

RCC classes on e-commerce offered at Kerby Center

A three-course *Web Essentials for Small Business* series, offered by the Rogue Community College Small Business Development Center (SBDC), has been redesigned for spring term.

All classes are scheduled from 6 to 9 p.m. There is a fee for each nine-hour course, but participants can save \$20 by enrolling in the entire series.

Classes will be taught by Chris Kiltz, of Design by Kiltz, and will be held at the Illinois Valley Business and Entrepreneur Center (IVBEC), 24311 Redwood Hwy., Kerby. The series is comprised of:

The Basics, Wednesdays, May 5 through 11, at the IVBEC.

Introduction to Web Design, Mondays and Wednesdays, May 13-20, at the IVBEC.

E-Commerce and Content Management Systems, Wednesday, May 27, and Tuesdays, June 2 and 9, at the IVBEC.

Pre-registration is required by noon two working days before the class meets. Enrollment is limited. Register on-line, at any RCC registration site, or telephone 956-7494.

Info offered to prevent crime

Josephine County Sheriff's Office has a Crime Prevention Unit which has the goals of educating and informing citizens on ways they may modify and change their habits, behaviors and surroundings to minimize the risk of becoming a victim of crime.

Sheriff Gil Gilbertson added that, "This is accomplished by offering Neighborhood Watch meetings, being present at most community events and visiting any business or group who requests.

"The unit has several crime prevention handouts and other forms of media which are all free to the public. The unit also is tasked with improving communications between the citizens and the sheriff's office. For more information on Neighborhood Watch, contact Crime Prevention at 474-5123," Gilbertson said.

Additionally, the volunteer program provides assistance to citizens and deputies in handling numerous types of incidents. Examples are: abandoned vehicles, found property, littering, and non-sufficient fund checks. The volunteer program also is geared toward crime prevention education through events including the county fair, Kids Care Fair, home show, senior fair and others.

Senior Nutrition Menu Sponsored by

True Value
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Meals are served in the
CJ County Bldg.

592-2126, 955-8839

FRIDAY, APRIL 17

CHICKEN POMODORO

Italian blend vegetables,

Harvard beets, oat bran bread,

pear crisp

MONDAY, APRIL 20

BEEF ENCHILADA BAKE

Mexicali corn, citrus blend

salad, cornmeal roll,

rice pudding

WEDNESDAY, APRIL 22

MACARONI & CHEESE

Escalloped tomatoes, green

peas, dill bread, molasses

cookie



National Junior Honor Society at Lorna Byrne Middle School has welcomed new members. A ceremony was held Monday night, April 13 during which 43 inductees gained membership. Current members are eighth graders Kelly Armijo, Bruce Arnett, Tracy Arnold, Clarabelle Compton, Trey Dilley, Artesia Hubbard, Elizabeth Jenkins, Andrew Keith, Alexandria Manninen, Kia Parrish-Haim, Kevin Scott, Miranda Stiles, Catherine Vawter, Daniel Vega, and Kayla Young; seventh graders Brian Bemis, Tyler Bethke,

Amanda Brooks, Idalis Calvert, Kimberly Crow, Kiana Lee, Shelbie Mason, Abigail Miller, Lander Nordal, Brandon Orndoff, Kristina Thomas, Amber Webb and Solomon Zook. Inductees are eighth graders Taleesun Baker, Mathew Brock, Taysha Hodge, Jamie Kofahl, Jordan Sussman, and Will Worley; seventh graders Josh Allan, Keyanna Augustadt, James Chastain III, Gabriella Conde, Emily Deters, Naviya Dixon, Kade Doyle, Natasha Elkins, Lisa Flinders, Imani Hess, Erik Householder, Mason Janoski, Cody Kinney, Samantha

Milner, Jordan Rich and Seth Williams; and sixth graders Patrick Allen, Erika Anderson, Brent Auzenne, Sadie Braaten, Skyline Brummett, Chawna Crawford, Caitlyn Crowell, Mikael Cusumano, Liam Dwyer, Von Hennings, Faith Kitchens, Alexandra LaFlamme, Shawn Laney, Logan Miller, Anthony Oberholtzer, Hazel Randall, Rosemary Spielman, Camelia Swenson, Joss Vawter, Alicia Warner and Kenzie Yoshiwara. Advisors are Charlotte Baker and Vicki Shump. (Photo by Michelle Binker, *I.V. News*)

2010 census canvassing to employ some 2,050 in Ore.

The federal Census Bureau soon will launch a massive address canvassing operation to verify and update more than 145 million addresses as it prepares to conduct the 2010 Census.

The address-canvassing operation will be conducted out of 151 local census offices across the United States, including offices in Portland and Eugene. Portland will run address canvassing operations from Monday, April 6 to June 12. Eugene will run address canvassing operations April 20 to June 26.

