

# On the road again: by Debbie Messerli

I have been traveling this summer and have had a chance to observe the staffs and customers of restaurants from coast to coast, fast food to 5 Star eating establishments. There were noted differences in the ones making money and those with one car in the parking lot. Some of these restaurants were in humble little one stop-light towns and some in mega metropolises. These are the things I saw and learned.

1. In the places that were successful I never saw a cell phone anywhere near a staff person. Not on the counter, not in a pocket, not in the kitchens. I guess their supervisors thought these people were at work and social media was an off the job or on break perk. Emergencies do happen, but I bet their families know their loved one's land line work numbers.

2. Successful places never leave a glass empty on the table. Water, sodas or coffee were always refilled without having to hunt down a waitress. I travel with big time water drinkers. If the place was exceptionally busy we were

offered a pitcher of water to sit on our table, or I asked for it. That didn't mean she sat our food down and never came back except with the bill either! When I was with my early morning breakfast relatives we were usually brought a carafe of coffee with our filled cups. Real coffee drinkers always drink more than one cup and never want to sit with an empty cup in front of them. I do have to say that having to have a second carafe filled calls for an extra charge in my book. People who take up a booth and drink 6 cups of coffee over a two hour period should pay for it and not expect the same service as the usual customer. But they shouldn't be abandoned and ignored either. A piece of toast might strike their fancy to go with that coffee, you never know.

3. Successful servers always check up on your table twice between bringing your food and the check. Want to get stiffed on a tip? Ignore me! I might want ketchup on my prime rib or crackers for the baby. Service is their job. On that note, don't take it out

on the waitress if your food is bad. She didn't cook it. Let her know so she can pass it on to the kitchen. You can watch and see if she let it sit in the window so long it got cold though. It's kind of a judgment call on this part. It is the cook's responsibility to see that your whole order comes out on time and together. Nobody wants to wait for his dinner while the others are eating or let your own dinner get cold while you wait for the rest of your party to be served.

4. A good restaurant does not leave tables full of dirty dishes around for long. I know every restaurant does not have bus boys, and a lot of places require the waitresses to bus their own tables. You can't seat people in your station if the tables are dirty, and if there are empty tables then the staff should have time to clear the dirty ones.

5. Which brings me to places that are not busy or you are there at an off time. Staff is being paid to be there, thus they should be working. I have done restaurant work and there is always work to

be done. Refilling salt and pepper, napkins, condiments, and wiping down tables, chairs and HIGHCHAIRS. Babies are messy and Mothers are picky about cleanliness around their babies. Unless you are in the cleanest restaurant in the USA that staff person could be wiping off ketchup bottles, checking tables for sweetener, or even doing a little prep work for kitchen staff. You usually hate to think of your waitress in the bathrooms but the truth is most places don't have full time janitors and it's awful to end up in a stall with no toilet paper. So it's nice if they checked those occasionally too.

5. Every great restaurant I have ever been in, the Manager or Shift Supervisor has been where the staff and customers could see them, either manning the register or greeting customers personally at their tables. In the small towns I've seen them greet half the customers by name. Repeat patronage is the best business there is, which means cars in the parking lot. That advertises what every traveler knows, "Eat where the locals eat!"

I think the things I appreciate most when eating out are smiling, attentive servers who know their menu items, crackers offered to highchair bound babies, crayons and a blank placemat for toddlers and a clean environment. Even if you don't have children, sitting next to unhappy little people can ruin the experience for everyone. If I can have those things I don't have to have a gourmet meal, I'm happy to settle for a regular hamburger and fries for a decent price.

Last but not least, encourage good service by fair tipping. Mention to the manager what great service you had on the way out. Use that fancy cell phone and write up a review on Trip Advisor. Please remember to leave a few bucks at your buffet restaurant table too if they removed your empty plates or refilled your drinks. And don't forget your own manners, these people are not invisible. They are working in a service industry and deserve your respect.

Safe and happy traveling y'all.

## ROGUE VALLEY



### Food & Friends Menu

#### FRIDAY - JUNE 23

CHICKEN SALAD SANDWICH

#### MONDAY - JUNE 26

TURKEY LOAF W/ GRAVY

#### WEDNESDAY - JUNE 28

ITALIAN MEATBALLS W/ PENNE PASTA

Call 541-955-8839 to volunteer or if you need meals.

# SENIOR SPOTLIGHT

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**LYME DISEASE** is caused by the Borrelia burgdorferi bacteria and is spread through the bite of infected ticks. The western blacklegged tick (Ixodes pacificus) spreads the disease on the Pacific Coast.

Ticks can attach to any part of the human body but are often found in hard-to-see areas such as the groin, armpits, and scalp. In most cases, the tick must be attached for 36 to 48 hours or more before the Lyme disease bacterium can be transmitted. Most humans are infected through the bites of immature ticks called nymphs (about the size of a poppy seed). They feed during the spring and summer months.

