

# Winding Trails: by Al Hobart

Thursday, Aug. 4, 1966  
Illinois Valley News

## Young's Valley

Young's Valley nestles right in the very Heart of the "Illinois Alps," the prettiest cluster of peaks in the entire Siskiyou. Among the prominent mountains of the group that attracts the intense admiration of all who pass through Illinois Valley from the north, are Haystack Mount, Sanger Peak, Young's Peak, El Capitan, Copper Peak and presiding majestically over the whole group, Preston Peak, highest mountain in our part of the Siskiyou and 4th highest in the whole Siskiyou range, reaching to a height of 7,310 feet above sea level, and bearing perpetual snow.

Young's Valley is a pretty spot in its own right, with lovely camping sites, good pure water, abundant fuel - and typical wildflowers blooming

throughout the spring and summer months; but the principal feature that makes this high little valley a priceless retreat for all who admire nature at its awesome best is the panorama of great peaks that entirely surround it.

I have paid probably 50 visits to Young's Valley in the 36 years I have lived in the shadow of its surrounding peaks, botanizing the country all-around, camping for days at a time in the valley, where I always make my base camp. No other spot in our mountains has so great an attraction for me. For a good many years I have been able to drive right into the valley, but last summer, after the big storms of the preceding winter, I had to walk-in from Sanger Lake, a distance of 5 or 6 miles, the road being a complete wreck.

During the fourth of July holiday I decided to go up and see whether or how near I could drive to Young's Valley, having made no inquiries about the road.

We packed a picnic lunch, my botanically inquisitive friend and I, and

took off up Bearcamp Ridge in the jeep. We intended to get into Bear Meadow, only a couple of miles from Young's Valley, even if we had to walk a few miles. Some very special wild plants grow in Bear Meadow, such as the dwarf Peck's Phacelia and the miniature dogwood, Bunch berry.

To my great and pleasant surprise we found the road open clear into Young's Valley and beyond as far as Bell Echo campground, and in the best condition I have ever seen it. Others had made the discovery before we did - half a dozen camps were set up in there, holiday explorers out enjoying some of our very best mountain scenery.

In Bear Meadows we found and photographed a pure white Alpine Shooting-star, the first and only one I've ever seen. We also found that a huge bear that must have been as big as an Alaskan brownie has lived in there.

On the verge of starvation by the time we reached Young's Valley, we ate our scrumptious picnic lunch there. Then we drove on to see how far the

newly improved road went. It ended in Bell Echo. A Crescent City physician was camped here whom I'd met farther up on the Raspberry trail five years ago. After powwowing for a few minutes, each wondering, "Where have I seen this bloke before?" We both finally recalled the first meeting.

We spent 2 or 3 pleasant hours in Young's Valley and hiked down the Clear Creek trail to prowl a couple of small grassy meadows a short distance below the valley, poking and prying into the private lives of the wildflowers to see if we could discover any startling new facts hidden there.

Finally the time came to head home. I caught my companion setting her watch back a couple of hours, but the honest old sun said it was time to go, and we reluctantly departed the little mountain valley.

Our fourth of July celebration, we both agreed, had been a pleasant one. And Frieda allowed it would have been a safe and sane one if she'd been doing the driving.

### ROGUE VALLEY



#### Food & Friends Menu

#### FRIDAY - AUG 5

CHICKEN WALDORF SALAD

#### MONDAY - AUG 8

BEEF CHILI W/ BEANS

#### WEDNESDAY - AUG 10

SALISBURY PATTY W/  
GRAVY

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

## SENIOR SPOTLIGHT

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

**The Rogue Valley Council of Governments (RVCOG)** is a voluntary association of local jurisdictions in Jackson and Josephine counties. Through its Senior & Disability Services, it assists seniors and adults with disabilities. As the Area Agency on Aging for this district, the RVCOG has developed a network of services to help seniors and adults with disabilities live with dignity and inde-

pendence. An 11-member Disability Services Advisory Council, and a 23-member Senior Advisory Council appointed by the RVCOG Board of Directors, assist in planning and advocacy.

Whom do we serve?  
- Those needing information about any program for seniors or adults with disabilities in our communities.  
- Those frail elderly and adults

with disabilities least able to care for themselves.

- Those likely to need more costly public service unless they receive immediate help.  
- Those needing some assistance because of economic and social factors.  
- Those caring for a family member.  
You can contact RVCOG at 541-664-6674 or visit [www.rvcog.org](http://www.rvcog.org) for more information.

