

# Valley 'Clampers' raise money for Butte Creek Mill

By Dan Klapheke  
IVN Staff Writer

The local Umpqua Joe chapter of E. Clampus Vitus raised \$2,500 Monday, July 4, in Eagle Point for a burned down historical landmark.

The men of E. Clampus Vitus, or the "Clampers," set up at Eagle Point's Fourth of July parade selling snow cones, refreshments and raffle tickets. The raffle was for a U.S.-mint 1 ounce solid gold coin, and the entire \$2,500 in proceeds went to the Butte Creek Mill Foundation, dedicated to rebuilding the Butte Creek Mill in Eagle Point.

Margy and Nick Nickelson won the raffle, but donated the coin to the foundation. The gold is currently worth over \$1,300, which brought the total donations to nearly \$4,000 for the foundation through the Clampers' efforts.

Eagle Point Mayor Bob Russell, owner of Butte Creek Mill since 2005, is an inactive Clamper. He said the support of the group has been vital in the rebuilding process.

"It's hard to put it into words how important is that we have their financial support," Russell said.

The Butte Creek Mill caught fire Christmas morning of last year, according to the mill's website, and its entire inventory was destroyed, as well as most of the building. Before the fire, Butte Creek was one of two remaining water-powered mills in Oregon and the only operational flour-grinding mill east of the Mississippi river.

According to Russell, \$100,000 has been raised to rebuild the mill, and \$75,000 came from a vintage fair in

May. However, \$2 million is needed in order for the mill to reopen. Russell said he has already put together cost estimates and rendered designs, as he wants the mill to be reopened as authentic as possible.

"I'm an optimist," Russell said. "I think we could be breaking ground in a year."

The clampers' main purpose is to set up monuments and plaques at historical sites, and one of the first plaques the Umpqua Joe chapter had installed was at the mill in 2005. Russell said the plaque was salvaged from the fire, but the clampers have said they will install a new monument once the mill is reopened.

Grand Humbug Harold Lee, equivalent to president of the Umpqua Joe Clampers, agreed.

"We're looking forward to replacing that monument when the mill's reopened," Lee said.

The Umpqua Joe chapter covers the southwest Oregon area, including Coos, Curry, Jackson, Douglass, Klamath and Josephine counties. Besides the Eagle Point raffle, they also have another ongoing raffle that ends Nov. 12. Another gold coin is the prize, and the proceeds go toward the Clampers' monuments and plaques. Tickets can be bought at Sportsman Tavern for \$10.

Lee said it's important to put up the memorials in order to prevent history from repeating itself.

"We don't wanna do the same stupid things we did before," Lee said. "We wanna know about it!"

As for the mill, Russell said the Clampers are an enthusiastic group he and the mill can rely on.

"One thing you learn when you go through a tragedy is how many people were rooting for you before the fire even existed," Russell said. "And the Clampers certainly are part of that group."



(Courtesy photo for The Illinois Valley News)

E. Clampus Vitus, Umpqua Joe Chapter Humbug Harold Lee (left) along with Eagle Point Mayor Bob Russell, Vice Humbug Gary Rakes and Tarry Frank Monday, July 4 in Eagle Point.

## ROGUE VALLEY



### Food & Friends Menu

**FRIDAY - JULY 15**

HAM W/ PINEAPPLE SAUCE

**MONDAY - JULY 18**

CHICKEN POT PIE

**WEDNESDAY - JULY 20**

CHICKEN & PENNE PASTA

If you need meals delivered please call  
541-955-8839.

## SENIOR SPOTLIGHT

For local resources call the ADRC at 1-855-673-2372

### Alzheimer's disease and agitation

A person with Alzheimer's may feel anxious or agitated. He or she may become restless, causing a need to move around or pace, or become upset in certain places or when focused on specific details.

### Possible causes of agitation:

Anxiety and agitation may be caused by a number of different medical conditions, medication interactions or by any circumstances that worsen the person's ability to think. Ultimately, the person with dementia is biologically experiencing a profound loss of their ability to negotiate new information and stimulus. It is a direct result of the disease.

Situations that may lead to agitation include: Moving to a new residence or nursing home; changes in environment, such as travel, hospitalization or the presence of houseguests; changes in caregiver arrangements; misperceived threats; and fear and fatigue resulting from trying to make sense out of a confusing world.

