

Here, There & Everywhere

***BLOCKBUSTER BLOCK PARTY** - Eight businesses in central Downtown Cave Junction will hold a Christmas Block Party on Friday and Saturday, Dec. 6-7. There will be "special savings and door prizes" at all eight. Participants are Treehouse Florist & Gifts, Taylor's Sausage, Child's Play, "Bebe's ART for everyone," Bi-Rite Auto Parts, Hometown Interiors, Magazines & More, and Darn Near Everything. The octet had a full-page ad in last week's issue of the "Noose" -- check it for a rundown on what's offered by this group of jolly downtown merchants.

***"GRASSHOPPER SONG"** - A free performance of, "In the Land of the Grasshopper Song," will be given in the Lorna Byrne Middle School gym at 7 p.m. on Wednesday, Dec. 4. There also will be a food drive. The program will be presented by The Dell Arte Co. on its holiday tour.

***BOOSTER BUNCO** - A Bunco Night fund-raiser, sponsored by the I.V. High School Booster Club, will be held on Friday, Dec. 6 beginning at 6 p.m. in the IVHS cafeteria. Tickets will be available at the door, or can be obtained in advance from the school office. Doors will open at 5:30, and "all proceeds will benefit the Booster Club."

***WEIGHT WATCHERS** - A 10-week Weight Watchers session will begin this month. The group will meet on Fridays in the I.V. Senior Center. Check the ad elsewhere in this issue for details on "the healthy way to lose weight."

***WINTER BAZAAR** - Dome School will present its annual Winter Bazaar this coming weekend. Hours will be 10 a.m. to 5 p.m. on Saturday, Dec. 7; and noon to 5 p.m. on Sunday, Dec. 8. There will be handcrafted items, a raffle, children's activities, and live entertainment featuring the "Honey Bee Choir for Kids." There also will be tostados, desserts and beverages. Dome School is at 9367 Takilma Road. Phone 592-3911 for more information.

***"FREEING" PRISONERS** - Life Lines, a valley-based prison outreach ministry, will hold a Christmas sale of craft items and goodies on Saturday, Dec. 7 and 14 from 9 a.m. to 4 p.m. It'll be at the home of Doug and Joy Hoskins, 349 Caves Hwy., next to Pietro's Italian Restaurant. There also will be ministry tours, showing the Christian work that is conducted.

***CHRISTMAS BASKETS** - There are plans again to have Christmas baskets for needy Illinois Valley senior citizens. Baskets will be given away at the I.V. Visitor Center in the I.V. Chamber office approximately a week before Dec. 25. Donations of food and money are sought, but no home-canned items. Monetary donations will be used to purchase fresh food and a gift certificate for each basket. For details, phone Melva Nichols, chamber secretary emerita, at 592-3548, right away. Last year, the Retired Senior Volunteer Program in the valley provided more than 70 seniors with food, said Nichols. She plans to have a new office with RSVP fairly soon, and plans a monthly newsletters

***GRAD PARTY PLAN** - The committee for the 2003 Grad Night Party for the I.V. High School graduating class will meet on Monday, Dec. 9 at 5 p.m. in the school library. Parents of senior students are urged to attend. For additional information phone Janie Pope at 592-2116.

***CLEAN THE CUTS** - Volunteers are sought for a trash removal party from BLM land at the end of Fernwood Drive on Saturday, Dec. 14 beginning at 10 a.m. Members of I.V. High groups, including FFA and 4-H, are encouraged by the sponsor to participate. For more information phone 592-3060.

***IVHS SCHOLARSHIPS** - Local scholarship application packets will be distributed on Wednesday, Dec. 11 at 6 p.m. at Illinois Valley High School. Senior students and their parents can pick up packets and get their questions answered about local scholarships, financial aid, and the application process.

***NOTEPAD - Holiday lights** can be seen at 220 Fernwood Drive, off Mesa Verde Drive, on Saturday, Dec. 7. "Drive by and enjoy," said the family ... **A "12 Artists Celebrate the Illinois Valley"** calendar for 2003 is available to help support the I.V. Resource Center. The calendars are available at the I.V. Family Coalition office on E. River Street, and at a number of valley businesses ... **Cub Scout Pack 79** is selling Christmas trees generously donated by Rough & Ready Lumber Co. For information about the pack fund-raiser, and where to obtain a tree, phone Elaine Rigby at 592-4502 ... **A holiday-type performance**, open to the public, will be presented by second- and third-graders at Evergreen Elementary School on Tuesday, Dec. 10 at 6:30 p.m. in the gym ... **Food for fines** is the theme of a program through Friday, Dec. 13 at Illinois Valley Branch Library. Those with overdue books can bring them in, and avoid a fine by donating food: \$5 worth of fines will be forgiven for each food donation, which will go to the JoCo Food Christmas Basket Program ... **IVCRT deadline** to sign up as a general member is 5 p.m. on Monday, Dec. 9, for new and renewing members. Forms are available at the office, 200-C Lister St. Or sign up on Thursday, Dec. 5 at the county building between 6 and 7 p.m. Phone 592-4440 for more information.

***LAST WORDS** - +A developer is someone who wants to build a house in the woods. An environmentalist is someone who already owns a house in the woods. (Dennis Miller)

Letters

(Continued from page 2)

to evacuate and work on fire protection, the families had to send them out of the valley.

The children were cared for, and the families were relieved of at least that particular stress. We have decided to reimburse some of the extra costs these families had to incur to keep them safe. We also want to help several other families whose children had been identified, but were unable to be helped at the time.

Discussion of how to best be of service and what to do next is continual. For more information about Amazing Grace, telephone 592-4436.