Sponsored by I.V. Wellness Resources

#### Celiac disease-part 2

Celiac disease is not uncommon, about 1 person in every 133 people in the U.S. has it (around 2 million people). It is hereditary and tends to run in families. In people with a close family member who has celiac disease the chances of getting it are 1 in 22. Other risk factors include chronic diarrhea, irritable bowel syndrome, colitis, type 1 diabetes, autoimmune thyroid disease, premature bone disease or infertility. Stress can be an important contributor. Diagnosis is based on symptoms, lab tests and endoscopy - a procedure in which the physician views the small intestine and takes a small tissue sample (biopsy).

Celiac disease can be difficult to diagnose because it affects people differently. Some people have no symptoms at all, but are still at risk for long-term complications. Adults are less likely to have digestive symptoms and are more likely to have things like unexplained iron-deficiency anemia, bone or joint pain, depression or anxiety, tingling in the hands and feet, seizures, migraines, or canker sores inside the mouth.

Currently, the only treatment for celiac disease is lifelong adherence to a strict gluten-free diet. Eating even a small amount of gluten can cause problems. Once gluten is completely removed from the diet, inflammation generally begins

to lessen within weeks. Besides completely avoiding wheat, barley, rye, and oats, one must read labels carefully because gluten can turn up where you don't expect it: in cold cuts, soups, candies, and even soy sauce. Be aware of ingredients such as starch, modified food starch, hydrolyzed vegetable protein (HVP), hydrolyzed plant protein (HPP), texturized vegetable protein (TVP), binders, fillers, excipients, extenders, malt, and natural flavorings, all of which may indicate the presence of gluten. Complete healing may take several months to several years. Following a gluten-free diet also helps prevent future complications. Some people experience no signs or symptoms after eating gluten, but this doesn't mean it's not harmful. Remember, even trace amounts of gluten in your diet can be damaging, whether or not they cause signs or symptoms. Some people with severe damage to their intestines may require IV nutrition supplementation. Others may require steroids to control inflammation.

We hear and read so much about opioid abuse and addiction. About the same number of Americans who abuse or are dependent on opioid drugs suffer from celiac disease.

This topic will be continued. You can contact I.V. Wellness Resources at [www.ivwellnessresources@gmail.com](mailto:www.ivwellnessresources@gmail.com).



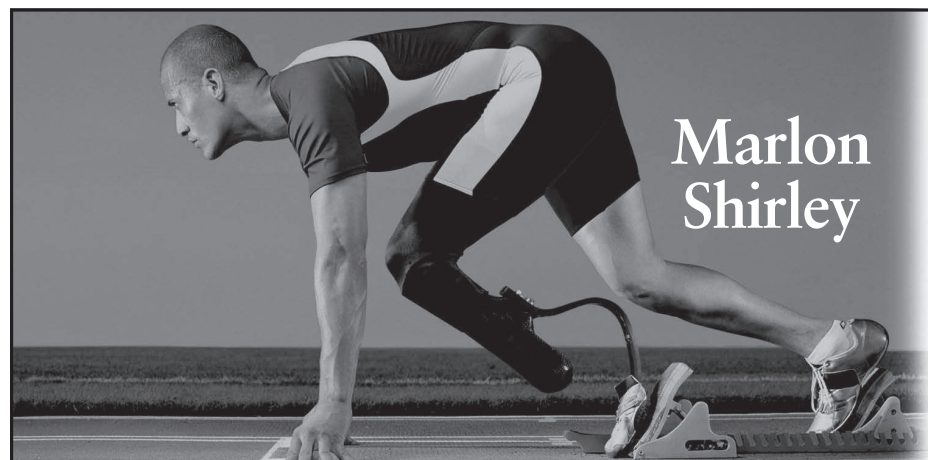
#### Senior Bulletin

The Oregon Home Care Commission provides a statewide registry of home care workers. Visit [www.oregon.gov](http://www.oregon.gov) for more information.

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

#### 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).



Marlon Shirley

# Lost leg, not heart.

**OVERCOMING**

Pass It On.

VALUES.COM THE FOUNDATION FOR A BETTER LIFE

**Illinois Valley Lions**  
44th Annual - LABOR DAY FESTIVAL  
September 3, 4, 5, 2016  
Jubilee Park, Cave Junction, Oregon  
**THEME: "On the Edge of the Wild"**

**BOOTH PARTICIPATION ENTRY FORM**  
**There will be NO Raffles allowed**

Check Those that Apply:  Business/Individuals  
 Non-Profit Organization  
 Food Provider Josephine Co Health Dept. Permit Required  
 Electricity.....\$5.00 usage fee (see below)

Electricity is available on a limited basis for a fee of \$5.00 per vendor. Vendors must furnish UL approved cord of appropriate size and length. Pop-ups, tents, etc. must be fire retardant and approved fire extinguishers must be provided if preparing hot foods.

