

Firefighter of the year



IVFD Firefighter of the year Joe Levie receives his award from Chief Hoke Feb. 22.

Red Cross needs donors of all blood types to help maintain a diverse blood supply

In a press release the American Red Cross encourages eligible donors to help ensure a sufficient and diverse blood supply by giving blood this February.

Since the beginning of the year, widespread flu and inclement winter weather in some parts of the country have prevented many regular donors from making or keeping their blood donation appointments. Healthy and diverse blood donors are needed to help maintain a sufficient blood supply.

Diversity among blood donors is important because red blood cells carry markers that determine one’s blood type, and certain blood types are unique to specific racial and ethnic groups. Blood must be matched very closely for those patients with rare blood types or for those who need repeated transfusions. Patients are less likely to have complications from blood donated by someone with a similar ethnicity.

All blood types are needed, especially types O negative, A negative and B negative. To learn more about donating blood and to

schedule an appointment, download the Red Cross Blood Donor App, visit redcrossblood.org or call 1-800-RED CROSS (1-800-733-2767).

Upcoming blood donation opportunities:
Thursday, February 26: 1 p.m. to 5:30 p.m. at Illinois Valley Senior Center, 520 E. River Rd., Cave Junction

How to donate blood:
Simply download the American Red Cross Blood Donor App, visit redcrossblood.org or call 1-800-RED CROSS (1-800-733-2767) to make an appointment or for more information. All blood types are needed to ensure a reliable supply for patients. A blood donor card or driver’s license or two other forms of identification are required at check-in. Individuals who are 17 years of age (16 with parental consent in some states), weigh at least 110 pounds and are in generally good health may be eligible to donate blood. High school students and other donors 18 years of age and younger also have to meet certain height and weight requirements.

Valley Girls Quilt Club seeks groups in need of donations

The New Year has just begun and the Valley Girls Quilt Group is inviting local nonprofit organizations to apply for funds to help the youth of the Illinois Valley.

Every year, the Valley Girls host a quilt show in October to showcase the talents of local quilters. Proceeds from the show, the sale of tickets for their Opportunity Quilt giveaway as well as the sale of calendars is dedicated to our community’s youngsters. The Illinois Valley branch of the Boys and Girls Club receives part of the money while other youth-oriented nonprofit groups also benefit. And now is the time to let us know if your group would like to benefit from Valley Girls funding.

To apply for a Valley Girls grant, write a letter that explains what your group does as well as how it will use the money to benefit local youth. We’d also love to know how many youngsters you serve as well as the sorts of things you have done in the past. Also, how would your organization help promote our quilt show?

Letters should be sent to the Valley Girls Quilt Group at P.O. Box 562, Cave Junction, OR 97523, and they need to be received by Saturday, Feb. 28, 2015 for consideration. Application letters also can be emailed to: valleygirlsquilters@gmail.com. For additional

information, call Carol Dickson at 541-660-3136.

Previous recipients of Valley Girls Quilt Group grants include local reading programs, the Illinois Valley Branch of Josephine Community Libraries and the Jubilee Park playground. Last year’s recipients - the IV branch of the Boys’ and Girls’ Club and the IV High School Football program each received \$3,500 grants.

The Valley Girls also is seeking sponsors for its 2016 calendar. Twelve sponsors are needed – one for each month of the 12-month calendar. Calendar photos can be taken at the business or any other local site chosen by the sponsor. The calendal page also will include the sponsor’s logo. Sponsorship cost is \$50 and to reserve your spot, call 541-660-3136.

The Valley Girls are always looking for new members and quilting experience is not necessary! While most members quilt, others just enjoy the friendship and the fun of planning and hosting the annual quilt show. There are no membership dues nor fixed meeting times. We just meet when we need to get things done for the show. If you’d like to join us, give Carol a call and she’ll let you know when we’ll be meeting next.

Kennel Club seeks help to purchase relief trailer

The Rogue Valley Kennel Club and Southern Oregon Kennel Club are kicking off a fund raising effort to purchase an AKC Pet Disaster Relief Trailer for Southern Oregon.

With the recent heavy rains fresh in minds and thinking back to the Biscuit Fire that forced the evacuation of people and pets in July of 2002, residents of Josephine and Jackson Counties are aware that disaster can strike at any time.

The AKC Pet Disaster Relief program helps local Emergency Management provide temporary animal care and sheltering services immediately following the aftermath of, floods, wildfires and other natural or civil disasters.

The trailer is stocked with essential supplies to house at least 65 dogs and cats the first 72 hours after a disaster is declared. The trailer has lighting and is wired for electricity, to run off either a generator or 110v power supply. Its contents have been

assembled by those with expertise in handling hurricanes, floods, fires and tornados.

Rogue Valley Kennel Club will match donations dollar for dollar up to the first \$5,000. Then the AKC will double that amount so that, for the first \$5,000 donated, each dollar will grow to \$4. Donations can be made out to AKC Reunite and are tax deductible.

