

Healthy U News:

Preventing and Treating Colds With Chinese Medicine

Acupuncture and Chinese herbs are often thought of when treating pain, infertility or chronic disease, but they are best known through history for treating contagious diseases such as the common cold and influenza. In Chinese medicine there are many recommendations for preventing a cold. If one falls ill acupuncture and Chinese herbs can stop the cold altogether or significantly decrease the severity and length of it.

Chinese medicine has many simple suggestions and remedies for preventing colds.

One of the most important considerations often overlooked is keeping the body warm. With the transition from summer to fall (September-October) there are days where the sun continues to shine and summer is still lingering (thank goodness!), but during this transitional period the temperature is lower and wind has increased. This is the most common time of year that colds start to spread. Keeping this in mind, it is highly recommended to start covering up to prevent the body from getting chilled. It is especially important to cover the neck as it is a vulnerable area where exposure to wind can deplete the body's natural defenses. In the event that one gets chilled prepare a broth with fresh ginger, scallions, and brown sugar to warm the

body and strengthen the immune system. Also, frequent hand washing and rinsing out the nose and mouth with a saline solution help prevent the spread of cold and flu viruses.

During your first acupuncture appointment you can expect to fill out a detailed health history form. Your acupuncturist will want to know how often you catch colds, your current symptoms, and how your symptoms have changed since first contracting the cold. Through considering your health history, your cold symptoms, feeling your pulse and looking at your tongue, your acupuncturist will determine where to apply the acupuncture pins and which herbs to use. The entire appointment will last between 1-1 ½ hours.

If you do catch a cold it is important to see your acupuncturist that day (they are usually accustomed to last minute appointments during the flu season). During the infectious stage acupuncture can increase immune defenses while Chinese herbs have anti-microbial properties to kill pathogens invading the body. In addition, studies show using acupuncture and herbs will prevent symptoms from lingering and reoccurring.

The staff and volunteers of Healthy U present this column as part of their mission to promote health in the Illinois Valley.

Exploring the small farm dream

Exploring the Small Farm Dream is an OSU Extension Small Farms 3-class series on Mondays, November 11, 18, and 25 from 5 p.m. to 8 p.m. at the OSU Southern Oregon Research and Extension Center Auditorium, 569 Hanley Rd., Central Point, OR. Cost: \$50 each; \$75 couple. Register on line or call 541-776-7371: <http://extension.oregonstate.edu/sorec/farms>

Southern Oregon abounds with enthusiastic farmers involved in pursuing the commercial small farm dream. The aim of this three-session course is to assist those

considering beginning a small-scale commercial farming operation in learning what it will take to start and manage a farm business, and decide whether that is something they really want to pursue. It will provide an excellent framework for new farmers to assess their skills and interests, learn the realities of farm business ownership, and become connected to local resources.

The OSU Extension Small Farms Department teaches, pursues answers to all those questions which crop up, and, connects farmers to each other.

Prescribed Burning Schedule for the Rogue River-Siskiyou National Forest

MEDFORD, Or.—Conducting prescribed burns on national forests generally accomplish a number of objectives, including reducing the amount of woody debris on the forest floor that could serve as fuel for uncontrolled wild land fires, enhancing forest health by re-introducing the role of fire as a natural disturbance agent and improving habitat for small and large game.

Prescribed burning on the Rogue River-Siskiyou National Forest is a mix of government funded and contracted burns funded through economic stimulus funding. Burning activities started in late September 2013 and will continue through spring of 2014. Forest wide, we have the potential to accomplish up to approximately 6,000 acres of hand pile burning and 2,400 acres of under burning, as weather permits.

The burn schedule for the Wild Rivers Ranger District (Grants Pass/Cave Junction) of the Rogue River-Sis-

kiyou National Forest is as follows:

3,000 acres of hand pile burning, primarily contract work;

300 acres of under burning. Burning is mainly in the Briggs Valley and Illinois Valley areas, has already started, and will continue through spring.

Burns will occur on days when the State of Oregon Smoke Management Office indicates suitable weather conditions for smoke dispersal. The specific date of any individual burn depends upon weather, fuels moisture, crew availability and the clearance from the State. Therefore, it is difficult to predict more than a day or two ahead of time exactly when the burns will occur.

For additional information on burn project status, please contact the appropriate ranger station. Contact numbers are available on our website at <http://www.fs.usda.gov/rogue-siskiyou>.