Medical marijuana From Miguel Kime Takilma

Tens-of-thousands of taxpayers dollars to incarcerate a medical marijuana card holder?

My close friend, "Eld" (the community tofu and goat-milk man) was railroaded by Josephine County district attorney and the sheriff's office.

He was sentenced to 23 months in jail for medical marijuana.

Eld is a certified legal card holder. I believe Josephine County is the only county still harassing medical marijuana card holders.

Today medical marijuana in our state is "politically" correct, and the powers that be "locally" should get with it.

Feels like "cultural" cleansing to this patient.

CJ's Fred Caron air crash victim

Two men who died in the crash of an experimental aircraft in Washington state on Saturday, Nov. 30 included Cave Junction resident Fred Caron, 63.

He was a passenger in the craft, being test-flown by Tim Johnson, 65, of Bellevue, Wash., near Arlington, Wash., approximately 35 miles north of Seattle.

Cause of the crash is undetermined, and is being investigated by FAA. A flight instructor who knew the pilot's record stated that the likely cause was mechanical failure, and not stunt flying.

Doctor's discovery may end obesity

HILTON HEAD, S.C. -- A doctor believes that a natural formula containing the extract of a small Asian fruit can help cause significant weight loss.

Anthony A. Conte, M.D. reported in an American Medical Journal that the formula, now called Bio-Rex 3000, caused patients to lose more than twice as much weight as those in a control group on the same fat reduced diet. Neither group was instructed to decrease the amount of food they ate or to increase their exercise levels. An article published in the *American Journal of Clinical Nutrition* says that you don't have to reduce the amount of food you eat to lose weight, provided that you limit the fat.

Dr. Conte says that animal studies suggest the mechanism behind the weight reduction is due to interruption of the "Krebs Cycle", an important step in the body's fat storage process. He says it may work the same way in humans. According to Dr. Conte, "The best part of this unique discovery is that it is not a drug, but a dietary food supplement. The Asian fruit, called garcinia, is similar to citrus fruit found in the United States with one big exception-- it may help some people fight obesity! While Dr. Conte's study may be preliminary, the exclusive North American distributor, Phillips Gulf Corp., is calling the Bio-Rex 3000 supplement "Nature's Ideal Diet Aid."

Suggested retail price for a four week supply of Bio-Rex is just \$19.99. Available through pharmacies and nutrition stores or call 1-800-729-8446. www.hcdsales.com Bio-Rex 3000 is available locally at:

CABIN CHEMISTRY
337 S. Redwood Hwy. • 592-3350

Author's Note: This statement has not been evaluated by the FDA. Bio-Rex 3000 is not intended to diagnose, treat, cure, or prevent any disease. © 2000 Philips Gulf Corp

Rare lily object of possible protection

By Medford Mail Tribune

Uncle Sam has come up with a proposed recovery plan to save some 1,700 rare natives of the Illinois and Rogue valleys.

The U.S. Fish & Wildlife Service (USFWS) wants to establish four recovery zones within 11 known habitat areas of the Gentner fritillary, an uncommon lily having red, bell-shaped flowers with pale-yellow streaks.

Declared a federally endangered species in 1999, it is known to occur only in the rural foothills of the Illinois River and Rogue valleys. Biologists have found 1,697 flowering, individual plants a 109 sites in Josephine and Jackson counties, making it one of Oregon's rarest native plants.

The proposed recovery plan outlines actions needed to save the plant, which is threatened by actions ranging from logging to illegal digging of bulbs, said Anne Bradgley, regional director of USFWS's Pacific Region.

"Gentner's fritillary recovery units are important because they provide long-term distribution across the plant's native range, and this can mean long-term recovery success," Bradgley said in a prepared statement.

Diabetes Association

The Cave Junction branch of the Jerry Acklen Diabetes Health Association will meet on Thursday, Dec. 12, at the Illinois Valley Senior Center, 520 E. River St. at 1:30 p.m.

It will be the club's annual Christmas meeting. Participants are asked to bring a favorite finger food and a diabetic dessert.

Each of the proposed recovery sites would measure approximately 9 miles in diameter. Each would contain at least 1,000 flowering plants to preserve genetic diversity, said Bradgley.

The draft plan also calls for proposes habitat restoration in areas where the plant grew historically. Population size is calculated by counting the number of flowering plants present in reserves.

Of the 109 known sites, 59 are on the Medford District of the Bureau of Land Management; eight on state land;

eight on city of Jacksonville land; two on U.S. Forest Service land; and 32 on private land. Only 8 sites are larger than an acre, and many are smaller than 1/10th of an acre.

The draft plan also calls for providing private land owners information on identification and management of their habitat to maintain the lily.

Deadline for commenting on the draft plan is Jan. 21, 2003. Comments can be sent to Oregon Fish & Wildlife Office, 2600 S.E. 98th Ave., Portland OR 97266.

KENDALL ART GLASS STUDIOS



at the
Dome School Holiday Bazaar
Saturday
10 a.m. - 5 p.m.
Sunday
Noon - 5 p.m.
Dec. 7 & 8
\$10 - \$20
Bargains
Holiday Ornaments
Hummingbird Feeders
Hanging Vases
Table Vases
Lampshade Specials
Oil Candles

Dome School 9367 Takilma Rd.

To celebrate his 5th birthday,
Skidmark invites you to an
Open House
At
Crossroads Animal Hospital
421 Caves Highway
Saturday, December 7th, 2002
11:00 a.m. - 2:00 p.m.

Pets are welcome for
photos with Santa

Andy Mechling will be available for
professional photos for \$15 per page.

Please come and meet our staff, see our
facility, enjoy some food, and win some
door prizes!




