



TRY ROSIE'S PIZZA BY-THE-SLICE TODAY

415-0517

OPEN:

M & TH 11-6
FRIDAY 11-7
AT CHEVRON IN CJ

SATURDAY 9-1
AT GRANTS PASS
GROWERS' MARKET

FIND US ON FACEBOOK!

Weather Watch

Cave Junction

**Thursday, Mar 31**
Clear
High -- 73 Low -- 43

**Friday, April 1**
Clear
High -- 73 Low -- 44

**Saturday, April 2**
Partly Cloudy
High -- 69 Low -- 43

**Sunday, April 3**
Mostly Cloudy
High -- 64 Low -- 44

**Monday, April 4**
Partly Cloudy
High -- 59 Low -- 41

**Tuesday, April 5**
Cloudy
High -- 61 Low -- 41

**Wednesday, April 6**
Chance of Rain
High -- 66 Low -- 43

Following are the high & low temperatures, and rainfall recorded at The End of the Road in O'Brien by Cheryl & Harry Johnson:

Mar	High	Low	Rain
18	71.0	37.8	0.00
19	65.1	46.6	0.00
20	57.7	42.8	1.14
21	45.6	37.7	2.40
22	52.8	37.1	0.46
23	54.6	33.0	0.01
24	61.7	44.0	0.01

Mar Rain: 18.28" YTD Rain: 82.89"
Average Yearly Rain Total: 72 Inches

Healthy U News:

by Nicole Rensenbrink

Pride

A friend and I were talking the other day about how we both like compliments and feel uncomfortable with them. At first, I thought this was a sign of a perfectionism that never allows us to feel good enough. Upon further reflection, however, perhaps our caution regarding praise arises from wise inner voices trying to be heard above the warm glow of pride that threatens to engulf us.

Raised as a Christian, I learned that pride was one of the seven deadly sins. Along with Jews, Buddhists and Muslims, we were warned about pride as a path that attaches one to a God of "self" instead of to the Other, or the Spirit. But, that doesn't seem to stop many of us, religious or not, from wallowing in it.

Pride is intoxicating. It makes you feel good all over, like ice cream in summer or a beer on Friday after work. It's the reflected glory we get when our home team is on a winning streak. It's evident in the joy of a preschooler who ties her shoes for the first time and the teen who gets his driver's license. It's the mantra of the homemaker whose house is always spotless and the businessman who boasts of record profits. Pride gets us attention, makes us feel special, and gives us the feeling of success and completion.

Pride feels fabulous, but it is also dangerous. It has its dark sides. It can create dualistic thinking and inflated egos. In order to take pride in one job, we have to compare it to those we aren't proud of. Because of that, all but stellar performances are often discounted. Some of us passively dismiss our kids' sports by not showing up unless they're great. Or, when they are great, ignore the accomplishments of the janitors, refs, cheerleaders, band and benchwarmers who have also worked hard to put on each game. By showing so much pride in our stars, we show the rest of the kids that they are less worthy and we teach our stars that they don't count as people as much as they do as performers. This can create in them a pattern of dissatisfaction with the ordinary (of which life is mostly comprised).

When we have pride for what we do, we applaud our egos, or identities. And, the thing with identity is that if we get too attached to it, we cannot change with life's changes. A

Over there!



(Photo by Dan Mancuso, Illinois Valley News)

Kevin Jones (upper right), directs his daughter during the Easter egg hunt Sunday, March 27.



\$125,000

Huge Price Reduction!

Historic (but not registered as such) commercial property, on 0.17 acres, built in 1876, frontage on Hwy 199 (Redwood Hwy). Over the years this building has been home to several businesses, and is presumed to be the oldest building in the Illinois Valley.

There is a ton of character, charm, and potential here not to mention space (2860 sq ft inside plus an unfinished basement with approximately 1716 sq ft). Large open spaces upstairs and down for retail display. Studio apartment in back; the upstairs has a full bath and is plumbed and wired for a kitchen. There is a well in addition to city water. Owner may carry on an adjacent 0.17 acres. MLS #2961835



Heather Mistretta
Broker
541-660-4317
Licensed in the State of Oregon
Windermere Real Estate
Southern Oregon



Butterflies need your help

Butterflies, gardens and climate change in Southern Oregon are the focus of an upcoming program to benefit the Rusk Ranch Nature Center (RRNC).

