

A moment with Mary: By Mary Halvorsen

A month into 2014, it is time to revisit the New Year's resolutions. As is usually the case, getting into better shape was at the forefront. My sister in Iowa vowed to "...learn a little French and have more fun," and now one of her daily walks is taken with a friend from grade school. It always ends in a booth at Old Chicago Pizza making a selection from the, "...huge line-up of world class, craft beers."

Recently, I arrived for the first in a series of indoor cycling classes, anticipating an hour of leisurely pedaling. Fourteen black, stationary bikes sat lined in a glass-enclosed space, with two floor fans blowing across the length. Like my sister, more fun in the coming year is a goal, but this was not looking like it would meet that criteria. Joining the dozen others who sat pedaling silently, alarm began to creep in when a young, dark-haired woman in black yoga

pants, and a green tank top walked in, flipped a switch inside a wood cabinet, and filled the room with loud, thumping music.

Arms dangling at her sides, wheels accelerating with each passing second, she began calling out commands like, "Quarter turn!" "Stand up!" and "Hover!" In unison, we turned our tension knobs, pedaled while standing tall, then, while bent over the handlebars. Sweat began to form as we were ordered from the sitting position, "Back up!" then into, "Crouch," and we cycled, arms stretched, backs flat, rears raised. She yelled encouragement, that "This is the one that will get your butt looking good!" and I thought, "Honey, that ship sailed ten years ago."

Perspiration had formed into droplets when she directed, "Mop up." I blotted my face with a stiff paper towel, continuing to pedal,

and tried to remember to, "breathe in through the nose and out through the mouth." John F. Kennedy once mused, "Nothing compares to the simple pleasure of a bike ride," but it's doubtful this was the scenario he had envisioned.

The instructor next inquired how New Year's Eve had gone, assumingly to the group at large, but looking up, found her gaze directed at me, sitting as if she were on a favorite chair, pedaling fast. "How about you?" she queried. "I bet you partied!" It was unclear whether she was condescending to the oldest woman in the group, trying to establish camaraderie with the young crowd in dark spandex, or attempting to make a connection. At that point the sole focus had become my rear end, and how it felt on the rock-hard slice of seat that was shaped like, and held the same consistency as a deer skull. I could only

grimace and nod in reply, living for the moment it would go numb.

On the cover of Mayo Clinic's, "Fitness for Life", an older woman runs a road, elbows bent, hands fisted, and shows a similarly forced smile. It is all teeth, as if when it formed, her lips got stuck. Who smiles when they are running? The author of "Cycling Past 50" offers, "Nothing says more about attitude than outward signs of happiness. The problem is we don't always feel like smiling." He goes on to urge, "Fake it till you make it..." Charles Schultz's observation makes more sense: "Life is like a ten speed bicycle. Most of us have gears we never use."

Sometimes it takes gathering with others to reach a common goal. I'm not sure why the other twelve arrive twice weekly, to assimilate riding up and down hills for an hour. I am hoping it will lead to fun, to a trip

on a real bike, without tiring in the first ten minutes.

Like my sister, her walk with her friend, and their beer at its finish, it is good to do something beneficial, that is also enjoyable. Life is about finding balance. Though biking feels a little hard now, it should get easier with time. Mark Twain once reminisced, "It was the tenth day of May-1884-that I confessed to age by mounting spectacles for the first time, and in the same hour I renewed my youth to outward appearance, by mounting a bicycle for the first time..."

There will be a glide down the driveway eventually, cool air rushing by, the road and sky all around. Focus will be on what lies ahead, not what is behind. Gripping the rubber coated handle bars and leaning in, I will go as far as I can.

Letters to the Editor

Illinois Valley News welcomes Letters to the Editor.

Please e-mail them to dan@illinois-valley-news.com

POLICY ON LETTERS:

"Illinois Valley News" encourages letters to the editor provided they are legible and not libelous or scurrilous. All letters must be signed, including name, address and telephone number. The latter need not be published, but will be used to verify authenticity. The "News" reserves the right to edit letters. Letters are used at the discretion of the publisher.

(Editor's Note: Views and commentary, including statements made as fact are strictly those of the letter writers)]

Keith Heck Has A Message for Concerned CJ Residents: "I Wasn't Listening"

My name is Dale Matthews and I am the editor of the non-profit website BadCounty.com.

On Monday, January 27th, I was the only citizen to attend the Quarterly Meeting of the Board of Commissioners at the County Building in Cave Junction. I would like to share the transcript of an interaction between myself and

the Commissioners.

