

Here, There, & Everywhere

DIABETES BEATERS - A “life-changing program for Type 2 diabetes” will be offered during a free presentation that will begin Thursday, March 15 at 5 p.m. at the Seventh-day Adventist Church on S. Old Stage Road in Cave Junction. The second and third sessions, also free, will be held Monday and Wednesday, March 19 and 21 at 5 and 5:30 p.m. respectively. Those who attend the sessions can sign up for a Wellspring Diabetes Program that will begin in April. For more information phone Kim Bowlby at 597-4084. Check the ad elsewhere in this issue.

TRAIL RIDING TIPS - A slide show about Oregon’s extensive horse trails and camps, plus guest author Kim McCarrel, are on the calendar for Saturday, March 17 at 6 p.m. The program, sponsored by Back Country Horsemen/Sourdough Chapter, will be at St. Matthias Episcopal Church off Hwy. 199 near Z Coffee in Cave Junction. McCarrel wrote, “Trail Riding in Central Oregon,” and copies will be available for signing. There will be refreshments. Phone 592-6126 for more information.

AVOID ABUSERS - “Why Does He Keep Battering?” is the title of a free workshop that will be presented by Illinois Valley Safe House Alliance. It’s set for Saturday, March 17 from 1 to 4 p.m. at I.V. Family Resource Center on E. River Street in Cave Junction. Topics will include a review of abuser characteristics, and ways to identify them.

SCOOTIN’ STUDENTS - A dodgeball tournament for third- through fifth-graders will be held Friday, March 16 from 6:30 to 8:30 p.m. in the Evergreen Elementary School gym. The sponsor is the Illinois Valley Section of the Boys & Girls Club of Rogue Valley. Teams can be formed ahead. Snacks will be provided. Phone 592-6151 for more information.

CYCLE SAFETY - The Team Oregon Motorcycle Safety Program is sponsoring a BRT (Basic Rider Training) course in Medford Fridays through Sundays, March 16 to 18, and March 30, 31 and April 1. The 15-hour course includes classroom and on-cycle instruction. Enrollment is limited, and pre-registration is required. Motorcycles and helmets are provided during the course. Tuition is \$150. Riders under 21 must successfully complete the BRT course to become eligible for a motorcycle endorsement on their Oregon operator’s license. DMV will waive cycle examinations for course graduates. For eligibility and registration information, visit teamoregon.orst.edu or phone (800) 545-9944.

ALZHEIMER APPROACH - A public information meeting with possible formation of a support group for those dealing with Alzheimer’s patients will be held Friday, March 23 at Illinois Valley Senior Center. There will be a presentation from 1:30 to 3:30 p.m. by Regina Stepahin, of Rogue Valley Alzheimer’s Association. Valley care-givers then will have the opportunity to attend a brief workshop about mutual support and educational events. For more information phone 774-9348.

CALCIUM DEPOSIT - The Illinois Valley High School boys basketball team took first place in the Dairy Farmers of Oregon Academic All-State compilation. The dairy group calculated that team members had an overall grade-point average of 3.72, making it tops among 4-A schools. North Bend was second with 3.67.

NOTEPAD - “Influence vaccine” in last week’s column was supposed to read, “Influenza vaccine.” So we’ll give it another shot ... **An Irish-themed** talent show will be presented free on Saturday, March 17 (St. Patrick’s Day) at 2 p.m. at Horizon Village. Details are in an ad in this issue ... **IVHS Grad Night** Party Committee will meet Monday, March 19 at 5:30 p.m. in the IVHS Library. Phone Sara Ball at 592-3691 for more info ... **Another scam** showed up recently, with CJ resident Pat Fine, who works at Oregon Caves National Monument, receiving a check for more than \$4,000 from a Canadian outfit. She was instructed to not cash the check from a sweepstakes (which she hadn’t entered) until she first sent \$2,825 to “pay the tax” on her full prize of \$252,000. Duh: She’s not biting ... **Spring break** in Three Rivers School District will run from March 26 through 30 ... **Rep. Ron Mauer** (R-Grants Pass) will hold a Town Hall gathering Friday, March 30 in CJ City Hall. Watch for details ... **Bumper stickers:** *I used to have a handle on life, but it broke. *My dog can lick anyone. *How can I miss you, if you won’t go away? *Born free ... Taxed to death.

