

Kerbyville Farm brings back 'Forks Over Knives' dinners

The local harvest season has finally arrived! Kerbyville Farm Stand will be opening on Saturday, July 22 and the grand opening on Saturday, July 29. Standard hours are from 10 a.m. to 6 p.m. Mon-Sat. We will have our traditional offering of fresh local peaches, sweet corn, tomatoes, melons, squash, berries, farm honey, dried fruit, nuts and much more progressively through out the season as they ripen. This year our flower field got a late start but with faith and patience it may surprise us. Come meet our new team of

skilled local farmers supplying and staffing the farm stand. This year we are experimenting with a New Generation Cooperative. Marie's amazing gift shop is back in full measure featuring an assortment of local arts and crafts. This year we are fortunate to have master baker Christopher and his staff join us with the Painted Rooster Bakery featuring fresh baked sourdough and an assortment of baked goods including our traditional turn-overs, muffins, whole grain bread (made from our farm wheat)

and our popular Grandpa's Zucchini Bread. Home made ice cream is also on the menu. On grand opening day (July 29) our parking lot will be an outdoor market full of vendors featuring locally made arts and crafts, music, refreshments, and raffle - Are you a talented artist? Vendor applications are being accepted at this time by contacting Marie at ihpig795@hotmail.com. Deadline is July 26. Do you have an abundance of good quality organic produce from your garden? We encourage

local sustainability. Contact us on Facebook in advance through out the season and we may buy your produce. Our motto is "Let food be thy medicine." We plan to continue our weekly Forks Over Knives pot-luck dinners every Friday night at the farm stand. Bring your favorite whole food plant-based dish. Recipes are available at the farm stand and on-line at www.forksoverknives.com. Visit our farm stand to reserve a seat at \$2 per person, \$5 per family. We also have an assortment of books and

resources on how to make food your health insurance. This year we are augmenting our motto to be "Let medicine be thy food." We are now growing and producing CBD oil at our farm. This oil has amazing healing properties for a vast array of ailments. Several of our family members are greatly benefiting from these products and we wish to share them with our customers. These products are hand-made and all organic composed of natural ingredients.



Food & Friends Menu

FRIDAY - JULY 21
TURKEY DIVAN BAKE-
MONDAY - JULY 24
SCALLOPED
POTATIOSES & HAM
WEDNESDAY - JULY 26
TUNA SALAD
SANDWICH

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

SENIOR SPOTLIGHT

SPONSORED BY I.V. Wellness Resources

BEWARE!! SCAMS!!

Scams which try to get the financial assets of elderly people are everywhere, and are continually evolving, so if you don't want to be ripped-off - TAKE CARE !!

This is not a silly introduction. This is a warning from people who care about you - your neighbors at I.V. Wellness Resources. We have also been victims of scam attempts. One of us, an intelligent, informed, careful person actually fell victim to a computer scam. Here is an edited version of what happened to her:

One day her computer froze with a window in mid-screen telling her it had been locked and that the only way to get it unlocked was to call the phone number in the window. She became annoyed and frustrated enough to forget all the good advice she had given other people and just turn the computer off.

She thought she was savvy enough to call the number in the box, but refrain from giving out any crucial personal information. This was a mistake. Calling the number put her in contact with people who seemed very competent and over the course of an hour claimed they were clearing her computer of a virus. They pressured her to be really safe and let a certain company (X) do the full job for only \$300.

After an hour on the phone and screen, she succumbed and gave out her personal financial information. She

thought at least it would let her get back online without having to take the computer to a computer fixing service, leave her computer there and retrieve it later.

Fortunately, when she came to her senses, there was still time to call her bank and have it stop payment of any bill from company X. But then she still had to spend lots of time over the next two days getting her auto-pay and auto-deposit info. routed to a new checking account number.

Moral of the story- NEVER GIVE OUT YOUR FINANCIAL or other personal INFORMATION to people you aren't completely sure of. Most institutions will not ask for your personal information by phone or mail without you having begun a process which requires that information be given out. If you get a request for personal information from any business or service call, check to see if it is a legitimate request from a trusted source like the phone book. Scammers can make phone calls seem authentic. Letters can be produced which look exactly like authentic ones you have received in the past with a phony call-back number. It is best to always check from a trusted source.

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

SENIOR BULLETIN

HOPEFUL RANCHO CARE CENTER

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

WELLNESS CHECKS

If you know a senior that you are worried about and feel they need a wellness check. Please call Laura at I.V. Wellness Resources at 541-592-9781.

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.

DISASTER REGISTRY

If you need special help in an emergency please register online at www.rvcog.org or call Senior & Disability Services at 541-664-6674 for more information.



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

THE G SPOT
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23772 Redwood Highway
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Yanase Jewelers

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.

Public Notice

IN THE CIRCUIT COURT OF THE STATE OF OREGON IN AND FOR THE COUNTY OF JOSEPHINE, CIT BANK, N.A., Plaintiff v. MICHAEL J. GOETTEN, an individual; TIFFANY L. HARTMAN AKA TIFFANY GOETTEN, an individual; SOUTHERN OREGON CREDIT SERVICE, INC., a credit union; OREGON AFFORDABLE HOUSING ASSISTANCE CORPORATION, A NONPROFIT PUBLIC BENEFIT, a corporation; and all other persons, parties, or occupants unknown claiming any legal or equitable right, title, estate, lien, or interest in the real property described in the complaint herein, adverse to Plaintiff's title, or any cloud on Plaintiff's title to the Property, Defendants. Case No. 16CV18662 SUMMONS BY PUBLICATION TO THE DEFENDANTS: MICHAEL J. GOETTEN AND TIFFANY L. HARTMAN AKA TIFFANY GOETTEN: In the name of the State of Oregon, you are hereby required to appear and defend the complaint filed against you in the above entitled Court within thirty (30) days from the date of the first publication of this summons. The date of first publication in this matter is July 19, 2017. If you fail timely to appear and answer, for want thereof, plaintiff(s) will apply to the court for relief demanded in the complaint. This is a judicial foreclosure of a deed of trust in which the plaintiff requests that the plaintiff be allowed to foreclose your interest in the following described real property: LOT 9, BLOCK C, PLEASANT VALLEY ACRES SUBDIVISION, JOSEPHINE COUNTY, OREGON, ACCORDING TO THE OFFICIAL PLAT THEREOF, RECORDED IN VOLUME 8, PAGE 73, PLAT RECORDS. Commonly known as: 298 ENTERPRISE AVE, MERLIN, OREGON, 97532. NOTICE TO THE DEFENDANT: READ THESE PAPERS CAREFULLY! You must "appear" to protect your rights in this matter. To "appear" you must file with the court a legal paper called a "motion" or "reply." The "motion" or "reply" must be given to the court clerk or administrator within 30 days along with the required filing fee. It must be in proper form and have proof of service on the defendant's attorney or, if the defendant does not have an attorney, proof of service on the defendant. If you have questions, you should see an attorney immediately. If you need help in finding an attorney, you may call the Oregon State Bar's Lawyer Referral Service at (503) 684-3763 or toll-free in Oregon at (800) 452-7636. The Oregon State Bar's web address is <http://www.osbar.org>. This summons is issued pursuant to ORCP 7. Malcolm ♦ Cisneros, A Law Corporation, Nathan F. Smith, OSB #120112, Nathan@mclaw.org Attorneys for Plaintiff 2112 Business Center Drive, Second Floor, Irvine, CA 92612, P: (949) 252-9400, F: (949) 252-1032 PUBLISHED: 7.19, 7.26, 8.2 and 8.9.