

TALES ...
Continued from A-7

Outside the Valley
*Josephine County Sheriff Office (JCSO) deputies were busy with 34 calls.

Thursday, March 17
*Two stalkers in a white Mazda pick-up were chasing a chap on his bicycle near Caves Hwy. and White School Road at 12:52 p.m.
*Department of Human Services (DHS) assisted a woman and her children in a domestic violence case at 3:30 p.m. A restraining order will be obtained, and a report will be filed for strangulation with children present.
*A service technician set off an SOS alarm in the 200 block of W. Palmer Street at 3:35 p.m.
Outside the Valley
*There were eight incidents logged on this St. Patrick's alcohol holiday.

Friday, March 18
*JCSO assisted other agencies by directing traffic at a non-injury motor vehicle accident on Hwy. 199 at milepost 26 at 2:29 p.m.
*An area check of Jubilee Park was uneventful at 4:05 p.m.
*Justin Brian Taylor, 27, was arrested in the 300 block of Caves Hwy. on a no-bail supervisory authority warrant. He was charged with parole

violation and possession of meth, and lodged at the Josephine County Jail at 6 p.m. (It's spring-cleaning time in the Illinois Valley.)
*The last call of the day at 5:31 p.m. was a pocket-dial, complete with normal talking and TV in the background and no sounds of disturbance.
Outside the Valley
*The total of calls logged was 17.
Saturday, March 19
*There were no calls logged.
Outside the Valley
* Nine incidents were logged.

Sunday, March 20
* Domestic violence can work both ways, as a man on Ridge Vista Drive learned.
*Another 911 hang-up call came from a residence in the 500 block of Martin Road at 12:33 p.m. There were several prior calls from the same place, but there is never an answer when the dispatcher returns the calls. Perhaps 911 is programmed into their speed dial?
*At 4:40 p.m., a possibly drunk-dialer on Merlot Drive also phoned 911 and hung up when she realized it wasn't her sister on the other end of the line
Outside the Valley
* Nine incidents were logged again.

Know your watershed:

by Amy Britt
This article is our first and hopefully longstanding series of articles designed to help our community be a healthier place to live and enjoy. Our hope is these articles can help let our community know-how you can do your part by putting into practice simple, practical, and water friendly ways to protect the Illinois Valley Watershed. We'd love for you to actively participate with us in this endeavor by letting us know what has been helpful, what you'd like to see us cover, and by visiting our Facebook page regularly and "liking" us.
So, what is a watershed, anyway?
A watershed is an area of land that feeds all the water running under it and draining off it into a body of water. It combines with other watersheds to form a network of rivers and streams that progressively

drain into larger water areas.
Homes, farms, ranches, forests, small towns, big cities, and more can make up watersheds. Some watersheds cross country, state and even international borders. Watersheds come in all shapes and sizes. Some are millions of square miles, other are just a few acres. Wherever you are, wherever you go, even if you're in the middle of the ocean - you're in a watershed.
As a resident of the Illinois Valley Watershed, you are aware of the area's wonderful water resources – Althouse Creek, Sucker Creek, Deer Creek, East Fork Illinois River, West Fork Illinois River and Grayback Creek are just some of the tributaries "or contributors" to the Illinois River itself. We live, work and play here and all need clean water. The Illinois Valley Watershed is home.
Please visit and like our Facebook page www.facebook.com/ivstreamteam.

ROGUE VALLEY

COUNCIL
OF GOVERNMENTS

Food & Friends Menu
FRIDAY – MARCH 25
Scalloped potatoes & Ham
MONDAY – MARCH 28
Chicken Penne & Pasta
WEDNESDAY – MARCH 30
Swiss Style Steak

If you are interested in becoming a volunteer for the Food & Friends, Meals on Wheels Program or in need of meals call 541-955-8839.

SENIOR CORNER
Sponsored by Rogue Valley Council of Governments
Oregon Project Independence (OPI)
OPI is a program provided by Rogue Valley Council of Governments (RVCOG) and Senior and Disability Services that offers adults and seniors assistance in their home.
Many adults with disabilities want to live in their home and remain as independent as possible. OPI can provide activities of daily living such as preparing meals, bathing, shopping, dressing and housekeeping. Participants can receive an assessment to determine if they need in-home assistance. People receiving full medical coverage through Medicaid such as Oregon Health Plan do not qualify. Services are provided on a sliding fee schedule based on their income after medical expense deductions. For those whose income qualifies them for no monthly payments, there is a \$25 one-time fee. To find out if you qualify or for more information, call 541-423-1989 or email sbryson@rvcog.org.
RVCOG does not discriminate against anyone based on age, race, color, national origin, sex, religion, political beliefs, sexual orientation, or disability.
To find local resources and services please call **Oregon's Aging and Disability Resource Connection (ADRC)** at 1-855-673-2372 or visit www.ADRCo-fOregon.org. The Illinois Valley has a local Person-Centered Options Counselor, Laura Mancuso that is available to meet with you.

Sponsored by I.V. Wellness Resources
The I.V. Wellness Resources have received 83 responses to our survey, but we would like to see some more. So, we have decided to extend the survey until the end of March. If you haven't filled one out yet, please do so. You may find that the questions don't pertain to you but they do fit your neighbor or a family member. If so, please fill one out and return it to us. Surveys are available at the following locations: Senior Center, Senior Center Thrift Store, Cabin Chemistry, Healthy U, Dr. Nordal's, Mechling's and Philhower's offices and Siskiyou Community Health Center. If you do not see them out, please ask for them. We are trying to ascertain the greatest needs of the senior and disabled residents of the Illinois Valley with the goal of developing programs to meet those needs and to keep them safe and in their own homes. Your input is valuable to us! Watch the Senior Corner for survey results in April's first edition.


Illinois Valley Wellness Resources
Senior Classifieds
Tai Chi for Seniors: Free classes at the I.V. Senior Center (IVSC) , 520 E. River St. Every Friday from 12:30-3:30 p.m. Benefits of Tai Chi: increased balance, movement, breathing and mental focus. Contact Jim at 541-415-4218 or jimnelsonsan@gmail.com.
(IVSC Membership required \$15/year.)
FREE for Seniors
If you are a senior and want to place a **FREE AD** for a living or health care need call Laura at 541-592-2541 or email laura@illinois-valley-news.com.

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6th Annual Illinois Valley Little League Chili Feed & Cook-Off
Friday March 25, 2016 5:00-8:00 pm
At the County Building in Downtown CJ

Live Dessert Auction! Silent Auction!
Entertainment by Jay Barley Band and other surprise guests!

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