### To prevent or reduce agitation:

1) Create a calm environment by removing stressors. This may involve moving the person to a safer or quieter place, or offering a security object, rest or privacy. 2) Try soothing rituals and limiting caffeine use. 3) Avoid environmental triggers. Noise, glare and background

distraction (such as having the television on) can act as triggers. 4) Monitor personal comfort. Check for pain, hunger, thirst, constipation, full bladder, fatigue, infections and skin irritation. Make sure the room is at a comfortable temperature. Be sensitive to fears, misperceived threats and frustration with expressing what is wanted. Simplify tasks and routines. 5) Provide an opportunity for exercise. Go for a walk. Garden together. Put on music and dance.

Do you have questions or concerns about your loved one's changing behavior? The Alzheimer's Association is here to help: Call our 24/7 Helpline: 800-272-3900 or visit [www.alz.org](http://www.alz.org).

Sponsored by I.V. Wellness Resources

### Treatment for arthritis

Treatment for arthritis focuses on relieving symptoms and improving joint function. Several different treatments or combinations may have to be tried before figuring out what works best for the individual. Medication is usually the first line of treatment and will vary dependent on the type of arthritis being treated. Medications may help to relieve pain or inflammation or interfere with the transmission of pain signals. Treatment for rheumatoid arthritis (RA) also includes medications that slow or stop the immune system from attacking the joints and targets various protein molecules that are involved in the immune system. Others reduce the inflammation. Physical therapy along with regular exercise can be helpful to improve range of motion and strengthen the muscles of the surrounding joints. Swimming and water aerobics may be good choices because the buoyancy of the water reduces stress on the weight-bearing joints. In some cases, splints and braces may be warranted. Surgery including joint replacement, modification or fusion and arthroscopy may be used if conservative measures don't help. Lifestyle and home remedies are used to make the arthritic individual more comfortable, increase mobility and limit future joint injury. Weight loss will reduce the stress on your weight bearing joints. Heating pads, rice packs or cold packs help relieve pain. Certain foods increase inflammation and pain associated with arthritis and should be avoided if possible; french fries, BBQ/Blackened foods, nightshade vegetable such as potatoes, tomatoes, eggplant and peppers, tobacco and wheat, especially high gluten products. Assistive devices, such as canes, walkers, or raised toilet seats can help protect the joints and improve one's ability to perform daily tasks. Alternative medicine such as acupuncture or acupressure, TENS, massage or can help to reduce pain. Yoga or tai chi help with joint flexibility and range of motion. Treatment for RA include all of the things mentioned, along with rest. The type of treatment best used for RA depends on several things, including the person's age, their overall health, medical history and the severity of the arthritis. You can contact I.V. Wellness Resources at [www.iwellnessresources@gmail.com](mailto:www.iwellnessresources@gmail.com).



### Senior Bulletin

**FREE Chair Fitness** Classes Monday and Wednesdays from 2-2:45 p.m. at Healthy U at 535 E. River St, 541-592-4888.

If you are interested in becoming a volunteer for the UCAN Senior Companion Program please call Carlos at 541-492-3520 or visit [www.ucanap.org](http://www.ucanap.org).

### 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](mailto:laura@illinois-valley-news.com).

# Concerts in the Park

Summer 2016

## Thursday Evenings

6:30 - 8:30

Jubilee Park

Cave Junction

Free admission

Bring your lawn chairs or blanket

July 14 Shoplifter

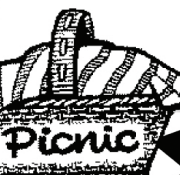
July 21 Kelly Thibodeaux and Etouffee

July 28 Buckle Rash

Aug 4 Rosie Wittman

Refreshments on sale by Bobbalou's Hamburgers and Dogs

Sound provided by Jammers Jukebox Check him out on Facebook at Jammers Jukebox



**ZUMBA**  
with  
**Lisa Sherier**  
Mondays & Wednesdays  
**\$5 DROP-IN**  
**6:15-7:15 PM**  
at Healthy U  
535 E River St.  
541-761-4342

*Serving the Best Cheeseburger with an Attitude!*  
Celebrating 10-years as the Valley's Bar & Grill  
TUESDAY THROUGH SUNDAY  
NOON TO CLOSE  
**RIB-EYE MADNESS**  
FRIDAY, JULY 15, 5 TILL?  
12235 Redwood Hwy • Wonder, OR  
541-476-8990

**FUNDRAISER for NEW IV THRIFT STORE**  
Saturday, July 16<sup>th</sup> Games start 4pm  
BINGO-.50/card ASSORTED RAFFLES  
BAKED GOODS AUCTION KITCHEN OPEN  
  
ALL PROCEEDS GO TO BUILDING  
"NEW" IV THRIFT STORE  
To be held at:  
IVSENIOR CENTER, 520 E. River Street, Cave Junction 541/592-6888