

Advice provided to avoid pneumonia

What is the best way to prevent pneumonia this time of year?

"Pneumonia" can be any number of different pathogens. It is quite dangerous because the bugs causing pneumonia are often the most virulent and contagious.

They may be mutations (such as MRSA - Methacyllin-Resistant Staph Aureus) or the toughest viruses from hospitals or schools. People may carry more than one at a time, especially if they have chronic respiratory problems such as asthma or allergies.

Anytime someone has

phlegm and is coughing or nose-blowing, the bug is particularly contagious. Hand-washing after nose-blowing and keeping the person's surroundings clean is vital. Viruses often can live on surfaces for up to two weeks.

If you have been exposed here is the best way to avoid becoming ill.

*Remove your shoes, and ideally, outer clothing (into a washing machine) before entering your house, and shower immediately.

*Be sure to wash your hair thoroughly. If you are sharing a bathroom with an ill person, disinfect surfaces frequently with soap and

water, especially sinks, toilets, and doorknobs. Wash towels daily and rugs frequently.

Most virus or bacteria will persist in the mouth or gut. Remember to change your toothbrush during and after illness so you do not reinfect yourself. Mouth-wash is a good idea at bed time. Avoid eating meats (likely to contain bacteria) while ill. You don't want to compound the problem.

The human organism is naturally resilient, but often our lifestyle choices will depress our immunity.

(The preceding information was provided by JoAnne Stone, of Illinois River Acupuncture).

Oregon budget, taxing ideas draw salvos

(Continued from page 1)

state cannot fund those agencies at their desired levels.

"The perception is that we're awash in money up here: We're not," Bates said. "Some budgets are not going to be enhanced as much as they wanted."

Bates said that "a lot of the governor's budget is built on rather significant new taxes," some of which are proving to be "problematical."

Among them is the governor's plan to add a surcharge to Oregonians' automobile insurance premiums. Funds raised would go toward restoring around-the-clock patrols by Oregon State Police. Hanna said that the surcharge has little chance of passing out of the House.

"I think that's completely dead," Hanna said.

Kulongoski spokesman Anna Richter Taylor said that the governor suggested the surcharge to fund OSP, but is open to other funding methods.

"The governor has always said that if there's another proposal on the table, he'll sit down and talk," said Taylor. "But the primary focus is to get a dedicated funding source for the state police. He's never been wedded to it, but wanted to start a conversation."

Nick Smith, communications director for the House Republican Caucus, said that there's an "excellent chance" that full patrols will be restored to OSP. However, he said they can be funded without the auto insurance surcharge.

"Even the governor has said the money is there," Smith said. "There is current revenue available to achieve that. We don't need a tax increase, we just need to make it a priority and do it."

Rep. Susan Morgan (R-Myrtle Creek) said that the addition of new line games to the state lottery could provide a stable funding source for OSP. Such a plan could be referred to voters for approval, Morgan said.

"It's a guaranteed source of revenue that doesn't involve any sort of tax increase and would be used on a permanent basis to fund the state police much in the same way we use part of the money now to fund state parks, and salmon and watershed restoration efforts," Morgan said.

Kulongoski's plan also calls for a Healthy Kids Program, which would provide free health care to all children in the state. That program would be funded through an 84-cent increase in the state's cigarette tax. If passed, it is predicted that it would raise \$182 million during the '07-'09 biennium.

Taylor said that the increase "seems very fair," but Smith disagrees. "Our caucus believes that the Healthy Kids Program and cigarette tax are separate issues that should be voted on separately," Smith said. "House Republicans are committed to expanding children's health care, but believe that it should come out of the general fund and the costs should be shared by all taxpayers rather than a small, declining number of smokers."

There are other points of contention regarding the proposed program, Hanna said. "The new tobacco tax that's been proposed would literally have families with income levels up in the \$70,000 range subsidized by people who smoke and are at a much-lower income level," Hanna said. "It seems backwards to me."

Also at issue is the program's long-term sustainability. House Republicans maintain that the Healthy Kids Program could ultimately cause financial problems for the state.

"We received information from the nonpartisan Legislative Fiscal Office that it could cause a \$70 million shortfall in the '09-'11 biennium," Smith said.

Taylor disputes such claims. "That's absolutely incorrect," Taylor said. "For

the time period we need to be certain, easily the next 10 to 15 years, the program is very sustainable."

Bates said the cigarette tax and Healthy Kids Program have a "very good chance" of passing the Senate. However, the cigarette tax would need 36 votes to get out of the House, where the Democrats hold 31 seats.

"They would have to get everybody in their caucus to vote for a tax increase, and would have to find five Republicans who would be willing to do it," Morgan said. "At this point, they don't have the votes."

Both legislative chambers also are considering plans to establish a rainy day fund, both of which involve suspending or eliminating the state's corporate kicker.

