

Healthy U News: by Nicole Rensenbrink

When I was a wild young girl, I married a drug addict who died of an overdose. I was a teenage widow. That he was a drug addict and I was a drunk, had little effect on how devastating his loss was to his family and friends, nor the length of the shadow it cast over my life for many years to follow.

About five years ago, my godson died in a car crash. It was probably his fault and someone's grandma also died because of it. That he was probably guilty of her death (and we know that's awful) does nothing to change how much all of us who loved him still miss him.

These were intense experiences of the heart in which words like "choices," "fault," and "responsibility" had no impact. When I think back on my young husband, I see his humor, intellect, and all the fun we had together. When I envision my godson, I see a warm, charming and beautiful young man. Their shadow sides only lurk around the distant edges. Funny how much more I actually focused on those shadows when they were alive, and how meaningless they seem now that they're gone.

Hearing and seeing so many in our community cry for "Justice for Jarred," my heart resonates with their pain. I can't even think of his mother and girlfriend without tears and I hope it eases their suffering to see how many people care about him during the recent march.

Yet, I understand the arguments of those struggling with the disruptive energy created by this movement as well. It was frustrating and felt invalidating for those who volunteered to keep Forks Park clean and safe when "Justice for Jarred" was painted on the bathroom wall. It's understand-

able how business owners want to keep their walls neutral and free of message about anything other than their business. It makes sense that they feel violated when that right is taken away from them. Also, people experienced inconvenience on the highway during the march. Others may have been frightened or defensive by some anger in the crowd.

The Illinois Valley is in conflict about it all, as our Facebook page regularly attests.

But, in conflict, it helps to balance the areas of disagreement by finding areas of agreement. Instead of painting one side as cold and the other as angry, find the warmth that lives between us. For example, we can (hopefully) agree that the Valley is a place where people tend to have huge attachments and deep love for family and friends. We may not have a lot of riches, by and large, but we do have each other. And, regardless if we agree on how exactly that may look, our community wants an attractive downtown that visitors see as worthy of respect. We want our loved ones to be safe and no one seems happy that our Valley is now seen as one rampant with crime.

Perhaps we can become creative about the middle ground that does exist between us. Perhaps those of us who don't want big, permanent art stating "Justice for Jarred" would be comfortable sticking a flier in a window that said something like, "We care: rest in peace Jarred, Robert and Aaron."

Perhaps we can find some way that each of us, according to the depth of our involvement, can honor the suffering caused by these violent losses and move forward, in peace, together.

Warming ... Continued from A-1

"Our community is divided in two," said John Gardiner. "There are those among us who want to help these people because they are human beings worthy of dignity and respect, who often have fallen on hard times through no fault of their own. And then there are those who believe that the homeless have somehow 'brought it on themselves' and need to be moved 'away' from Cave Junction. They ignore the fact that many are veterans, many are young single mothers, many are teenagers,

and some have mental health problems - all of whom desperately need help. Those that are sick or have physical ailments are turned away from other resources because they have no street address."

One possibility for the group is to create a long-term solution similar to the two successful Gospel Rescue Mission housing complexes Commissioner Heck spearheaded in Grants Pass.

Food and cash donations can be dropped off at Immanuel

United Methodist Church's Nifty & Gifty Thrift store between 10 a.m. and 2 p.m. Tuesday through Saturday. Chase also lists needs such as toilet paper, Dawn dish soap, underwear, socks and other clothing and plastic storage bins. Volunteers interested in grant writing or organizing fund-raisers are also sought. Those who are interested in volunteering can call Chase at 541-592-6867 for further information.

**CHEAP!
CHEAP!
CHEAP!**

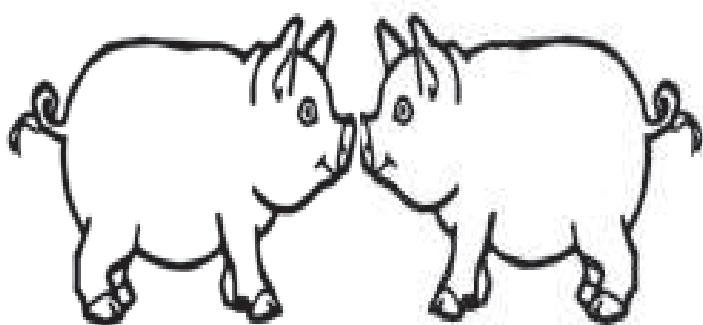
Usually refers to a product that is sub-par, inferior or not good.

Dos Gringos is not cheap. We are affordable, original and, most of all, we are good!



