

Christmas tree permits are available for Southwestern Oregon public lands

For many families, venturing out onto public lands to cut a Christmas tree is an annual holiday tradition!

Beginning Nov. 15, 2017, tree permits will be available at locations across Southwest Oregon, including at Forest Service and Bureau of Land Management Offices, and multiple local vendors. Permits allow the cutting of personal-use trees for Christmas and other holiday events, and a permit is required for each individual tree visitors wish to take home. Please contact your local Forest Service or BLM office, as permits may be available sooner than the official date indicated above.

Permits for Christmas trees on the Rogue River-Siskiyou National Forest and Medford and Coos Bay BLM districts are \$5 per tree, and are non-refundable. (While not required, exact change when paying is preferable!) There is a limit of five tree permits per household, and the permits may be used only on those lands open to Christmas tree harvesting that are administered by the Rogue

River-Siskiyou National Forest, and the Medford and Coos Bay BLM districts. Maps that identify these areas will be provided at the time of permit purchase.

The Christmas tree permit tag is validated after harvesting your tree simply by cutting out the date on the tree tag and securely attaching it to the cut tree in a visible location before transporting it.

Christmas tree harvest is not allowed in:

- Designated Federal Wilderness Areas or Wild and Scenic River Corridors;
- Federally managed campgrounds;
- Developed recreation areas;
- National Monuments (including the Cascade Siskiyou National Monument);
- Research Natural Areas or Areas of Critical Environmental Concern;
- Within fences or posted tree plantations;
- Areas currently closed for public health and safety;
- Within 200 feet of State highways; or
- On private lands.

This emphasizes the importance of keeping the agency-provided tree permit map with you, as well as a Forest or BLM map, and a familiarity of your location prior to cutting.

Know Before You Go:

Traveling safely on public lands is very important! Please keep in mind that many roads on public lands administered by the Forest Service and BLM are not plowed in the winter and can present some situations that may become dangerous if you are not properly prepared or familiar with your location. Specifically, the Bear Camp Road is not maintained from Nov. 5 through Memorial Day weekend. The agencies ask that you use extreme caution before considering the areas accessed via this route for your Christmas tree cutting outing, as roads may be unpassable and weather conditions can change quickly.

For all outdoor activities this time of year, be prepared for winter weather:

- Check weather conditions prior to departure.

• Check road conditions prior to departure.

• Always travel with a full tank of gas.
• Travel with adequate supplies such as warm clothing, blankets/sleeping bags, high energy food, water, warm beverages, first aid kit, flashlight, whistle, mirror, shovel, chains, and maps.

• Always let someone know where you plan to harvest your tree and your expected return time.

• Consider going with others who are familiar to the area, particularly if you are unfamiliar with the area in which you will be traveling or have not harvested a Christmas tree before.

Visitors to public lands should not hesitate to contact the office nearest to them with questions:

- Rogue River-Siskiyou National Forest
 - Medford District BLM: 541-618-2200
- Happy tree hunting from the RRSNF and the Medford and Coos Bay districts!



Food & Friends Menu

FRIDAY - NOV 24

CLOSED FOR THANKSGIVING

MONDAY - NOV 27

ROAST PORK W/ GRAVY

WEDNESDAY - NOV 29

BEEF TAMALE PIE

Food & Friends Dining is now located at the I.V. Senior Center, 520 River St.

Call 541-955-8839

SENIOR SPOTLIGHT

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Vision Changes

Changes that occur with aging can impact how well we see in dimly lit or darkened settings. There are also eye conditions that are more common with age- such as cataracts, glaucoma and age-related macular degeneration- that may contribute to the problem. If you notice reduced night vision, it's worth mentioning to your eye specialist.

With aging, the lens of the eye loses elasticity. The eye's ability to adjust the shape of the lens also changes. The result is difficulty focusing on near objects requiring the use of "cheaters" and magnifying glasses.

The loss of elasticity also contributes to impaired depth perception and makes us more prone to falls and accidents, and increases confusion and disorientation in unfamiliar settings. The normally clear lens of the eye becomes less transparent with age. As this happens, light becomes more scattered and therefore less precisely focused when it reaches the retina. The lens also becomes discolored, appearing yellowish in the early stages of cataract formation. This alters our color perception and reduces our enjoyment of all that is around us. Light passing through an early cataract scatters so that some of the light rays become focused in front of the retina, making the eye functionally

near-sighted. These changes can cause blurred vision, glare and halos around car headlights.

Personally, I find it's worse on wet pavement and try not to drive at night after the rain. With cataracts that have advanced, the lens may become dark brown in color, further impairing light passage. The added discoloration and clouding reduces how well you see in dim light or darkened settings.

Surgery to remove cataracts can improve vision and resolve these symptoms. Aging also affects the size of the pupil, which acts as a window for light to enter the eye. Normally, pupil diameter expands in darker settings in order to gather as much light as possible and ratchets down to a smaller opening in bright light. As the eye ages, pupil diameter becomes smaller, so less light enters the eye. The eye also takes longer to accommodate to changes which further impacts our ability to adapt to any change in light, such as going from bright sun into a shaded area.

MayoClinic HealthLetter, February, 2014

You can contact I.V. Wellness Resources at 541-592-9781 or www.ivwellnessresources@gmail.com and please like our Facebook page at www.facebook.com/ivwellness-resources.

If you are a senior or disabled resident of the Illinois Valley and need help finding resources to keep you healthy and happy in your home
Caregivers - Handyman
Yard work - Firewood
Housekeepers -
Please call
I. V. Wellness Resources



541-592-9781

FREE ADS

If you are a senior and want to place a FREE AD for a living or health care need call Laura Mancuso 541-592-2541 or email laura@illinois-valley-news.com.

CHAIR FITNESS

Classes FREE at Healthy U, TUESDAYS & THURSDAYS from 1 - 1:45 p.m. 535 E. River St., Cave Junction Call 541-592-4888 or visit www.healthyucenter.org.

HEATING ASSISTANCE

For financial assistance with heating your home - electric or wood - call UCAN at 541-956-4050

SPAY AND NEUTER FUND

Josephine County
www.jocospayneuter.org
541-244-0685

CARING CALLER

Are you isolated in your home and need a phone friend to call you with daily or weekly phone calls? Call Laura 541-592-9781 to sign up or to volunteer.

NOTICE



Southern Oregon Sanitation Inc.

Holiday Schedules

Southern Oregon Sanitation would like to express our thanks to our many patrons and wish you the best throughout the holidays and into the new year.

COLLECTIONS NOTICE:

Routes will be running as normal. If your collection day is Thanksgiving Day, please be sure to **set your cart out the night before** as we may be running earlier than normal.

Have a pleasant Thanksgiving!

Refer to our website for varying schedules of holiday hours for the office, transfer stations and recycling depots.

www.sosanitation.com



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17 Games 6:30 - 9:30PM
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541-659-3781 or 541-415-1819

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Wonder, OR
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