

In the Service



Sgt. Matthew Britt

U.S. Army Sgt. Matthew Britt, a 2003 graduate of Illinois Valley High School, recently graduated from Special Forces training at Ft. Bragg, N.C.

The new Green Beret will be sent to Afghanistan in September.

He is the son of David Britt, and the grandson of Earl & Mary Britt, of Cave Junction.

Club & Organization Notes

Siskiyou Project

An all-volunteer group, Northwest Ecosystem Survey Team (NEST) is scouring old-growth canopies looking for Red tree vole nests because the Medford District of BLM is proposing six logging projects in Illinois Valley and more in the Rogue River valley.

Under law, all known active Red tree vole nests must receive a 10-acre projected buffer zone.

A benefit for NEST will be held Saturday, Aug. 11 beginning at 6 p.m. at Takilma Community Center. Kate Dwyer Catering will feature a gourmet organic dinner and desserts. There will be music by *Libby Goines & The One Love Family Band*.

Phone 592-4459 or 597-4313 for more information about the benefit or project.

SMART (Start Making A Reader Today)

Bridgeview Vineyards Winery will host a wine-tasting event and art auction as a benefit for the SMART and DEAR (Drop Everything And Read) programs at Evergreen Elementary School.

The event is set for Saturday, Sept. 15 from 3 to 6 p.m. Besides wine-tasting and the art auction, there will be refreshments. All proceeds from the benefit will go toward the SMART and DEAR programs at Evergreen.

For more information phone Nancy Brown at 592-2250. Those who want to donate art can phone Debra Wallis at 592-6868. To volunteer to read to a child phone "Tina" at 592-3383.

Workers said protected from second-hand smoke

A new study shows that nonsmokers can absorb a major cancer-causing chemical from second-hand smoke, "underscoring the important protection Oregon's new Smokefree Workplace law will bring to bar and restaurant workers."

Gov. Kulongoski has signed Oregon's new law, which expands the 2001 smokefree workplace law to include bars, taverns, bingo halls and bowling alleys. Twenty-three other states already have passed similar laws.

The research, funded by the Robert Wood Johnson Foundation, was conducted by Oregon public health researchers. The data appear in the August edition of the *American Journal of Public Health*.

Research found that nonsmoking employees exposed to tobacco smoke in where they work had elevated levels of NNK, a tobacco-specific carcinogen in their bodies. It is not considered safe at any level, and is found in the body only as a result of using tobacco or breathing second-hand smoke, said Oregon Dept. of Human Services (ODHS).

The study also found that every hour of exposure to tobacco smoke leads to a 6 percent increase in carcinogen levels.

"This study provides further proof that secondhand smoke is a health risk to anyone who breathes it," said Dr. Susan Allan, public health officer in the ODHS Public Health Division.

"With the new Smoke-free Workplace law in effect, Oregon is making great strides toward improving the health of all workers," she said.

Researchers followed 52 nonsmoking employees of bars and restaurants in Oregon, where smoking is still permitted and compared them to 32 nonsmoking bar and restaurant employees who work in bars and restaurants where smoking is banned. Urine samples were collected from people in both groups before and after their work shifts and tested for NNK.

Three of four employees who worked in businesses that allowed smoking had detectable levels of NNK, compared to fewer than half of unexposed workers. The study also found the amount of NNK went up in direct relationship to the number of hours worked, 6 percent an hour on average, which shows the levels reported are an accurate reflection of workplace exposure, according to Michael Stark, the study's lead author.

OSP's SWAT team takes 2nd behind Medford PD

Oregon State Police SWAT team members placed second in the Oregon Tactical Officers Association competition held in Central Oregon.

Seven SWAT teams from federal, state and local agencies competed in the annual three-day event involving physical competition, problem-solving and tactical scenarios, and range firing competition.

First place in the competition went to Medford Police Dept.

Six SWAT members from Springfield, Salem and Oregon State University at Corvallis work sites represented the OSP team during the competition held at sites in Bend and Redmond. This year's event was hosted by Bend Police Dept.

OSP's SWAT team was formed in 1988. It is com-

prised of 24 tactical members and eight trained crisis negotiators who work at various offices around the state.

According to Lt. Dave Mazour, SWAT team commander, the team responds to requests from Oregon law enforcement agencies needing high-risk responses.

The team averages 40 to 50 calls per year. They range from high-risk search warrants and armed barricaded subjects to hostage situations and dignitary protection details.

Besides the OSP SWAT Team, this year's competition involved teams from Oregon Dept. of Corrections, Sheridan Federal Correctional Institution, Medford Police Dept., and the Jackson, Clackamas and Washington county sheriff's offices.



CONSTRUCTION CONTINUES in Cave Junction on new quarters for **CJ Video Mart/Radio Shack**, owned and operated by Bill & Chris Coultas. The work is being done by **A Better Builder**, of Cave Junction. The new facility will more than double the size of the store. (Photo by *Illinois Valley News*)

Diet for elderly needs close attention

At an age when proper nutrition is more important than ever, nearly half the elderly people in developed countries have an inadequate nutritional intake and increased vulnerability to a range of degenerative diseases – a situation that is unnecessary and easily preventable.

