

## Local food system getting stronger

The Illinois Valley Community Development Organization (IVCanDO) is hosting the Rogue Valley Food Systems Network (RVFSN) for a meeting with local food farmers and food access workers, at the Kerby Belt Building Friday, Jan. 13, from 9:30 until noon. Strengthening food production and distribution networks, and getting more local food into Valley schools, stores and restaurants are all goals under the Illinois Valley 20/20 Community Vision and Strategic Plan. The RVFSN will share resources for effective ways to support local food producers and help residents get more healthy food that was grown in the Illinois Valley.

If you are a food farmer, local food producer, have a food-related business, or are interested in food access issues, please attend. Lunch will be provided, so please call/RSVP. To sign up, or for more information, contact IVCanDO's community development coordinator Kate Dwyer at 787-5283. You can view the Strategic Plan at [www.ivcdo.org](http://www.ivcdo.org).

## Local students make Honor Roll at Oregon State

CORVALLIS, Ore. – Names of students who have made the Scholastic Honor Roll Fall term have been announced by Oregon State University.

A total of 1,234 students earned straight-A's (4.0.) Another 4,343 earned a B-plus (3.5) or better to make the listing. To be on the Honor Roll, students must carry at least 12 graded hours of course work.

IVHS graduates with straight-A averages were Thea Z. Barker-Cortrech, senior, human devel. and family science and Ivan S. Yates, senior, biology.

Students with 3.5 or better were: Elissa A. Matthews, senior, zoology; Camelia Swenson, freshman, university exploratory studies; and Brian S. Bemis, junior, elect and computer engineering.

## Outgoing elected officials honored



(Photo by Dan Mancuso, Illinois Valley News)

Outgoing elected officials were acknowledged for their years of service to the community Monday, Jan. 9. Councilor John Gardiner, four years (left); Mayor Carl Jacobson Jr., eight years; and Councilor Margaret Miller, 13 years.

### ROGUE VALLEY



### Food & Friends Menu

**FRIDAY - JAN. 13**  
BEEF CABBAGE BAKE  
**MONDAY - JAN. 16**  
CLOSED FOR HOLIDAY  
**WEDNESDAY - JAN. 18**  
SPAGHETTI  
W/ MEAT SAUCE

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

## SENIOR SPOTLIGHT

### What is the Aging and Disability Resource Connection (ADRC) of Oregon?

When you are looking for information about services to address aging or disability needs, the Aging and Disability Resource Connection (ADRC) of Oregon can help you learn about local public and privately

paid options. The ADRC has trained professional staff who can help you and your family with immediate needs, or help you plan for the future.

The ADRC of Oregon is a state-wide resource for everyone, regardless of income level.

You can reach the ADRC of Oregon through the website, [www.ADRCoforegon.org](http://www.ADRCoforegon.org), calling toll-free 1-855-673-2372, or by contacting the local ADRC office at 541-618-7572.

The Grants Pass Senior and Disability Services office is at 2101 NW Hawthorne Ave. Suite A and the phone number is 541-474-3110.



### Senior Bulletin

#### HOME SAFETY EVALUATIONS

Call Pat Jenkins, RN, MSN with I.V. Wellness Resources for a low cost evaluation at 541-415-0465.

**CHAIR FITNESS** classes FREE at Healthy U, Monday and Wednesdays from 2 - 2:45 p.m. 535 E. River St., Cave Junction Call 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).

### Sponsored by I.V. Wellness Resources

#### Medication Disposal

With all the rain and melting snow in our valley, it makes me wonder what is soaking into our ground water or washing into our creeks and river. Of course as a medical person, one of my first thoughts relate to the medicines and chemicals that are so often prescribed to our seniors and disabled folks. What do we do with those unused drugs? How do we prevent medicines from contaminating? For many years flushing down the toilet was the recommendation to prevent a serious health risk to our families and pets or intentional misuse by others. Some pharmacies have take-back programs or some law enforcement departments will dispose of the medications. If these programs are not available to you, the FDA has the following recommendation: Block out any identifying information from the label including your name,

prescription number and address before throwing the bottle away. Next, mix the unused medication with wet used coffee grounds or cat litter in a sealable plastic bag, an empty can or other container to prevent leakage and throw the container into your household trash. I have not heard of our local trash haulers having any other guidelines. If you are a diabetic and have insulin syringes to dispose of, a red closeable "sharps" container that is available from your trash hauler is the recommended way of disposing of the product. The sharps containers will be picked up by the hauler and burned and the red container prevents the handler from getting inadvertently stuck by a contaminated needle.

Pat Jenkins, RN, MSN

You can contact I.V. Wellness Resources at [www.iwellnesresources@gmail.com](http://www.iwellnesresources@gmail.com).

ONE CALL DOES IT ALL, NO JOB TOO SMALL!  
CCB #189031

**Sun Valley CONSTRUCTION, INC.**  
541-218-5555

EXCAVATION, CLEARING, KITCHEN AND BATHROOM REMODELING, ROOFING, GREENHOUSES, FENCING, ELECTRICAL, PAINTING...

