

Bob's Corner

People (including me) joke about "losing our memory" as we become older, and I'm here to tell you that it's not funny. After all, how many times am I supposed to enter a room and forget why I'm there?

Besides that, losing my memory reminds me of losing my car keys, cell phone, wallet and eyeglasses. Not always at the same time. Well, not always.

Forgetting why you are somewhere is not the same as simply being inattentive. For example, those people who drive with their turn signals on, although eventually they turn them off. For example, on Interstate 5 near Grants Pass I was behind a guy who was signaling for a right turn. He signaled and he signaled. And he did turn right. In Portland.

But returning to "losing our memory," maybe most embarrassing and frustrating is making a telephone call, and then realizing when someone answers that (1) You have no idea who they are, and (2) Even if you knew who they are, you can't remember why you phoned them. Makes for interesting conversations though.

What's fun, after entering a room and having no idea why you're there, is deciding to try a memory jogger. So you stand there and look around hopefully. Maybe you'll see something that will spark your brain. When that doesn't trigger the desired result, you leave the room with the idea that if you return to your original point of departure, you will recall whatever. Unfortunately, it's often the case that you can't remember where you started from anyway.

And why is it that I can remember kindergarten and Mrs. Schaeffer at Chesterton Elementary School in the Linda Vista section of San Diego, and my best friends: Chris, Murray, Bobby, Esther and Joey -- but now I can't dredge up what I was told to buy at a grocery store five minutes later while I'm wandering the aisles. Why?

The reason, I am sometimes told, is that I don't listen closely. There's probably some validity to that. Still, I blame a clogged brain. After all, other than sports statistics, I've been cramming it with every bit of flotsam and jetsam that comes my way for the past 66 years. So it's like having a storeroom into which you place every bit of scrap lumber, broken tools, old books, ancient magazines (the ones you find to read in medical office waiting rooms), boxes of worn-out clothing, odds and ends, this and that, and junk and stuff.

Therefore, when you want to think of a current subject, such as why are you in your car getting ready to drive somewhere (?), you have to sort through all that debris in your storeroom. No wonder we become lost, memory-wise or in a store or on a highway: There's simply too much information for us to process rapidly.

That's my story, and I'm sticking to it.

Actually, I was going to write about some other topic this issue, but I forgot what it was.

Who's Taking Care of Your Investments?

It's your nest egg. Do you know who's taking care of it? Is your financial advisor actively putting your money to work for you? Investing has as much to do with the quality of your relationship with your advisor as it does with the quality of your portfolio.

If you are looking for a second opinion, Nelson R. Maler, CFP® can help. As a CERTIFIED FINANCIAL PLANNER™ professional with Morgan Stanley Smith Barney, he will take great care in working closely with you. He will work hard to earn your trust and help you achieve your financial goals.



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Letters to the Editor

(Editor's Note: Views and commentary, including statements made as fact, are strictly those of the letter-writers.)

Typed, double-spaced letters are considered for publication. Hand-written letters that are double-spaced and legible also can be considered. "Thank you" submissions are not accepted as letters.

Defending the League From Jane A. Giger, Education chairman, League of Women Voters of Oregon

The League of Women Voters of Oregon would like to respond to Art Robinson's misleading comments about the League in Scott Jorgensen's recent article (*Illinois Valley News*, June 30, 2010).

While the League has its roots in the women's suffrage movement, today it is a dedicated grass-roots organization of men and women who work to encourage participation in government. The goal of our members is to empower citizens to understand govern-

mental issues and to participate in the political process.

As the League grew and developed, it evolved into two separate organizations under the same umbrella. One advocates on issues after thorough research and study. For example, we recently completed a study of "Water in Oregon" and will establish a statewide consensus on that topic, and then advocate for that position. This side of the League works through education and advocacy to influence public policy and to build better communities.

The other side of the League focuses on civic engagement through its Education Fund. It seeks to provide balanced, accurate, nonpartisan information to all citizens, and to empower citizens to vote.

League members register voters, publish a neutral "Voters Guide" and host candidate forums that are scrupulously neutral. The League's neutrality on candidates extends to a policy that invites all the candidates running for a particular office to a forum, not just the two larger political parties.

And, if Robinson is interested, the League of Women Voters of Coos County would be happy to host a debate among all the candidates running for Congress in District 4. It would be a neutral debate, because while the League is political, it is most definitely nonpartisan.

