



Life in the Valley of Riches

By DAN MANCUSO, Publisher

I have worked and lived in many towns across the county and I have to say Cave Junction is hands down the most anti-business city I have ever known. Until they read this, I have generally gotten along with the City Council and most of the city employees that I know. This is not personal; I am not attacking any one person or council member. I feel it must be a cultural thing.

Let's take a look a why I feel this way:

Filing a lawsuit to prevent commerce from the legal

marijuana trade. Like it or not this city is kept afloat by marijuana. Cave Junction is so poor that it cannot afford appropriate levels of law enforcement. This is the last city that should be spending money on a lawsuit like this. While getting the actual number spent to date has proved difficult, it's thought to be over \$30,000. This is aside from the lawsuit against PAPA's dispensary, no clue what that is costing.

Voting down the 3 percent sales tax on retail recreational marijuana that by law they are allowed to do. The city cites the lawsuit as the reason, but the lawsuit is regarding medicinal marijuana, not recreational, go figure. They didn't even take the time to see what revenue this would bring in. The city is spending money fighting a lawsuit that in the end will prevent commerce.

Voting no to putting a gas tax on the ballot. While in theory I like a gas tax because it spreads the cost to the tourists, our council could not even give an idea as to the amount the tax would bring in. Not one of them even had a clue. I spent 10 minutes on the phone with the Oregon Fuel Tax Group and learned quickly that January to July 2016, 2.1 million gallons of fuel was delivered within the city of Cave Junction, roughly 3.6 million gallons per year. If taxed at 1 cent per gallon this would equate to a total of \$36,000 in taxes.

As if all the above was not enough, the city does nothing to deal with transients that stand out in front of our businesses each day. Just this past weekend social media was abuzz over the parking lot of a local store and how many people don't feel safe parking their car there. Even more residents are tired of being accosted by panhandlers. Every time you see someone on the street with a \$400 grocery cart full of stuff, that's a crime in process. The city needs to get the contract deputy to make this type of incident a priority. The more you pester them, the less they hang around. The less they are around, the more people stop and shop in Cave Junction.

Need I even bring up a local motel or Jubilee Park?

The city of Cave Junction needs to change its attitude toward the business community. Most of the business owners live outside the city limits so we can't run for office or vote.

I understand there is a lot that needs to be done and it can be overwhelming to the council. They have so many issues to deal with and little to no money to work with. And, yes, I do appreciate the time they volunteer to be a part of the solution.

But, maybe if they spent time dealing with the real issues at hand they could actually do something that makes Cave Junction a better place and be friendlier to all businesses.

Thank you for picking up this week's paper, enjoy! ~

ROGUE VALLEY



Food & Friends Menu

FRIDAY - SEPT. 2

MEATLOAF W/ GRAVY

MONDAY - SEPT. 5

CLOSED FOR HOLIDAY

WEDNESDAY - SEPT. 7

CHICKEN STIR FRY

OVER RICE

If you need meals delivered please call

541-955-8839.

SENIOR SPOTLIGHT

Sponsored by the Rogue Valley Council of Governments

ELDER ABUSE

Abuse robs older adults and persons with physical disabilities of health, safety and property in communities across Oregon.

Let's commit to the improvement of vulnerable adults' quality of life through prevention and reporting.

What is adult abuse?

Abuse of adults aged 65 and older and adults with physical disabilities under the age of 65 can include: physical harm or injury; failure to provide

basic care; financial exploitation; verbal or emotional abuse; involuntary seclusion; wrongful restraint; unwanted sexual contact; or abandonment by the caregiver. In addition, self-neglect is when individuals lack the cognitive ability to care for themselves, which can also lead to harm.

Who should report abuse?

Everyone should report abuse. WE all have a responsibility to protect those who cannot protect themselves. Oregon law requires mandatory

reporting by certain people such as physicians, nurses, health department workers and more.

State law protects the confidentiality of all individuals reporting abuse. You are not required to give your name if you wish to remain anonymous.

Call Adult Protective Services at 1-855-503-SAFE or 541-618-7853.

To learn more about local senior resources you can call the Aging and Disability Resource Connection at 1-855-673-2372.

Sponsored by I.V. Wellness Resources

Pain Meds

In recent years, NSAIDs, (medicines containing aspirin, ibuprofen, naproxin, celecoxib) have killed more than 16,000 Americans PER YEAR and caused more than 100,000 PER YEAR to be hospitalized. These are just the people who take prescription NSAIDs for arthritis. These are mostly seniors. If all the deaths and hospitalizations were counted for all people who take NSAIDs, that number would be enormous. The deaths and hospitalizations are mainly caused by gastrointestinal bleeding. NSAIDs weaken the gastro-intestinal (GI) lining. This "side effect" occurs much more frequently in the elderly. Some of the other tragedies caused by NSAIDs are from heart disease, stroke and kidney damage.

