

Healthy Highlights: by Laura Mancuso

Staying Healthy While You Travel

There's one thing that you definitely should not bring home for the holidays – and that's a fever. Doctors across the country have warned people to protect themselves from the "triple-demic," which refers to the combined threat of respiratory syncytial virus or RSV, the flu and COVID-19. Getting your flu shot and bivalent COVID-19 booster is the best way to keep your

family and yourself from getting sick and ruining your holiday, but there are other things you can do to protect yourself while you travel.

First thing to do if you are traveling is to pack your mask - not because you have to wear it - because most mandates are lifted, but to keep yourself and others safe from pesky viruses. What type of face mask should you use in public places? A KN95 mask is a type of respirator that meets certain

international standards. It offers more protection than a medical mask does because it filters out both large and small particles when the wearer inhales.

Next, frequently wash your hands using the same method that doctors use to prevent the spread of disease. The Center for Disease & Prevention gives the following tips about how sickness and traveling:

*Regular handwashing is one of the best ways to remove germs, avoid getting sick, and prevent the spread of germs to others. Wash your hands and take other precautions to prevent getting and spreading diseases while traveling:

*Wash your hands with soap and water for at least 20 seconds. (If soap and water are not available, use hand sanitizer containing at least 60% alcohol.)

*Avoid touching your

eyes, nose, or mouth with unwashed hands. If you need to touch your face, make sure your hands are clean.

*Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze.

*Avoid contact with people who are sick.

*If you get sick during travel, stay in your accommodations, unless you need medical care.

Another safety trick is to carry a small bottle of hand sanitizer for when you are not in the place to wash your hands. Not only can it guard you against common colds, but it can also protect you from stomach bugs, like norovirus.

And last but not least, it can't hurt to fill your plate with immune-boosting foods, like broccoli, sweet potatoes, spinach, almonds and grapefruit.

Lady Cougar's season under way



(Photo by Lindsay Martinho for the Illinois Valley News)

No. 3 sophomore Evalynn Guzman looks for an open teammate while No. 21 freshman Emily Hall looks on during the home win against New Hope Christian Wednesday, Nov. 30. IVHS girls sit at 1-2 on the season.



OPEN
WED - SAT
LUNCH
12 - 3 PM
DINNER
4 - 9 PM

115 S REDWOOD HWY
PHONE ORDERS: 541-592-4138



Dec 7 - Dec 13
20% off
ALL JEWELRY
in the store!

Please Shop Locally!

123 N Redwood Hwy
Downtown Cave Junction
541-592-2802

Tues-Sat
10 - 5 pm



This holiday season, we invite you to shop local!
ART ★ BOOKS ★ CRAFTS ★ GIFTS



FROM NOVEMBER 25 - DECEMBER 20
Any \$30+ purchase made enters you into our giveaway to win a \$30 Guild Gift Certificate! Winner will be drawn at our Holiday Open House on Wednesday December 21, 2-4pm.

OPEN TUESDAY-SATURDAY 10AM-4PM
24353 REDWOOD HWY. KERBY, OR
WWW.SOUTHERNOREGONGUILD.ORG

IV YEA!

Supporting
IV Yea! Toy Drive
IV Youth Enrichment Association

IV YEA!


Tournament Fundraiser
December 17, 2022 — 6PM
Belt Building
24353 Redwood Highway • Kerby, Oregon 97523

- New Payout Structure - 50/50% split of everything including rebuys
- \$50 Buy-in
- Rebuys through 2nd hour
- Pays three (3) places
- 1st break (30 minutes) @ 7PM
- Limited to first 50 players
- Unlimited add-ons until end of first break:
 - \$1,000 for \$10 each
 - or
 - \$2,000 for \$15 each
- Food, snacks, soda/water available



For Info/Registration Call:
Cathy @ 541-415-2861 or Steve @ 541-813-1702
Extra \$1,000 in Chips for Pre-Registration

LOST CAMP
BAR & GRILL

SATURDAY
DECEMBER 10
8-11 P.M.



\$5 @ THE DOOR
541.787.5057

McGrew's!

MONDAY NIGHTS

FOOTBALL & TACOS

CALL FOR VENUE OR MENU
541-596-2202

KXCJ
(LP)
105.7 FM

Illinois Valley Community Radio

Download our current program schedule and live streaming at
kxcj.org



Bridgeview Wine Bar

Open year round daily noon to 5

Try our extensive food menu

Every Friday - all day Happy Hour \$5 glass of wine

Call us: 541-592-4688
4210 Holland Loop Rd, Cave Junction

Friday, December 9
Music by
TALON

5:30 - 8:30 PM
Call 541-592-5358 for takeout

Taylor's Country Store



Dine-in or Take Out
541-592-3556

Open Mic
Wednesdays @ 5 PM

J BARLEY
Saturdays 6 - 9 PM

Sportsman Tavern
IS
DUCK CENTRAL

Every Saturday or whenever The Ducks play!

- .50 off on all alcohol beverages during the game
- Free Finger Food
- Volunteer Potluck (not required)

Santa is coming to IVFD

Come enjoy some cookies, coffee and hot chocolate with Santa.

Don't forget to bring a camera for Christmas pictures



Saturday December 10th
11am - 1 pm
Illinois Valley Fire District station #1
681 Caves Hwy
Cave Junction



**Oregon Caves Chevron**
541-592-3080





Serving the Illinois Valley for 33 years

Complete Auto Truck repair
• Align Tires • Towing • Oil Changes
• Propane • Snacks

Open Everyday 6:00am - 9:30pm

WHERE THE VALLEY GOES FOR CRAFT COCKTAILS!

TUESDAY'S OPEN MIC

WEDNESDAY'S KARAOKE



LIVE MUSIC ON THE WEEKENDS

CHECK OUT FACEBOOK FOR UPDATES

YOUR PLACE FOR SPORTS
NFL AND COLLEGE FOOTBALL GAMES ON 13 TV'S
12-11 MONDAY TO THURSDAY
12-12 FRIDAY
9-12 SATURDAY FOR FOOTBALL
10-11 SUNDAY - DIRECT TV SUNDAY NFL TICKET