

VICKI ...

Continued from A-1

Her father was a continuous inspiration to her in unexpected ways. She watched him stay in a career that he didn't like for 40 years. This taught her that "If you are going to devote yourself to a career, you should do something that you like, that you believe in."

The biggest projects she was involved with at the Oregon Caves were the expansion in 2014, from 480 acres to over 4,000, approving safety changes to the historic Chateau, and working to protect and conserve the water supply given to the staff and guests.

Something she mentioned often was working with people. When asked what advice she had for her successor she said, "A crucial lesson learned over my career was it is all about relationships. Once people know who you are as a person, you can move on with the (park) projects."



(Photo courtesy for the , Illinois Valley News)

Vicki Schnitzler speaks during the ceremony for the expansion of the Oregon Caves National Monument while Senators Wyden and Merkley look on.

DOGS ...

Continued from A-1

Jessica Clark, general manager of Shop Smart Food Warehouse in Cave Junction, deals with this issue every day: "People complain and ask why we let people bring their dogs in but there's not much we can do. It's up to the government to clarify and regulate this issue better. When a service animal graduates from its training it should be given certification and an identifying vest so small businesses like us know what we're dealing with and can respond appropriately. But the way it is now if I see someone in here with a dog on a leash I don't say a word. I'm not going to push it and get into an argument."

Although the ADA currently allows only dogs to fill these needs, miniature horses are on the horizon. A quick perusal of the videos available on YouTube of working miniature service horses gives an idea of the versatility and unique contribution these animals can make. Trained miniature horses are already considered a legitimate alternative to service dogs. According to the ADA Information Center that means reasonable modifications in policies to allow the use of miniature horses if they have been trained to do work or perform tasks for individuals with disabilities may be seen in the future.

11th annual Vintage Faire Saturday, May 12

Eagle Point, OR – Food, music, and the old west! The Eagle Point Chamber of Commerce presents the 11th annual Vintage Faire, Saturday May 12th. This is an opportunity for the entire family to take a trip back in time and see steam engines, antique cars, old west photographs, and many demonstrations from the Old West.

A great event for all ages, the streets of Eagle Point will be open for the Vintage Faire from 10 a.m. to 4 p.m. with FREE admission. Sample tasty tidbits cooked in dutch ovens while taking in live musical performances enjoying food from some of your favorite vendors. Stroll through the long line of vintage and artisan vendors up and down Royal Ave. Live wood carvings, quilters, artists as well as tours of the Eagle Point Museum will be offered.

About The Eagle Point Upper Rogue Chamber: With its breathtaking natural beauty from Mt. McLoughlin to the Table

Rocks and up the Rogue River to Crater Lake, the Eagle Point Upper Rogue Chamber's mission is to assist and promote a healthy, inviting community; to attract and assist businesses and to be of service to those visiting or considering locating in the area. For more information, or to volunteer contact EPUR Chamber at www.eaglepointchamber.org or email info@eaglepointchamber.org.

Illinois Valley Wellness Resources

Food & Friends Menu

FRIDAY – MAY 11
HOMESTYLE PORK
PATTY W/ GRAVY

MONDAY – MAY 14
LEMON HERB CHICKEN

WEDNESDAY- MAY 16
SLOPPY JOE
ON A BUN

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

SENIOR SPOTLIGHT

SPONSORED BY I.V. Wellness Resources 541-592-9781

ROUTINE HEALTH SCREENINGS

This schedule is a suggested timeline for routine health screenings for healthy older adults. Talk with your health care provider for guidance on what's best for you. More frequent screenings may be recommended based on your personal health history and your risk factors.

***Thyroid test-** Routine screening is typically not recommended for healthy adults; however, some organizations recommend considering screening people 60 years and older, as well as anyone at increased risk for hypothyroidism.

***Bone density-** screenings at least once beginning at age 65; earlier depending on your risk factors for osteoporosis.

***Mammogram-** Every 1-2 years between ages 40 and 50 (guidelines vary). Continue annual or biennial screenings at least through age 74 (beyond that guidelines vary).

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.

2-1-1

Call 211info for help with health & social services. Just Dial 211, visit 211info.org, search 211info App or text zip to 898211.

CHAIR FITNESS

FREE at Healthy U, Tues/Thurs from 1 - 1:45 p.m. 535 E. River St., Cave Junction Call 541-592-4888 or visit www.healthyucenter.org.

Sponsored by I.V. Wellness Resources

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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

To contact I.V. Wellness Resources you can call 541-592-9781 or email ivwellnessresources@gmail.com and like our Facebook page@[ivwellnessresources](https://www.facebook.com/ivwellnessresources).

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**Elect Ron Smith
Your County Commissioner.
He Will Fight for You:**

- To protect Your property rights, reduce Your tax burden, and not support new taxes.
- To fully fund the Sheriff Dept. to reduce crime, reestablish 24/7 patrols, and reopen all sub-stations.
- To create forestry jobs, being good stewards of our land reducing dangerous forest fires and harmful smoke-filled summers.
- To help establish a transparent open door policy for county government.

Born in Josephine County and lived most of his life in the Illinois Valley.
Ron knows and understands our county better than most!
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