

CITY ...

Continued from A-1

In other news, city recorder Rebecca Patton, reported that she was successful in negotiating a new stream of revenue for the city through an amendment to the city's Ground Lease Agreement with Cingular Wireless who is adding T-Mobile and Verizon to their tower. The two additions to Cingular's tower will generate \$1,400 in monthly rent for the city's coffers. In addition, Cingular has agreed to pay a conditional signing bonus of \$55,000, which will be used for the purchase of property adjacent to the Jubilee Park for expansion, as well as funding part of the cost of replacing lighting in the ballfield at the park.

Councilors Miles and Bosch expressed dismay over a mid-day live news report from KDRV12 which cast Cave Junction in a negative light (high crime), with Miles stating that "our job as leaders in the community is to ensure that we're branding our community accurately. People misrepresenting our city have gone on for far too long. We have a sheriff's

department who is moving forward, a chamber of commerce that is moving forward, and a lot of really positive things happening in the Valley. We can't allow the media to continue to broadcast the negativity about our Valley where none exists."

Mayor Dalegowski agreed and said the reporting had been sloppy, news stories need to be grounded in fact. Residents of the Illinois Valley are encouraged to call the KDRV news desk to let them know how unhappy they are with the reporting. The number to call is 541-773-1212.

Dalegowski's closing comments reflected that he really appreciated being given the chance to be in the position of mayor. He thanked the city councilors and staff for their input, help and integrity. The massive talents and responsibility will go forward.

A workshop to prepare the final draft proposal for the MOU will be held Friday, Dec. 21, from 4-6 p.m.; and the next city council meeting will be held Jan. 7, 2019, to swear in the new mayor, Meadow Martell and elect a council president.



(Photo by Scott Kern, Illinois Valley News)

No. 0 senior Bryce Bruner shoots a layup during the 63-75 home loss to Phoenix Thursday, Nov. 29. The Cougars' next home game will be Saturday, Jan. 5 against Butte Falls.

SENIOR SPOTLIGHT

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



Food & Friends Menu

FRIDAY - DEC 21
SLC RST TURKEY
W/GVY

MONDAY - DEC 24
CLOSED FOR HOLIDAY

WEDNESDAY - DEC 26
GERMAN MEATBALLS

Call 541-955-8839 to volunteer or if you need meals from Food & Friends.

Pet Safety during the Holidays:

As the holidays approach, we need to pay special attention to the safety of those four-legged members of our family. Their health impacts our own, as we look to them for companionship and love. Here are a few precautions to keep in mind as you prepare for the holidays. Pets are fascinated with all the new items around the house. They usually explore them by chewing and tasting and often (unfortunately) by swallowing. These objects wreak havoc in the gut and the results can range from slight diarrhea to an explosive bout of vomiting. The worst situations are when the object swallowed becomes lodged in the bowel or the glass ornament cuts into the gut. If left undiagnosed or untreated, these

situations can result in death. Simple things like ribbons and tinsel can result in an intestinal blockage.

Another hazard associated with the holidays is poisoning. Poinsettias, holly and mistletoe are toxic to cats and dogs. Some additives sold to help hydrate the Christmas tree are prepared with chemicals that are caustic to animals. Chocolate is another toxin many animals, especially dogs, become poisoned with at this time of year. Even in small amounts it can be deadly.

Pets will frequently drink out of glasses or eat whatever might be sitting out on the counter (such as raw bread dough), the alcohol and the yeast ferment in the stomach and can cause tremors, coma and death. Those Christmas turkey bones can

splinter and cause tears in the digestive tract. Table scraps can cause an upset gut. Secure garbage cans and sacks to prevent pilfering by your four-legged friend. Electrical cords can cause severe burns or neurological damage from accidentally chewing on them, especially when the lead blinking, attractive lights. New Year's confetti can also cause digestive problems. Fireworks or loud poppers can cause damage to the ears. With a little extra care, the festive season can also be safe.

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.

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

CHAIR FITNESS
FREE at Healthy U,
Tues/Thurs from 1 - 1:45 p.m. 535 E. River St., CJ, Call 541-592-4888 or visit www.healthyucenter.org.
Sponsored by
I.V. Wellness Resources

HEATING ASSISTANCE
For financial assistance with heating your home - electric or wood - call UCAN at 541-956-4050

VOLUNTEER OPPORTUNITIES
**Senior Companions
**Caring Callers
Please call I.V. Wellness Resources for more information at 541-592-9781.

