

Weather Watch

Cave Junction

Thursday, Jan 23

Clear

High -- 65 Low -- 37

Friday, Jan 24

Clear

High -- 59 Low -- 37

Saturday, Jan 25

Over Cast

High -- 55 Low -- 36

Sunday, Jan 26

Clear

High -- 55 Low -- 39

Monday, Jan 27

Clear

High -- 52 Low -- 40

Tuesday, Jan 28

Clear

High -- 51 Low -- 35

Wednesday, Jan 29

Partly Cloudy

High -- 58 Low -- 38

Following are the high & low temperatures, and rainfall recorded at The End of the Road in O'Brien by Cheryl & Harry Johnson:

| Jan | High | Low  | Rain |
|-----|------|------|------|
| 10  | 52.5 | 39.7 | .09  |
| 11  | 53.6 | 40.2 | .58  |
| 12  | 47.3 | 37.2 | .8   |
| 13  | 47.3 | 37.8 | .16  |
| 14  | 45.5 | 28.6 |      |
| 15  | 36.9 | 31.1 |      |
| 16  | 36.9 | 29.3 |      |

Jan Rain: 2.25" YTD Rain: 13.61"

ROSIE'S

INFERNO

WOOD FIRED PIZZA

TRY

ROSIE'S

PIZZA

By-The-Slice

TODAY

415-0517

OPEN:

MON, THURS & FRI

AT CHEVRON IN CJ

11 AM - 7 PM

SATURDAYS

AT GRANTS PASS

GROWERS MARKET

Riverside

PHYSICAL THERAPY

Edsen Donato, DPTSc, PT, OCS, CHT, CSCS

Jeff Wood, MS, PT

Joshua Steinhofel, PTA

Jim McCall, PTA

Austin Nickerson, PTA

Three Convenient Locations

Grants Pass (541) 476-2502

1619 NW Hawthorn Ave. #109

Cave Junction (541) 592-6580

218 N Redwood Hwy.

Glendale (541) 832-2765

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TUESDAY - SUNDAY

NOON - CLOSE

KITCHEN CLOSSES AT 8

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Illinois Valley News, Cave Junction, Ore. Wednesday, Jan. 22, 2014

History of Illinois River Forks State Park: by Roger Brandt

Illinois River Forks State Park is es-  
tablished

Part 3

The first steps to create the Illinois River Forks State Park began in 1960 with the establishment of a 160 acre park for the purpose of providing recreational opportunities for residents and travelers to include camping, picnicking, swimming, and fishing. The overnight camping area was to be developed near the east fork of the river and there were plans to install a water system, water fountain, parking for 30 vehicles, oil the road, establish park trails, and build a shelter for community events, which would include electrical outlets for electrical cooking.

The park was established here because of the increasing need for such services. At that time the Collier tunnel immediately south of the Oregon-California border had been completed and tourist promotion efforts were stepped up by the Redwood Empire Association as well as by proponents of the Winnemucca-to-the-sea route. It was noted that vehicle traffic passing the entrance to the park was 2,600 vehicles in 1959 and by 1960 the number had doubled to 6,600 vehicles. They estimated that about 30,000 persons a year would use the facility. It was noted that this would be the only type of facility conveniently available

for the public traveler on the Redwood Highway in this part of the state.

The area selected for the park was a square shaped area about a half mile in size with the north half being administrated by the Bureau of Land Management (BLM) and the southern half created by the purchase of three private properties owned by Carl Fredrichs (Grants Pass), Irene Jordan (Gardenia), and John Kihs (Cave Junction).

The park was almost immediately promoted as part of the state park system and was included in the Oregon state map published in 1962. The state map identified it as the Illinois River State Park.

In 1976, Margaret McGee donated 190 acres to be used as state park land. This brought the park to its present size of 368 acres. This land comprises what is now the western side of the park where eight miles of equestrian loop trails were recently constructed. This part of the park is accessed by Westside Road.

The "forks" has been used for recreation by local residents for more than 75 years and continues to be an important recreation destination today. The community has played a key role in shaping the park's history over the past seven decades and will continue to play a role in what will happen at this park in the future.

A map of Josephine County from 1970 shows the boundaries of the properties that make up Illinois River Forks State Park. The original park established in 1962 was made up of land managed by the BLM and Oregon Department of Parks and Recreation. The McGee property was added in 1976. Metzger Map of Josephine County, 1970.

FREE Fitness Classes

MADE POSSIBLE BY A GRANT FROM THE LOCAL ALCOHOL AND DRUG PLANNING COMMITTEE

Healthy Body Project: January 20<sup>th</sup>-February 26<sup>th</sup>

Mondays and Wednesdays 4:00-5:00 PM

with Michelle Le Comte. An exploration of fitness that starts slow and with the basics. For example, what does it mean to have good form? How much resistance training does one need to tone up? And what exactly IS toning up? We will assess posture, address alignment, and find our target heart rates. Join us and learn workouts you can do at home with minimal equipment.

Zumba: March 4<sup>th</sup>-April 10<sup>th</sup>

Tuesdays and Thursdays 4:00-5:00 PM

with Lydia Roberts. All levels and ages dance to upbeat world rhythms with easy-to-follow choreography, for a total-body workout that feels like a celebration. "Ditch the workout, join the party!"

Chair Fitness: April 14<sup>th</sup>-May 21<sup>nd</sup>

Mondays and Wednesdays 2:00-3:00 PM

with Lindsey Gillette. Great for seniors and those who have limited mobility. Participants will engage in simple energizing, strengthening, and flexibility exercises from the stability of a chair.

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