

Shingles - you don't want them!

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IVN Senior Contributing Writer

“Shingles are awful,” said Dr. James Nordal, of Cave Junction Family Medicine. Shingles, also known as Herpes Zoster, causes a painful, blistering skin rash that can last two to four weeks.

 Almost one out of three people in the United States will develop shingles during their lifetime, according to the Center for Disease Control (CDC). And because your risk of shingles increases as you age, the CDC currently recommends that people 60 years of age or older get the shingles vaccine. Nordal agreed: “Because shingles are so nasty, you really don’t

want to get them.”

 What are shingles?

 When people get chicken pox, they fight it off and the pox virus mostly goes away, but Nordal explained how some of that virus inserts into nerve roots located near the spine, then many years later, for reasons not fully understood, the virus decides to break loose. “But because you have immunity from the pox, instead, the virus stays in that nerve. That nerve goes out to the skin, and each bundle of nerves has a corresponding location on various skin surfaces on the body. It can initially manifest as just pain,” he explained. “Before you get the rash, usually there’s a burning or stinging sensation. The rash looks like tiny blisters. The

blisters are really thin-walled, so they don’t last long, and once it scabs over, in theory, you’re no longer contagious.”

 Nordal said there’s a family of antibiotics that can be used to treat shingles, but in order for that medicine to be effective, it needs to be used almost immediately.

 “If that rash looks like little clusters of tiny blisters, get treated within 24 hours,” he said. “Even if it’s a Saturday or Sunday, they earlier you’re treated, the less likely you’ll have chronic problems and pain with this condition.”

 While there are topical remedies for active shingles, Nordal said, “I wouldn’t put anything on them, because that may just make it hurt. Afterwards, once the shingles rash has resolved, you can have pain in the nerves. There is a preparation that has been approved, Zostrix, which is basically topical capsaicin - and that’s what makes a hot pepper hot. Though few have the fortitude to do this, using it can deplete the neurotransmitters so that it doesn’t hurt as much, at least that’s the theory.”

 He added that if people end up with painful damaged nerve endings, that there are pills that can

be prescribed to alleviate some of the discomfort.

 So why do shingles appear?

 Dr. Margaret Philhower, a naturopathic physician who has a practice in Takilma, said shingles are almost always triggered by stress.

 “Stress management and rest are really important, especially as we age,” Philhower said. “Any time your immune system is weakened, you’re more likely to contract shingles.”

 One important aspect of shingles is determining whether one is contagious. Philhower said those with active outbreaks should especially avoid elderly people, pregnant women and little babies, who are all at highest risk.

 “You can pour peroxide on the affected area and if there’s any bubbling - that indicates that there are still open wounds and you’re still contagious,” she said.

 As chicken pox and shingles virus are related, Philhower explained how “kids can get chicken pox from an adult with shingles. Though if they’ve never had it before, that’s not always a bad thing, because then, they’ll have lifetime immunity, whereas vaccinations can wear off. Also, there’s a higher incidence of

shingles now and it seems that this is connected to the fact there’s a higher rate of vaccination for chicken pox.”

 “To treat a mild case of shingles, you can try calamine lotion,” she added. “Homeopathic remedies can be really helpful, but it’s a good idea to confer with your health care provider to get the right remedy. Also, research has shown that licorice root can also help manage symptoms. And acupuncture and hypnosis have also been found to help alleviate chronic pain after shingles that a small number of people experience.”

 Philhower also said that the B vitamins are good - especially B-12, in lozenge form, to put under the tongue, as that’s more effective than swallowing a pill. She added that some people might want to get shots of the vitamin.

 In general, Philhower recommends an anti-inflammation diet, which is sugar free, dairy free, alcohol free and wheat, corn and processed meat free. Avoiding chocolate is a good idea as well, she said.

 “Inflammation is the root cause of most disease, so I recommend this for chronic pain, or any kind of cardiovascular issue as well,” she said.

WILD ...

Continued from A-1

The Talent Show is open to amateurs of all ages and scheduled for all three days of the Festival. Juniors will perform Saturday, intermediates Sunday and adults Monday. Prizes will be awarded to the winners of each age group. Contact Steve Culver at 541-596-2438 for sign ups and information.

 All those wishing to participate must sign up by Sept. 1. Karaoke will also be held all three days of the festival and is open to all ages. This event is not a contest but a fun thing to do for both performers and all watchers.

 Vendor booth information can be obtained by contacting Dave Anderson at 541-597-4486.

 The popular Tarzan Swing will be a feature in the park for all three days and the Illinois Valley Corn Hole Toss Tournament is scheduled for Saturday and Sunday at the Jubilee Park tennis courts.

 Each day of the festival will offer an array of local music talent.

 A special free concert at 7 p.m. Sept. 4 by renowned Portland band “World’s Finest” will be co-sponsored by *Illinois Valley News* to commemorate publisher Dan Mancuso’s 50th birthday.

 An eclectic six piece band, “World’s Finest” combines Americana, dub, bluegrass and ska to create “feel good” music the group calls Neo-Americana.

 A 2016 Harley Davidson motorcycle “Street Bob” will be raffled to a lucky winner Monday, Sept. 5, at 6 p.m. Raffle tickets are available for sale at Taylor’s Country Store where last year’s winning ticket was purchased.

LEVY ...

Continued from A-1

The stated purpose of the levy is \$1.42 per thousand of assessed value in property tax to pay for enhanced law enforcement, including overhead. The proposal goes on to state: “A five person citizen oversight committee would ensure that monies are spent only for law enforcement purposes. The Oversight Committee would be appointed by the County Budget Committee.”

 The amount of tax to be raised by this measure is estimated to be \$10.2 million in the first year, fiscal 2017-18, and is projected to go as high as \$11 million in the fourth

year, assuming the value and number of properties in the county will rise.

 Josephine County Sheriff Dave Daniel has stated that to return to the level of service county residents received in 2006, the sheriff’s office would need the same level of funding, which was \$12 million.

 The current law enforcement budget is \$7 million, which is projected to plunge next May at the end of the current fiscal year, when federal funds dry up. Officials refer to this as the “fiscal cliff.”

 According to the volunteer group’s website, www.JoCoSafetyLevy.com, the amount of \$1.42 per thousand would only provide a “bare-bones” level of protection, to keep criminals behind bars and police safe on the job. It goes on to state that criminals know they can commit crimes and not spend much time

behind bars. It also points out that this figure is needed to provide resources for prosecution and the county jail in addition to police patrols.

 The website states that in the 10-year period between 2004 and 2014, reports of violent crime increased by over 40 percent and the committee feels confident this measure will pass this time because polling shows that the No. 1 concern of Josephine County voters is law enforcement.

 It goes on to say that if no funding replaces the disappearing federal monies by May 2017, over 30 percent of incarcerated criminals could be released from jail and deputy patrols and dispatch services will be severely reduced or eliminated.

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Illinois Valley Lions

44th Annual

LABOR DAY FESTIVAL

September 3rd - 4th - 5th 2016

Jubilee Park, Cave Junction, Oregon

Parade Chairman: Gary Price 541-592-2505

THEME: "ON THE EDGE OF THE WILD"

Official Parade Application

Parade assembles 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 SUE

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

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
☐ Electricity.....\$5.00 usage fee (see below)

Josephine Co Health Dept. Permit Required
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