Dale Matthews: "I have a question for the county part."

Cherryl Walker: "What's your question, Mr. Matthews?"

Matthews: "Some people are saying that they, uh, that they weren't going to come tonight because, um, because you don't listen to their county problems. And that, if you do, you're not going to do anything about it. So, can you tell us, tell them, tell me, um, what's your response to that? What do you want them to know?"

Walker: "Well, I don't know who some people are, so if they have a question for us, I'd prefer that they either e-mailed or called."

As I look around the empty room I think to myself, she's never going to find out who "the people" are if no one comes to these meetings.

Matthews: "Right, but do you have any feeling about this? About the fact that people would say that they don't think that you listen and that you don't do anything?"

Before she answers I'm thinking, no one came to your meeting. What does that tell you?

Simon Hare: (Unintelligible)

Walker: "I don't know who you're referring to."

Matthews: "Well, let's suppose I said

that. How about referring to me?"

Hare: "Well, we listen to you on a weekly basis."

Matthews: "Fine. So do you listen at these meetings? And do you do anything about it? Or consider doing anything about it?"

Walker: "Absolutely."

Matthews: "Absolutely, does that go for all three of you? Mr. Heck, do you listen and, and think about doing things that people bring to you here?"

I asked Mr. Heck a softball question, thinking that his answer might persuade more people to attend these meetings if they knew they would be heard and taken seriously. And what was his reply?

Keith Heck: "Oh. You talkin' to me?"

Matthews: "I am sir."

Heck: "I wasn't listening."

Dale Matthews,
Editor, www.Badcounty.com
Grants Pass Ore.

Throwing more money at the problem will not fix it

Law enforcement is a business it is not about Justice, it's about money! Without theft

and violent crime tax payers would not endorse raising taxes. Police and sheriff dept. consider traffic, alcohol and drug control the highest priority (big money makers) revenue source. Theft and the violence it leads to a (low priority revenue source) but a big vote getter.

Therefore, politicians and law enforcement do not want theft or violent crime rates to go down or away. Real crime is only a revenue source if the fear of it inspires tax payers to vote for new taxes.

No matter how much we raise taxes and fully fund police and sheriff's dept. under this tyrannical system. Theft and violent crime will remain a low priority and be allowed to increase (it's good for business).

More taxes, laws, rules, regulations, codes, ordinances, permits, fees, fines, insurance, lawyers and prisons just mean more corruption. The system is broken (corrupt) throwing more money at the problem will not fix it!

Control is power and power corrupts absolutely!

Mark Wichers
Cave Junction

Obituaries

Obituary

Richard "Ricky" Arthur William Kratochvil, 68 passed away on January 18, 2014 at 12:41 p.m. Ricky was born on November 20, 1945 in Redhill, England. Ricky spent most of his youth in Battle Creek, Michigan. After serving in the U.S. Army, Ricky pursued his love of art. Painting, sculpting, wood carving, jewelry making, welding, and tinkering were just a few of his passions. He settled in Topanga, CA in 1969 where he met the love of his life, Teri Renteria, in 1979. Ricky and Teri moved to Oregon in 1994, calling Takilma home. Ricky's sculptures can be enjoyed by all who drive on Takilma Road; the

life-sized Buffalo and Giraffe can't be missed. Ricky is survived by his true love and life partner, Teri; half sister Diane; half brother Roger and countless friends that will miss him dearly. He was preceded in death by his mother Irene; father Richard and his stepfather Edward. Ricky's life will be celebrated in the spring at the home he and Teri are building in Takilma. TBA

Charles J. Vile "Charlie" passed over on Jan. 20 2014, following along battle with cancer. Charlie passed away peacefully in his sleep at home. Charlie is survived by his two sisters, and one brother. His life partner and mother of his children Laurel. Three

son's Luey, Buffalo and Canyon. Two daughters Music and Cinnamon. Several grand children and many other family and friends.

Charlie and his dog "Side Kick" loved riding the rails in his younger years. Charles was a master mechanic and expert farmer and gardener.

Some of Charles' happiest years were the years he and Laurel lived on Bill Hasselbecks farm in Drain Ore. Raising his children and living the good life.

Charles enjoyed drinking beer and pretty women. He dabbled in the commodities Market with his good friend R.T. Allen.

