

- **Eugene 350's Summer Meetup** will be from 7 to 8:30 pm Thursday, July 16, at First United Methodist Church, 1376 Olive Street. On the agenda is campaign organizing and arts projects, including giant banners and "Puppets for Climate Change." Actions are being planned leading up to the U.N. climate talks in Paris. Email 350eugene@riseup.net or call 343-5091.

- **A report from the 2015 Legislature** is the topic at City Club of Eugene at noon Friday, July 17, at the Downtown Athletic Club, 999 Willamette Street. Speakers will be Rep. Val Hoyle, Oregon state House majority leader, and Sen. Lee Beyer. \$5 for non-members.

- **The Emerald Empire Hempfest** is back and will run 11 am to 10 pm Friday and Saturday, July 17-18, and 11 am to 9 pm Sunday, July 19, at Maurie Jacobs Park off River Road north of the viaduct. Access is also available across the footbridge from Valley River Center. Free admission, but donations are appreciated, says organizer Dan Koozer. His number is 517-0957 or see emeraldhempfest.com.

- A concert with musical activists **Anne Feeney & Dana Lyons** will be from 8 to 11 pm Saturday, July 18, at Sprout!, 418 A Street, in Springfield. Feeney is known nationally as a "notorious labor hellraiser" and Lyons is a longtime environmental activist through his music. The two are billed as Teamsters and Turtles. Sliding scale donations requested of \$8 to \$50. The event is a fundraiser for the Civil Liberties Defense Center's Next Generation Climate Justice Action Camp coming up Aug. 4-8.

- **Kari Norgaard**, Ph.D., will speak on "Living in Denial: Climate Change, Emotions and Everyday Life" at 4 pm Sunday, July 26, at the Unitarian Universalist Church, 1685 W. 13th Ave. Norgaard is an associate professor of sociology and environmental studies at UO. She is widely published and her lecture title is also the name of her book published by MIT Press in 2011. Free.

- New and reduced **logging setbacks for riparian areas** were on the agenda of the Northwest and Southwest Oregon Regional Forest Practice Committees that met July 15 in Salem. Recommendations will be presented to the Board of Forestry on July 23. By law the majority of members of these committees must be timber industry people. Directions on how to submit public testimony in this regard are hard to find on the ODF website, but an email listed is information@odf.state.or.us.

## 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, 99 and Beltline.

- Weyerhaeuser, 744-4600, plans to helicopter and backpack spray 326.3 acres, some north of Highway 36 west of **Cheshire** and some east, south and west of **Lorane** with glyphosate, imazapyr, metsulfuron methyl, sulfometuron methyl, aminopyralid, Insist 90, MSO Concentrate, Grounded, Crosshair, Conquer, No Foam and/or Foam Buster. See ODF notification 2015-781-10150, call Robin Biesecker or Dan Menk at 935-2283 with questions.

- Swanson Brothers Lumber Company, 935-2231, plans to hire Nick's Timber Services, (503) 876-8220, to spray two miles along **Sturtevant Road** with triclopyr, glyphosate and/or Forest Crop Oil. See ODF notification 2015-781-10067, call Dan Menk or Brian Peterson at 935-2283 with questions.

- Giustina, 345-2301, plans to hire Northwest Reforestation Services, 344-4991, to spray 110.9 acres south of **Fox Hollow Road** near Boardtree Creek, **Hamm Road**, **Doak Creek** and **Round Mountain** with aminopyralid, sulfometuron methyl, metsulfuron methyl, glyphosate, imazapyr and/or Dyne-Amic. See ODF notification 2015-781-10114, call Brian Peterson at 935-2283 with questions.

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

## FUNNY MEDICINE HELPS MENTAL HEALTH

Comedian Frank King came very close to committing suicide five years ago.

"I had an itch on the roof of my mouth that I could only scratch with the front sight on my nickel-plated .38," King says, his voice a warm North Carolina drawl.

It almost sounds like King is cracking a joke. Starting Sunday, July 26, at the Wildish Theater in downtown Springfield, King will coach up to a dozen participants as they turn their mental health issues into short stand-up routines, which they will perform for audiences in November.

By 2010, the Great Recession had tanked King's motivational speaking business and drained his bank accounts. Depressed, the only thing keeping him from firing the gun, he says, was the "suicide clause" in the million-dollar life insurance policy King had recently taken out; more powerful than his desire to kill himself was the horror King felt imagining his wife left with nothing.

