

IT'S ABOUT TIME

BY DAVID WAGNER

WESTERN
RED CEDAR
ON THE LEFT
(*THUJA PLICATA*)
AND
INCENSE CEDAR
(*CALOCEDRUS
DECURRENS*)

Hot weather is great for the bugs. Swallowtails and dragonflies dart around with incredible zip in the morning sun, their warm bodies full of energy. Spiders are getting prominent now, with dozens of little, baby spider webs all around our house. They protect us from mosquitoes. When approached they shake their webs vigorously, supposedly to make themselves appear a blur and not catchable by potential predators.

This year some kind of small caterpillar, possibly a moth larva, has devastated the poison hemlock that's so abundant in open, sunny spots around Delta Ponds. Maybe it could be used for control of this weed. There seems little effort to control poison hemlock despite it being deadly poisonous. It is especially abundant in the valley between Medford and Ashland. It looks very much like parsley. If it didn't smell so bad there probably would be many more deaths reported.

Warm weather invites us to head for the coolness of the hills. With so little snow up there, the mosquito season is likely to end early. Camping in the woods is a good time to learn to tell the difference between the western red cedar and incense cedar. These two tend to occupy separate forest types. Western red cedar is more abundant to the north where incense cedar becomes scarce. Incense cedar is much more common in the mixed hardwood/conifer forests to the south. Their main region of overlap is in Lane County, both abundant here. Use the comparative drawings to make an easy identification.

ACTIVIST ALERT

- The Lane County **Metropolitan Policy Committee** meets from 11:30 am to 12:30 pm Thursday, July 2, at Coburg City Hall Council Chambers. On the agenda is the Metropolitan Cable Television Commission. Contact Paul Thompson at 682-4405.

- The **VA Roseburg Healthcare System** has scheduled a town hall from 4:30 to 6:30 pm Thursday, July 2, at the Elks Lodge, 1701 Centennial Blvd. in Springfield. VA representatives will be available to answer questions and assist vets with current claims or filing new claims for disability compensation.

LANE COUNTY AREA SPRAY SCHEDULE

- ODOT is currently **spraying roadsides**. Call Tony Kilmer at ODOT District 5 at 744-8080 or call (888) 996-8080 for often inaccurate herbicide application information. Highways recently sprayed include I-5, 36, 105, 126, Beltline and Territorial.

- USDA Forest Service will be spot treating a few patches of false brome near **Cape Perpetua** and the **Cummins Creek Loop Trail** with glyphosate.

Compiled by Jan Wroncy and Gary Hale, ForestlandDwellers.org, 342-8332.

KUNG FU AND MORE AT PETERSEN BARN THIS SUMMER

A recent study shows that, for the first time in U.S. history, obese Americans outnumber merely overweight Americans. Head over to the city of Eugene's Petersen Barn Community Center this summer to buck this trend through martial arts or dance.

If you only sign up for one of Petersen Barn's multitude of classes — ballet, belly dance, fencing, yoga — martial-arts instructor Logan Flores wants you to take his class, "Kung Fu Lessons in Harmony."

Flores, who moved to Eugene earlier this year, spends his time gardening and teaching kung fu at the Petersen Barn in Bethel. In April, Flores showed his enthusiasm for recruiting pupils by standing on the sidewalk in downtown Eugene and practicing kung fu moves to promote the class.

Now that he's in the city of Eugene's recreational guide, he doesn't have to work quite as hard to attract students, he says. In his class this summer, Flores says he wants to teach Eugeneans to embrace core tenets of martial arts — honor, community, connectivity — in their daily lives.

"Kung fu is about time and energy," Flores explains. "In my class, there is no test, no belts or badges, no hierarchy. I want it to be a place of gathering for all disciplines and levels, where people can gather as a community around movement art and explore."

The class, held outdoors in Petersen Barn's adjacent park, involves the practicing of forms, including crane style and tiger style. These various types of movement take on attributes of the animal they are named after, with crane style known for perfecting the art of balance.

Flores says he also explores minimizing unnecessary movement and working with partners to practice escaping from others' holds or moves.

The outdoor environment with its varying terrains is ideal for practicing kung fu, Flores says, and now that the summer months have arrived, the weather only contributes to accessing inner calm. He says when outside, he often thinks of a tai chi proverb that claims the best place to practice is underneath trees in the morning.

"It's easier for the body to fully breathe and relax," Flores says.

Flores' class costs \$15 a month and meets twice a week on Mondays and Saturdays at Petersen Barn, 870 Berntzen Road, throughout the summer months. To sign up for this class and many others, visit eugene-or.gov/recguide. — *Amy Schneider*

