missed spots: lips, ears, around eyes, neck, scalp if hair is thinning, hands, and feet.

*Reapply at least every two hours, more often if some of the product may have worn off while swimming, sweating, or towel-drying.

*Choose a product that suits your skin and your activity. Sunscreens are available in lotion, gel, spray, cream, and stick forms. Some are labeled as water resistant, sweat-proof, or especially for sports; as fragrance-free, hypoallergenic, or especially for sensitive skin or children.

Cover With Clothing

*Wear long-sleeved shirts and long pants. Or, opt for specially made sun-protective clothing that offers a specific UPF (ultraviolet protection factor) number and may be more lightweight and comfortable to wear. The Skin Cancer Foundation considers a UPF of 30 or higher to be very good protection.

*A broad-brimmed hat goes a long way toward preventing skin cancer in often-exposed areas like the neck, ears, scalp and face. Opt for a 3-to-4-inch brim that extends all around the hat. Baseball caps and visors shade the face, but leave neck, lower face, and ears exposed.

*UV-blocking sunglasses with wraparound or large frames protect your eyelids and the sensitive skin around your eyes, common sites for skin cancer and sun-induced aging. Sunglasses also help reduce the risk of cataracts later in life.

For more information, visit www.skincancer.org.

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