

ROGUE VALLEY



Food & Friends Menu

FRIDAY – APR 21

BBQ SMOKEHOUSE

PORK CHOP

MONDAY – APR 24

COUNTRY FRIED STEAK

WEDNESDAY - APR 26

TURKEY TETRAZZINI

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

SENIOR SPOTLIGHT

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

Nutritional needs with aging.

Our caloric needs decrease as we age due to increased body fat and less lean muscle. Being less active can further decrease caloric needs. The challenge comes as we try to meet the same vitamin and mineral requirements we had when we were younger, yet consume fewer calories.

The ultimate goal is energy balance. The answer is in choosing foods high in nutrients in relation to their calories-referred to as nutrient dense foods.

Low-fat milk is one such nutrient dense food. It offers the same nutrients as whole milk, but with fewer calories, because it has less fat.

Protein needs usually do not change as we age, but protein absorption may decrease and our bodies make less protein. However, increasing protein to compensate is not advised due to the unnecessary stress that it puts on the kidneys.

Reducing the overall fat content in the diet is reasonable, as it is the easiest way to cut calories and is an appropriate way to lose weight.

About 60 percent of calories should come from complex carbohydrates. Complex carbohydrates include whole grains,

beans, lentils, brown rice and starchy vegetables. Simple carbohydrates such as white flour and sugars should be avoided as they do not provide as much nutrition and can be “empty calories”.

Adequate fiber, along with adequate fluids, helps us to maintain normal bowel function. It is also thought that fiber decreases intestinal inflammation. Vegetables, fruits, grain products, cereals, seeds, legumes and nuts are all sources of dietary fiber.

Of all the nutrients that we need, water is critically important. Water reduces stress on kidney function, which tends to decline with aging. The ability to detect thirst declines, so drinking water regularly and not waiting to drink just when you are thirsty is imperative. The number of older adults seen in emergency rooms or hospitals due to dehydration is astounding. Older adults need to drink plenty of water. Other liquids such as juice, milk and coffee or tea will help, but they can add many calories. Drinking the equivalent of five to eight glasses daily is recommended.

Pat Jenknis, RN, MSN

Like our Facebook Page @ ivwellnessresources.

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.

FOOD & FRIENDS

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

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.

CARING CALLER

If you are interested in volunteering to be in a senior and disabled residents Caring Caller program: making friends with isolated residents in the I.V. on the phone, call 541-592-9781.



WANTED

Illinois Valley Wellness Resources Seeking Services:



Valley seniors are looking for transportation, caregivers, firewood, handymen, computer skills, housekeepers and yard work. If you would like to provide one of these services and will complete a background check and have references please contact Laura Mancuso at 541-592-9781

PUBLIC NOTICE

LAND FOR SALE

The City of Cave Junction has declared the following property as surplus and is accepting sealed bids for the sale of the property. Bids must be received at City Hall, 222 W. Lister St, PO Box 1396, Cave Junction OR 97523, no later than 4:00 p.m. on Friday, May 5, 2017. The successful bidder will be required to remit 10% of the bid price within 10 days of notice of bid acceptance and must complete the transaction within 60 days.

1. Parcel Identification: Assessor’s Map 39-08-16-DC, Tax Lot 408 (223 Millie Street) 2. This parcel is .29 acres, zoned SR. 3. City water is available to the parcel. 4. City sewer is available to the parcel. 5. The conveyance of this real property shall be subject to the following covenants: (a) The Grantee must acknowledge that said real property is contaminated with asbestos. (b) Grantee will remove this asbestos contamination and the partially destroyed dwelling from the real property by the 120th day after the date of conveyance of the real property from the City of Cave Junction to the Grantee. (c) The Grantee will use a licensed contractor for the removal of the asbestos and will remove and dispose of the asbestos in compliance with all state and federal laws. (d) The City of Cave Junction makes no warranties, express or implied, regarding the property or the condition or state of repair thereof, it being understood by all parties that the property will be conveyed to the buyer AS IS. (e) In the event that any lawsuit is filed in relation to these covenants, the unsuccessful party in the action shall pay to the successful party, in addition to all the sums that either party may be called on to pay, a reasonable sum for the successful party’s attorney fees. (f) The burdens and benefits of the covenants contained herein shall run with the above described real property and that these covenants shall be binding upon and inure to the benefit of the undersigned, their successor, and assigns. 6. The City reserves the right to accept or reject any bid. Published April 19, April 26 and May 3.

PUBLIC NOTICE

Notice of Budget Committee Meeting

A public meeting of the Budget Committee of the Illinois Valley Rural Fire Protection District, Josephine County, State of Oregon, to discuss the budget for the fiscal year July 1, 2017 to June 30, 2018, will be held at Fire District Administration Building, @ 681 Caves Hwy., Cave Junction, Oregon. The meeting will take place on April 27, 2017 at 6:00pm. The purpose of the meeting is to receive the budget message and to receive comment from the public on the budget. A copy of the budget document may be inspected or obtained on or after April 27, 2017 at 681 Caves Hwy., Cave Junction, Oregon, between 11:00 am and 3:30 pm.

This is a public meeting where deliberation of the Budget Committee will take place. Any person may appear at the meeting and discuss the proposed programs with the Budget Committee at the appropriate time.

Published April 19 and 26.

