



HEAVY EXTRICATION was needed after a van driven by Harbor resident Dennis R. Reid, 56, crashed into a rock base holding the Illinois Valley Airport sign at Hwy. 199 and Airport Drive. Illinois Valley Fire District (IVFD) firefighters were able to remove Reid after working approximately 14 minutes. He was taken by American Medical Response to Three Rivers Community Hospital in Grants Pass, and then transferred to Portland. The accident was reported near 8 p.m. Tuesday, Oct. 24. (Photos by Dale & Elaine Sandberg/IVFD Media Dept.)



Tips for relieving stress during loss of loved one offered

Whether it is expected or sudden, the death of a loved one is never easy. The loss of someone close can create tremendous amounts of stress for those affected, causing feelings such as numbness, guilt and anger. But although it may be difficult to manage your feelings after tragedy, there are ways that you can cope.

The following stress-relieving tips can help people get through their times of grief.

- *Take time to mourn. Even though it may be difficult, talk with friends and family about your loved one and about the emotions you're feeling. Participate in memorials to not only honor the deceased, but also to help give you closure and accept the loss.
- *Don't turn to bad health habits for comfort. Drinking alcohol, overeating or not eating at all will not give your body the nutrients it needs to stay mentally balanced. Besides maintaining a nutritious diet and

staying active, some doctors recommend taking a supplement formulated to reduce stress, such as Vital StressX.

- *Get it out on paper. Write a letter to your loved one who passed away, explaining how you're feeling and the characteristics and

moments that you'll never forget about the person.

- *Take steps to help others. Selfless actions, such as giving blood, can help give you a sense of purpose at a time when things seem out of control.
- *Believe that you will

get through your loss. By taking life one day at a time, you will began to heal knowing that, although a special person is gone, your love for the person will live on.

For more information visit www.vitalstressx.com or phone 866-308-9493.

Drug-free work locations expanded in state program

A statewide initiative aimed at tripling the number of Oregon employers who adopt and enforce drug-free workplace policies by the end of 2008 is adding seven more communities as pilot sites.

The Oregon Dept. of Human Services (DHS) initiative is adding two Portland business organizations and the chambers of commerce of Astoria Warrenton, Cannon Beach, Keizer, McMinnville, Salem and Seaside.

Already participating in the effort, managed on contract by the Tualatin-based nonprofit Workdrugfree, were the Bend, Klamath County and Prineville-Crook County chambers.

"These business organizations see first-hand the harmful consequences of addiction," said Karen Wheeler, DHS addictions policy manager. "By ensuring that their workplaces are drug-free, they are saying they care about customer safety, workforce quality

and promoting the well-being of employees, families and communities."

The drug-free workplace initiative is part of the Oregon Business Plan, a 12-point strategy that state business leaders have crafted to strengthen the state's commerce, payrolls and economy. DHS provides funding and staff support.

Mimi Bushman, who manages Workdrugfree as a program of the Oregon Nurses Foundation, said participating chambers will receive technical assistance to write drug-free workplace policies. Also to train supervisors, join employee assistance programs and receive reduced rates on employee drug testing.

"Becoming a drug-free workplace will cost the small employer less than \$500 initially," Bushman said, "and that cost should be more than offset by reducing employee absenteeism, accidents and other costly risks resulting from employee drug use."

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Affordable Housing Workshop

Saturday, November 18, 9 a.m. to noon in the Cave Junction City Hall Council Chambers.

This workshop is a public service for:

- **Current renters**
- **First-time home buyers**
- **Second home buyers**
- **Investors**
- **Retirement property purchasers**

Attendees will receive a free professional inspection and/or a home warranty protection plan before close of escrow.

For more information, phone Luz Moore of C21 Harris & Taylor at

(541) 592-3181
ext. 102

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Which Candidate better represents the people of Josephine County? You decide:

James Rafferty conservative Candidate	Big Government Liberal Candidate = Mr. Toler
Find new sources of revenue	Increase taxes Bonds and Levies = Taxes
Supports our Seniors	Opposes senior services
Quality local district education	Big Brother control of education
Supports sustainable logging	Environmentalist - Siskiyou Project activist
Streamline Government	Add bureaucracy
Generates tax dollars	Over spends tax dollars
Representative for all	Represents special interest and environmentalist

James Rafferty represents the conservative values of the majority of Josephine County citizens.

JAMES

RAFFERTY
Commissioner

COUNTY COMMISSIONER, POS. 1
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MARK THIS

James Rafferty

WRITE-IN

The discovery of a new dish does more for human happiness than the discovery of a new star.

-- Anthelme Brillat-Savarian --