

Illinois Valley News

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Illinois Valley wreck victim airlifted to Medford

By
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Illinois Valley Fire District responded to a single-vehicle rollover wreck on Thursday, January 2, at approximately 6:05 p.m. IVFD Division Chief Kamron Ismaili reported that seven emergency responders from the department along with two responders from AMR were called to the scene in the area of Caves Highway and Barnes Road.

Once on scene, they found Steve Ray Shinault, 20, had been ejected from the Toyota Tundra he was driving eastbound in the 4400 block of Caves Highway. Shinault was unable to answer questions regarding possible other occupants in the vehicle. Responders conducted a thorough search of the surrounding area and found no evidence of additional victims.

Ismaili said that the vehicle appeared to have left the roadway just after the long curve and it is unclear if weather may have been a factor.

AMR transported the victim to an evacuation area and he was taken to Rogue Regional Medical Center by Mercy Flights. Traffic in the area was blocked to allow safe removal of the vehicle and the scene was cleared at approximately 7:55 p.m.

Art?



(Photo by Kimberlie Lehman, Illinois Valley News)

The Senior Thrift store, along with the new bathrooms at Forks State Park were tagged last week sparking an on-line debate about art vs. vandalism. Life in the Valley of Riches weighs in on page A-2

Library adds new services in 2014

By
Judy Hoyle
IVN Contributing Writer

New free services are being made available and free activities will take place at the Josephine Community Library, Inc. (JCLI) in Cave Junction this year.

Library fines will be forgiven now through the end of the month as part of "Fine Amnesty Days." Previously incurred fines and current fines on returned overdue items will be forgiven in return for donations of non-perishable, non-expired food items for the Josephine County Food Bank. In a new twist to the program, pet supplies for the Josephine County Animal Shelter including food, blankets, towels, dog

chews and cat toys, will also qualify for fine forgiveness. One donated item will equal \$5 in fines, regardless of how long the item may have been overdue.

Returned overdue items must be in good condition. Fees for lost cards, lost books and charges for damaged items are not included in the fine amnesty program.

The popular 6 p.m. Wednesday free program series begins the new year tonight, with a showing of the multi-award winning film "Genetic Roulette – The Gamble of our Lives." The film shows that genetically engineered foods are a major contributor to skyrocketing disease rates in the United States. Other 6 p.m. Wednesday events this month include the film "Pipe Dreams" about the controversial Keystone XL pipeline on Jan. 22 and a needle felting workshop on

Jan. 29.

The Wednesday, January 15, program begins at 5 p.m. This special "devices and databases" workshop offers free hands-on training on how to download free eBooks with "Library2Go." Participants are asked to bring their own eReader devices to discover digital library databases available 24/7. Jeff Moore from Oregon Books and Games in Grants Pass will lead the training, along with JCLI branch manager Roberta Lee. Participants are asked to charge up their devices in advance of the event. Those who are interested in the service, but seek guidance on which eReader to choose are also welcome to attend.

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A Rohde to well living

By
Judy Hoyle
IVN Contributing Writer

This is the eighth installment of a series about alternative health care providers in the Illinois Valley.

Lisa Rohde grew up with health challenges including ear infections, allergies, hay fever, respiratory infections and asthma. She began researching and utilizing living foods and cultured vegetables like raw sauerkraut to help her digestive system with natural enzymes. She adopted the Body Ecology Diet which emphasizes reducing sugar consumption, combining foods to aid digestion and eating probiotics and raw foods.

"I didn't realize that I was fatigued and exhausted until my dietary changes helped me become healthier than I'd been in my entire life," Rohde states.

She attended Prescott College in Arizona, majoring in environmental studies and later earned certification as an Emergency Medical Technician and Wilderness First Responder. About 10 years ago, she moved to the Illinois Valley where she met and married Justin Rohde.

She began to develop her retail business, Rogue Living, when she realized how difficult it was to find organic baby products for her two sons. "As a percentage of their body weight, children breathe more air, drink more water and eat more food than adults. As a result, they're automatically more exposed to toxins, not to mention their bodies and organs are still developing."

Her business grew to the point that she opened a store in downtown Cave Junction, but she soon realized she wanted to focus on helping others achieve healthy lifestyles. The Rogue Living Organic Store is now exclusively an online business www.rogueliving.org and Lisa practices preventative medicine.