So notes Oregon State University at Corvallis.

Due to lifestyle, diet, loss of appetite and other factors associated with aging, millions of American citizens older than 65 are facing malnutrition at a time of their life when adequate, appropriate food and micronutrient intake is critical, OSU researchers said in a recent report in *Pharmacological Research*, a professional journal.

Addressing this fundamental – and comparatively easy to fix – problem could be one key to improved quality of life and skyrocketing health-care costs in the near future, said Tory Hagen, an associate professor with the Linus Pauling Institute at OSU, and an expert in the metabolic process of aging.

"The elderly population in America is going to double to 70 million people by 2030, and studies have shown that 44 percent of this group has inadequate nutrition," Hagen said. "This can be directly linked to increased problems with cardiovascular disease and other disease problems."

"The cost of congestive heart failure alone in the United States is estimated to exceed \$18 billion a year."

The problem, Hagen said, is most easily seen as a decline in nutritional intake at the same time aging systems may need more nutrients than they used to.

There are some socioeconomic factors that relate to the poor nutrition, the study said. But more frequently, it is caused by such problems as loss of appetite, smoking, "malabsorption" syndromes, and the nausea, constipation

or diarrhea sometimes associated with use of medications. Some people lose interest in cooking.

Anorexia is common among the elderly, and is often a consequence of depression. The end result, from whatever cause, is people who get neither the quantity nor quality of food they need.

At the same time their nutritional intake is getting worse, the demands for more or better nutrients may be increasing, Hagen said.

"Cellular antioxidant status and stress response

enzymes naturally decline with age, even in healthy individuals," Hagen said. "There is also an age-related increase in damaging oxidant production, and mitochondrial and nuclear oxidative DNA damage."

All these issues can be addressed by an improved diet and possible supplementation if necessary, Hagen said. But people must become more aware that their dietary needs are going up at the same time their interest in food is going down and take steps to address it.

Water Wells Pump Sales Installation Service
592-6777
1470 Caves Highway
Licensed • Bonded • Insured
WWC #1504 • CCB #152266 • CPI #7-113
Member Oregon Ground Water Assoc.

ILLINOIS VALLEY BUILDING SUPPLY & RENTAL CENTER

434 Caves Hwy., Cave Junction
Phone: (541)592-3540
Fax: (541)592-6841
Hours: Mondays - Fridays 7-5:30
Saturdays 8-5, closed Sundays

DAVID ANDERSON EXCAVATING
Licensed General Contractor

30 years experience in water, sewer & pipeline construction, brush clearing, septic installation & utility line trenching

Specializing in alternative septic systems

READY TO DIG & AIMING TO PLEASE 24 HOURS A DAY
CCB#159580
1-(541) 597-4486

ARE YOU READY FOR THE SIGNS OF THE TIMES?

1 CLICK ON **www.tripcheck.com**
Prepare for construction delays and plan your alternate route with pinpoint maps, web cams and information about weather-related road conditions.

2 EASY WAYS TO AVOID DELAYS:

2 DIAL **5-1-1** OR **1-800-977-6368**
Hear about the latest construction and maintenance projects or incident delays. Plus, find your way around weather-related road conditions.

BETTER ROADS AHEAD!

AND REMEMBER...TAKE IT SLOW • PAY ATTENTION
FOLLOW THE SIGNS • DRIVE SAFELY

Slow Down. The Way to Go.
Transportation Safety — ODOT

Misgivings expressed regarding federal Real ID Act

(Continued from page 20)

for the lost value or seek to have the restrictions waived.

Democrats in the Oregon House and Senate prepared an alternative to the measure. It will be referred to voters Nov. 6 under the title of Measure 49.

Richardson said that he "strongly resisted" attempts to change Measure 37 in the Legislature, and said that the Democrats' plan doesn't preserve transferability rights.

"The Democrats who control the Legislature don't want Measure 37," Richardson said.

Although he acknowledged that Measure 37 "could have been written better," he said that Measure 49 would limit citizens' property rights. No commercial or industrial Measure 37

claims would be allowed if Measure 49 is voted into law, Richardson said. He added that such restrictions could be harmful to the state's economy.

Richardson pointed out that since Oregon adopted its land-use laws in 1973, no other state has adopted a similar system.

Oregon's land-use laws have had the unintended consequence of driving up housing costs by limiting the number of lots available for building, Richardson said.

"It's all supply and demand," he said.

Growth in Oregon is restricted to areas contained in Urban Growth Boundaries, and 97 percent of the land beyond those limits is zoned for exclusive forest or exclusive farm use. Those restrictions increase the cost

of living, Richardson said, and cause many young adults to leave the state because they cannot afford housing.

Richardson represents Oregon House District 4, which covers rural portions of Jackson and Josephine counties.

H.D. PATTON JR
CONSTRUCTION
541 • 476-2127 Lic #39671

Investments We Can All Live With!
579 W. River, CJ \$240K

REACH - UP, STAND - UP, FLY - UP