

ROGUE VALLEY



Food & Friends Menu

FRIDAY – APR 14
EGG SALAD SANDWICH
MONDAY – APR 17
SPAGHETTI W/ MEAT SAUCE
WEDNESDAY - APR 19
MEATLOAF W/ CREOLE SAUCE
If you need meals delivered or want to volunteer please call 541-955-8839.

SENIOR SPOTLIGHT

Call I.V. Wellness Resources @ 541-592-9781

Musculo-skeletal Health

The gradual loss of muscle mass during aging has been associated with a reduction in bone density, insulin sensitivity, aerobic capacity and metabolism. Reduced muscle strength is a notable cause of disability in the elderly. It is a critical component in the ability to walk and is highly related to the incidence of falling.
Resistance training is the best method to reduce and prevent the progression of age-related musculo-skeletal degeneration and eventual dependence on others. Walking, lifting weights or swimming are great ways to develop that resistance. At the same time, exercise doesn't have to be structured at a fitness center. Walking or biking with your spouse or a friend or taking up a new sport like golf with a buddy, can make it more fun and encouraging.
Exercise should be at least three times a week.

Exercise combined with a healthy diet is the most effective way to reduce the risk of age-related chronic conditions. Additionally, regular exercise helps to maintain a healthy body weight and diminish the risk factors associated with obesity. If you are looking to become more physically active to improve your health, find activities that you enjoy and that can become a regular part of your routine. Set activity goals and remember to start slowly and build up to increasing levels of activity.

Pat Jenkins, RN, MSN
You can contact I.V. Wellness Resources by email at iwellnessresources@gmail.com and/or Like our Facebook Page @ [iwellnessresources](#). To find out about resources available for seniors and disabled residents in the Illinois Valley call our program coordinator Laura Mancuso at 541-592-9781.



WANTED

SEEKING RENTER
Christian woman looking for a renter in her home, 1 bedrm, access to kitchen & utilities, \$330/month, 10 miles outside of CJ 541-597-2750.

FOOD & FRIENDS
looking for back-up drivers for Meals on Wheels, mileage reimbursement available. Must pass background check. Call 541-955-8839.

SENIOR BULLETIN

FREE ADS

If you are a senior and want to place a FREE AD for a living or health care need call Laura Mancuso at 541-592-2541 or email laura@illinois-valley-news.com.

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 or visit www.healthyucenter.org.

AARP TAX-AIDE PROGRAM

Providing free tax assistance for middle & low incomes. Tax counselors are IRS-certified. Call 541-592-6139 for a Wednesday appointment in Cave Junction.

HOME SAFETY EVALUATIONS

If you are in need of a home safety evaluation with a registered nurse please call I.V. Wellness Resources for an appointment. We have flexible hours to meet your needs. Call 541-592-9781.

BINGO FOR ALL AGES WEDNESDAYS
EARLY BIRD 6 - 6:30PM
17 GAMES 6:30 - 9:30PM
HAMBURGERS FOR SALE
520 E. RIVER STREET, CJ
IV SENIOR CENTER
OPEN TO THE PUBLIC

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

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

ONE CALL DOES IT ALL, NO JOB TOO SMALL!
CCB #189031
541-218-5555
SunValley CONSTRUCTION, INC.
EXCAVATION, CLEARING, KITCHEN AND BATHROOM REMODELING, ROOFING, GREENHOUSES, FENCING, ELECTRICAL, PAINTING...
PROUDLY SERVING THE ILLINOIS VALLEY SINCE 1992

City of Cave Junction Drinking Water Consumer Confidence Reports (CCRs) 2016

CCRs provide information about the quality of the water you receive and are written in compliance with standards set by State & Federal Drinking Water Regulations.

The City of Cave Junction is a blended source water system consisting of the Illinois River (Entry Point A) and the Daisy Hill Well (Entry Point B). The main source of drinking water is the Illinois River. This river travels through a 232 square mile watershed including the East Fork Illinois River, Sucker Creek and Althouse Creek watersheds. Source water assessment results are available online.

The staff working in the water plant take pride in producing the absolute best water possible. Any opportunity to better serve the citizens of Cave Junction is appreciated and we hope this information is found valuable.

