

Fire ... Continued from A-1

“This is just one of many good-news stories about how well valley businesses and citizens support us.” Hoke stated. “We absolutely treasure the members of the community.”

“People from the community help us out in other ways, too,” Hoke smiled. “For example, Cary Riley at I.V. Trophy and Collectibles has been giving us great deals on our trophies and awards. He also donated a whole new set of coffee cups with one of our names printed on each one so we can tell them apart.”

“Rogue Truck Body (RTB) has also been a tremendous help. We were able to buy a water tender rig in Salem that came from an army base. We bought it from the Federal Excess Personal Property Program through the Oregon Division of Forestry, Forest Fire Property Program. It only had 1,560 miles on it and we paid \$700 for it, but it needed some repairs and the tank needed to be painted. We bought the paint and RTB painted it for us for free. As a result, our total investment was less than \$4,000 total for a rig that would have cost us \$250,000 new.”

Hoke stated that the rig will ultimately be moved to the Selma Station. As detailed in a recent I.V. News story by Annette Rasch, this aging fleet needs to be replaced as soon as possible, which will mean a great reduction in maintenance costs for IVFD. The oldest rig is a 1969 and the newest was built in 2000.

Library ... Continued from A-1

After Josephine County libraries closed in 2007, a group of citizens formed JCLI, rallied volunteers, and gathered donations to re-open the libraries temporarily. JCLI found that to continue to keep the libraries open and respond to the ever-increasing demand for library services, a stable source of revenue is needed. Currently, 300 new library cards are issued each month.

The funding provided by the levy, together with volunteers and donations, can provide basic services capable of expanding over time, as needs warrant and resources allow. The services to be provided are in keeping with the vision and priorities that came from a group of 33 citizens who gathered together in June 2008. This vision was refined by the JCLI Board of Directors in 2010. The library’s service plan will keep the four community libraries open a combined total of 90-110 hours per week.

Stoltz can quickly list benefits the library could provide with a stable funding source. “Staff and volunteers could focus services to help children learn to read and succeed through early literacy programs, help families by providing learning and leisure resources and activities, and help the local economy develop and expand to provide more opportunities. A final goal is to help people learn and use 21st-century technology to access information they need to further their education, career, and business opportunities, as well as to connect with their community.”

The estimated budget for the library in its first year is \$2,745,857. Library expenditures are expected to increase about three percent over the next two years to \$2,984,607 in FY 2017/18. The staffing plan includes about 600 volunteers working with staff to perform functions and provide services.

Expected volunteer hours will be the

equivalent of 22 full-time volunteers to complement paid staff of another 22 full-time equivalent (FTE) employees.

A library district serving Josephine County is feasible provided that property tax revenues in the county continue to increase an average of at least three percent per year. This increase will help offset the rising cost of services and materials.

The future library district board must also build the fund balance each year to help offset the rising cost of services and materials, plan for long-term sustainability despite potential economic hardships, and sustain the necessary volunteer workforce, supported by an equal amount of paid staff hours.

Additional needs include donations, gifts, grants, and fund-raisers. Library cards will continue to be free for all library patrons. Those who can afford library memberships are encouraged to join at their local branch.

As Stoltz relates, “Without a stable source of funding from the proposed levy, JCLI libraries will probably have to close. Public libraries are an incentive for businesses and families to locate here. Like good schools, libraries are part of the solution for economic development in the county, as it recovers from the economic downturn.”

Libraries help people learn new skills for a constantly changing labor market. The libraries also support early childhood education, the success of children in school, and the lifelong learning of all age groups.

I.V. Branch Manager Roberta Lee states, “To help Josephine County residents prepare for the 21st-century job market, our libraries provide essential technological access and opportunity to support the digital resources essential to modern life.”

Healthy U News: by Rachel Goodman

Massage

Strong hands knead into a firefighter’s shoulder, unknotting stiff, hardworking muscles. Gentle, soothing massage strokes relieve a caregiver’s stress and overload. A cancer patient relaxes as specialized massage helps her through the effects of treatment. All these scenarios and more are the face of massage therapy today. We know that massage can prevent or relieve muscle pain and injury and reduce stress. Research and new techniques make this ancient, natural therapy increasing relevant today.

We have evidence of use of massage in cultures worldwide since the ancient Egyptians. So why does massage work? We know that when we use our muscles, they shorten. Then, when we stop, they should go back to their original length. But with hard work, overuse or mental stress, the brain may not always signal the muscle to lengthen. Shortened muscles can be painful because the body is operating unevenly, with a short muscle on one side and a longer one on the other. Also, oxygen and nutrient carrying blood has a hard time getting into a tight muscle, so massage strokes that increase circulation and stretch shortened muscles can increase comfort and make it easier to do work, whether it is hard physical work, sports or computer work, or even yardwork or caring for a child or elder. Stretching and pressure techniques can help reduce pulling from scarring from injuries and surgeries.

Stress, whether from overwork or emotions, can also cause tight muscles. When we are afraid or worried, we tend naturally to go into the “fight or flight” mode. We can see how the mind and body are connected in this natural

protective impulse. The fight or flight response, which tightens muscles and pulls us into hyper-alertness, is great for emergencies but unhealthy when it continues over time. Massage relieves stress for several reasons. It can increase the production of endorphins and dopamine, substances naturally produced in our brains that create pleasure. The relaxation brought about by massage encourages deep, comfortable breathing, while one effect of stress is shallow breathing, which feeds stress and anxiety.

Massage Therapy in Oregon is regulated by the State Board of Massage Therapists. After 500 hours of classwork, students take written and practical exams. While knowledge of massage techniques and anatomy are emphasized, students get an overview of common illnesses and medical conditions to better understand their clients and offer safe treatment. They learn basic business skills, sanitation and confidentiality. Over their careers they remain current in CPR and take continuing education courses. Today there are 7,346 Licensed Massage Therapists in Oregon who may have private practices or work in a medical office or day spa.

Massage Therapy is covered by auto insurance, some Workers Compensation and private insurance, however, growing numbers of people pay out of pocket for this investment in their health and well-being. Massage’s emphasis on flexibility and comfort makes hard work and aging easier and safer, while personal touch eases life’s transitions.

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

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For Your Contributions that helped make our New Year’s Eve Benefit a Success!

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Eye drops for every eye problem you can think of. 10 ml. **\$8.79 ea.** Reg. \$12.49

Deli

Grill Menu
Veggie Burger w/side salad **\$5.99 ea.** Reg. \$6.99 ea.

Salad Case
Curry chicken salad or regular chicken salad **\$6.99 lb.** Reg. \$8.99 lb.

Breakfast Menu -
Two egg scramble with toast **\$5.99 ea.** Reg. \$6.99

Grab-n-go
Assorted cold wraps. Comes with side salad & cookie. **\$5.99 ea.** Reg. \$7.99 ea.

Bulk

Organic Quinoa..... **\$3.49 lb.** Reg. \$4.39 lb.

Organic Yellow Popcorn..... **\$1.39 lb.** Reg. \$1.79 lb.

Organic Long Brown Rice..... **\$3.19 lb.** Reg. \$3.99 lb.

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