

# Patrol ...

Continued from A-7

\*Several people were contacted on the first day of summer as a deputy patrolled along the Illinois River. He issued two citations for illegal parking near Swinging Bridge between 3:18-4:10 p.m.

\*The registered owner returned to his vehicle just in time to avoid a citation for blocking a U.S. Forest Service gate at Swinging Bridge at 4:19 p.m.

\*Two vehicles were secure and legally parked at Iron Ring river access at 5:07 p.m.

\*At 5:24 p.m. there was a vehicle parked near Divers Hole river access. The registration was expired, but the VIN matched.

\*A car parked at Six Mile Campground was locked and the VIN matched at 6 p.m.

## Thursday, June 22

\*A couple complained that her neck and his back hurt following a motor vehicle accident at 9:10 a.m. near Lakeshore Drive and Redwood Hwy.

\*At 10:59 a.m. a Subaru needed to be towed from a ditch near Redwood Hwy. and Lakeshore Drive due to an accident at 9:10 a.m.

\*The area near the west side of Eight Dollar Bridge river access was patrolled at 11:35 a.m.

\*JCSO dispatchers received another call at 12:16 p.m. from the 100 block of N. Kerby Avenue, but they were unable to call the 911-only phone to find out if there was an emergency.

\*A guy on a Harley-Davidson motorcycle was warned for speeding on Laurel Road near Caves Hwy. at 1:08 p.m.

\*A driver in a spray-painted white pickup

truck was pulled over for no license plates at MP 2.5 on Caves Hwy. He explained that his truck had just been recovered after being stolen, and it was stripped of all VINS and ID. He was cautioned to register the truck before operating it on the highway.

\*Beer cans fell from a speeding vehicle near Six Mile Campground at 5:30 p.m.

\*Protect America reported an activated alarm in the 25800 block of Redwood Hwy. at 6:12 p.m.

## Friday, June 23

\*A dangerous driver in a white Chevy pickup truck ran into a road flagger near Holland Loop and Takilma Road at 9:36 a.m. When the goon tried to leave, he struck the man a second time. A fire truck blocked the Chevy from moving until JCSO could respond. This same individual was belligerent with flaggers in the past. The flagger was alert, but suffered injuries and was transported to Three Rivers Community Hospital in Grants Pass.

\*A motorist in a gray Mazda with Pennsylvania plates was warned for impeding traffic on Redwood Hwy. near Hogue Drive at 10:26 a.m.

\*Summertime brings sheriff patrols for safety along Illinois River Road. A vehicle with Ohio license plates was locked and the VIN matched at 1:40 p.m. at Six Mile Campground.

\*A blue Toyota Tacoma was secure and VIN-appropriate at MP 6.5 of Illinois River Road at 2:01 p.m.

\*Campers at River Bench Recreation Site were in trouble for digging into the bank with a shovel at 2:06 p.m.

\*An unoccupied vehicle at Store Gulch Campground had expired tags, but the VIN was accurate at 2:16 p.m.

\*At 2:43 a parking citation was written

because a vehicle was blocking a U.S. Forest Service gate on FS Road 087.

\*At 3:44 p.m. a motorist near Ring Beach river access was cited for expired registration and warned for no insurance.

\*There was a red Honda Accord near Snailback river access at 4:23 p.m.

\*New residents camped out near Hwy. 199 and Rockydale Road need lessons on fire danger and gun safety.

\*A deputy was unable to locate a 40-something blonde driving a vehicle that was painted rattle-can black or dark blue. The jalopy had heavy front-end damage, and was last seen near Redwood Hwy. and Illinois River Road at 4:58 p.m.

\*Two characters were trespassed from Josephine Campground at 5:21 p.m.

\*Transients admitted they were living on federal land at 5:59 p.m. They were given until 11 a.m. on June 24 to vacate and clean their campsites at Josephine Campground.

## Saturday, June 24

\*At 1:04 p.m. the driver of a red GMC pickup truck was warned for an inoperative right tail light near Kerby Flat Trailhead.

\*The 400 block of Glendon Road was scrutinized at 1:11 p.m.

\*At 1:37 p.m. a vehicle was cited for parking in the roadway near Store Gulch Campground.

\*Three citations were doled out at Divers Hole river access at 1:51 p.m.

\*A deputy issued a citation for unlawful parking for a joker who was blocking a gate at Swinging Bridge at FS Road 087 at 2:53 p.m.

\*At 3:20 p.m. a citation was written at Echo Beach.

\*A visitor from Missouri was cited for unlawful parking, failure to register, and no insurance at 3:38 p.m. at Store Gulch Camp-

ground.

\*At 4:27 p.m. a concerned citizen in the 400 block of Kirkham Road realized that it is legal for neighbors to shoot firearms, but wondered if that constituted a noise violation. He was advised there was no patrol available in the area at that time, but to call 911 if there was a life-threatening emergency.

\*A citation was issued at 4:33 p.m. at Six Mile Recreation Site.

