



# SENIOR SPOTLIGHT

SPONSORED BY I.V. Wellness Resources



## Food & Friends Menu

### FRIDAY - AUG 4

CHICKEN WALDORF  
SALAD

### MONDAY - AUG 7

BEEF CHILI W/ BEANS

### WEDNESDAY- AUG 9

SALISBURY PATTY W/  
GRAVY

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

### BPH

Men, are you finding that you need to use the restroom more frequently? The problem may be due to an enlarged prostate, a condition known as BPH or benign prostatic hypertrophy.

It's a fairly common problem many men face as they get older. More than 50 percent of men over 60 encounter symptoms related to BPH and men in their 70s and 80s have symptoms as a result of it.

The prostate produces the fluid that nourishes and transports sperm. It's just below the bladder and surrounds the urethra, the tube through which urine passes out of the body.

After puberty, the prostate is about the size of a walnut and with age it gradually increases in size, usually in the gland's central area. Why it increases in size is not uncertain, but some believe it is related to changes in hormones. As the gland enlarges, it can press on the urethra, slowing and interfering with urine flow.

Prostate size has less to do with it than does how

much swelling occurs around the urethra.

Symptoms include weak urine stream, difficulty starting your stream, stopping and starting urination, more frequent urination, urgency or straining to urinate.

Over time more severe symptoms may occur including urinary infections, bladder stones or obstruction of the kidneys and impaired kidney function. Studies have shown that as many of one-third of mild symptoms clear on their own without early treatment.

Medications are commonly used to treat mild and moderate symptoms. If medication is ineffective or you have moderate to severe symptoms, your doctor may recommend surgery.

If any of these symptoms are familiar to you, it's time to see your physician.

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

### 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.

### 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. Call 541-592-9781.

### ROOMMATE WANTED

Looking for a live-in helper, room & board provided, woman, cooking, cleaning, background check, call 541-592-9781

### CARING CALLER

Volunteer by making friends and checking on isolated adults in our community with daily or weekly phone calls. Call Laura 541-592-9781 to sign up.

## 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**

**One drop of ink**

#newspapersthive

**Illinois Valley News**

can make a whole valley think.

# TakilmaFM

STILL OUT THERE

**19 YEARS OF RADIO  
WHO ARE YOU LISTENING TO?**

FREE MUSIC, FREE SPEECH, FRESH IDEAS  
AT TAKILMAFM.COM. DONATIONS WELCOME!  
PO BOX 185, CJ OR 97523; 541-592-4799.

