

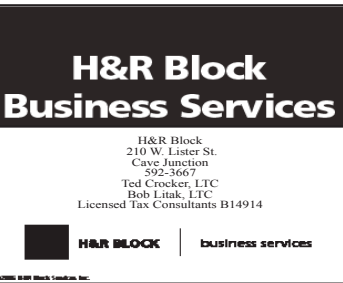
ILLINOIS VALLEY HIGH SCHOOL SPORTS SCHEDULE • Fall 2016 •



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IVHS Football

Fri. Sept. 2 @ Scio **L 0-46**
 Fri. Sept. 9 Santiam **L 20-61**
 Sat. Sept. 16 Brookings **L 14-33**
 Fri. Sept. 23 Bonanza **CANCELED**
 Fri. Sept. 30 Clatskanie **L 7-35**
 Fri. Oct. 7 Rogue river **W 46-8**
 Fri. Oct. 14 Lakeview **L 13-8**
 Fri. Oct. 21 7 p.m. vs. Cascade
 Fri. Oct. 30 7 p.m. @ St. Mary's (Speigelberg Stadium)



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Volleyball

Tue. Aug. 30 Dayton L 0-3	Mon. Oct 19 New Hope W 3-2	Chemawa W 3-2
Thur. Sept. 1 Del Norte L 1-3	Tue. Sept. 20 Cascade L 0-3	Tue. Oct. 4 Lakeview W 3-1
Tue. Sept. 6 Harrisburg L 0-3	Thur. Sept. 22 Rogue River L 2-3	Thur. Oct. 6 Cascade L 0-3
Thur. Sept. 8 Del Norte L 0-3	Sat. Sept. 24 St. Mary's	Tue. Oct. 11 Rogue River W 3-1
Sat. Sept. 10 Hidden Valley L 1-3	JV tournament 1-2	Thur. Oct. 13 St. Mary's L 0-3
Thur. Sept. 15 Lakeview L 1-3	Tue. Sept. 27 St Mary's L 0-3	Tue. Oct 18 6:15 p.m. @ New Hope
	Thur. Sept. 29	

Girls Soccer

Tue. Sept. 6 Pleasant Hill L 0-10	Sat. Sept. 17 Lakeview L 0-3	Wed. Oct. 12 Cascade L 0-6
Wed. Sept. 7 Coquille T 3-3	Wed. Sept. 21 Cascade L 0-3	Wed. Oct. 19 4:30 p.m. vs. Rogue River
Sat. Sept. 10 Del Norte L 2-6	Wed. Sept. 28 Rogue River W 1-0	Sat. Oct. 22 noon @ St. Mary's
Tue. Sept. 13 Douglas W 5-2	Sat. Oct. 1 St. Mary's L 0-6	Mon. Oct. 24 4 p.m. @ Coquille
	Sat. Oct. 8 Lakeview L 0-8	



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IVHS ALUMNI & FRIENDS

Boys Soccer

Tue. Aug. 30 Crater L 1-2	Wed. Sept. 21 Canyonville T 2-2	Sat. Oct. 8 St. Mary's L 0-1
Fri. Sept. 2 Milo Adventist L 2-5	Sat. Sept. 24 Rogue River L 1-9	Wed. Oct. 19 4:30 p.m. @ Rogue River
Wed. Sept. 7 Cascade L 1-9	Wed. Sept. 28 Lakeview W 9-4	Sat. Oct. 22 noon vs. Lakeview
Sat. Sept. 10 Pacific L 1-5	Fri. Sept. 30 Cascade L 0-6	Tue. Oct. 25 4:30 @ Canyonville
Wed. Sept. 14 St. Mary's L 0-6	Wed. Oct. 5 Pacific W 6-1	



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Healthy U News: by Lindsey Gillette

Sneak in Self Care

As we enter busier months of late fall, it's important to remember self care, which is easy to dismiss for fear of its getting in the way of tasks we need to complete.

Even short and basic actions can impact your day. Five minutes here or there adds up to a considerable chunk at the end of the day. Here are some of my favorite short term strategies:

Smoothie squats: as I blend my smoothie each morning, I wake up my muscles and joints by doing 20 squats and 10 lunge crunches on each side. To squat: step feet out slightly wider than hips. Bend your knees, lift heart and lower hips like you are sitting in a chair. Keep the natural inward curve of the lower back rather than rounding out. Once thighs are nearly parallel to the floor, press down to straighten legs.

Lunge crunch: step your left foot back and balance on the ball of your foot while bending your front knee over the heel. Reach right arm up and place left hand on hip. As you exhale and straighten your right knee, draw your left knee forward and twist your right elbow to tap it. You can substitute any simple exercise during any task that takes a few minutes, like boiling water or toasting bread.

Mindful tasks: practice being present and appreciative of tasks you could do automatically like

brushing your teeth or vacuuming. Without controlling the speed or regularity of the breath, count each exhale. In your mind, observe the inhale, then count your exhale as "one." Don't worry if your mind wanders. That is one of the mind's jobs. Practice drawing your attention back to the present moment. If you lose track of the numbers, start over without judgment or punishment.

Walking meetings: do you have meeting plans at work or with a friend? If it's appropriate, see if you could hold your meeting during a walk. Research shows that these "walk and talks" increase creative thinking. Many find these meeting facilitate greater honesty between participants and more productivity in the long run.

Commercial mute: set aside those commercial breaks for miniature self care time slots. Mute the commercial and take five minutes to close your eyes and meditate on your favorite mantra. A great mantra is: "I am." In your head, think "I" on the inhale and "am" on the exhale. Let your breath be long. Feel a sense of belonging in your skin. Or, you can do small tasks to make tomorrow morning calm and streamlined: pick out your clothes, pack your lunch, and make your to-do lists.

