

King ... Continued from A-7

Following this, King made his way to Josephine County, where he was going to be appointed Education Director; however, the position got cut and King took a job at Murphy.

From his 30s until the present, King has been teaching and coaching football, cross country, basketball and track from 4th grade to college level at schools throughout Southern Oregon such as New Hope Christian, Cascade Christian, Rogue River, Hidden Valley, and Lincoln Savage.

King has undoubtedly achieved many great things throughout his career and has aided many others in doing the same, such as the 2012-13 girls basketball team which he’s coached for three years now.

“I’m really proud of the girls’ academic achievements this year,” said King. “We’d talked about improving this last year, and this year, they managed an average GPA of 3.5 for the team.”

One aspect of sports that King is particularly fond of is that there’s a lot more to it than just winning and losing, as his past has clearly taught him.

“There are a lot of things one can learn on the field or the court such as how to cope with disappointment and how to manage success,” said King. “These are important life skills I’m proud to teach.”

King plans on returning to the court next year to coach the 2013-14 season of girls’ basketball.

“We’ve got an amazing group of kids. They’ve come light-years from where they’ve started and I’m really looking forward to the summer program.”



(Photo by Dan Mancuso, Illinois Valley News)

Sheriff Gilberston spoke to a group of neighborhood watch groups March 4, at Wild River Brewing and Pizza in Cave Junction.

Spring ... Continued from A-1

In the fall and winter, taking vitamin D supplements is good, but Philhower said unless there’s a medical reason that a person needs more vitamin D, that summertime sun exposure should be enough. Philhower also recommends that people get a vitamin D test a few times in their lifetime.

“With the other vitamins, it’s always best to get your medicine through your food,” Philhower said, “but realistically, many people don’t make it enough of a priority to eat well, and honestly, it can take a lot of energy. So supplements can be good preventive maintenance to cover the bases.”

Philhower cautions that cheap supplements can be harmful to health, “because it might not be

a form of vitamin that your body recognizes.” She also said that people shouldn’t decide on their own which supplements to take and recommends they talk it over with their health care providers.

Philhower also said that probiotics are also important, as they put “good bacteria” into the digestive system and help the body absorb vitamins. Especially after people have taken antibiotics, they should take probiotics for a month. Antibiotics kill good bacteria along with bad bacteria. Much of our immune system lives in our colons and bacteria is a part of that, so probiotics are a crucial element to a healthy immune system, explained Philhower, who has been practicing medicine in the Illinois Valley since 2007.

“For most people, catching a cold or the flu is not really a bad thing. It’s part of nature for the body to fight things off,” Philohower said. The body grows stronger as a result of stimulation to the immune system, and getting sick can be a wake up call to make healthier choices, she said, adding that this may not apply to elders or the very young.

“Over time, all of our body cells replace themselves, so were always kind of stating new. We’re designed to do this. Sometimes we just have to get out our own way and let the body do what it knows how to do. And that is to heal. Regenerate,” Philhower said.

Spring also brings allergies.

“There are a lot of really effective natural and herbal medications

that people can use to avoid over-the-counter allergy medications, said Lukas, who operates a herbal pharmacy that features more than 200 herbal tinctures and other health related products like teas, salves and lotions.

“Mucus plays a role in health, and when we dry it up completely with antihistamines or decongestants, then our mucus is unable to protect us from the particulates we’re all exposed to on a regular basis,” Lukas said. Allergic reactions cause mucus to be produced in excess and people take these drugs to stop their runny nose and eyes. “The nice thing about herbal remedies, is they just work on the symptoms you want to control and don’t affect your alertness or sleep patterns, and they don’t have other

ingredients that may not be good for people.”

Spring also gives our health a boost by motivating us to get outside and garden.

“The health benefits from getting your hands in the dirt are huge. Not only good exercise and fresh air, but the personal empowerment that comes from growing your own food contributes greatly to overall well being,” said local holistic health Coach Lisa Rhode.

Perhaps the biggest benefit of gardening is getting super-fresh wholesome produce for your table. A diet rich in green vegetables and low in sugars and other refined foods helps the body thrive, according to Rhode.

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CHEMICAL SPRAY ALERT

Precious Dirt was created to bring awareness to the issue of timber chemicals. The use of herbicides is the preferred method used throughout our valley and state, to treat clear-cuts for ‘pests’. These chemicals are used to kill the ‘competition’ of the conifer trees, planted after cutting, as the “fast, cheap and easy” method.