### Public Notice

NOTICE OF DEFAULT AND FORECLOSURE SALE Trustee Sale No: 129698-OR Loan No: 431-2930722 Title Order No: 8707242 APN R315906/36-05-28-BB-000302-00 WHEREAS, on 08/09/1994, a certain Deed of Trust was executed by MORRIS C. SHOWALTER AND PAULINE R. SHOWALTER, as trustor in favor of ARCS MORTGAGE, INC. as beneficiary and AMERICAN PACIFIC TITLE & ESCROW CO. as trustee, and was recorded on 08/17/1994 as Document No. 94-16481, in Book 172, Page 2203, and WHEREAS, the Deed of Trust was insured by the United States Secretary of Housing and Urban Development (the Secretary) pursuant to the National Housing Act for the purpose of providing single family housing; and WHEREAS the beneficial interest in the Deed of Trust is now owned by the Secretary, pursuant to an assignment recorded 10/13/2006 in document no. 2006-020625, of Official records in the office of the Recorder of JOSEPHINE County, OR, and WHEREAS a default has been made in the covenants and conditions of the Deed of Trust PURSUANT TO SECTION 9 (A)(i), OF THE LOAN DOCUMENTS "AN IMMEDIATE PAYMENT IN FULL. AS DEFINED, THE LENDER WILL REQUIRE IMMEDIATE PAYMENT IN FULL OF ALL OUTSTANDING PRINCIPAL AND ACCRUED INTEREST IF; A BORROWER DIES AND THE PROPERTY IS NOT THE PRINCIPAL RESIDENCE OF AT LEAST ONE SURVIVING BORROWER." INCLUDING ALL FORECLOSURE FEES, ATTORNEY FEES AND ADVANCES TO SENIOR LIENS, INSURANCE, TAXES AND ASSESSMENTS. WHEREAS, by virtue of this default, the Secretary has declared the entire amount of the indebtedness secured by the Deed of Trust to be immediately due and payable; NOW THEREFORE, pursuant to powers vested in me by the Single Family Mortgage Foreclosure Act of 1994, 12 U.S.C. 3751 et seq., by 24 CFR part 27, subpart B, and by the Secretary's designation of me as Foreclosure Commissioner, recorded on 05/11/2017 as Instrument No. 2017-006383, notice is hereby given that on 08/23/2017, at 01:00PM local time, all real and personal property at or used in connection with the following described premises ("Property") will be sold at public auction to the highest bidder: AS MORE FULLY DESCRIBED IN SAID DEED OF TRUST Commonly known as: 1714 SIEBERT WAY, GRANTS PASS, OR 97527 The sale will be held: Inside the main lobby of the Josephine County Courthouse, 500 NW 6th St, Grants Pass, OR 97526 The Secretary of Housing and Urban Development will bid \$290,299.29. There will be no proration of taxes, rents or other income or liabilities, except that the purchaser will pay, at or before closing, his pro rata share of any real estate taxes that have been paid by the Secretary to the date of the foreclosure sale. When making their bids, all bidders except the Secretary must submit a deposit totaling \$29,029.93 [10% of the Secretary's bid] in the form of a certified check or cashier's check made out to the Secretary of HUD. A deposit need not accompany each oral bid. If the successful bid is oral, a deposit of \$29,029.93 must be presented before the bidding is closed. The deposit is nonrefundable. The remainder of the purchase price must be delivered within 30 days of the sale or at such other time as the Secretary may determine for good cause shown, time being of the essence. This amount, like the bid deposits, must be delivered in the form of a certified or cashier's check. If the Secretary is the highest bidder, he need not pay the bid amount in cash. The successful bidder will pay all conveying fees, all real estate and other taxes that are due on or after the delivery date of the remainder of the payment and all other costs associated with the transfer of title. At the conclusion of the sale, the deposits of the unsuccessful bidders will be returned to them. The Secretary may grant an extension of time within which to deliver the remainder of the payment. All extensions will be for a 15-day increments for a fee of \$500.00, paid in advance. The extension fee will be in the form of a certified or cashier's check made payable to the Secretary of HUD. If the high bidder closes the sale prior to the expiration of any extension period, the unused portion of the extension fee shall be applied toward the amount due. If the high bidder is unable to close the sale within the required period, or within any extensions of time granted by the Secretary, the high bidder may be required to forfeit the cash deposit or, at the election of the foreclosure commissioner after consultation with the HUD representative, will be liable to HUD for any costs incurred as a result of such failure. The commissioner may, at the direction of the HUD representative, offer the property to the second highest bidder for an amount equal to the highest price offered by that bidder. There is no right of redemption, or right of possession based upon a right of redemption, in the mortgage or others subsequent to a foreclosure completed pursuant to the Act. Therefore, the Foreclosure Commissioner will issue a Deed to the purchaser(s) upon receipt of the entire purchase price in accordance with the terms of the sale as provided herein. HUD does not guarantee that the property will be vacant. The scheduled foreclosure sale shall be cancelled or adjourned if it is established, by documented written application of the mortgagor to the Foreclosure Commissioner not less than 3 days before the date of sale, or otherwise, that the default or defaults upon which the foreclosure is based did not exist at the time of service of this notice of default and foreclosure sale, or all amounts due under the mortgage agreement are tendered to the Foreclosure Commissioner, in the form of a certified or cashier's check payable to the Secretary of HUD, before public auction of the property is completed. The amount that must be paid if the mortgage is to be reinstated prior to the scheduled sale is \$290,278.74 as of 08/22/2017, plus all other amounts that would be due under the mortgage agreement if payments under the mortgage had not been accelerated, advertising costs and postage expenses incurred in giving notice, mileage by the most reasonable road distance for posting notices and for the Foreclosure Commissioner's attendance at the sale, reasonable and customary costs incurred for title and lien record searches, the necessary out-of-pocket costs incurred by the Foreclosure Commissioner for recording documents, a commission for the Foreclosure Commissioner, and all other costs incurred in connection with the foreclosure prior to reinstatement. Tender of payment by certified or cashier's check or application for cancellation of the foreclosure sale shall be submitted to the address of the Foreclosure Commissioner provided below. DATE: 06/27/2017 FORECLOSURE COMMISSIONER: MORTGAGE LENDER SERVICES, INC. 11707 Fair Oaks Blvd., Ste 202 Fair Oaks, CA 95628 (916) 962-3453 Fax: (916) 962-1334 Sale Information Line: 916-939-0772 or [www.nationwideposting.com](http://www.nationwideposting.com) TARA CAMPBELL, FORECLOSURE COMMISSIONER OFFICER NPP0313043 To: ILLINOIS VALLEY NEWS 08/02/2017, 08/09/2017, 08/16/2017