LAST WORDS - *It is said that love is blind, but friendship is clairvoyant. (Unknown) *Happiness comes of the capacity to feel deeply, to enjoy simply, to think freely, to risk life, to be needed. (Storm Jameson)

Community Development Organization to meet 15th ‘Challenges and opportunities’ face IVCDO in second decade

Illinois Valley Community Development Organization’s (IVCDO) will hold its annual general membership meeting Thursday, March 15, at the Josephine County Bldg. in Downtown Cave Junction.

Elections to the board of directors also is scheduled. Voter registration will commence at 6:30 p.m., followed by the formal portion of the meeting beginning at 7. Only currently registered members

will be given a ballot.

There are four candidates standing for election or re-election to the board: Shirley Rusk, Jack Walker, Dennis Strayer and Kenny Houck.

Staff will present a financial summary and review IVCDO’s current activities.

Houck, currently serving as board president, hopes those who attend will want to talk about the role of IVCDO, its goals and focus in the third year of its second decade.

“It’s in the organization’s interest to better explain the challenges and opportunities facing us,” Houck said.

Among the challenges facing the organization:

*Improving operation of the Oregon Caves Outfitters concession at Oregon Caves Chateau, -- or finding alternatives;

*Staffing and operating costs at the I.V. Visitor Center in light of diminished funding from federal partners (BLM, U.S. For-

est Service and National Park Service)

*Finding hosts to manage campgrounds at Grayback and Caves Creek, for which the IVCDO holds the concession from the U.S. Forest Service.

Among IVCDO’s current successful endeavors:

*Kerby Water District: pending an engineering review, funding is in place to complete the connection to Cave Junction’s water supply. IVCDO is administering USDA grant money to complete the project;

*A proliferation of job skills, mentoring and vocational training programs, among those the 21st Century Learning Program and Career Connections.

“Our chosen focus is on vocational training, such as 21st Century Learning program,” Houck said. “These programs are coming together quickly. They’re evidence of partnerships at work, and as such are cause for celebration.”

Letters

(Continued from page 2)

9-11. The government’s conspiracy version or the “9-11 Commission Report” has more holes than Swiss cheese, and conveniently left out (omitted) key revealing testimony, plus glaring discrepancies on top of that.

For those offended by the suggestion that 9-11 was an “inside job,” or in other words, that rogue elements in the U.S. government, at minimum, played a deliberate role in carrying out the attacks, I beg them to do some historical homework.

For starters, there is “Operation Northwoods” in which the Joint Chiefs of Staff signed off on a military order to blow up U.S. airliners over Cuba (among other tactics) and to blame it on Cuba in order to justify an invasion. Luckily President Kennedy would not go along (and it probably was one of the reasons leading to his assassination).

This type of manipulation is known as “state-sponsored false flag terrorism,” and it is as old a tactic as warfare itself. A book on this subject is *9-11 Synthetic Terror Made in the USA* by Webster Tarpley.

In 1967, the USS “Liberty,” with a U.S. flag highly visible in international waters, was allowed to be attacked by Israeli fighter jets and Israeli torpedo boats for several hours. This resulted in 34 dead and at least 171 U.S. servicemen injured from the 294-member crew.

The Sixth Fleet received a distress call from the “Liberty” and sent planes, only to have them recalled by the Whitehouse (President Johnson and Robert MacNamara), as reportedly Johnson wanted “that --- ship sent to the bottom” to create justification for our involvement with helping Israel in the Six-Day War in the Middle East. The plan backfired when a Russian vessel showed up, and thus a cover-up began.

The Project for a New American Century, a neocon think tank, has as its stated purpose to “promote American global leadership” (aka: The New World Order), and openly advocates for total global military domination. Its membership is made up of neocons including Dick Cheney, Scooter Libby, Jeb Bush, Paul Wolfowitz, Richard Perle, Douglas Feith, Elliott Abrams, Donald Rumsfeld, Zalmay Khalizad, John Bolton, Dan Quayle, and William Kristol.

During September

2000, they released a document, “Rebuilding America’s Defenses.” In it they called for securing resources in the Mideast, namely Persian oil, through military force, stating that gaining support for this venture could be challenging, “absent a catastrophic and catalyzing event like a new Pearl Harbor.”