So he muscled through the despair one day at a time, but King is never safe from feelings of hopelessness and suicidal thoughts. Comedy staves off his depression.

"Nobody dies laughing," King says. "It's hard to imagine someone pulling the trigger in the middle of a belly laugh."

That's why the 58-year-old comic teamed up with the National Alliance on Mental Health (NAMI) Lane County to establish a local chapter of Stand Up for Mental Health (SMH).

Launched in 2004, SMH partners with mental health services around the world to help those struggling with depression, schizophrenia, bipolar disorder, OCD and PTSD by teaching them to write and perform comedy about their troubles.

"Comedy is amazingly therapeutic," King says.

Open to everyone, the weekly class is aimed at supporting people who struggle with mental illness by providing them a safe, therapeutic outlet. The performance is meant to spark conversations about mental health in the broader public.

That's important, King says, because despite how prevalent suicide and mental illness are, they are widely ignored and misunderstood.

NAMI estimates that, in the U.S. alone, one out of every four adults experiences some form of mental illness. Despite its prevalence, a stigma persists.

NAMI Lane County executive director Jose Soto-Gates says most people with mental health issues aren't getting help.

"Most will never receive a diagnosis. Most will never get treatment. Most will never get the care they need. Most don't even realize there are mental health issues involved," Soto-Gates says.

By the time a person finds their way to NAMI, Soto-Gates says, they're usually in crisis. "We want to get in front of the problem. We want to get people talking before it's a crisis."

Soto-Gates says SMH is one way of doing that. "It will help us have candid conversations that bring humor to the issue." He says we need to be having these conversations, "and this is an awesome way to do it in settings where we wouldn't normally be having them."

When King heard about SMH last year, he began working right away to set up a local chapter. According to King, one of the rules of comedy is to never poke fun at a group to which you don't belong.

"You need someone teaching this class," King adds, "who knows the taste of gunmetal." — *Ben Ricker*

## LOCAL MIDDLE SCHOOLER DESIGNS NIKE SHOE TO BENEFIT DOERNBECHER

If Jacob Burris, an eighth grader at Shasta Middle School, and his parents hadn't followed up on a high blood pressure reading at a routine checkup, doctors may never have detected the life-threatening heart condition that sent the 13-year-old to OHSU Doernbecher Children's Hospital in Portland last year.

Now, because of his time at Doernbecher, Jacob is designing his own shoe at Nike as part of a fundraiser for the children's hospital.

The Doernbecher Freestyle program started in 2004 as a way for young patients to create a shoe of their own design — Nike donates all proceeds from the shoes to Doernbecher. This year, Doernbecher chose six patients to work with Nike, and Jacob was the only Eugenean selected.

"It's such an honor to make money for the hospital that helped him out so much," says Janice Burris, Jacob's mother.

---

## The design has 'a lot of heart.'

---

— JACOB BURRIS

When a local pediatrician detected Jacob's high blood pressure in May of last year, Janice Burris says she wasn't too worried. But when the same result came up a few weeks later, she says doctors decided to run tests on Jacob's kidneys and heart.

Jacob's heart test results were sent to Doernbecher. "That's when we got a call that we should stop whatever we're doing and come right up to Doernbecher," Janice Burris says. "We drove up and within a couple of hours they had specialists there ready to do preliminary tests."

Doctors at Doernbecher diagnosed Jacob with a coarctation of the aorta, a congenital heart defect that until then had gone undetected. The condition required a seven-and-a-half hour surgery last September, in which surgeons replaced a portion of Jacob's heart with a piece of carbon tube.

"So, Jacob is now bionic," Janice Burris says, laughing. "He's doing a lot better now, and his blood pressure has gone down, but we still need to watch it. It's likely his blood pressure will stay high for life."

Earlier this year, a physician's assistant nominated Jacob for the Doernbecher Freestyle program, and Jacob says he's visited Portland several times this summer to share designs and sketches with the designers at Nike.

And what design does he have in mind? "That's classified," he says, but adds that his design has "a lot of heart."

Doernbecher will reveal Jacob's designs and those of the other patients at an Oct. 23 auction in Portland. In November, his shoes will be available to the public at retail locations not yet determined.

Here in Eugene, Jacob passes out buttons and fliers at Saturday Market to help remind people to check their blood pressure. "I was outside running and playing baseball and didn't know I had high blood pressure," he says. "Check your blood pressure, because you can't really feel it sometimes, but if you get it checked, it can help you be safe later on." — *Amy Schneider*