

Public meetings scheduled for Chetco Bar Fire history and update

The Forest Service will be hosting a series of four public meetings in the locally affected communities of Brookings, Agness, Gold Beach in Curry County and Cave Junction in Josephine County to provide an update of the current situation on the Chetco Bar Fire, as well as the early history of suppression efforts on the Chetco Bar Fire in Southwest Oregon from its beginning on July 12, 2017.

“This is an opportunity for the public to hear the Forest Service describe the full suppression actions that were taken in the Kalmiopsis Wilderness on the Chetco Bar Fire. We’ll review the pattern of historic fires specific to this area and some of the challenges we face when fighting fires in Wilderness,” said Forest Supervisor Rob MacWhorter.

The Pacific Northwest Incident Management Team 2 incident commander will provide information on the current fire situation and suppression rehabilitation efforts. Local Forest Service officials

will present on the Chetco Bar Fire history.

The Chetco Bar Fire history presentation will include highlights from the initial attack suppression efforts made in the first 24-48 hours, including key decisions made regarding firefighter safety, as well as the utilization of aviation resources. Also described will be the full suppression strategies and tactics taken by a local wildland fire management team over an approximate two-week period, as well as the long-term full suppression strategies and actions recommended by a National Incident Management Organization (NIMO) Team. Looking ahead, a summary of the Burned Area Emergency Response (BAER) effort and restoration plans will be addressed. Following the presentation, the public will have an opportunity to ask questions.

Cave Junction: Saturday, September 30, 2017 from 6-7 p.m. at the Illinois Valley High School, 625 E. River Street, Cave Junction.

2 residents fined by DEQ for littering

Cave Junction, OR—The Oregon Department of Environmental Quality (DEQ) has fined Mark Hopkins Jr. and April Stevens \$12,082 for illegally disposing of household garbage, vehicle parts, abandoned cars and campers, appliances, tires and other waste at three properties near Cave Junction.

The federal Bureau of Land Management owns two of the properties, while the other is privately owned.

DEQ inspections in May and August found 120 cubic yards of waste on one Bureau of Land Management property, 45 cubic yards of waste on the other, and 15 cubic yards of

waste on the private property.

Of the penalty, \$9,582 represents the economic benefit Hopkins and Stevens gained by failing to remove the waste and dispose of it at a permitted facility.

It is illegal to dispose of solid waste anywhere except at a permitted disposal facility. Illegal dumps can pollute ground and surface water. Such dumps can also threaten human health by attracting insects and rodents.

Hopkins and Stevens have until Oct. 5 to appeal the penalty.



(Photo by Dan Mancuso, Illinois Valley News)

No. 8 senior midfielder Ashlee Griffin battles No. 17 Rogue River senior defender Jesse Langfield during the 5-1 girls’ home victory Saturday, Sept. 23. The Lady Cougars currently sit with a 3-1 record.

Healthy U News: by Lindsey Gillette

A Meditation for Now

Let’s face it: life is stressful. In addition to personal stress, we feel environmental stress. Lately, we’ve all experienced widespread smoke, the fear of possible evacuation, and empathy for others who have suffered through storms and floods. Coupled with political unrest and threats of war, it can be overwhelming.

Much of this stress stems from being unable to be present in the moment. The Chetco Bar fire may bring back memories of the Biscuit Fire and the fear that you experienced then. It may bring up anger that something wasn’t done sooner. You might feel the need to project how the smoke will linger in the future and how that will make you feel. Even though these are just memories, thoughts and forecasts into the future, your body will

react as though they are real. Reliving a memory of fear can activate fight or flight systems and can increase adrenaline. Constant repetition of such heightened states can lead to fatigue, depression, accelerated aging and even premature death.

A breathing meditation is a powerful tool to bring your attention back into the present moment. The following meditation focuses your awareness and brings your body to a state where relaxation and healing can occur. You could start with 10 minutes and increase the time as desired. To begin, arrange yourself in a comfortable position either sitting or lying down.

Take the first few moments to settle in physically. If you could be even 5-10 percent more comfortable, make the adjustment. Then, turn your attention to your breath. Although

you have been breathing all day, this might be the first time you are actively noticing the breath. Observe the qualities you are starting with today. Is your breath shallow, short, inconsistent? Can you lengthen each breath?

When you experience a rhythmic breath at a comfortable pace you can begin to explore the senses. Allow the natural movements of the body. When you inhale, the belly, ribs and chest expand. As you exhale, the body relaxes and moves back toward the spine. Notice where your body is touching the floor or other surfaces. Notice how your clothes feel against your skin. Next feel the sensation of the breath traveling in through the nostrils, down the throat, into the lungs and back out.

Now, listen to the sound of your breath. It might be very quiet at first. Keep listening. Then notice any tastes or smells

present. Finally, rather than using your eyesight to see, visualize your being expanding from heart center as you inhale and condensing as you exhale. When you are ready to end your meditation, let the study of your senses go.

Notice how your body and mind have changed since you began your meditation. Take your time returning to your day.

Don’t worry if your mind wanders to everyday thoughts. Drawing your attention back to the meditation is part of the practice and completely normal! Use this practice and other self-care techniques to take care of yourself so that you are available to better care for others if and when needed.

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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Reg. \$6.99

Grill Menu
Grab-N-Go
\$3.99 ea.
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Vegetarian Wraps
Hummus, lettuce, spinach, tomato, onion, olive, cucumber, pickle & pepperoncini.
\$3.99 ea.
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Italian Tofu Salad
Tofu, artichoke hearts, olives, onion, tomato, broccoli, cauliflower & Italian dressing.
Reg. \$8.49
\$7.49 lb.

Salad Case
Breakfast
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No nitrates or nitrites. Reg. \$7.29 pkg.

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Valley View 2014 Tempranillo Wine **\$13.39** ea.
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Reg. \$1.39 lb.

Red Cabbage **89¢** lb.
Reg. \$1.19 lb.

Broccoli **\$3.09** lb.
Reg. \$3.59 lb.

Mango **\$1.79** ea.
Reg. \$2.09 ea.

Bulk

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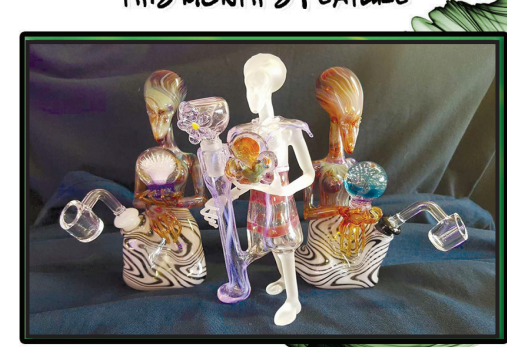
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