AARP TAX-AID
Free tax help
I.V. Family Coalition, 535 E. River St, CJ
Call for a Feb. appointment by last week of Jan. 541-592-6139

FREE FREE FREE
Four wheelchair ramps (four platforms with handrails) for disabled residents. Call De @ 541-415-1380.



SPORTSMAN TAVERN

- 2 Pool Tables & Shuffleboard •
- Friday Night Karaoke •
- Saturday Night Pool Tournaments •
- Bloody Mary Sundays 11 a.m. - 4 p.m. •
- NFL Special Events •

Starting Nov. 10

The HOLE IN "1" CAFE

will be serving dinners on Saturday nights 4-8 pm instead of Fridays

Come on in for a delicious home cooked meal!

Don't forget we're open for breakfast and lunch everyday rain or shine!

8 am - 3 pm

Great food, great people & great prices!

I.V. Golf Club
25320 Redwood Hwy
Open to Public

2 WEEK SPECIAL

Gooseberries
Real Food Market

Asstd. Bob's Redmill
Natural Flour
\$2.79 ea.
Reg. \$3.69

Woodstock
Organic Whole Cranberries
\$3.49 ea.
Reg. \$4.79

Special Features

Oregon Country
Prime Rib
GMO Free Beef. A Perfect Holiday Roast
\$10.59 lb.
Reg. \$14.99 lb.

Apple-Orange Cranberry Sauce
In the Deli
\$4.99 lb.
Reg. \$6.99 lb.

Asstd. Imagine
Organic Broths
\$2.09 ea.
Reg. \$4.19 ea.

Organic Celery
\$1.39 lb.
Reg. \$1.89 lb.

Meat

Diestel
Frozen Organic Turkeys **\$3.69** lb.
Located in the freezer. Reg. \$4.69 lb.

Beeler's
Thick-Cut Bacon **\$5.59** pkg.
Non-GMO Bacon. Reg. \$6.99 pkg.

Frozen

No Bull
Bone Broth **\$5.59** ea.
Reg. \$7.49 ea.

Asstd. Cascadian
Vegetables **\$2.39** ea.
Reg. \$3.19 ea.

Produce

Organic
Bulk Brussel Sprouts **\$4.09** lb.
Reg. \$4.69 lb.

Organic
Yellow Potatoes - 5 lb. bag **\$3.99** ea.
Reg. \$5.29 ea.

Organic
Bulk Green Beans **\$3.29** lb.
Reg. \$4.19 lb.

Organic
7.5 oz. Cranberry **\$2.59** ea.
Reg. \$3.59 ea.

Organic
Pomegranates **\$1.89** ea.
Reg. \$2.19 ea.

Bulk
Medjool Dates **\$6.09** lb.
Reg. \$8.49 lb.

Bulk

Organic Dried Sliced
Cranberries **\$5.19** lb.
Reg. \$6.99 lb.

Natural Dark Chocolate
Almond Bark **\$5.29** lb.
Reg. \$7.09 lb.

Groceries

Field Day
Organic Corn & Green Beans
\$1.49 ea. Reg. \$2.09

Asstd. Celestial Seasonings
Holiday Teas
\$2.69 ea. Reg. \$4.09

HABA

Ancient Secrets
Breathe Again
\$6.49 ea. Reg. \$11.59
Hypertonic Seawater Nasal Spray

Natural Vitality
CALM
\$14.59 ea. Reg. \$20.69
Anti-Stress Drink Mix. Holiday Citrus Spice Flavor.

Ready-to-Eat

Grill Menu
Turkey Burger
Lettuce, tomato, onion & pickle with your choice of cheese. With a side. **\$5.09** ea. Reg. \$6.29

Breakfast Menu
Breakfast Burrito
Two eggs, your choice of meat, cheese and vegetables. **\$3.59** ea. Reg. \$4.39

Salad Case
Beet, Onion & Fennel Salad **\$4.29** lb. Reg. \$4.99

Grab-N-GO
Hoagie
With asstd. meats and organic cheddar. **\$3.99** ea. Reg. \$4.99

We Accept Oregon Trail Cards • Prices Effective Weds., 12/12/18 - Mon., 12/24/18 Ad Specials - While Supplies Last.
1201 Redwood Ave. • 541-471-2700 • Open Mon. - Sat. 8 am - 8 pm • Sun. 10 am - 6 pm