PUBLIC NOTICE

This is to give notice that the City of Cave Junction is accepting applications for City Budget Committee. Applications are available at City Hall, 222 W. Lister Street, Cave Junction. Hours of operation are Monday to Friday 8:00 a.m. to 12:00 p.m., and 12:30 p.m. to 4:00 p.m.. The purpose of the budget committee is to receive

and review the recommended budget and approve a budget for Council’s consideration. Budget committee members must be qualified voters having lived in the City for at least one year. Complete applications will be accepted through April 28th.

Published April 19 and April 26.

PUBLIC NOTICE

A public meeting of the Budget Committee of the Kerby Water District, Josephine County, State of Oregon, on the District’s budget for the Fiscal year July 1, 2017 to June 30, 2018 will be held at the Kerby Belt Building, 24353 RWH. The meeting will take place on April 19, 2017 at 5:30 p.m. The purpose of the meeting is to receive the budget message. This is a public meeting where deliberation of the Budget Committee will take place. Any person may appear at the meeting and discuss the proposed programs with the Budget committee.

Publish April 12, 2017 & April 19, 2017

PUBLIC NOTICE

Kerby Water District will hold its monthly board meeting Wednesday, April 19, 2017 6 p.m. at the Kerby Belt Building, 24353 RWH in Kerby. The

agenda will include, but is not limited to, general business and monthly financial reports. General public is welcome.

PUBLIC NOTICE

TRUSTEE’S NOTICE OF SALE

The obligations secured by the trust deed described below are in default and the beneficiary has elected to foreclose the trust deed pursuant to ORS 86.705 through ORS 86.795. No action is currently pending to recover any part of the debt secured by the trust deed.

1. TRUST DEED: The parties to the trust deed are Gary L. Braden, as Grantor; First American Title Insurance Company of Oregon, as Trustee; and Ronald L. Hiler, as Beneficiary. The trust deed was recorded June 2, 2006, as Document Number 2006-011368 in the Official Records of Josephine County, Oregon.

2. TRUSTEE: The successor trustee is Ron Versteeg, Attorney at Law, OSB #863098, whose mailing address is: PO Box 2437, Cave Junction, OR 97523.

3. PROPERTY: The property encumbered by the trust deed is situated in Josephine County, Oregon, and is commonly known as 220 S. Redwood Highway, Cave Junction, OR 97523, and more particularly described as follows:

Beginning at the Northeasterly corner of Lot 25 of “Cave Junction”, being a Subdivision of a portion of Section 21, Township 39 South, Range 8 West of the Willamette Meridian, Josephine County, Oregon; thence Southerly along the Easterly line of Lot 25, 5 feet to the true point of beginning; thence Southerly along the Easterly line of Lots 25, 24 and 23, 100 feet; thence Westerly and parallel with the Northerly line of Lot 23, 180 feet to the Westerly line of said Lot 23; thence Northerly along the Westerly line of Lots 23, 24 and 25, 100 feet; thence Easterly and parallel with the Northerly line of Lot 25, 180 feet to the point of beginning, Josephine County, Oregon.

4. DEFAULTS: This foreclosure is a result of the following defaults:

Failure to pay the monthly installments of \$1,943.64, falling due on February 1, 2017, and on the 1st day of each month thereafter; Failure to maintain insurance on the improvements on the property against loss or damage by fire and other hazards; Failure to pay property taxes on the subject property before such taxes became past due and delinquent.

5. BALANCE OWING: The following sums are owing on the obligation secured by the trust deed:

The unpaid principal balance of Two Hun-

dred Thirteen Thousand Four Hundred Forty-Six and 95/100ths Dollars (\$213,446.95), together with interest from January 17, 2017 at 7.00 % per annum; together with trustee fees, attorney fees, foreclosure costs, and any sums advanced by the Beneficiary to protect the security.

6. ELECTION TO SELL: As a result of the defaults set out above, the beneficiary and the trustee have elected to sell the property to satisfy the obligations secured by the trust deed. A Notice of Default has been recorded pursuant to ORS 86.735(3) and the beneficiary has declared all sums owing on the obligations secured by the trust deed immediately due and payable.

7. SALE: The property will be sold in the manner prescribed by law on Monday, July 31, 2017, at 9:15 A.M. at the front steps of the Josephine County Courthouse, 500 N.W. Sixth Street, Grants Pass, Josephine County, Oregon.

8. RIGHT TO CURE DEFAULT UNDER ORS 86.753: Any person named in ORS 86.753 has the right, at any time prior to five days before the date last set for the sale, to have this foreclosure proceeding dismissed and the trust deed reinstated by payment to the beneficiary of the entire amount then due (other than the portion of the principal that would not be due had no default occurred) together with costs and expenses actually incurred in enforcing the obligations, including trustee’s and attorney’s fees (not exceeding the amounts provided by ORS 86.753) and any sums advanced by the beneficiary pursuant to the trust deed and by curing any other default complained of herein that is capable of being cured by tendering the performance required under the note and trust deed.

9. NOTICE OF POTENTIAL HAZARDS: Without limiting the trustee’s disclaimer of representations or warranties, Oregon law requires the trustee to state in this notice that some residential property sold at a trustee’s sale may have been used in manufacturing methamphetamines, the chemical components of which are known to be toxic. Prospective purchasers of residential property should be aware of this potential danger before deciding to place a bid for this property at the trustee’s sale.

DATED: March 22, 2017 Ron Versteeg, Trustee

Published in the April 12, 19, 24 and May 3 editions of the Illinois Valley News.

Now Open for Recreational Sales

240 N REDWOOD HWY #226  
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