Rohde is now a Holistic Health Coach with certification from the Institute for Integrative Nutrition. During her training, she studied over 100 dietary theories, primary foods and lifestyle choices as well as practical lifestyle management techniques and coaching methods.

"No one diet is right for everyone," Rohde explains. "With my training in nutrition, health coaching and preventive health, I work with clients to help them make lifestyle changes that produce real and lasting results."

"I specialize in working with women, families and children. Based on my training and personal experience, I can help those with allergies, sugar, gluten, wheat or dairy sensitivities, hypoglycemia, diabetes, candida, migraines, stress, fatigue, inflammation, pain or those wanting to lose weight or find more balance in their lives around food, exercise, finances and relationships."

Rohde explains that the standard American diet (SAD) is mostly processed foods which offer very little nutrition. She also offers guidance for those interested in exploring vegan or vegetarian diets and points out former President Bill Clinton has become vegan in order to overcome his own health problems.

Rohde offers a free initial consultation and her practice offers support and guidance for goal-setting and making sustainable changes. "As a Holistic Health Coach, I listen carefully, then create a personalized program to set and accomplish goals in a way that's empowering and exciting. I help my clients navigate contradictory nutrition advice to help determine which food and lifestyle changes will work best and provide accountability. It's important to understand and reduce food cravings, achieve and maintain ideal weight, and learn easy ways to prepare new foods to improve health and happiness."

Rohde's website is www.roguelivingwell.com which offers more information and a selection of her articles on health and wellness.

Rohde also works in association with Healthy U and will offer workshops at the January 18 Health Fair between 10 and 2 at the I.V. Family Coalition. She will also be offering holistic Health, Love & Wellness group programs beginning January 22; including a 30-day Jumpstart, an 8-week Breakthrough, and a 4-month Awareness program. Rohde is also offering clients a 6-month Total Transformation program.

She can be reached at 541-415-2337, by email at roguelivingwell@gmail.com or Facebook at Rogue Living Well or Rogue Living.

The Valley's fire district copes with an aging fleet

By
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Much of the Illinois Valley Fire District's vehicle fleet is outdated, but replacing the aging rigs is not an option due to budget constraints — a reality faced by many small towns across rural America.

The district's 13 to 37 year-old frontline fire engines are recommended to operate in the field for just 10 to 15 years; while the district's water tenders, aged 6 to 35 years, have a maximum recommended life span of 15-20 years.

"Two of our fire engines are from the 70's, two are from the 80's, one is from 1997 and one is from 2000," said Division Chief of Logistics Kris Sherman. "We try not to use the one's from the 70's very often. They're in fair condition, but they really should be replaced. And it's getting harder to find parts to keep them up and running."

Also key is that while the older vehicles can perform tasks they were designed

for, they're unable to match the technological advances and performance requirements of newer vehicles; like higher speed and acceleration capability, antilock braking systems, traction control and rollover stability, according to Sherman.

Over the past 20 years, rural fire service roles have expanded. In addition to fire suppression equipment, trucks responding to calls for help must also carry medical, rescue and hazardous materials equipment along with all the tools necessary to respond quickly and safely to almost any type of emergency.

"Most of our fleet was purchased in the 70's and 80's," said District Chief Dennis Hoke. "And some of these rigs don't meet current standards to accommodate these additional equipment loads and fire apparatus, so there's a safety issue as well."

The district's fleet of 31 vehicles is made up of six fire engines, six water tenders with capacities from 2,000 to 3,000 gallons of water apiece,

four rescue vehicles, six brush trucks and several SUV's, trailers, and pickups that serve various functions.

"Past administrations didn't develop a replacement plan for fire apparatus," Hoke said. "Years of buying used vehicles and repairing old apparatus has left the district in dire straits, and now, there's no capital funding source for new vehicles."

Now, under Hoke's leadership, a recent report assessed the overall condition of the district's fleet and proposed options for an apparatus replacement schedule.

"One of the most important capital assets of the district is a fleet of reliable automotive and fire apparatus," Hoke said. "Firefighters depend heavily on the performance and capabilities of their vehicles and to maximize these capabilities and minimize risk of injury, it's imperative that apparatus be equipped with the latest safety features and current operating capabilities."

See fire on A-8

