

# No joke: Nov. 19 is World Toilet Day

For many of us in the developed world, talk about toilets is usually potty humor or something we wouldn't consider in polite conversation. But, in much of the world, and for many of our local impoverished people, relieving oneself is a big deal.

Did you know that one in three people worldwide still do not own a proper toilet and often have to resort to defecating in the open, endangering their health, dignity and safety? Were you aware that nearly 1,000 children died per day in 2013 from easily preventable

diseases caused by poor sanitation? Or, that in many places, girls and women are assaulted or raped when they go outdoors to defecate and many teenage girls drop out of school due to lack of safe sanitation? Have you heard that, in developing countries, more than 80 percent of the raw sewage is discharged untreated into lakes, and rivers, toxifying the water (worldtoiletday.org)? Did you realize that if you don't wash your hands after defecating that you can get or spread pink eye, salmonella, E. coli O157, or diarrhea and

some respiratory infections like adenovirus and hand-foot-mouth disease? (Center for Disease Control and Prevention)

The Rotary Club of the Illinois Valley hopes to raise our community's awareness about the importance of sanitation while raising money to help end the worldwide sanitation crisis. To get started this year, we have partnered with Illinois Valley High School and the *Illinois Valley News* to participate in the international "Big Squat" on the last school day before Thanksgiving. This is a fun

event meant to use humor while educating people about sanitation problems. Our local event, "Squat and Wash," will have willing high school students gather in a common area, squat together, and then wash their hands in buckets provided. This event will educate our youth about the importance of handwashing after toileting and call attention to the international health crisis of poor sanitation.

Next year, we hope to expand this event to all schools and encourage youth to get sponsors who will donate funds for their

participation in the "Squat and Wash." Money raised will be sent to help rectify an impoverished, foreign country's sanitation problems. It will also encourage our youth's generosity toward those less fortunate and increase their awareness of international issues. Additionally, our Rotary Club is starting to study local sanitation needs and we plan to incorporate those into our project as well.

Join us in this fun event!

## Community Thanksgiving event needs volunteers

Jason McMillen  
IVN Contributing Writer

Tim Leyba, manager of Doug Hoskins Resource Center, and his girlfriend Suzanne Vautier, have taken up the longstanding Cave Junction Free Community Thanksgiving Dinner at Jubilee Park for their third consecutive year. Their predecessors reportedly began having age related health issues and could no longer organize the event. "We jumped in and took over," Vautier said.

Teamed up with the Illinois Valley 20/20 Community Vision Initiative and the Cultural & Ecological Enhancement Network, Vautier expects the event to have, like previous years, over 200 attendees. The feast will occur rain or shine Nov. 23 from 11 a.m. to 3 p.m. and

though food contributions are welcome they're not required.

The feast is made possible through donations of home cooked food like turkey, ham, side dishes and appropriate desserts. Cash donations are also accepted and will be used to purchase food or other necessary items. Vautier reported that so far they haven't received enough pledges to make the event a success but are confident that they'll meet their goals as the holiday approaches.

However, for those who wish to get involved but are neither willing nor able to cook, the Free Community Thanksgiving Dinner also needs volunteers to perform the event's various duties. Those who would like to donate food, cash or volunteer their time can contact Leyba at 541-291-8860.

"It's really awesome to see everybody,"

Vautier said, "You see all kinds of people. It's a big event and it's a lot of fun."

Although food donations will be greatly appreciated by all who attend, improperly prepared dishes, which could result in food poisoning, are not. The USDA recommends that turkey, a potential breeding ground for Campylobacter and Salmonella, be cooked to an internal temperature of at least 165 degrees Fahrenheit, thereby eliminating contamination.

To measure the internal temperature of the bird, use a cooking thermometer to test 10 spots at different locations, making sure to assess the thick areas of muscle which are away from the cavity and bones. Testing too close to bone can give you a false reading because bone conducts heat better than meat.

Thawing your turkey should also be subject to careful consideration because it

could potentially result in elevated levels of bacteria which might manage to survive the cooking process. Although time consuming, the USDA recommends that thawing a turkey in the refrigerator is the safest method because it will thaw at a consistent rate and because the pathogens in question cannot begin multiplying until the environment is at least 41 degrees Fahrenheit.

The USDA further recommends that the turkey needs to thaw a full day for every 4-5 pounds of weight. Once fully thawed, the turkey should be safe to cook for the next two days.

On a final note, make sure to clean all utensils that were used to prepare the turkey, most particularly when raw, before using them to prepare another dish. Failing to do so can result in cross contamination.



(Photo courtesy of Cary Riley for the *Illinois Valley News*)

Cave Junction Lions held their annual Turkey Bingo at the I.V. Senior Center, Saturday, Nov. 4.

## Great American Smokeout

AllCare Health is partnering with multiple healthcare organizations to help Southern Oregonians quit tobacco for the Great American Smokeout. The annual challenge encourages people to quit tobacco for the day and make a pledge to quit entirely, or help a friend or family member quit. Events in Brookings, Grants Pass, Medford, and Cave Junction will include free giveaways, healthy snacks, smoking cessation aids, informational quit materials and kids' activities. The first 50 people at each event who turn in their tobacco or vape products will receive a \$5 Dutch Bros. gift card. Cave Junction

location is at the Siskiyou Community Health Center Nov. 16, 2:30 p.m. to 4:30 p.m. 25647 Redwood Hwy, Cave Junction.

- 14,700 Josephine County adults regularly smoke cigarettes (of 66,400 adults in the county).
- In 2014, there were 286 tobacco-related deaths.
- 23 percent of pregnant women in Josephine County smoke cigarettes, more than double the rate of Oregon overall and the rest of the U.S.

Additional information about the Great American Smokeout is available online at [www.cancer.org/smokeout](http://www.cancer.org/smokeout).

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Cheddar, Mozzarella. (Reg. \$4.99 ea.)

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**Produce**

**Russet Potatoes** (5# Bag) ..... \$2.09 bag  
(Reg. \$2.99 bag)

**Red Potatoes** (5# Bag) ..... \$3.89 bag  
(Reg. \$5.79 bag)

**Celery** ..... \$1.89 ea.  
(Reg. \$2.69 ea.)

**Cranberries** ..... \$2.99 lb.  
(Reg. \$3.99 lb.)

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