

PRICES GOOD: OCT 3 - OCT 4

Ray's
FOOD PLACE

MEAT
BONANZA!

Whole In Bag Boneless Beef New Yorks		Whole In Bag Boneless Beef Rib-Eyes	
\$5.77 lb. NOT GRADED		\$6.77 lb. NOT GRADED	
Whole In Bag CAB Beef Tri-Tips	Whole In Bag Boneless Beef Sirloin Tips	Regular Ground Beef (73/27) 3LB. ROLLS	
\$4.98 lb. CUT FREE!	\$4.29 lb. CUT FREE!	\$9.99 ea	
Whole Boneless Pork Loin	Whole Boneless Pork Sirloins	Whole in Bag Boneless Pork Cushion	
\$2.49 lb. CUT FREE!	\$2.69 lb. CUT FREE!	\$2.69 lb. CUT FREE!	
SO. Boneless Skinless Fryer Breasts (Approx 10lb Bag)		SO. Boneless Skinless Fryer Thighs (Approx 10lb Bag)	
\$2.47 lb.		\$2.27 lb.	
Value Pack CAB Boneless New York Steaks	Whole In Bag Naturewell New Yorks or Rib-Eyes	Multi-Pack Beef Back Ribs	Whole Beef Tenderloins (no roll)
\$9.77 PER POUND	\$7.99 lb. CUT FREE!	\$1.88 PER POUND	\$8.77 lb. CUT FREE!
Cattleland Beef Patties (10lb. Box)	Twin Pack St. Louis Style Pork Spare Ribs	Bulk Sliced Bacon (10lb. Box)	Frozen Whole Fryers
\$29.00 EACH	\$2.99 PER POUND	\$1.99 PER POUND	\$.87 PER POUND
IQF 4-8oz Cod Fillets (10lb. Box)	IQF Raw Prawns (41/50 2lb. Bag)	IQF Cooked Peeled Tail on Prawns (41/50 2lb. Bag)	
\$2.99 lb.	\$6.77 lb.	\$8.77 lb.	
Frozen Wild Pacific Salmon Fillets	5lb Bulk Breaded Chicken Patties	V/P Frozen Bone In Fryer Breasts	
\$5.77 lb.	\$8.99 ea	\$1.57 lb.	
5lb Bulk Chicken Party Wings	Hill 5lb. Link Sausages	18lb. Bulk Corndogs	
\$8.99 ea	\$3.88 lb.	\$17.99 ea	

WHILE SUPPLIES LAST • LIMITED TO STOCK ON HAND • NO RAINCHECKS

Harvest time in America, pursuing and reaping happiness:

by Glenn Mollette

Is happiness possible? Problems plague the world. They always have. The world has never been void of troubles. War, hunger and unhappiness have dominated this life. There is plenty to go around. The news gets us down. We hear about ISIS, Ebola and abusive NFL football players. We've watched communities torn apart such as Ferguson, Missouri. On top of this we cannot avoid non-stop political ads that pick opponents apart but never offer solutions on how to fix some of our troubles. While we have dramatic national and world troubles many Americans struggle with unhappiness. We battle depression, drugs, obesity, personal and family issues and a lack of job skills to survive. Where is the happiness? We are only guaranteed the pursuit of this good feeling. We are only here briefly, so why not go for it? Today, go for some happiness, it's legal in America. With any pursuit there are seasons. There is the season of pursuing or planting. And then comes the season of harvest or enjoying what you pursued. Farmers understand this concept. Whatever you pursue is a possibility. Some pursuits take time and may be extremely difficult. However, that day comes when it sometimes becomes reality. Often the reality is never quite as enjoyable as we imagined. Or, it may be more than we imagined. With every accomplishment there is a price. It depends on how much you want to sweat, study, work and toil. Today, what do you want? What would make you happy? Often it begins with imagination. If we can imagine it, we can begin to seek it. We simply have to know what we are seeking and why. Sometimes we don't know why. If we can determine what it is we want then with that clarity we can begin to knock on all the doors and utilize every possible roadmap to find what we think we want. Be careful what you think about. Often a simple thought may begin a whole new life for you, good or maybe not. Thinking about a new career, a new direction, a new hobby or a different lifestyle is the beginning. This is a good day to contemplate something good, lovely and positive. I realize a thought guarantees nothing. Many of us have been thinking about eating better but never do it. We think about giving up bad habits but constantly delay. We think about some new life choices that would make us feel better. Yet, we delay until tomorrow or just give up. Today is a good day to write down two or three things you really want to do. Carry this piece of paper with you every day. Finally, go for it. Even if it doesn't work out, half of the fun is pursuing the happiness. Glenn Mollette is an American columnist and author. The views expressed are those of the author and are not necessarily representative of any other group, organization or this publication. Like his facebook page at <https://www.facebook.com/GlennMollette>

WRITE IN!

Lindsey Gillette

CAVE JUNCTION
CITY COUNCIL

POSITION 1

Don't Miss -- Two Important Events

FREE --- Wednesday, October 8, 2014 --- FREE

Grants Pass High School - Performing Arts Center

725 NE Dean Drive, Grants Pass 97526

7:00 PM - The Human Experiment

A documentary that lifts the veil on the shocking reality that thousands of untested chemicals are in our everyday products, our homes and inside of us.

“What if the greatest chemical disaster of our time didn't involve oil spills or nuclear meltdowns?”

Instead, it was much lower levels of exposure, inflicted over several generations and affecting every person on the planet.

The result: Rising rates of everything from cancer to infertility.

‘The Human Experiment’

Director Dana Nachman & Don Hardy Narrated and Executive Produced by Sean Penn



8:40 PM - Expert Panel Q & A

~ E.G. Vallianatos, author of the 2014 revelation “Poison Spring-The Secret History of Pollution and the EPA”, based on 25 years experience inside the EPA (Chapter 3 is about Alsea, Oregon)

~ Don Tipping, Owner & Master Gardener of Seven Seeds Farm & Siskiyou Seeds

~ Dr. Kristen Plunkett, ND with Naturopathic Medical Clinic, Grants Pass

~ Kai Huschke, NW Rep for Community Environmental Legal Defense Fund

~ Audrey Moore Co-Founder of Precious Dirt & Freedom from Pesticides Alliance Co-Hosted by Audrey Moore & Barry Snitkin with Siskiyou FilmFest.

Musical Guest ~ Carol Valentine

Empower Yourself ~ Join us Oct 8th

Sponsored by: Freedom from Pesticides Alliance & Siskiyou FilmFest