Water Production for 2016

Annual Water Right Allowance:

Surface Water: 3cfs or 707,668 MG (Million Gallons)
Ground Water: 0.6cfs or 141,534 MG

Actual Production:

Water Treatment Plant: 31,463 MG (4% of total allowance)
Daisy Hill Well: 39,937 MG (28% of total allowance)

Water Quality Results

Monthly testing on our distribution system is conducted for microbiologicals and weekly testing is completed for water quality. Drinking water, including bottled water may reasonably be expected to contain at least small amounts of some contaminants. The presence of contaminants does not necessarily indicate that water poses a health risk, however, some people may be more vulnerable to contaminants in drinking water than the general population. Immuno-compromised persons such as persons undergoing chemotherapy or those with HIV/AIDS disorders, persons who have undergone organ transplants, or some elderly and infants can be particularly at risk from infections.

The City of Cave Junction has received a **Bin 1** classification. This is based on the source water monitoring results generated during the test period ending September 2009. The annual mean *E. coli* concentration of these data was **28.8 E. Coli** 100/mL, which does not exceed the 50 E. Coli/100 mL E. coli trigger for a flowing stream source.

More information about contaminants and potential health effects can be obtained by calling the EPA's **Safe Drinking Water Hotline at (800) 426-4791**.

Turbidity—Suspended particles in water that may interfere with disinfection:

Max. 0.09 NTU Min. 0.02 NTU
All samples below State Limit < 0.3 NTU

Total Trihalomethanes (TTHM) Current MCL is 0.080 mg/L
(Reservoir #4 = 0.0179 mg/L)

Haloacetic Acids (HAA5) Current MCL is 0.0600 mg/L
(Reservoir #4 = 0.0171 mg/L)

Entry Point A—Illinois River

Barium 0.0089500 mg/L MCL = 2.0 mg/L
Nickel (2013) 0.0034800 mg/L MCL = 0.1 mg/L
Nitrate—Nitrite 0.0630000 mg/L MCL = 10 mg/L
Sodium 7.39
Total Organic Carbon 1.7 mg/L
Combined Radium 4.69 pCi/L MCL = 5

Entry Point B—Daisy Hill Well

Daisy Hill Well met 100% of the microbiological testing standards.

Lead and Copper/Corrosion of Household Plumbing

Lead & Copper results reported in 90th percentile
Lead 0.0 mg/L Action Level 0.0155 mg/L
Copper 0.1877 mg/L Action Level 1.3 mg/L

There is no detectable Lead or Copper in the City's two water supply sources:

The Water Treatment Staff monitors the water quality in the distribution system to ensure that the pH of the water is high enough to help prevent corrosion. The average pH in our water system is 7.8 s.u.

If present, elevated levels of lead can cause serious health problems, especially for pregnant women and young children. Lead in drinking water is primarily from materials and components associated with service lines and home plumbing. The City of Cave Junction is responsible for providing high quality drinking water but cannot control the variety of materials used in plumbing components. When your water has been sitting for several hours, you can minimize the potential for lead exposure by flushing your tap for 30 seconds to 2 minutes before using water for drinking or cooking. If you're concerned about lead in your water you may wish to have your water tested.

The City of Cave Junction met all microbiological testing standards for 2016 and is keeping up with new testing requirements as mandated by the Oregon Health Authority and the Environmental Protection Agency (EPA). The City is dedicated to complying fully with all State and Federal regulations to insure that the water we provide to our citizens is the very best drinking water possible.

The 1996 Amendment to the Safe Drinking Water Act requires that all states conduct source water assessments for public water systems within their boundaries. The assessments consist of (1) Identification of the Drinking Water Protection Area (i.e., the area at the surface that is directly above that part of the aquifer that supplies groundwater to our well or from the river; (2) Identification of potential sources of pollution within the Drinking Water Protection Area; and (3) Determining the susceptibility or relative risk to the well water from those sources. The purpose of assessments is to provide water systems with the information they need to develop a strategy to protect their drinking water resource. The Oregon Health Authority and Environmental Quality has completed the assessment for our system, a copy of which is on file at the Water Treatment Office. In 2004, in cooperation with the State, the City completed a source water assessment on both the Illinois River and Daisy Hill Well. The City used this assessment to develop protection areas around its source waters to include:

Surface Water Protection Areas: This is the 232 square miles of water shed that provides us with our drinking water.
Well Head Protection Area: This is the zone of travel water will take in the 2, 5, and 10 year times of travel to reach our city well. The City has received recognition from the DEQ Drinking Water Section, for its efforts in protecting its drinking water supplies. The City's Municipal Code Chapter 13.12, Groundwater Protection was put into place to assist in protecting this valuable source of water.

