

Granite Gulch Fire continues to be active

Cover about 2,700 acres in mosaic pattern

By USFS
Wallowa Whitman
National Forest

With warmer and drier conditions this week, the #GraniteGulchFire will continue to be active, and smoke will periodically be visible from surrounding communities.

On its west side, the fire is expected to move into sparse fuels as it continues to climb the ridgeline south of Cheval Lake. At lower elevations along its southern perimeter, the fire remains north of the Minam River. In the east, the fire is burning within the lower portion of the Wild Sheep Creek drainage. Active fire spread, along with a highly visible smoke column, is expected today or tomorrow as the fire moves further northeast into the Wild Sheep Creek drainage.

The size and effects of the Granite Gulch Fire continue to meet its management objectives. The fire is playing a natural role in the ecosystem and burning in a mosaic pattern at low-to-high intensities. A mix of burn intensities is desired across the



Granite Gulch fire burning near Cheval Lake on August 19.

USFS photo

fire area. Specifically, in mixed conifer and ponderosa pine stands, we hope to see low-to-moderate inten-

sity fire, while in subalpine fir stands, we hope to see more high intensity fire opening up stand structure

and allowing for whitebark pine growth. The total area within the fire perimeter is estimated to be in excess of

2,700 acres, which includes both burned and unburned vegetation. Please visit [InciWeb](https://inciweb.nwcg.gov/incident/6498/) (<https://inciweb.nwcg.gov/incident/6498/>) for updated information about the Granite Gulch Fire.

Wallowa County quits sugar program offered

By Ellen Morris Bishop
Wallowa County Chieftain

Tamara Fuchs is a holistic integrative health coach who works with women over 30 looking for nutritional healing, balance, and living life fully.

Today, one of the greatest health challenges that most people face can be spelled in just five letters: s-u-g-a-r. It's in almost every processed food that we eat, and also a component of many natural foods, including fruit juices, fruit, and even healthy vegetables like corn and beets. It is a cause of

obesity, poor energy, faster aging and a compromised immune system.

Her program is called Wallowa County Quits Sugar. It's planned to wean participants almost completely off sugar in six weeks. Fuchs will be partnering with another health coach to bring you a supported educational program designed to help you make a lifestyle change to improve your health by cutting back to 6 teaspoons of sugar or less per day.

She runs health programs as Blossom Integrative Health, and holds a

Bachelors of Science from Walla Walla University with additional studies at Seattle Pacific University in the fields of Health, Special Education. She completed an integrative health coaching certification program at International Integrative Nutrition in February of 2019.

Fuch's interest in health has been spawned by her struggle with, and capacity to overcome and heal from multiple serious diseases, including a heart attack, a stroke, cancer, back surgery, multiple auto-immune issues and other health chal-

lenges, including a new diagnosis of Carcinoid Neuroendocrine Tumor(s).

The first meeting of the six-week program will be Wednesday, August 21 at 6 p.m. at The Place, behind the Congregational Church in Joseph. Fuchs offers online support in addition to the availability of one-on-one support at the Wednesday evening sessions.

The cost is \$20 for individuals or \$45 for families, payable at the first session.

For more information, contact Tamara at 541-263-0006, or tamara@blossom-integratedhealth.org

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Flame retardants found to cause hyperthyroidism in cats

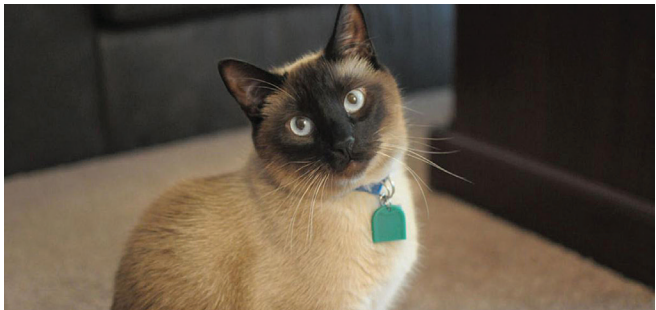
By Kym Pokorny
Oregon State University

CORVALLIS, Ore. – An epidemic of cats with hyperthyroidism may be explained by exposure to a chemical contained in flame retardants commonly found in furniture, according to an Oregon State University study.

Hyperthyroidism (overactive thyroid) occurs when the thyroid gland produces too much of the hormone thyroxine. Hyperthyroidism can accelerate the body's metabolism, causing unintentional weight loss and a rapid or irregular heartbeat.

The number of cats diagnosed with hyperthyroidism in 1980 was 1 in 200. Today it's estimated that 1 in 10 cats are afflicted.

For the Oregon State study, a silicone pet tag developed by Kim Anderson, an environmental chemist in the Oregon State College of Agricultural Sciences, was attached to the collars of 78



Oregon State University

A Siamese cat wears a tag that monitors the amount of flame-retardant chemicals she is exposed to. An Oregon State University study found that flame retardants commonly found in furniture causes hyperthyroidism in cats.

hyperthyroid and non-hyperthyroid cats. The cats wore the tags for a week and owners filled out a questionnaire. Once collected, the tags went through a process to extract the chemicals by soaking them in a solvent.

The feline passive samplers – similar to a rabies tag – are produced out of the same material used in the silicone wrist bands invented in Anderson's lab for measuring exposure to environmental

chemicals in humans, including after Hurricane Harvey in Houston in 2017.

“The tags are porous and chemically very similar to human cells,” Anderson said. “Molecules of contaminants embed themselves in the silicone in the same way they’d go into the cells in your body. The silicone is a pretty good mimic of the types of chemicals that you can absorb – what we call passive sampling.”

The research, led by Carolyn Poutasse, a doctoral student in Anderson's lab, found over 20 individual flame retardants in at least one tag. But only levels of tris(1,3-dichloro-2-isopropyl) phosphate, or TDCIPP, a flame retardant once used in children's sleepwear and discontinued for that use in the late 1970s, differed between tags worn by hyperthyroid and non-hyperthyroid cats. TDCIPP is still commonly applied to the foam in upholstered furniture, some plastics and some gel air fresheners.

The research found that even in healthy cats, higher TDCIPP levels were correlated with thyroid hormone levels.

“The way a cat is diagnosed with feline hyperthyroidism is by extremely elevated concentrations of thyroid hormones,” Anderson said. “Seeing the correlation is suggestive of a connection between thyroid function and exposure to TDCIPP.”

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PET OF THE WEEK

Death is so final; there are no do-overs. All we have left is memories. Thanks, Baxter for the memories. Little black dog, we will love you forever. Your brother misses you, your mom misses you, and your dad misses you. There's an empty spot Mr. Baxter Reid.

In Loving Memory of Baxter

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CLIMATE CHANGE
Biological Impacts Series

Fire Refugia in Oregon's Forests:
Learning from the Land
How to Live with Change

Oregon's forests are changing in unprecedented ways. Although wildfires and insects are native forest disturbances, their activity and co-occurrence appear to be shifting due to climate warming and fire suppression.

Fire refugia – locations that remain unburned or burn less severely than surrounding areas – influence forest regeneration, wildlife habitat, and subsequent disturbance dynamics. Understanding the landscape conditions that support fire refugia and overall pyrodiversity may enable land managers and stakeholders to prioritize locations for forest restoration and habitat conservation.

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