ARE YOU SEARCHING FOR A UNIQUE CHRISTMAS GIFT?
DON'T MISS
ST. PATRICK'S CHRISTMAS BAZAAR
Friday & Saturday November 1 & 2
9AM - 4PM • 407 W River Street

Featuring local Valley artists, homemade pies and holiday treats, plus Country Store with a variety of gifts, Christmas decorations, and fabrics by the yard that will put you in the Holiday Spirit.
Also serving Breakfast and lunch.

ALL REPAIRS DONE ON SITE!

TUES - FRI 9 A.M. - 6 P.M.
SAT 10 A.M. - 4 P.M.
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GRAND OPENING

Withem's Gun Shop II

OUR SECOND STORE IS NOW IN THE WESTERN PLAZA, ACROSS FROM IV TROPHY
224 N. REDWOOD HWY. CJ / 541.592.3855

ATTENTION: LADIES
GET TO KNOW YOUR GUNS
LET WITHEM'S GUN SHOP TAKE THE MYSTERY OUT OF FIREARMS

Our new Cave Junction location will host the first of many WGS seminars relating to firearms. The first meeting is geared towards educating and empowering women to feel comfortable and confident when shopping for firearms, ammunition and accessories. You will also be shown: how to operate the different types of firearms; how use the correct ammunition for your application.

Mark your calendar **Saturday November 2 at High Noon**
• Session will run approximately 2 hours / • Cost \$10.00

Questions? Signup? Please call or stop in.
Thank You, D.C. Hobbs

The COMPLIANCE ORDINANCES

THEY'RE NOT JUST ABOUT SOLID WASTE AND NUISANCES.

They are about Planning Police.

They are about Kangaroo Courts.

They are about taxation by citation.

VOTE NO on Measures 17-53,

17-54, 17-55, and 17-56

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Usually refers to a product that is sub-par, inferior or not good.

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HOPE MOUNTAIN RADIO

Dedicated to providing some of the finest radio programming available, Takilma FM features a host of great artists usually not heard on most commercial media. Free Spirited and Eclectic! We are an ongoing art project and includes interviews, stories and reporting on controversial and obscure subjects, poetry readings, and excerpts from books as well as some local interest news.

Tune In Friday's 8 PM to 1 AM With the SPACE-MAM. Classic Rock, Folk Rock, Reggae, New Age, Worldbeat, Interviews, Live Music, Political Commentary, Satire, Obscure Topics, Metaphysics, and MORE!



DOO WOP DADDY
Thursdays 5-7pm
The Old Rundown of Classic 50s-60s rock

COMMUNITY RIGHTS WORKSHOP with Paul Cienfuegos

Segments of Paul's inspiring and timely talk about communities who have stood up and stripped harmful corporations of their SO CALLED constitutional "rights". And the citizens who won out against State and Federal laws by exercising their inalienable right to local self-governance.

Will be featured on the The Creative Horizons Portal with the Hurdy Gurdy Man from October 27th through Nov. 10th. Additional materials and interviews will be featured there - following the progress of this brilliant, inspiring movement beginning right here in the Illinois Valley, Josephine County. Check it out, we'll plug you in with our higher power interface. You are as sovereign as you think, and we are a sovereign people. Join us to share this culturing of cooperation, non-violence and non-violation. And the 'Liberty Conversation Chronicles'. And the GMO free revolution... end corporate rule.

It's not as dark as it seems. Change your thinking, open your heart. Join us :)

Learn about the Pesticide Free Bill of Rights Ordinance for Josephine County. Protecting our Watersheds, health, our children, our future, yours and mine.

Paul Cienfuegos will be at the Medford Library, Oct. 24th, 5 - 9pm, for his 'Community Rights Workshop'. We will be car polling. contact info. cmec@cavenet.com.

541- 592-4799

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THE CREATIVE HORIZONS PORTAL with the Hurdy Gurdy Man Sundays 6-8 pm Celebrate the SHIFT to higher Common Ground.

October 27th - Nov. 11th Program On: Community Rights Movement Pesticide Free Bill of Rights for JoCo



Hi Five to G-Dub and Kimberly Souther Oregon's top Live Streaming duo and commentary host. Channeling many of their live recording gigs to TakilmaFM. Visit LFR shows and their archives vault at:

www.LostForestRecordings.com