Persons wishing to contribute to the fund can drop off checks made payable to AKC Reunite at the offices of Karen Bodeving CPA, 574 N.E. E Street, in Colonial Square, in Grants Pass. Businesses and organizations donating \$1,000 or more can have their logo displayed on the outside of the trailer. For more information call 541-479-3625 or email her at: karen@bodeving.com.

The Josephine County Public Health Dept. is handling storage and maintenance of the trailer.

10 EASY STEPS TO KILL YOUR BUSINESS

1. DON’T ADVERTISE... Just pretend everyone knows what you have to offer.
2. DON’T ADVERTISE... Tell yourself you just don’t have time to spend thinking about promoting your business.
3. DON’T ADVERTISE... Just assume everyone knows what you sell.
4. DON’T ADVERTISE... Forget that there are new potential customers who would do business with you if they were invited to do so.
5. DON’T ADVERTISE... Convince yourself that you’ve been in business so long customers will automatically come to you.
6. DON’T ADVERTISE... Forget that you have competition trying to attract your customers away from you.
7. DON’T ADVERTISE... Tell yourself it costs too much to advertise, and that you don’t get enough out of it.
8. DON’T ADVERTISE... Overlook the fact that advertising is an investment in selling - not an expense.
9. DON’T ADVERTISE... Be sure not to provide an adequate advertising budget for your business.
10. DON’T ADVERTISE... Forget that you have to keep reminding your established customers that you appreciate their business.

Bottom Line: Avoid killing your business
Advertise!

Share your business with the community.
Contact the Illinois Valley News Today!
Call 541-592-2541 or
Email dan@illinois-valley-news.com

2 WEEK SPECIAL

GrainMiller Quick Oats & Rolled Oats \$4.69 Reg. \$5.79 ea.

Cooimb's Maple Syrup \$20.99 Reg. \$29.99

Gooseberries Real Food Market

Special Features

Pacific Pasture Grass fed 85% hamburger, 100% grass fed & grass finished. No hormones or antibiotics. A natural grass fed beef. \$5.99 lb. Reg. \$7.49 lb.

Cosmos Assorted Popcorn \$2.29 Reg. \$3.79

HABA Floradix Iron + Herbs Supplement 8.5 fl oz. 17 fl oz. 20% OFF

Nordics Naturals Omega 3 60 Softgel 120 Softgel 180 Softgel 20% OFF

Andouille Sausage Dog with Side Salad. Choice of Condiments. \$5.99 ea. Reg. \$7.99 ea.

Broccoli Low fat, high in fiber \$1.49 lb. Reg. \$1.99 lb.

Annie's Natural Dressings Assorted Flavors. 8 oz. \$2.69 Reg. \$3.79

Koyo Assorted Crackers \$2.39 Reg. \$3.19

Meat

Niman..... \$6.99 lb. An uncured ham steak. An all natural pork. Just heat and eat. Reg. \$8.09 lb.

Aidells Pineapple & Bacon Links..... \$4.99 pkg. An all natural chicken. A delicious lunch. Reg. \$6.19 pkg.

Beeler's Thick Cut Bacon... \$5.99 pkg. No nitrates or nitrites ever. Great for Sunday morning breakfast. Reg. \$7.19 pkg.

Smart Chicken Ground Chicken \$4.99 pkg. An air chilled chicken. Great for chicken patties. Reg. \$5.99 pkg.

Produce

Mandarins..... \$2.69 lb. Reg. \$2.89 lb.

Tomatoes..... \$2.29 lb. Reg. \$2.89 lb.

Celery..... 89¢ ea. Reg. \$1.19 ea.

Honey Gold Grapefruit..... \$1.49 lb. Reg. \$1.69 lb.

Sweet Mini Peppers..... \$3.09 ea. Reg. \$4.19 ea.

Bulk

Organic Raw Almonds..... \$9.19 lb. Reg. \$11.49 lb.

Organic Brown Short Rice. \$1.79 lb. Reg. \$2.19 lb.

Organic Steel Cut Oats..... \$1.09 lb. Reg. \$1.49 lb.

Deli

Grill Menu Reuben w/ Side Salad \$7.99 ea. Reg. \$8.99 ea.

Breakfast Menu Muffin! Choice of Meat & Cheese. \$1.99 ea. Reg. \$2.59 ea.

Grab-N-Go Hoagie Sandwich! Assorted Meat, Cheese, Lettuce, Tomato, Mayo, Dijon. \$3.99 ea. Reg. \$4.99 ea.

Salad Case Tuna Salad \$8.39 Reg. \$9.39 lb.

We Accept Oregon Trail Cards • Prices effective Weds., 2/18 - Tues., 3/03/15 Ad Specials - While Supplies Last

1201 Redwood Ave. • 541-471-2700 • Open Mon. - Sat. 8 am - 8 pm • Sun. 10 am - 6 pm