Spring is typically the peak season for timber spraying. Knowing spring is but around the corner, we felt it important we share this information. We do not however, know exactly when the chemicals will come, as the dates indicate from January to December. The notices also do not indicate which specific chemicals to expect. We provide the information as we receive it.

The following is the list of sprays due thus far this year, listed by township, Range and Section, followed by the chemical codes. Your Township is available at the county assessor’s office in GP or on your tax forms. Thus far all notifications indicate ground applications.

	TOWNSHIP	RANGE	SECTION	CHEMICALS
	40	7	13	A,E,C
	40	7	14	A,E,C
A = Atrazine	40	8	29	F,G,H
	40	8	30	F,G,H
B = Clopyralid	40	8	31	D,I
	40	8	32	D,I
C = Grounded	39	6	26	A,B,C
D = Imazapyr	39	6	26	A,C,E
	39	7	2	A,C,E
E = Glyphosate	39	7	8	A,C,E
	39	8	10	A,C,E
F = Hexazinone	39	8	12	A,E,F,H
	39	8	24	A,C,E
G = Sulfomethuron	38	5	6	D
	38	6	12	D
H = 2, 4-D,	38	7	7	A,C,E
I = Polaris	38	7	10	A,C,E
	38	7	24	A,C,E
J = Velossa	38	7	32	A,C,E
	38	8	26	A,C,E
	38	8	36	A,C,E

Any questions please contacts us via www.PreciousDirt.org

HOPE MOUNTAIN RADIO



Lane Cosner poses with his mural at Coffee Heaven “Chac Mal Ruins at Chichen Itza”

Photo by Sue Lily

Lane Cosner was a friend of mine. The last time I saw him was on Feb 10th at the Selma Center, where Darryl Cherney was showing the film “Who Bombed Judi Bari?”. A couple of days earlier, on Feb 8th, the two of us went to the Rogue Theatre in Grants Pass to see Hot Tuna play. That was a great show, and Lane was thrilled to be able to make it, since he was recovering from a heart attack he had experienced around Christmas time. He told me the following story: Sandra came over to check on him and found him in distress, so she took him to the hospital in Grants Pass. He was in very bad shape, and despite being on life support he was thought to be dead as he lay there in the emergency room. Sandra, Nancy, Cedar, and some other family members were there grieving as the doctors disconnected the life support. For some reason his son Cedar had brought some sort of iPad and was playing some music by Hot Tuna. He started waving it over Lane’s still body, and all of a sudden Lane bolted up right on the table and came back to life!

Cedar had given Lane a ticket to see Hot Tuna as a Christmas gift. Lane told me he had been a Hot Tuna fan since he was a teenager.

He also told me about how he had come from a family with a strong military background, and one of his uncles was a Rear Admiral in the Navy during WWII. Lane wore his ROTC uniform to school, and his uncle had written him a letter so he could get into the Air Force Academy. Lane was set on becoming a fighter pilot and going to Vietnam. That is ... until he took his first acid trip ... Lane saw the world with different eyes; he burnt his uniform in protest of the war, and his uncle never spoke to him again.

Lane was a very talented artist. He also had a great sense of humor and was very intelligent and passionate about making the world a better place. I guess I first met Lane as a result of our common interest in being DJ’s on Takilma radio. I loved his quick wit and improvisation on the air as he Sandy and Steve did their crazy fun-filled radio show every Friday morning on Free Radio Takilma. Later as we transitioned to Takilmafm.com, Lane and Sandra would come in every Thursday Night as “The Reverend El Sey and The Naked Voice Of God” to continue doing ad lib, satirical, humorous, radical radio in true pirate tradition.

He was a great brother, and it’s hard to see him gone. He was not afraid to go for it. He lived his life to the fullest, he told me about the time he and some friends dropped acid up in Estes Park, Colorado and found themselves running around naked with a herd of elk and being totally at peace with them, to the utter amazement of the park rangers and tourists who witnessed Lane and his friends leading the herd of elk through the park naked like the pied piper.

Lane loved music and radical politics and between seeing Hot Tuna and connecting with old friend Darryl Cherney just a couple of weeks ago, that old pirate kept her “steady as she goes” until the end. Fare well my friend.

Love, Leo Goodman

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