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# 15th Annual Cave Junction Lion's Turkey BINGO Saturday Night

SENIOR CENTER NOV 4  
DOORS OPEN @5 / FIRST GAME @6 / 50¢ CARDS

ALL Proceeds from the 2017 Turkey Bingo remain here in the Illinois Valley to support sight and hearing needs. Our club provides eye exams and glasses as well as hearing exams and hearing aids for virtually all who request them from our club  
**BRING YOUR OLD EYE-GLASSES AND RECEIVE 1 FREE GAME CARD**

The most winners of any bingo event. When the valley thinks Bingo, they think of a fun, family event with the CJ Lion's at Turkey Bingo Night  
**BRING YOUR OLD TURKEY GAME TROPHIES TO RECEIVE 1 FREE GAME CARD**

In Recognition of our 2017 Bingo Sponsors: Thank You!!  
Turkey Sponsors Raffle Sponsors

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I.V. Working Dogs  
Tracy Marconi  
Bobette Sa  
I.V. Golf  
Lighthouse Music  
Nina Horsley

Cheryl Johnson  
Kathryn Horsley  
Perfect Pizza  
Dairy Queen  
M.J. Creation  
Lary's Knives  
Dr. Margaret Philhower  
Treasured Ladies Boutique  
Hiler's Gates  
Zero Medina Wood  
*Plus many more*

**A special Thank You to Fredmeat dept Mgr at Shop Smart**

IV Grange will be serving:  
Burgers; Chili Dogs;  
Fries; Deserts

Members of the IVHS Girl's Softball and Volleyball teams will provide guest services



## Larry Bates, LPC Accepting New Patients

Larry Bates, LPC is a Licensed Professional Counselor working at Siskiyou Community Health Center in Cave Junction. He enjoys helping people of all ages and believes he can have a positive impact on their lives.

Before coming to Siskiyou Community Health Center, Larry worked with adolescents as a Behavioral Health Clinician in a residential setting. He believes in working collaboratively with his patients, recognizing that they are

the expert of their own life experience. He then dovetails that with his expertise to help increase the quality of life for his patients. At Siskiyou Community Health Center we provide personalized, patient-centered care to help manage our patients' individual and family wellness needs. We provide a medical home that focuses on high quality primary and preventive care services for the whole family.

We welcome new patients and accept most insurance plans including Oregon Health Plan, Medicare and Medicaid. For patients who have no insurance the clinic provides a sliding fee scale for those that qualify. Se habla español.

Call to schedule an appointment, (541)592-4111.

Clinic Hours: M-F 8:00am - 5:00pm



**Siskiyou Community Health Center**

25647 Redwood Hwy, Cave Junction • 541.592.4111

www.siskiyouhealthcenter.com This institution is an equal opportunity provider and employer.

## Wholesome Eating: by Laura Mancuso

Often, because of my background as a health educator, I am asked, "What is the best diet to follow?" My answer, based on personal experience and years of following the latest research is to follow the DASH.

But instead of thinking of it in terms of a diet, (diet can be a four letter word to some) think of it as a healthy eating plan.

DASH (Dietary Approaches to Stop Hypertension) is endorsed by the American Heart Association, the American College of Cardiology and other health authorities.

A DASH-style eating plan is low in saturated fat, sugar and salt, and rich in fruits and vegetables. (It's also rich in nutrients like potassium, magnesium, calcium and fiber.)

In 1997, a landmark study, co-authored by Frank Sacks, found that a DASH diet could lower blood pressure as well as some prescription drugs. That news was a bombshell, because high blood pressure (hypertension) is a major risk factor for heart attacks and strokes.

One out of three adults have high blood pressure, and another one out of three have pre-hypertension. Blood pressure creeps up with age, so your lifetime likelihood

of having hypertension is 90 percent.

Then, in 2005, came another news flash: The OmniHeart study reported that two variations of the DASH diet were even better than the original:

- The higher-protein variation replaced some of DASH's carbs with protein-half from plant sources (like beans, peas and nuts) and half from animal foods (like fish, lean poultry and low-fat dairy).