The event, which is open to the public by donation, is scheduled from 11 a.m. to 1 p.m. March 31 at the Bear Hotel, 2101 N.E. Spalding Road in Grants Pass.

Patty Downing, RRNC executive director, will give an 11 a.m. talk about pollinators and the food supply, butterfly diversity and how to grow local milkweed.

At noon, Dr. Alan Journet, an emeritus professor of biology and environmental science at Southeast Missouri State University, will talk about climate change and Josephine County.

At 12:30 p.m., Master Gardener Kimberlie Lehman will talk about growing vegetable and flowers in containers. The program will be followed by a tour of the Bear Hotel.

Snacks and beverages will be served. Milkweed and seeds will be for sale.

For direct questions you can call 541-287-0172.

NEW LOCATION TO BETTER SERVE YOU



BY THE YARD:

Pumice

Washed Steer Manure

OMRI Organic Compost

Compost'N Pumice

Mint Compost

Organic Compost Chicken & Pumice

50/50 Mix

Oregon Mix

Coco Peat (fluffed)

WSDA Composted Chicken Manure

ROCK'N SOIL

1 Love Mix

EnchantMint Mix

BY THE BAG/TOTE:

1 Yard Tote

Reusable Totes (1.5-2 C.F.)

Peat Moss (3.8 & 120 C.F.)

ROCK'N CHUNK Perlite (4 C.F.)

ROCK'N Perlite (56 C.F.)

BY THE BLOCK:

Coco Peat Blocks

BY THE PALLET:

Peat Moss

Coco Peat Blocks

AMENDMENTS

NEW MATERIALS FOR SPRING 2016 :

Decomposed Granite (DG), ¾ Minus Shale, ¾-1½ Shale,

¾ Minus Granite, ¾-1½ Granite, Bark-O-Mulch & ¾-½ Pumice

ROCK'N SOIL LLC

541 660 1037

272 N. Old Stage Road Cave Junction, OR 97523

www.rocknsoil-oregon.com rocknsoiloregon@frontier.com

Locally Made and Family Owned - Be Green One Tote or Truck at a Time



FARMER'S ILLINOIS VALLEY

BUILDING & FEED SUPPLY

Your Complete Knowledge Center Headquarters For Your Next Project!

At Farmer's there's always something going on. Weekly specials and "in-store only" special purchase items are changing from day to day, and week to week. At Farmer's you'll find quality products and people to give you the "how to's" when you need help on a special project. Visit Farmer's today - family owned and a part of our community since 1962.

GET 3% BACK ON EVERYTHING WITH A REWARDS CARD!

T-Posts

8' Heavy Duty 125 Gauge

Low Price **\$6.99**

#704063

10' Heavy Duty

Low Price **\$8.99**

#101PHW125G

Best Look Interior Eggshell Ultra White Paint

Pastel/light colors only at this price.

Low Price **\$83.99**

5 Gallon

Reg. Price \$154.99

Low Price **\$16.99**

1 Gallon

Reg. Price \$32.99

IBC Water Tanks

Low Price **\$169.99**

#IBC

Husqvarna 27 Ton Log Splitter

\$1749.95

#H967334201

3200PSI Pressure Washer

\$479.95

#H967058901

Tenderfoot Stall Mats 3/4x4x6

\$37.99

#FS37463

Port-a-Mate Panel Carrier

\$76.99

Reg. Price \$89.99

#PM1800

800 lb. Gleason Hand Truck

\$49.99

#767619

6 ft. Green 225 lb. Fiberglass Step Ladder

Low Price **\$44.99**

Reg. Price \$59.99

#785582

Milwaukee

Buy a Qualifying M18 Tool Kit AND Hand Tool or Accessory and get **\$100.00 Off Purchase!**

#2720-21

#48-22-5116

#49-22-1129

All Chicken Accessories 10% Off

Suet Cakes

High energy, berry treat, nutty treat flavors

2/\$1.80

#730662, #730679, #730693

Reg. Price \$1.29 ea.

FARMER'S ILLINOIS VALLEY

BUILDING & FEED SUPPLY

541.592.3540

434 Caves Hwy - Cave Junction

Lumber | Doors | Windows | Hardware | Paint | Plumbing | Ranch

Buy online 24 hours a day at www.farmersbuildingsupply.com