The main reason for this is the medical establishments ingrained abhorrence with 'drug dependency'. We are dependent on air, water, shelter and a host of other things. Really dependent. What is so bad about being dependent on a medicine which alleviates one of our greatest miseries. A drug dependency in relation to pain treatment must be put into context with the risks involved with other, less effective treatments. This new campaign to reign in opioid abuse

should not be aggressively aimed at senior citizens. Statistics bear this out. There is probably a substantial amount of opioid dependency in senior citizens. So what!! As long as they get their medicine the dependency is not a problem. The pain is!! Yes it must be monitored. Yes, they should have a choice.

There is increased suffering and increased risk of death and other untoward consequences in seniors denied opioids and given the NSAID alternative. If seniors in pain were given opioid therapy instead of NSAIDs would as many die or be hospitalized each year? In 2014- 18,900 people died from prescription opioids. That is all people including the ones who got the opioids illegally. 12,000 of those were 45 to 64 years old, not yet seniors. Overdose death rates are highest for people 25 to 54 years old, therefore quite a few deaths probably occurred in those 25 to 44, so add that to the 12,000. Not that many deaths left over for the 65+ year old category. So, would as many seniors die or be hospitalized? Probably many fewer seniors would die and many fewer be hospitalized and many, many more would have pain free lives.

(You can contact I.V. Wellness Resources at www.iwellnessresources@gmail.com.)



Senior Bulletin

Gatekeeper Training at I.V. Family Coalition, 535 E. River St. Sept. 17 at 10 a.m. in the River Room.

CHAIR FITNESS classes FREE at Healthy U, Monday and Wednesdays from 2 - 2:45 p.m. 535 E. River St., Cave Junction (behind the I.V. Family Coalition) Call 541-592-4888 or visit www.healthyucenter.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.

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24099 REDWOOD HWY. - KERBY

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FULL BAR ♥ GREAT FOOD ♥ LIVE MUSIC

2 WEEK SPECIAL

Real Food Market

Natural Factors

Tranquil Sleep

\$19.29

ea. Reg. \$25.79

Essential Source

Women's Balance

\$24.39

ea. Reg. \$32.59

Special Features

Eel River Ground Beef

100% grass fed and grass finished organic beef.

Great on the Grill!

\$7.59

lb. Reg. \$8.99 lb.

Grilled Ham & Cheese Sandwich

With side salad.

\$3.99

ea. Reg. \$4.99 ea.

Asstd. Annie's Mac-N-Cheese

\$1.39

ea. Reg. \$2.69 ea.

Cauliflower

\$2.09

ea. Reg. \$2.79 ea.

Meat

Smart Chicken Organic Breasts..... \$7.99 lb.

A free range chicken. No hormones or antibiotics. Reg. \$9.09 lb.

Niman Fearless Dogs..... \$3.99 pkg.

No nitrates or nitrites. Reg. \$5.49 pkg.

Groceries

Annie's Bunny Graham Crackers

\$2.79

ea. Reg. \$4.49

Asstd. Nature's Path ECO PAC Cereals

\$4.99 & \$5.99

ea.

C20 Coconut Water

\$1.79

ea. Reg. \$2.49

Asstd. Blue Diamond Nut Thin Crackers

\$2.49

ea. Reg. \$3.59

Frozen

Three Twins Asstd. Ice Cream..... \$4.49 ea.

Reg. \$5.99 ea.

Cascadian Asstd. Fruits..... \$3.69 ea.

Reg. \$4.99 ea.

Produce

Honey Dew Melon..... 99¢ lb.

Reg. \$1.19 lb.

Cantaloupe..... 99¢ lb.

Reg. \$1.19 lb.

Egg Plant..... \$2.99 lb.

Reg. \$3.49 lb.

Red & Green Grapes..... \$2.69 lb.

Reg. \$2.99 lb.

Bunch Carrots..... \$2.09 ea.

Reg. \$2.19 ea.

Bulk

Mt. Rainier Trail Mix \$6.59 lb.

Organic Trail Mix. Great For The Last Hike Of The Season Reg. \$7.79 lb.

Brown Basmati Rice \$2.59 lb.

Organic Rice Reg. \$3.39 lb.

Yummy Lollipops \$6.99 lb.

Great Candy For The Little Ones Reg. \$8.49 lb.

Deli

Grilled Turkey, Bacon Sandwich

\$5.79

ea. Reg. \$6.29

Four Cheese Tortelloni Salad

\$7.49

lb. Reg. \$7.99

Grab-N-Go Bagel Sandwiches

\$3.49

ea. Reg. \$3.99

Breakfast Menu Hashbrowns

50¢

Add Hashbrowns to any breakfast item for

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