541-592-2200
131 N. Redwood Hwy

Benefit Dinner
at St. Matthias Church
Thursday, Feb. 6
5:00 to 7:00



• Pulled Pork Potatoes Veggies & Dessert •
All proceeds will go to keeping our Harvest Kitchen open
Good Will Donation

0298

Identity Crisis

Live at

ART'S RED GARTER

FRIDAY & SATURDAY
JAN 31 & FEB 1
9 P.M. - CLOSE

ROSE of SHARON OCCASIONS
280 DOGWOOD LANE
541-592-6132

EARLY-BIRD VALENTINE SPECIAL

Valentine orders received between NOW & FEBRUARY 8, 2014 with delivery scheduled for 02/12/14 or 02/13/14 will receive \$10 off any order valued at \$40 or more excluding delivery fee. Call or come by now to place your early bird order!!
We accept cash/local check/Visa/MC/Discover

HAPPY VALENTINE'S DAY

LIEN SALE NOTICE

The following people must contact A+ Mini Storage, 25657 Redwood Hwy, 97523 before 5:00 P.M. FEBRUARY 13, 2014 and bring their accounts **current** or the contents of their unit/units will be sold:

UNIT #	TENANT
9	S. KRUIZ
17	J. BRAGGINS
50	S. KRUPINSKI
71	S. FREEMAN
74	M. FISHER
78	R. HERRON
106	K. HILL
152	M. STONER
153	B. HUNTAMER
162	F. SALERNI
165	F. SALERNI
168	F. SALERNI
184	S. SMITH
200	S. TROST
216	N. MALGRAM

Kiss My Face Shaver Gels
20% off

2 WEEK SPECIAL

Gooseberries

Real Food Market

Swiss Kriss Laxatives
20% off

Special Features

Guayaki
Assorted flavors of Yerba Maté. Organic.
16 fl oz.
\$1.89
Reg. \$2.59

In the Deli
Buy any whole sandwich w/side salad and receive a second whole sandwich of equal or lesser value FREE!
Good only on cold whole sandwiches



Buy one, Get one FREE

Smart Chicken Party Wings
An air chilled chicken - the best treat during Super Bowl Sunday
Reg. \$3.19 lb.
\$2.49 lb.

Grapefruit
Tart, tangy and subtly sweet!
Reg. 1.69¢ lb.
\$1.49 lb.

Groceries

Alexia Foods
Assorted French Fries, Potato Puffs and more.
8 oz. to 20 oz.
Reg. \$3.49 to \$4.79
25% OFF

Annie's Naturals
Assorted Mustards 9oz. Organic
Reg. \$4.19
Ketchup 24 oz. Organic
Reg. \$3.89
25% OFF

Blue Sky
Sugar free sodas sweetened with Stevia
6 Pks. **\$4.39**
Reg. \$5.89 + Dep. + Dep.

Earthbound Farms
Frozen Fruit Assorted Flavors & Blends.
10 oz. bag
\$3.79 ea.
Reg. \$4.99
Organic

Deli

Breakfast Biscuits & Gravy..... **\$3.99** ea.
Reg. \$4.99
2 Bridge City Gluten free Biscuits topped with Homemade Country Sausage Gravy. Salad Case
Organic Cold Salads..... **\$4.99** lb.
Reg. \$6.99
Regular potato salad, macaroni salad or coleslaw.

Grill Hot Wraps..... **\$1.00** OFF
Comes with side salad.
Grab-N-Go (New) **Gluten-free Grab-n-go Lunches**..... **\$5.99** ea.
Whole sandwich, assorted meats, cheeses, comes with gluten free side salad and gluten-free cookie. Reg. \$6.99

Meat

Painted Hills Grass Fed London Broil..... **\$5.79** lb.
No hormones or antibiotics. Very lean cut of beef. Reg. \$7.79 lb.
Niman Hickory Smoked Bacon..... **\$5.99** pkg.
An all natural pork, no nitrates or nitrites. Reg. \$6.69 pkg.
Diestel Medium Italian Sausage..... **\$4.29** lb.
Made from all natural turkey. Great in homemade lasagna. Reg. \$4.99 lb.
Niman Uncured Ham Steaks..... **\$6.69** lb.
All natural pork, great for breakfast. Reg. \$8.09 lb.

Produce

Navel Oranges..... **99¢** lb.
Delicious Snack, High in Vitamin C. Reg. \$1.19 lb.
Kiwi..... **59¢** ea.
Invigorating flavor, great source of Vitamin K. Reg. 79¢ ea.
Avocados..... **69¢** ea.
Rich and creamy with nearly 20 vitamins and minerals. Reg. 89¢ ea.
Roma Tomatoes..... **\$1.39** lb.
Great for salads, sandwiches and good source of iron. Reg. \$1.79 lb.

We support our local farms!

Bulk

Organic Green Lentils..... **20% off**
Reg. \$1.89 lb.
Organic Steel Cut Groats..... **20% off**
Reg. \$1.19 lb.
Organic Red Hard Wheat Winter Berries..... **20% off**
Reg. \$1.19 lb.