PROUDLY SERVING THE ILLINOIS VALLEY SINCE 1992

**CJ Coffee**  
MONDAY-SUNDAY: 6AM-8PM

**JP AUTO & METAL RECYCLING**  
NEW PARTS - USED PARTS  
-WE BUY SCRAP METAL-  
CERTIFIED SCALES

29910 REDWOOD HWY  
CAVE JUNCTION, OR  
541-592-3691

**SPORTSMAN TAVERN**

KARAOKE EVERY FRIDAY SERVING COCKTAILS

CAN'T WAIT TO SEE AND HEAR ALL OF YOU

**2 WEEK SPECIAL**

**HAPPY NEW YEAR!** **Gooseberries** **Have a Great 2017!**

**Real Food Market**

**Special Features**

<p>Smart Chicken <b>Ground Chicken</b> 100% organic ground dark meat. No antibiotics or hormones. A free range bird. <b>\$6.99</b> pkg. Reg. \$8.29 pkg.</p>	<p>Hail Merry <b>Assorted Tarts</b> MERRY'S MIRACLE TART COCONUT VANILLA CREAM Hail Merry <b>\$3.99</b> ea. Reg. \$4.69 ea.</p>
<p>Asstd. Bob's Red Mill <b>Natural Flours</b> <b>\$3.29</b> ea. Reg. \$4.49 ea.</p>	<p>Heirloom <b>Tomatoes</b> <b>\$3.99</b> lb. Reg. \$4.59 lb.</p>

**Groceries**

<p>Napa Valley <b>Extra Virgin Olive Oil</b> Reg. \$14.69 <b>\$9.99</b> ea.</p>	<p>Wholesome <b>Organic Cane Sugar</b> Reg. \$7.19 <b>\$4.99</b> ea.</p>
<p>Grown Right <b>Whole Cranberry Sauce</b> <b>\$2.09</b> ea. Reg. \$2.69</p>	<p>Asstd. Annie's <b>Mac-N-Cheese</b> 4 for <b>\$5.00</b> Reg. \$2.69</p>

**Deli**

<p><b>Grill Menu</b> Cheeseburger <b>\$4.99</b> ea. With side salad. Reg. \$5.59</p>	<p><b>Salad Case</b> Tuna Salad <b>\$5.09</b> lb. Tuna, veganaise, celery, onion, dill relish &amp; dill weed. Reg. \$5.59</p>
<p><b>Grab-N-Go</b> Wilcox Organic <b>Hard Boiled Eggs</b> <b>\$1.09</b> ea. Reg. \$1.59</p>	<p><b>Breakfast Menu</b> Breakfast Burrito <b>\$3.99</b> ea. Two eggs, your choice of meat, cheese and vegetables.</p>

**Meat**

<p>Beeler's 1/4 Hams ..... <b>\$5.99</b> lb. No nitrates or nitrites. Heat and serve. Reg. \$7.79 lb.</p>	<p>Aidell's Chicken &amp; Apple <b>Sausage</b> ..... <b>\$5.29</b> pkg. A quick dinner. Made with all natural chicken. Reg. \$6.09 pkg.</p>
---	---

**Frozen**

<p>Gluten Freeda <b>Asstd. Burritos</b> ..... <b>\$2.79</b> ea. Reg. \$4.09 ea.</p>	<p>Alexia Asstd. Potatoes ..... <b>\$3.29 - \$3.99</b> ea. Reg. \$4.09 - \$5.09 ea.</p>
---	---

**Produce**

<p>Blueberries (Box)..... <b>\$3.79</b> ea. Reg. \$4.29 ea.</p>	<p>Eggplant ..... <b>\$1.39</b> lb. Reg. \$1.79 lb.</p>
<p>Comice Pears ..... <b>\$1.39</b> lb. Reg. \$1.89 lb.</p>	<p>Kale (Green, Purple &amp; Italian) . . <b>\$1.49</b> ea. Reg. \$1.79 ea.</p>
<p>Collard Greens ..... <b>\$1.49</b> ea. Reg. \$1.79 ea.</p>	<p><b>Cheese</b></p>

Mount Vikos **Sheep & Goat Feta** ..... **\$5.29** 7 oz. ea.  
Reg. \$6.09 ea.

Bubbies **Sauerkraut** ..... **\$7.49** 25 oz. ea.  
Reg. \$8.39 ea.

Lisanatti **Rice Cheese Sticks** ..... **\$3.59** 8 oz. ea.  
Reg. \$4.39 ea.

**WE SUPPORT OUR LOCAL FARMS!**

We Accept Oregon Trail Cards • Prices effective Weds., 01/04/17 - Tues., 01/17/17 Ad Specials - While Supplies Last.  
1201 Redwood Ave. • 541-471-2700 • Open Mon. - Sat. 8 am - 8 pm • Sun. 10 am - 6 pm