Gratitude list: after snuggling into bed, think of things, big or small, for which you are grateful. Let this guide you to sweet dreams.

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

Public meeting scheduled, comments sought for proposed 20-year mineral withdrawal

Southwest Ore. — Public input is being sought regarding a "Notice of Amended Proposed Withdrawal" that was published in the Federal Register on Sept. 30, 2016.

The proposed 20-year mineral withdrawal is for approximately 95,806 acres of National Forest System lands on the Rogue River-Siskiyou National Forest and 5,216 acres of Bureau of Land Management Lands on the Medford and Coos Bay Districts, while Congress considers legislation to permanently withdraw those lands. The proposed withdrawal is located in the Rough & Ready/Baldface Creek and the Hunter Creek/Pistol River areas in Josephine and Curry Counties.

The notice amends the prior proposal notice which was published in the Federal Register on June 29, 2015, and increases the proposed withdrawal term from 5 years to 20 years. The withdrawal is also being proposed at the request of the BLM and the Forest Service, to protect the Southwestern

Oregon watershed from possible adverse effects of mineral development. The notice gives the public an opportunity to comment on the amended application.

"Based on overwhelming public support for the 5-year mineral withdrawal and associated concerns regarding highly valued natural resources in southwest Oregon, we felt it was warranted to propose a 20-year withdrawal in aid of legislation," said forest supervisor Rob MacWhorter. The segregation and withdrawal is in aid of legislation that Congress is currently considering: Senate Bill 346 and House Resolution 682, the "Southwestern Oregon Watershed and Salmon Protection Act of 2015" www.congress.gov/114/bills/hr682/BILLS-114hr682ih.xml

The publication of the Federal Register notice was the official start of a 90-day public comment period that extends through Dec. 29, 2016. Be aware that your comment, and any personal information included with

it, may be made publicly available at any time. Written comments should be sent to the Bureau of Land Management, Oregon State Office, P.O. Box 2965, Portland, OR 97208-2965 or may be sent electronically to BLM_OR_WA_WITHDRAWALS@blm.gov.

The public will also have the opportunity to verbally comment or provide written comments at a public meeting scheduled from 6:30 to 8 p.m. on Nov. 15, 2016 at the Brookings-Harbor High School, 625 Pioneer Road, Brookings, OR 97415. Those attending the meetings will have up to two minutes each to provide verbal comments. Please contact Virginia Gibbons, Public Affairs Officer, at 541-618-2113 for any special needs requests. For additional information and maps on the mineral withdrawal proposal and the Environmental Assessment, as well as copies of the published Federal Register Notices, visit the Rogue River-Siskiyou National Forest website at www.fs.usda.gov/goto/rr-sis/projects.

Lodging study aims to boost tourism revenues in Southern Josephine

PORTLAND, Ore., Oct. 11, 2016 — The nonprofit Illinois Valley Community Development Organization (IVCDO) has been selected to receive a \$16,000 grant from U.S. Department of Agriculture (USDA) Rural Development, announced State Director Vicki Walker today. USDA funds will support a regional lodging study to identify the planning and investment needed to maximize tourism revenues in Cave Junction and the surrounding Illinois Valley in the southern portion of Oregon's Josephine County.

"The natural beauty and world-class recreational opportunities in the Illinois Valley draw visitors from around the globe, and there is tremendous potential for local businesses to capture additional tourism revenues," said Walker. "This USDA-funded study will lay the foundation for new investment in visitor accommodations, expanded small business ventures, and increased employment opportunities."

Enhancing visitor and business amenities is a key economic development strategy identified through a recently completed community plan known locally as the I.V. 20/20 Vision. This collaborative planning process was led by IVCDO over the past several months to bring together voices and priorities representing the region's diverse points of view.

Through a previous grant award, USDA also funded the I.V. 20/20 planning process in partnership with The Ford Family Foundation and local organizations. These USDA

investments align with Rural Development's Community Economic Development emphasis that builds capacity and targets financial investments in rural areas with limited resources and high poverty. According to recent census data, portions of the Illinois Valley track among the highest rural poverty rates in Oregon and almost double the national rate at nearly 30 percent.

Funding for this project is being provided through USDA's Rural Business Development Grant (RBDG) Program and is contingent upon the recipient meeting the terms of the grant agreement.

In the coming months, IVCDO will hire a professional consultant to assess market data and trends, identify lodging needs and opportunities, and assist community and business ventures as they assess options for moving forward.

Since 2009, USDA Rural Development (@USDARD) has invested nearly \$13 billion to start or expand nearly 112,000 rural businesses; helped bring high-speed internet access to nearly 6 million rural residents and businesses; helped 1.1 million rural residents buy homes; and funded nearly 9,200 community facilities such as schools, public safety and health care facilities. USDA also has invested \$31.3 billion in 963 electric projects that have financed more than 185,000 miles of transmission and distribution lines serving 4.6 million rural residents. To learn more, visit www.usda.gov/results.

JoCo Spay & Neuter Fund needs help

(Grants Pass, OR)—Due to increased volume and decreased funds, JoCo Spay & Neuter Fund is temporarily suspending its TNR (Trap-Neuter-Release) assistance program.

While the primary goal of this all-volunteer nonprofit is to help low income pet owners with the cost of spay and neuter surgeries for

their dogs and cats, the TNR program has been part of its operation since its founding in 2009. People who wish to humanely trap feral cats on their property received help in the form of training, loaner traps, and financial help for spay and neuter. After the cats are "fixed", owners re-release them onto their property. The TNR program

enabled the number of cats on these properties to ultimately decline. "We depend on donations from the public and from grants for our funding," says Linda Milner, president and co-founder. "We hope that our annual holiday appeal and upcoming rummage sale will bring in enough so that we can continue our TNR program."