- The higher-healthy fat variation was a Mediterranean-style diet. It replaces some of DASH's carbs with healthy fats like oils, salad dressing, mayonnaise, nuts, fatty fish and avocado. (the oils-like canola, olive and soybean—were polyunsaturated or monounsaturated, no saturated like coconut or palm.)

The two OmniHeart diets beat the original DASH diet because they were better at lowering LDL ("bad") cholesterol and triglycerides

A hybrid of the two OmniHeart diets was created with a "wild card" that lets you eat one extra serving of carbs, protein or healthy fat each day. (See the graph.) Compared to what most people eat, it has:

- MORE fruits and vegetables,
- LESS red meat, and
- LESS sugar and white flour.

If you are not eager to start counting servings of this or that than here is a rule of thumb for you: Fill half your plate with fruits and vegetable, shrink the unhealthy carbs, replace fats (like butter) with oils, and cut back on salt. That'll get you most of the way there.

Oh, and by the way, if you are trying to lose weight, the DASH-style of eating can help with that too. All you need to do is cut 500 calories worth of daily servings, evenly, from this approach (see the graph) to safely lose 1-2 pounds per week.

*Nutrition Action Healthletter, November 2017*

DASH, in a Dash	
A DASH-like diet can help lower your risk of a heart attack or stroke. Here's a 2,100-calorie version. (Note: The serving sizes are small.)	
	Daily Servings
Vegetables & Fruit 1 serving: 1/2 cup for 1 cup greens or 1 piece fruit	11
Grains 1 serving: 1/2 cup pasta or rice or cereal or 1 slice bread	4
Low-fat Dairy 1 serving: 1 cup milk or yogurt or 1 1/2 oz. cheese	2
Legumes & Nuts 1 serving: 1/2 cup beans or 1/4 cup nuts or 4 oz. tofu	2
Poultry, Fish, Lean Meat 1 serving: 1/4 lb. cooked	1
Oils & Fats 1 serving: 1 Tbs.	2
Desserts & Sweets 1 serving: 1 tsp. sugar or 1 small cookie	2
Wild Card Poultry, Fish, Meat or Oils & Fats or Grains or Desserts & Sweets	1

## WALL ...

Continued from A-1

The display will be completed over the winter. Strayer plans to have it ready for the annual Heritage Day program for Evergreen Elementary students in March.

An additional new exhibit of "Crystals and Minerals" is also in the works.

The history center recently completed a capital campaign to replace the roof of the main building.

The campaign began last year when Strayer wrote several grant applications.

Three foundations awarded funds for the project including \$2,500 from the Carpenter Foundation, \$7,000 from the Four Way Foundation and \$7,500 from Cow Creek Umpqua Indian

Foundation.

To raise matching funds for the grants, board members worked hard conducting yard sales and selling ice cream at events, including Labor Day Festivals.

Nearly 100 businesses and individuals also contributed toward the project.

"We're immensely grateful to the foundations, business owners and community members for their support," Strayer said. "I don't think we could have gone through another winter with those severe leaks in the roof."

"The leaks were staining the ceiling and asphalt from the roof tiles was washing into the gutters," he said. "The old roof was installed 20 years ago but due to errors installing insulation, parts of the roof had to be removed down to

the rafters and rebuilt."

The new roof was completed in July.

"The plywood wasn't as bad as we originally thought, so we used the remaining funds to paint the building," Strayer continued. "The board felt this was a good time to do it. We hired a Grants Pass contractor, and painting was completed in about a week.

"We're looking forward to next year, and hoping the smoke won't be so bad, so we have better visitor numbers," he concluded.

The museum's main building houses 50,000 items and it's the museum board's responsibility to insure their protection.

The museum is currently closed to the public for the season, but will reopen the first week in April.

## Christmas Bazaar

I.V. Senior Center • 520 East River St.

Friday & Saturday  
NOV. 10 & 11  
9:00A.M. TO 4:00P.M.

30 Booths • Bake Sale  
LUNCHES CAN BE PURCHASED

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