Name of Organization \_\_\_\_\_ Phone: \_\_\_\_\_

Contact Person: \_\_\_\_\_ Primary Phone: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Booth Description and Items: (i.e. Pop Up, Trailer, Tent, Game, Food Booth, Jewelry, Clothing, what items you will be displaying and or selling)

Booth Total Size When Completely Set Up: \_\_\_\_\_ x \_\_\_\_\_  
Electricity requested:  Yes  No

Yes I will donate an item for the Lion's Auction Item  
 Yes I will donate 1 hour of my time helping in the Lions Hamburger booth (Day and time?)

To reserve booths: Please pay in advance: \$75 for 3 days or \$30 per day for 12' x 12' space.  
Booth Chairman: David Anderson 541-597-4486 Leave name, phone & address on voicemail.

**Make checks payable to IV Lions with booth entries to:**  
**IV Lions • PO Box 796 • Selma, OR 97538**

#### Waiver (must be signed)

The parties to this agreement jointly hold each other harmless and waive all rights of subrogation regarding any and all liability for bodily injury and Property Damage that may occur during and connected to the Labor Day Festival event.

Participant Signature: \_\_\_\_\_ Date: \_\_\_\_\_

All entries are subject to the approval of the IV Lions Booth Chairman. All information must be completed in order for your entry to be considered official.

**Mail booth entries to: IV Lions • PO Box 796 • Selma, OR 97538**

**Illinois Valley Lions**  
44th Annual  
LABOR DAY FESTIVAL  
September 3<sup>rd</sup> - 4<sup>th</sup> - 5<sup>th</sup> 2016  
Jubilee Park, Cave Junction, Oregon  
Parade Chairman: Gary Price 541-592-2505  
**THEME: "ON THE EDGE OF THE WILD"**

**Official Parade Application**  
Parade assemblies at Evergreen school on Monday, September 5th at 8:30am. Parade starts at 10am sharp. Check one or more categories for your parade entry:

- Music (youth band)
- Religious
- Humorous
- Commercial
- Truck
- Classic Auto (1950 +)
- Horse & Rider (adult)
- Public Service
- Music (adult band)
- Sports/Athletics
- Club/Organization (Youth)
- Club/Organization (Adult)
- Commercial Truck
- Antique Auto (Pre-1949)
- Horse & Rider (youth)
- Other:
- Military
- Marching
- Political
- Tuff Truck
- Tractor
- Custom Auto
- Horse & Rider (group)

Contact Person: \_\_\_\_\_ Phone: \_\_\_\_\_

Mailing Address: \_\_\_\_\_ City: \_\_\_\_\_ ZIP \_\_\_\_\_

Email Address: \_\_\_\_\_

Describe entry and/or history:  
\_\_\_\_\_  
\_\_\_\_\_

2016 IV Lion's Labor Day Parade / Vendor Participation  
HOLD HARMLESS AGREEMENT AND COVENANT NOT TO SUITE

The parties to this agreement are the ILLINOIS VALLEY LION'S CLUB and \_\_\_\_\_

In consideration of participation in the following event, 2016 Labor Day Parade / Vendor Participation, the undersigned agrees to release the ILLINOIS VALLEY LION'S CLUB and/or its members from any liability for all claims, damages, caused of actions, or suits of any kind or nature whatsoever, and particularly on account of any injuries, known or unknown, which have resulted or may result from the participation in the above mentioned event.

In the event the undersigned or any other parties are injured during the participation in the above mentioned event, the undersigned agrees to indemnify the ILLINOIS VALLEY LION'S CLUB and/or its members and pay for the costs of any defense, including advancing attorney fees, in the event a cause of action is initiated against the ILLINOIS VALLEY LION'S CLUB and/or its members for any injuries resulting from participation in the above event.

Dated this \_\_\_\_ day of \_\_\_\_\_, 2016.

Printed Name: \_\_\_\_\_ Signature: \_\_\_\_\_

**For Parade Questions Call Parade Chairman: Gary Price 541-592-2505**  
**For Vendor Booth Questions Call Booth Chairman: David Anderson 541-597-4486**  
**All parade entries and booth requests subject to LIONS approval.**  
**Mail PARADE entries to: IV Lions • PO Box 396 • Cave Junction, OR 97523**