Information on lead in drinking water, testing methods, and steps you can take to minimize exposure is available from the **Safe Drinking Water Hotline 800-426-4791** or at www.epa.gov/safewater/lead.

Kerby Water District

As of July 2010 The City of Cave Junction began providing water and contract services to the Kerby Water District (KWD). KWD customers should direct their questions to John Plute at (541) 592-3791.

KWD passed 100% of their microbiological testing.

Kerby Pump Station:

Total Trihalomethanes (TTHM) Current MCL is 0.080 mg/L Result = 0.0033000 mg/L
Total Haloacetic Acids (HAA5) Current MCL is 0.06 mg/L Result = ND

Saners Flat:

Total Trihalomethanes (TTHM) Current MCL is 0.080 mg/L Result = 0.0217000 mg/L
Total Haloacetic Acids (HAA5) Current MCL is 0.06 mg/L Result = 0.0106000 mg/L

Lead and Copper Test Results:

Lead (2016)—0.0 mg/L Copper(2016)—0.0598 mg/L
Lead Action Level—0.0155 mg/L Copper Action Level—1.35 mg/L

City of Cave Junction's Cross Connection/Backflow Assembly Management Program

The City's Municipal Code 13.04.060, requires installation of an Oregon State Health Division approved backflow assembly where any potential cross-connection exist.

As of June 9, 2010, the City amended Ordinance No. 531 to reflect a revised backflow prevention program with the City taking full responsibility for managing actual or potential cross connections within the city limits. Audits will be performed to advised new & existing customer if assemblies are needed and annual assembly testing will be conducted by the City's tester in accordance with State Regulation. **Note: The City requires a permit for the installation of all irrigation systems.**

Water Conservation

If you have a lawn, chances are it is responsible for your largest consumption of water. Typically, 50% of household water is used outdoors. Inside the home, bathroom facilities claim nearly 75% of the water used.

What can you do to reduce water usage?

Water lawns between 4 and 6am or between 8 and 10pm when heat and evaporation levels are lower, allowing moisture to be absorbed.

Delay watering lawns during the first cool weeks of spring. This encourages deeper rooting and makes your lawn healthier. It will also delay that first lawn mowing session.

Consider "Xeriscape" which means landscaping for water conservation. The idea includes using plants that are drought tolerant and filling spaces with decorative objects that do not require water such as rocks, benches, gravel and decks.

Important Terms to Know:

Maximum Contaminant Level Goal (MCLG) - The level of a contaminant in drinking water below which there is no known or expected risk to health. MCLGs allow for a margin of safety.

Maximum Contaminant Level (MCL) - The highest level of a contaminant that is allowed in drinking water. MCLs are set as close to the MCLGs as feasible using the best available treatment technology.

Treatment Technique - A required process intended to reduce the level of contaminant in drinking water.

Action Level - The concentration of a contaminant which, if exceeded, triggers other treatment requirements which a water system must follow.

Parts per Million (ppm) / Parts per Billion (ppb) - ppm means that one part of a particular contaminant is present for every million parts of water. ppb indicates the amount of a contaminant per billion parts of water.

Maximum Residual Disinfectant Level (MRDL) - The highest level of a disinfectant allowed in drinking water. There is convincing evidence that addition of a disinfectant is necessary for control of microbial contaminants.

Maximum Residual Disinfectant Level Goal (MRDLG) - The level of a drinking water disinfectant below which there is no known or expected risk to health. MRDLGs do not reflect the benefits of the use of disinfectants to control microbial contamination.

Picocuries per liter (pCi/L) - A measurement of radioactivity

For further information on water testing go to the website at:

public.health.oregon.gov

highlight
select
under
select
click on
enter

**Healthy Environments
Drinking Water
More Resources
Drinking Water Data Online
WS Name Look Up
Cave Junction**

We want your Input
Public Participation Opportunities can be found at:
City of Cave Junction City Council Meetings
For Information call: (541) 592-2156

CCRs are always available at City Hall or can be found at:
www.cavejunctionoregon.us