CJ post office comments From Kirk Van Stone Takilma

Is anyone in Illinois Valley as fed up as I am with what I contend is a rude and dishonest Cave Junction U.S. Post Office?

I'm a retired/disabled wildland firefighter. I was permanently disabled while fighting the Silver Fire in 1987. I worked on the Longwood Complex fire too.

I feel that everyone has the right to get their mail at their street mail box, which we did until a couple years ago. At that point two postal carriers took out a vendetta against us from a neighborhood dispute from the 1990s just after Myrna Hooley, the best mail carrier the world had seen, retired.

My next door neighbor

took over Myrna's route, and that's when the trouble began. Since then, I have seen behavior that disturbs me. Because of that, I reluctantly reported her to the USPS Office of the Inspector General. I was told that an anonymous complaint was filed, but the next day my mail carrier had an e-mail from USPS with my anonymous complaint on it and was at my gate.

I can no longer get street mail, so I got a post office box, but was locked out before the rent was due. I requested a change of address back to my street mail, but due to allegations that I'm "abusive" we have to go to Selma to get our mail.

Many people in I.V. have told me about their complaints about the CJ Post Office. If I'm the only one who complains, nothing will change. Those who feel the same as I do and know the truth behind what I feel is a corrupt post office, phone 888-877-7644 and put a stop to what I see as an abuse of power.

Heat-related illness on the job a risk

Imagine working over a hot stove or sizzling asphalt on a 90-degree day.

Performing job duties in the heat can be more than uncomfortable.

It also can be unsafe.

Workers run the risk of developing heat-related illness when physical exertion combines with high humidity.

During the past five years, 33 workers received benefits through Oregon's Workers Compensation system for heat-related illnesses. The workers who qualified for the benefit were disabled for three days or more.

Oregon OSHA, a division of the Dept. of Consumer & Business Services, does not require firms to report less-severe cases of heat exhaustion that do not require overnight hospitalization.

Employers and workers should be familiar with some of the common signs of heat exhaustion. A person overcome with heat exhaustion will still sweat, but might experience extreme fatigue, nausea, lightheadedness, or a headache. The person could have clammy and moist skin, a pale complexion, and a normal or only slightly elevated body temperature.

If heat exhaustion is not treated promptly, the illness could progress to heat stroke, and possibly death.

Workers on construction sites could be at greater risk for heat illness due to heavy exertion, enclosed operator cabs with poor circulation, and prolonged sun exposure.

To help a person suffering from heat exhaustion:

*Move them to a cool, shaded area. Don't leave them alone.

*Loosen and remove heavy clothing.

*Provide cool water to drink (a small cup every 15 minutes) if they are not feeling sick to their stomach.

*Try to cool them by fanning them. Cool the skin with a spray mist of cold water or a wet cloth.

*If they do not feel better in a few minutes, phone 911 for emergency help.

Certain medications can increase a worker's risk. People who have experienced a heat-induced illness in the past or who must wear personal protective equipment while on the job are at higher risk for heat illness.

Heat stroke is a different condition than heat exhaustion. There are several reactions that occur in the human body with heat stroke: dry, pale skin (no sweating); hot, red skin (looks like sunburn);

mood changes; irritability and confusion; and collapsing (person will not respond to verbal commands).

Phone for emergency help immediately if you think the person is suffering from heat stroke. If not treated quickly, the condition can result in death.

Ideally, employers and workers can prevent heat illness. Here are some tips:

*Learn the signs and symptoms of heat-induced illnesses and what to do to help other workers.

*Do the heaviest, most labor-intensive work during the coolest part of the day.

*Slowly build up tolerance to the heat and the work activity (this usually takes up to two weeks).

*Use the buddy system, working in pairs, to monitor heat.

*Drink plenty of cool water (one small cup every 15 to 20 minutes).

*Wear light, loose-

fitting, breathable clothing (such as cotton).

*Take frequent short breaks in cool, shaded areas, and allow your body to cool.

*Avoid eating large meals before working in hot environments.

*Avoid caffeine and alcoholic beverages (these beverages make the body lose water and increase the risk of heat illnesses).

A "Heat Stress Safety" pocket reminder card is available from Oregon OSHA. You can download the card, in both English and Spanish, from www.osha.org. Under "Publications" look for "Heat Stress Card" (#3333E). The National Institute for Occupational Safety & Health (NIOSH) also has a booklet with heat-stress prevention tips, "Working in Hot Environments." The booklet is available for download from NIOSH's website, www.cdc.gov/niosh/hotenvt.html.

