

Healthy U News: by Jody Conrad, M.S.

As you may know, many ancient cultures believed that the heart was the primary organ responsible for influencing and directing emotions, morality, and decision-making. Later, science announced it was the brain, not the heart, in charge of these processes. The heart was regulated to an organ that simply functioned as a pump. Now, however, new research into the science of the heart is proving that the ancient beliefs were not far from the truth.

The heart is far more complex than previously realized. Research

has shown that the heart directs and aligns many systems in the body. And not only is it in constant communication with the brain, it actually has a “brain” of its own. Did you know that the heart starts beating in the unborn fetus before the brain has even been formed? And were you aware that during a heart transplant, after surgeons have implanted a new heart and restored the heartbeat, that heart keeps beating even when there is yet to be a connection established via nerves to the brain?

It turns out that the heart has

its own independent nervous system. There are at least forty thousand neurons in the heart. The signals that go from the heart to the brain affect many functions in areas of the brain including the amygdala, the thalamus, and the cortex.

Another interesting finding is that when the brain sends information to the heart, it does not automatically react. It makes decisions about that information and then responds accordingly. For example, if the brain sends an arousal signal to the heart, there are times that the heart will

speed up and other times that it will actually slow down. The heart selectively responds to the brain’s signals, rather than mechanically or automatically doing so.

On the other side of this communication system, researchers have found that the heart sends messages to the brain and that the brain understands and obeys them.

The organization HeartMath has pioneered specific techniques that we can all use to create what they call “coherence” or harmony among our various systems. The end result

is a more balanced, harmonious, and intelligent approach to life. These techniques involve focusing and cultivating what are called “core heart feelings,” such as love, care, appreciation, and gratitude. These become the basis for creating substantial positive changes in our well-being. For more information, check out www.heartmath.org.

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

Reward offered for cause of Four Corners fire

The Oregon Department of Forestry and the Oregon chapter of the International Association of Arson Investigators are offering a reward of up to \$5,000 for information that leads to the arrest and conviction of the person, or persons, who caused the Four Corners Fire. The fire started August 30 in southern Josephine County, one-half mile north of the community of Takilma. Specifically, the fire’s origin was

at the junction of Waldo Rd., Takilma Rd., and Happy Camp Rd, an intersection locally known as Four Corners. The fire burned 15 acres of grass, brush and forestland and threatened homes in the area.

Anyone who has information about this fire is encouraged to call (800) 452-7888. Information is confidential.

IV Youth Wrestlers battled at Best of the West Tournament

IV Youth Wrestlers battled at the Best of the West Tournament at the Jackson County Expo on November 16th. Results:

Iver Lindsey 2nd place Pee wee
Jaron Pope 4th place Pee wee
Rayden Mundt 3rd place Pee wee
Tanner Core 2nd place Pee wee
Jackson Tinchler 2nd place Pee Wee
Xavier Murphy 2nd place Pee wee
Ezra Murphy 4th place Bantam
Eli Parker 3rd place Bantam
Patrick Murphy 2nd place Bantam
Brock Lewis 1st place Bantam
Ryan Owen 1st place Intermediate

Rowdy Stone 2nd place Intermediate
Ebyn Lindsey 3rd place Intermediate
Jozia Williams 1st place Intermediate
Billy Spalletta 2nd place Intermediate
Daniel Polk 2nd place Intermediate
Michael Miller 2nd place Intermediate
Austin Sitton 3rd place Novice
Aaron Miller 2nd place Novice
Tanner Jolley 2nd place Novice
Justice Cook 3rd place Novice
Michael Willie 2nd place Novice
Austin Steiner 3rd place Novice
Ayden Lindsey 3rd place Schoolboy
Jordan Cook 2nd place Schoolboy
Christian Engles 1st place Schoolboy

Rep. Wally Hicks Selected as House Republican Whip

Salem--Oregon House Republicans unanimously voted on Wednesday, Nov. 20 to elect Rep. Wally Hicks (R-Grants Pass) as caucus whip.

