



## FUN THINGS YET TO DO THIS SUMMER ~

**Outdoor Growers' Market:** Every Saturday, 9am-1pm, at 4th and F St. Showcases the finest fresh fruits and vegetables grown in the southern Oregon region, as well as secondary wood products, gourmet specialty foods, artists, and crafters from all over southern Oregon.

**Artisan and Crafters Market:** Every Saturday, 9am-1pm, at 5th between E and F St. Some of the finest artisans from the Rogue Valley are featured. Includes glass art, pottery, jewelry, metal art, photography, furniture, and more.

**First Friday Art Night, August 5th:** Several shops, galleries, and restaurants are open late for this monthly event. Local art and musical talent are featured from 6-9 pm. Call 541-787-7357 for more information.

**Fantastic Flea Market:** Saturday, Aug 6th, 8am-2pm, come to 7th and J St for the largest yard sale in Grants Pass. The *Daily Bulletin* sponsors this event to help local non-profit organizations raise money. There will be superb bargains, merchandise, raffles, and great food!

**Concerts in the Park:** Tuesday evenings, 7pm, @ Riverside Park. The schedule of entertainment for August is the following:

Aug 2nd—Ben Rice Blues Band  
Aug 9th—Funktional Fusion

**Movies in the Park:** There is no admission cost; movie starts at dusk.

Aug 5th— "Megamind" @ Tom Pearce Park  
Aug 12th— "How to Train Your Dragon" @ Reinhart Volunteer Park-River Vista  
Aug 26th— "Despicable Me" @ Tom Pearce Park

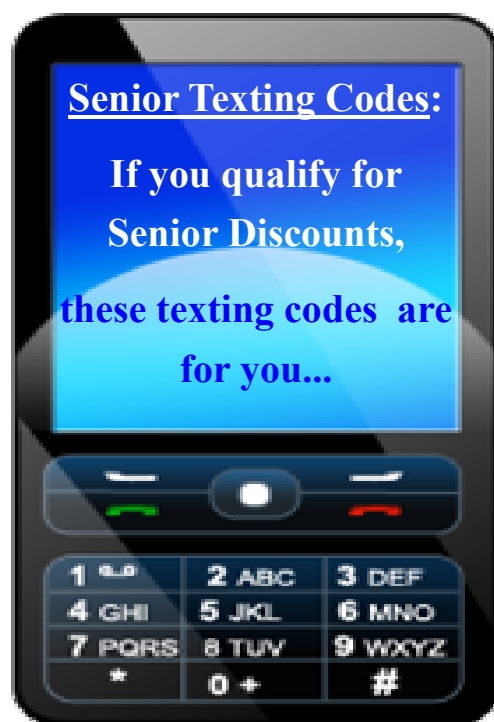
**Josephine County Fair, August 16-20: Senior Day is Thursday the 18th ~ Seniors get in for \$5.**

Nightly entertainment is the following:

Aug 16th— Starship @ 7:30pm  
Aug 17th— Marty Stuart @ 7:30pm  
Aug 18th— Demolition Derby @ 7pm  
Aug 19th & 20th— Monster Truck & Tuff Trucks Spectacular @ 6:30pm

**Wiseman Gallery at Rogue Community College:** July 11th-August 25th, the Wiseman Gallery presents Rory N. Finney's "Tilomikh: A River Returns" with macro photographs of Tilomikh Falls.

ATD—At The Doctor's  
BFF—Best Friend Fell  
BTW—Bring The Wheelchair  
BYOT—Bring Your Own Teeth  
CBM—Covered By Medicare  
CUATSC—See You At The Senior Center  
FWIW—Forgot Where I Was  
FYI—Found Your Insulin  
GGPBL—Gotta Go, Pacemaker Battery Low!  
GHA—Got Heartburn Again  
IMHO—Is My Hearing-Aid On?  
LMDO—Laughing My Dentures Out  
LMGA—Lost My Glasses Again  
LOL—Living On Lipitor  
LWO—Lawrence Welk's On  
OMMR—On My Massage Recliner  
ROFL...CGU—Rolling On The Floor Laughing...  
And Can't Get Up  
TTYL—Talk To You Louder  
WAITT—Who Am I Talking To?  
WUNO—Walker Wheels Need Oil



**“A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawn mower is broken.”**

~Unknown

## CRIME PREVENTION TIPS ~ IN YOUR CAR

1. Always keep your car doors locked, whether you are in or out of your car. Keep your gas tank full and your engine properly maintained to avoid breakdowns.
2. If your car breaks down, pull over to the right as far as possible, raise the hood, and wait INSIDE the car for help. Avoid getting out of the car and making yourself a target before police arrive.
3. At stop signs and traffic lights, keep the car in gear.
4. Travel well-lit and busy streets. Plan your route.
5. Don't leave your purse on the seat beside you; put it on the floor where it is more difficult for someone to grab it.
6. Lock bundles or bags in the trunk. If interesting packages are out of sight, a thief will be less tempted to break in to steal them.
7. When returning to your car, check the front and back seat before entering.
8. Never pick up hitchhikers.

**“When you retire, think and act as if you were still working; when you're still working, think and act a bit as if you were already retired.”**

--Author Unknown

## HEALTHY LIVING ~ REDUCE SODIUM INTAKE

- Read the Nutrition Facts label to choose foods lower in sodium.
- Purchase canned foods labeled as “reduced sodium”, “low sodium”, or “no salt added”.
- Rinse regular canned foods to remove some sodium.
- Add little or no salt when cooking or eating.
- Trade your salt shaker for the pepper shaker.
- Season your foods with spices, herbs, and lemon juice for a variety of flavors.