In most cases, census workers will knock on residents' doors to verify addresses and inquire about additional living quarters on the premises.

Nationwide, more than 140,000 census workers will participate in the address canvassing operation; a critically important first step in assuring that every housing unit receives a census question-

naire in March 2010. In Oregon, approximately 2,050 people will carry out the address canvassing operation.

The countdown to the 2010 Census is officially one year out on April 1.

"The 2010 Census will be the largest peacetime mobilization in our nation's history," said Ralph Lee, Seattle regional director at the U.S. Census Bureau. The Seattle Regional Census Center is headquartered in Bothell, Wash., and coordinates census operations for the five-state territory of Northern California, Oregon, Washington, Idaho and Alaska.

The U.S. Constitution requires that everyone living in the country be counted every 10 years.

The first publicly visible activity of the 2010 Census is ahead of schedule.

"The goal of the census is to count everyone once, only once, and in the right place," Lee said. The census is used

for reapportioning seats in the U.S. House of Representatives and the distribution of more than 300 billion in federal dollars every year to state and local governments.

During the past several years, the Census Bureau has been working actively on updating its geographic databases and master address files. From implementing the Local Update of Census Address (LUCA) program, where more than 11,500 tribal, state and local governments participated in a review of the Census Bureau's address list for their area, to increasing the precision of the GPS mapping, many advances have been made to compile the most comprehensive listing of addresses in the nation.

The operation will use new hand-held computers equipped with GPS to increase geographic accuracy. The ability to capture GPS coordinates for most of the

nation's housing units will greatly reduce the number of geographic coding errors caused by using paper maps in previous counts.

This is the first census to include group quarters (such as dormitories, group homes, prisons and homeless shelters) in the address canvassing operation, which should improve the accuracy and coverage of the final count.

There will be one final opportunity to add new home construction in early 2010 prior to the mailing of the census questionnaires.

Census workers can be identified by the official Census Bureau badge they carry. During the address canvassing operation, census workers may ask to verify a housing structure's address and whether there are additional living quarters on the property.

The 2010 Census workers will never ask for bank or Social Security information.

All census information collected, including addresses, is confidential and protected by law. (Title 13, U.S. Code, Section 9).

By law, the Census Bureau cannot share respondents' answers with the FBI, IRS, CIA, welfare offices, Immigration, or any other government agency. No court of law or law enforcement agency can find out respondents' answers. All Census Bureau employees — including temporary employees — take an oath for life to keep census information confidential. Any violation of that oath is punishable by a fine of up to \$250,000 and five years in prison.

(Editor's note: News releases, reports and data tables are available on the Census Bureau's home page. Go to <http://www.census.gov/> and click on "Releases." The Census Newsroom is at <http://www.census.gov/pubinfo/> www/news/index.html.)

Methadone implicated in sudden deaths

A 2008 study from Oregon Health & Science University (OHSU) at Portland suggests that methadone taken at therapeutic levels may be involved in sudden cardiac deaths.

What that means is that even if it is not being abused, when it is simply taken for chronic pain or for treatment of addiction to opiates such as heroin or morphine, methadone may be killing people, according to OHSU.

The OHSU study analyzed sudden cardiac deaths in the greater Portland area to compare deaths in which therapeutic levels of methadone were found to similar deaths in which no methadone was found. In the methadone group, 77 percent had no significant coronary artery disease which led researchers to conclude that the methadone present had very likely contributed to these

deaths.

Researchers recommended that a larger evaluation of methadone therapy be conducted, and suggested that more safeguards might be needed when the drug is prescribed.

"Some people think that giving methadone to a person addicted to an opiate is the kind way to help them with their addiction when it may in fact be putting them at risk," stated Dery Hallmark, director of Admissions and Certified Chemical Dependency Counselor at Narconon Arrowhead. It is one of the country's leading drug and alcohol rehabilitation centers, located in Canadian, Okla.

"A better way to treat these addictions is with a drug-free, holistic program that provides the kind of support that makes withdrawal tolerable to most people,"

Hallmark continued. "The Narconon program has long administered a drug-free withdrawal that uses nutritional support and gentle orientation and relaxation techniques to help a person withdraw more comfortably. The risks associated with methadone treatment are not necessary if a person can withdraw from the opiate and start building a fully drug-free life for themselves."

To find immediate help for someone having a problem with any kind of drug or alcohol, contact Narconon's free addiction consultation and referral helpline at (800) 468-6933 or visit stopaddiction.com.



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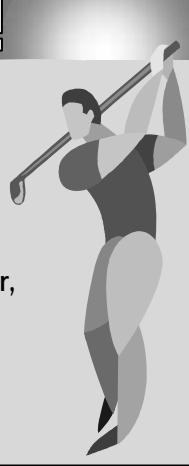
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