\*A guy driving towards Swinging Bridge was not yielding to law enforcement at 4:44 p.m. When he finally stopped near Ring Beach, he was warned for speeding, expired registration, and failure to carry insurance.

\*A careless camper was warned for littering at Store Gulch Campground at 5:47 p.m.

## Sunday, June 25

\*JCSO and nearly a dozen Josephine County Search and Rescue volunteers assisted OSP with an evidence search near Snailback Beach, five miles from Hwy. 199 on Illinois River Road at 8:41 a.m.

\*At 9:36 a.m. a woman and her daughter could be heard screaming from the 300 block of Hussey Avenue, on the corner of Stevenson. A bully grabbed her by the throat and slammed her into the wall, before he drove away in a dark green vehicle. Neighbors reported that their frequent fighting is an ongoing issue. The incident was logged pending contact from the victim.

\*A rude dude loitered for two days and refused to leave a medical marijuana grow site in the 28800 block of Redwood Hwy. He does not have a medical card, and was demanding money for work he believed he did at the site. The tall, thin, white-haired fellow finally drove off in a red vehicle with Idaho plates at 5:32 p.m.

## ROGUE VALLEY



### Food & Friends Menu

#### FRIDAY - JUNE 30

BBQ CHICKEN

#### MONDAY - JULY 3

KIELBASA W/ SAURKRAUT

#### WEDNESDAY - JULY 5

ROAST TURKEY W/ GRAVY

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

# SENIOR SPOTLIGHT

SPONSORED BY I.V. Wellness Resources

### HEALTHY NAILS

One part of our body we really need to pay attention to related to good health is our nails.

With normal aging our nails grow slower, become dull, brittle, hard and thick. The changes are usually due to a diminished blood supply to the nail bed. Aging nails show an increase in longitudinal striations which can cause a splitting of the nail surface. Thickening can also occur as a result of nutritional disturbances, repeated trauma, inflammation, and localized infections.

Toenails are particularly prone to thickening, possibly as a result of constant trauma and pressure from shoe coverings. Along with thickening, the toenails may become discolored and grooved and may accumulate debris under the nail causing the potential for fungal infections.

Nails can dry out, just like skin. They may also peel, break or become brittle and may be a sign of contact with irritating substances. Be alert to changes in texture, shape, or color changes that aren't due to bruising or fungal infections. Watch for irregular growth, pitting or holes in the nails, dark brown streaks

beneath the nail and cuticle, or long-standing warts on the nail bed.

Any change to previously healthy fingernails is cause for concern and warrants a call to your physician.

Nutrition plays an extremely important role in every function of our bodies, right down to the tips of our fingers and toes. Since nails are mainly made up of protein, they can immediately alert us to a lack of it in our diet. White lined bands across the nail beds can signal a protein deficiency. Calcium is important for healthy nails. Without it, the nails lose their strength and become brittle and dry.

Ridges in the nails can be the result of a vitamin deficiency, one of which is the B vitamins. Vitamin B is needed for strengthening, while vitamin B12 also promotes normal nail growth and healthy coloring. Vitamin C can help prevent hangnails and swelling of nail tissue. A frequent occurrence of either of these symptoms is a good indication of a deficiency.

You can contact I.V. Wellness Resources at [www.iwellnessresources@gmail.com](http://www.iwellnessresources@gmail.com) or 541-592-9781 and please like our Facebook Page @facebook.com/iwellnessresources.

### SENIOR BULLETIN

#### 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.

#### FREE ADS

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

#### VOLUNTEER OPPORTUNITIES

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

#### HOPEFUL RANCHO CARE CENTER

Looking for substitute, part-time caregivers for adult foster care. Call Lynn at 541-592-3818.



### 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**  
Caregivers - Handyman  
Yard work - Firewood  
Housekeepers -  
Please call  
I. V. Wellness Resources



541-592-9781

### Illinois Valley Wellness Resources Seeking Services:

Illinois Valley Wellness Resources  
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

## Dinner at The Chateau

Makes it Special!

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### The Chateau at the Oregon Caves

\* Lodging \* Fine Dining \* Caves Café  
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Now in Cave Junction!

## NEW healthcare option in Cave Junction



#### Women's Health Nurse Practitioner

Jenny provides a wide range of healthcare services for women including well-woman exams, family planning and birth control options, confidential pregnancy tests, and screenings for STDs, including HIV.

Appointments: 8:30-3:00, the **third** Thursday of every month.



#### Immunization Nurse

Misty offers travel consultations so you can receive the vaccines you need before traveling abroad. She can also administer a variety of vaccines to boost natural immunity from childhood to old age.

Appointments: 8:30-3:30, the **first** Thursday of every month.



Josephine County Public Health  
102 S. Redwood Hwy., Cave Junction  
541-474-5329

All services are confidential. Public Health offers services on a sliding scale fee for those who are uninsured or cannot pay. No one will be turned away. See above for appointment times.

Walk-ins are welcome with first priority given to scheduled appointments.

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