According to Taylor, there are two "parallel tracks" between the House and Senate proposals on the issue. The House plan calls for a temporary, one-year suspension of the kicker. That money, estimated at \$275 million, would establish a rainy day fund.

The Senate's plan would refer a permanent repeal of the corporate kicker to voters. Bates said he was optimistic that such a measure would pass.

"I expect that if we put it out, people will vote for it," he said. "Polling indicates that they would."

House Republicans came up with a counter-proposal, the Oregon Stability and Investment Plan, which combines a rainy day fund plan with reductions in the state's capital gains and inheritance taxes. However, Democrats hold majorities in the House and Senate, making the passage of such a plan extremely unlikely.

Hanna said that there are "ongoing negotiations" regarding the corporate kicker, but acknowledges that Ways & Means Committee members are a long way from final passage of the state's budget.

"We have a lot of long days ahead of us," Hanna concluded.



THE BIG NEWS this week turns out to be snow. So, here's another photo, in the event you hadn't noticed. This shot was taken in the Deer Creek area by Dale Sandberg for 'IVN.'

Greenhouse gas initiative unites states

A new memorandum of understanding (MOU) between the states of Arizona, California, New Mexico, Washington and Oregon regarding climate change was announced Monday, Feb. 26 by Gov. Kulongoski.

The MOU establishes the Western Regional Climate Action Initiative.

It expands the regional strategy to address climate change from three states (Oregon, Washington and California) to five states, establishing a five-state approach to reducing greenhouse gas emissions in the Western region.

When I turned 2,
I was anxious because
I doubled my age in a
year. I thought, if this
keeps up, by the time
I'm 6, I'll be 90.

- Steven Wright -

Free Parenting Classes



Bridges to Motherhood

Pregnancy Center

592-6058

Massage Therapy

Rachel Goodman, LMT 315-A Caves Hwy. 592-6947
First office at I.V. Medical Center
Monday - Friday by appointment

Pain - Stress - Injuries
Deep massage
CranioSacral Therapy
Senior Discounts
Gift Certificates



20-years
experience
OR License #2311

Outback Septic Service

Servicing The Illinois Valley Exclusively

If it has been 5 years or longer since you last pumped your septic tank-Now is the time to set your appointment. Cost is \$300.00 for a 1,000 gallon tank with an exposed lid.

Additional Costs:

Dig & Expose Lid Minimum \$50.00 Charge
Emergency Call Out Fee \$100.00



(541) 592-6307



12TH ANNUAL MARCH ON HUNGER



"...BECAUSE NO ONE SHOULD BE HUNGRY"

DAY: Saturday, March 3

TIME: 11:30

WHERE: 5th & "A" Streets, Grants Pass (parking lot)

ROUTE: 6th & "A" Streets to the River Rock Café parking lot

WHAT: Walk (skip, dance, skate, etc.)

WHY: This parade is the kick-off for the entire month of March, which is "Hunger Awareness Month".

During March, the Josephine County Food Bank seeks to raise food and funds donations as well as awareness about the hungry people living right here in our own community.

"Hunger has a face...our neighbor's"

Josephine Community Transit will provide free transportation at the end of the parade back to 5th & "A" Streets.

YES!!! I WANT TO HELP FIGHT HUNGER.

Enclosed is my gift of

\$25

\$50

\$100

\$500

\$1,000

Other _____

JOSEPHINE COUNTY FOOD BANK

1470 SE "M" Street, Suite 1-C, Grants Pass OR 97526

Phone: (541) 479-5556 FAX: (541) 476-6268

IVHS Activities Calendar
Brought to you by the folks at

WILD RIVER & BREWING CO. 592-3356
Cave Jct.
PIZZA CO. 469-7545
Brookings

Blame us if your life goes to Pizzas!

THURSDAY, MARCH 1

*Cougar Pals come to visit IVHS

FRIDAY, MARCH 2

*Szijartos Spanish classes to S. Medford High 9:00 a.m.

*IV Grad Night baggin' 4:00 p.m.

SATURDAY, MARCH 3

*IV Grad Night baggin' 4:00 p.m.

*IV Firefighters Awards Banquet (Cafetorium) 6:00 p.m.

RIVERSIDE PHYSICAL THERAPY

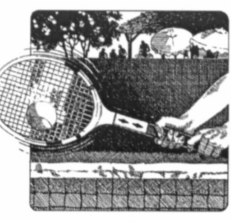


FULL REHABILITATION SERVICES:

*PHYSICAL THERAPY

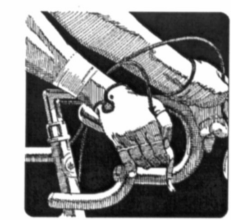
*OCCUPATIONAL THERAPY

*ANODYNE THERAPY



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