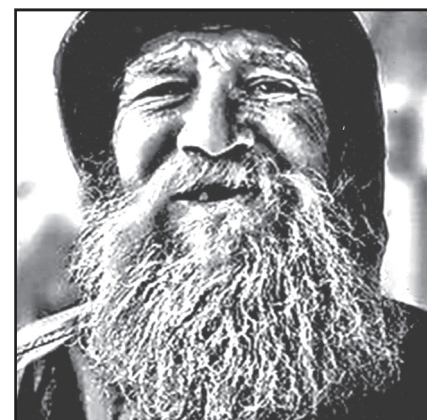
Charlie may not have been

known for it but he sure taught all of us a thing or two about true grace. Charlie never complained once about his pain or this predicament. Only that we was not able to contribute as much as he wished he could.

Charles J. Vile was a man among men, humble, magic and eloquent. In my eyes, Charlie was some tomato. In our hearts he will never die. We love ya! Thanks for touching us all with your ever loving grace. Thou art gone, but not forgotten. God be with you my friend.

A Celebration of life for Charlie will be at Matthias Episcopal Church, Saturday, Feb. 15 from 1 to 4 p.m.

Donations for help with burial can be made at Washington Federal under the name of Laurel Glenn.



Charles J. Vile

ILLINOIS VALLEY FUNERAL DIRECTORS
WWW.SINCE1928HULL.COM 541-592-4110

Save The Date

Feb. 6 & 7

Lorna Byrne Middle School will hold drop-in Parent / Teacher Conferences in our Cafeteria on Thursday, Feb. 6 from 4 to 6 p.m. and Friday, Feb. 7 from 12:30 p.m. to 3:30 p.m. Please attend to obtain your student's progress report and discuss your child's academic progress. Any questions, phone LBMS at 541-592-2163.

Feb. 8, 9, 15

I.V. Little League will be holding registrations on: Feb. 8, 9, 15 at the Illinois Valley Golf Course. Original birth certificate and three proofs of residency are required. Proofs must be dated between Feb. 1 of 2013 to Feb. 1 of 2014. For more info. Con-

tact Jenna Larkin at 541-592-9899

Feb. 9

The Freedom from Pesticides Alliance is hosting a Valentine's Tea Party Sunday February 9th 3- 5 p.m. @ the Kerby Belt Building 24353 Redwood Highway, Kerby. Join us for a Volunteer Valentine's Tea Party. An opportunity to thank our current volunteers. Enjoy holiday treats, share plans for the campaign and find areas where you may wish to join our efforts.

Teas, Coffee, and Fabulous Treats! We seek our right to say NO to pesticides. www.FreedomfromPesticidesAlliance.org P.O. Box 376 Selma, Oregon 97538 541-512-5051

Feb. 12

GMO Free Josephine County presents KING CORN, the 4th film in its series about food issues and genetically modified crops. The free screening will take place at the Illinois Valley branch library at 6 p.m. on Wednesday, February 12.

KING CORN is a documentary about two friends, one acre of corn, and the subsidized crop that drives our fast food nation.

Feb. 13

Did you ever have a hippie dream? A book signing party will be on Feb. 13th, from 4-6 p.m. at the office of the Illinois Valley News, 221 S. Redwood Hwy. Suite C, Author Kindi Fahrkopf be autographing her first edition copy of the paperback

book *Takilma Tales: The Hippie History of Takilma, Oregon* a vivid, exciting and informative history of the little-known community of Takilma.

Feb. 17

Precious Dirt and the Freedom from Pesticides Alliance invite you to participate in Community Rights Conversations, a new group discussion series on topics. Related to our common goal of elevating local community rights over corporate "rights". 6:00-6:30 p.m. ~ Social - Coffee/ Tea & Goodies 7:00 - 8:30 p.m. ~ "Who Decides? Our Communities or Big Corporations?" www.PreciousDirt.org 541-597-4809

Feb. 22

Tired of Winter? Join us for "LOVE BOAT - A Caribbean Cruise!" 5 - 9 p.m. Saturday, Feb. 22, at Selma Community Center! 5 p.m.: Silent Auction, No-Host Bar & Rumba Lesson. 6 p.m.: Dinner Catered by The Vine Restaurant, Dance to Oregon Little Big Band Duo & Live Auction. Formal or Resort Wear Please! \$25 person, \$40 couple. Tickets: Evergreen Federal Bank, C.J. or G.P. main branch. No ticket sales after Feb. 14! Special Thanks to Deer Creek Vineyards, Evergreen Federal Bank, Wild River Brewing & Pizza. Fund-raiser for Illinois River Valley Arts Council's public benefit programs. www.irvac.com 541-592-4444.

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