Adult ticks can also transmit Lyme disease bacteria, but they are much larger and are more likely to be discovered and removed before they have had time to transmit the bacteria. Adult ticks are most active during the cooler months of the year.

There is no evidence that Lyme disease is transmitted from person-to-person. Although dogs and cats can get Lyme disease, there is no evidence that they spread the disease directly to their owners. However, pets can bring infected ticks into your home or yard.

There is no credible evidence that Lyme disease can be transmitted through air, food, water, or from the bites of mosquitoes, flies, fleas, or lice.

Untreated Lyme disease can produce a wide range of symptoms, depending on the stage of infection and include fever, rash, facial paralysis, and arthritis. Seek medical attention if you observe any of these symptoms and have had a tick bite or live in an area known for Lyme disease.

Fever and other general symptoms may occur in the absence of rash. A small bump or redness at the site of a tick bite that occurs immediately and resembles a mosquito bite, is common. This irritation generally goes away in 1-2 days and is not a sign of Lyme disease.

Individuals treated with appropriate antibiotics in the early stages of Lyme disease usually recover rapidly and completely.

*This information summarized from the CDC Website. You can contact I.V. Wellness Resources at www.iwellnessresources@gmail.com or 541-592-9781 and please like our Facebook Page @facebook.com/iwellnessresources.*

### SENIOR BULLETIN

#### HELP WANTED

Looking for workers to add to referral list for seniors and disabled. Must have background check and referrals. Call I.V. Wellness Resources at 541-592-9781.

#### VET TRANSPORTION

If you are a veteran and need free rides to your VA appointment contact the The I.V. Eagle by calling De at 541-944-3741.

#### 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.

#### VOLUNTEER OPPORTUNITIES

\*\*Senior Companions\*\*  
\*\*Caring Callers\*\*  
Please call I.V. Wellness Resources for more information at 541-592-9781.



### RESOURCES

**If you are a senior or disabled resident of the Illinois Valley and need help finding resources to keep you healthy and happy in your home**  
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Yard work - Firewood  
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Asst. Natural Factors Fruit Chew C 500 Mg 180 waters \$17.89 ea. Reg. \$20.99

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<b>Smart Chicken Bone-In Thighs</b> A free range bird. Non GMO. Delicious on the BBQ. <p><b>\$3.19</b> ea. Reg. \$3.59 lb.</p>	<b>Flax Muffins</b> <p><b>\$5.99</b> ea. Reg. \$6.99 ea.</p>	<b>Organic Prairie Summer Sausage</b> ..... <b>\$11.99</b> pkg. Reg. \$13.79 pkg. No nitrates or nitrites.	<b>Niman Uncured Ham Steak</b> ..... <b>\$7.29</b> lb. Reg. \$8.19 lb. An all natural ham.
<b>Asst. Santa Cruz Lemonade</b> <p><b>\$1.79</b> ea. Reg. \$3.39 ea.</p>	<b>Cilantro</b> Your enchiladas will thank you. <p><b>99¢</b> ea. Reg. \$1.19 ea.</p>	<b>Frozen</b> Asst. Cool Haus Ice Cream Sandwiches ..... <b>\$3.99</b> ea. Reg. \$4.99 ea. Asst. Indian Life Foods Naan Bread ..... <b>\$4.29</b> ea. Reg. \$5.29 ea.	<b>Produce</b> Portabella Mushrooms ..... <b>\$5.69</b> lb. Reg. \$6.59 ea. Limes ..... <b>39¢</b> ea. Reg. 49¢ ea. Pineapple ..... <b>\$3.69</b> ea. Reg. \$4.99 ea. Broccoli ..... <b>\$1.79</b> lb. Reg. \$2.19 lb.
Groceries		Deli	
<b>Blue Monkey Coconut Water</b> No pulp <p><b>\$1.69</b> ea. Reg. \$2.39</p>	<b>Asst. Blue Diamond Nut Thin Crackers</b> <p><b>\$2.19</b> ea. Reg. \$3.59</p>	<b>Asst. Late July Restaurant Style Chips</b> <p><b>\$3.29</b> ea. Reg. \$4.29</p>	<b>1 gallon Crystal Geyser Alpine Spring Water</b> <p><b>99¢</b> ea. Reg. \$1.59</p>
<b>Cheeseburger Grill Menu</b> Build your own, your choice of vegetables, cheese, condiments. With side salad or chips <p><b>\$4.49</b> ea. Reg. \$5.59</p>	<b>Chicken Salad</b> Chicken, onion, vegansise, celery. <p><b>\$3.99</b> lb. Reg. \$4.99</p>	<b>Grab-N-Go Bagel Sandwich</b> Cream cheese with asst. meat. <p><b>\$3.49</b> ea. Reg. \$3.99</p>	<b>Breakfast 2 Egg Scramble with Toast</b> Your choice meat, cheese, vegetables & toast <p><b>\$3.79</b> ea. Reg. \$4.69</p>

**Cheese**  
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