“I look forward to working closely with Rep. Hicks to advance our legislative agenda,” House Republican Leader Mike McLane (R-Powell Butte) said. “I’m pleased that our caucus chose to make him an official part of our leadership team.”

Hicks, 37, was a U.S. Marine Corps officer and an Iraq War veteran. He is the second veteran of that conflict to ever serve in the Oregon Legislature.

Upon being honorably discharged from

the Marine Corps at the rank of Captain, Rep. Hicks worked for the U.S. Department of Justice Office of Immigration Litigation in Washington D.C. as a volunteer law clerk. He then enrolled at the University of Oregon School of Law in Eugene.

After his graduation in 2008, Hicks began working as a Deputy District Attorney for Josephine County. In that role, he prosecuted high-profile cases involving juvenile offenders.

Hicks was elected to represent House District 3 in 2010 and elected to a second term in 2012. He lives in Grants Pass with his wife Laura and their daughter Josephine.

CHEAP!
CHEAP!
CHEAP!

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

Dos Gringo’s is not cheap. We are affordable, original and, most of all, we are good!



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Clothing, Gifts, Jewelry & More!
EVERYTHING FOR YOUR HOLIDAY SHOPPING

WE ARE OPEN
TUESDAY - SATURDAY
10 A.M. - 5 P.M.
ALSO OPEN ON MONDAYS IN DECEMBER

**NOV 29TH: SALE WITH
STORE SPECIALS ALL WEEKEND**

HOPE TO SEE ALL OF YOU!

*Happy Holidays with many blessings
for out town and its people.*

Brighton Academy

Online Auction

9th Annual Holiday Auction



Bid Online Nov. 25 - Dec. 2

Awesome Items Up for Bid!

Romantic & Family Getaways! Sports Trips, Flying & River Adventures! Toys and Baby Items! Jewelry and Watches! Canvas Art! Gift Baskets! Area Theatre and Park Tickets! Birthday Parties! Spa, Beauty & Health Packages! Martial Arts, Music, Gymnastics & Horseback Riding Lessons! Rogue Valley Dining Certificates, and loads of additional items that will make Great Christmas Gifts & Stocking Stuffers!

Get-A-Ways!



Gifts!



Adventures!



Certificates!



To Preview and Bid, log on and follow the wreath!

www.brightonacademy.org

Plus, don't forget to get your \$5 tickets for our

\$500 Gas Raffle!

Call Brighton Academy 541 474-6865!

Drawing to be held December 18th.

Winner need not be present

Special Thanks to Powell, William MSW/LCSW, Tamara Powell, M.D. – Mountain Family Practice, Donna Givens, M.D. Grants Pass Family Medicine

Don't miss out on
GREAT BUYS for the
Holidays and beyond!

Cave Junction, OR

Dutch Deals

BUCK-4-KIDS DAY

Friday, Dec. 6th - \$1.00 from each drink to benefit the Boys & Girls Club of Josephine County

TEXT SPECIAL

Tuesday, Dec. 10th - Sign up for our text program to catch the special!
Text DBCJ to 75309

12 DAYS OF CHRISTMAS

Purchase 20 drinks in 12 days between Dec. 13th - 24th, get a free DB holiday mug!

3-2-1 SPECIAL

Tuesday, Dec. 31st - Count down to the New Year! Get a large for \$3.00, medium \$2.00 and small for \$1.00

13-26292B



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DB

Arts Red Garter
Where the Valley comes to play

Karaoke - Dancing
Live Music

Michael Cruz

Friday, Nov. 29
@ 5:30 p.m.

Taylor's Country Store

Wild River

J Barley

Sat., Nov. 30
@ 6 p.m.
Every Wed
Open Mic. Night
From 6-8 p.m.

For Rent

541-592-2541

Kate's Redwood Bar and Grill

Tuesday to Sunday
Noon to Close
Happy Hour 3-5
Stop in and see
Kate and Mamie
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“UGLY SWEATER PARTY”
with
The Frankie Hernandez Band

Friday, Dec. 13
9 p.m.
Free Show

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