Illinois Valley News

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DEADLINES:

News, Classified & Display Ads, Announcements & Letters
5 P.M. THURSDAYS

(Classified ads & uncomplicated display ads can be accepted until noon Fridays with an additional charge.)

POLICY ON LETTERS: "Illinois Valley News" welcomes letters to the editor provided they are of general interest, in good taste, legible and not libelous. All letters must be signed, using complete name, and contain the writer's address and telephone number. The letter need not be published, but will be used to verify authenticity. The "News" reserves the right to edit letters. Generally, one letter per person per month at publisher's discretion. Letters are used at the discretion of the publisher. Unpublished letters are neither acknowledged nor returned. A prepaid charge may be levied if a letter is inordinately long in the publisher's opinion.

POLICY ON "HERE, THERE & EVERYWHERE," DISPLAY & CLASSIFIED ADS & NOTICES: All submissions must be hand-delivered, faxed or e-mailed to us for publication. Submissions must be resubmitted weekly if the item is to run more than one week.

SUBSCRIPTION RATES

One year in Josephine County - \$22.80
One year in Jackson and Douglas counties - \$28.00
One year in all other Oregon counties and out-of-state - \$39.00
POSTMASTER: Please send address changes to
P.O. Box 1370, Cave Junction OR 97523

Senior Nutrition Menu Sponsored by

True Value
541-592-3562

Meals are served in the Cave Junction County Bldg.
541-592-2126, 541-955-8839
FRIDAY, JULY 23

ROAST PORK WITH GRAVY
Whipped potatoes with gravy, succotash, caraway rye roll, French apple pie square
MONDAY, JULY 26
VEGETABLE CHEESE STRATA

Herbed carrots, marinated vegetable salad, dill wheat roll, chocolate/vanilla swirl pudding
WEDNESDAY, JULY 28
SWEET & SOUR CHICKEN OVER STEAMED RICE
Oriental blend vegetables, oriental pea salad, almond cookie

Illinois Valley Lions

39th Annual

LABOR DAY FESTIVAL

September 4, 5, and 6, 2010

Jubilee Park, Cave Junction, Oregon

Theme:

"The Illinois Valley-Through The Eyes Of A Child"

Official Parade Application

Parade forms at Evergreen Elementary School on Monday, September 6, at 8:30am. Parade starts at 10am sharp. Check one or more categories for your parade entry:

- | | | |
|---|---|---|
| <input type="radio"/> Music (youth band) | <input type="radio"/> Music (adult band) | <input type="radio"/> Military |
| <input type="radio"/> Religious | <input type="radio"/> Sports/Athletics | <input type="radio"/> Marching |
| <input type="radio"/> Humorous | <input type="radio"/> Club/Organization (youth) | <input type="radio"/> Political |
| <input type="radio"/> Commercial | <input type="radio"/> Industrial | <input type="radio"/> Tuff Truck |
| <input type="radio"/> Truck | <input type="radio"/> Commercial Truck | <input type="radio"/> Tractor |
| <input type="radio"/> Classic Auto (1950 +) | <input type="radio"/> Antique Auto (Pre-1949) | <input type="radio"/> Custom Auto |
| <input type="radio"/> Horse & Rider (adult) | <input type="radio"/> Horse & Rider (youth) | <input type="radio"/> Horse & Rider (group) |
| <input type="radio"/> Public Service | <input type="radio"/> Club/Organization (adult) | <input type="radio"/> Other: _____ |

Contact Person: _____ Phone: _____

Address: _____ City: _____

Email Address: _____

Describe entry and/or history: _____

Parade Chairman: Harry Johnson - 541-596-2104 ♦ Mail parade entries to: I.V. Lions • PO Box 173 • O'Brien, OR 97534

Booth Entry

Contact Person: _____ Phone: _____

Address: _____ City: _____

Booth Items: _____ Total Size: _____

Electricity requested: Yes No

To reserve: Please pay in advance: \$75 for 3 days or \$30 per day for 12' x 12' space.

Booth Chairman: David Anderson 541-597-4486 Leave name, phone & address.

Mail booth entries to: I.V. Lions • PO Box 796 • Selma, OR 97538

All parade entries and booth requests subject to LIONS approval.