During 2001, after the Supreme Court put Bush in the Whitehouse, Bush adopted this document as policy and it became referred to as “The Wolfowitz Doctrine.” On Sept. 11, 2001 they had their “new Pearl Harbor event” as President Bush referred to it in his written comment that fateful day.

There is a Website, patriotsquestion911.com, that consists of hundreds of significant people who know for fact that the “official story” of 9-11-01 is a lie and a cover-up. It includes many government people including senators, congressmen, high-ranking military personnel, intelligence agents (FBI and CIA), professors, international heads of state and intelligent agencies, firemen, policemen, survivors and eye-witnesses, and victim’s families.

These people are not “conspiracy wackos, tinfoil hat wearers, or psychologically dysfunctional idiots.” They want a new and truly independent investigation with full access to data, information, and people (without gag orders).

Only a small fraction of money was spent on 9-11 compared to what was spent investigating Bill Clinton (not that I liked him), and only after much resistance from the Whitehouse and persistence from the “Jersey Girls.”

This is not about our one-party state (Democrats vs. Republicans) that is all beholden to the same corporations, or left vs. right. These are false divisions that keep the people conquerable. Fear and psychological apathy are being manipulated all the way to the bank and beyond.

In *War is a Racket* by Gen. Smedley Butler, the most highly decorated Marine at the time of his death, he reveals how time and again wars are waged on false or exaggerated claims for the benefit of corporations and Wall Street.

To do our civic duty, and question the events of 9-11, we can start with WTC Bldg. 7. Not two, but three high-rise buildings collapsed at free fall speed into a pile of pulverized powder on 9-11, the only time in history that it has happened. WTC 7 was not hit by a plane, and leaseholder Larry Silverstein commented on a PBS documentary in 2003 that they “decided to pull” WTC 7 on 9-11, an industry term for controlled demolition.

The 9-11 Commission Report does not even mention this 47-story building collapsing on 9-11. Those who find out some of what this building contained might be extremely surprised. The truth will set us free.

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
Gift Certificates

20-years experience
OR License #2311



Seed & Plant Exchange

with local food potluck
Free
Sunday March 18 Noon

Bring seeds and starts to trade, and smiles to share!
Followed by
Seed Starting & Propagation Techniques

Sunday March 18 2-5pm \$20

Learn how to propagate common-garden vegetables & herbs, how to mix soil, plant seeds and care for seedlings in this hands-on workshop. Take home the your seed tray starts!

Instructors:
Christine Peralá Gardiner has over 30 years experience in horticulture. She recently moved to Cave Junction where she raises apacas.
Debbie Lukas has almost 20 years experience as an herbal medicine maker. She propagates and grows many medicinal plants on the Frog Farm in Takilma!

For more information or to register contact the
Spiral Living Center
592-3642 or spiral@frontiernet.net

Is Diabetes Ruining Your Life?

Are you...

- Tired of increasing medications?
- Having difficulty losing weight?
- Always tired and fatigued?
- Afraid of future complications?
- Frustrated and don't know where to turn?

There is Hope!

This life-changing program for Type 2 Diabetes was developed by the Lifestyle Center of America® and will reveal the most powerful and proven lifestyle changes you can make to restore your health.

Don't miss the free information session for the Wellspring Diabetes Program™ coming soon.
Contact Kim Bowlby at 541-597-4084

Free Information Session 1
Thursday, March 15 at 5:00 p.m.
Cave Junction Seventh-day Adventist Church

Free Information Session 2
Monday, March 19 at 5:00 p.m.
Cave Junction Seventh-day Adventist Church

Free Information Session 3
Wednesday, March 21 at 5:30 p.m.
Cave Junction Seventh-day Adventist Church

Come to one of these
FREE INFORMATION SESSIONS
to register for the coming
WELLSPRING DIABETES PROGRAM
Monday & Thursday evenings, beginning
Monday, April 19 through Thursday, June 7



Forest Edge Farm

Spring is coming!
Just add
Fresh Flowers

592-6078 llamuz@forestedgefarm.com
SOG Gallery, RCC Kerby Belt Building 592-5019