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SPLAT, SPLAT, TAG! - DMZ Paintball of Cave Junction held the season opener for paintball 'Tag' on Sunday, April 6 at its Kerby site on Upper Reeves Creek Road. Approximately 50 participants of various ages used paintball markers in games of 'Capture the Flag' and 'Tag.' Safety is stressed constantly, and the games include monitors. (Related photos page 12)

SCHC celebrates 30 years in the valley

Open house a chance to introduce new doctor and give building site update

By BRITT FAIRCHILD
Staff Writer

Browsing through the thick photo albums of archived photographs and newspaper articles, it's obvious the changes 30 years can bring.

The hair is a bit shorter, the jeans a little less bell-shaped. The medical technology is more speedy and state-of-the-art.

A loaf of bread, sack of potatoes or a chicken are less likely to be given as a form of payment for treating a cold or casting a broken bone.

But what hasn't changed in the 30-year history of the Siskiyou Community Health Center is the philosophy that "health care is a right, not a privilege."

On Friday, April 11 from 4 to 7 p.m., the Cave Junction center, located at 319 Caves Hwy., will hold an open house to celebrate its 30th anniversary of service to valley residents.

"It's been 30 years and we're still here," said Sheila Mason, office manager. "Everybody is still dedicated to the community and medicine."

Mason joined Dr. Jim Shames and the other young, idealistic individuals as a clinic volunteer approximately one year after the group opened what was then known as the Takilma People's Clinic in Takilma.

"It was an opportunity to really be involved in the community," she said. "(It was) a

very special, magical time for all of us who were involved. We thought we could change the world."

The open house will also provide an opportunity to formally introduce Dr. Lucinda Kolo, the newest doctor on staff at the CJ site, to the community.

Kolo began working at center in August, following the completion of her physician residency in Indiana in July. With the Biscuit Fire threatening the valley at the time, there was little fanfare upon her arrival.

Kolo, 34, said she is looking forward to the event.

"I think it will be more fun now, having been here (longer)," she said.

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I.V. clinic just what the doctor ordered

After eight months on the job, Kolo settling in as SCHC's newest physician

By BRITT FAIRCHILD
Staff Writer

Whether kismet or coincidence, Dr. Lucinda Kolo can't imagine practicing medicine anywhere but Illinois Valley.

There's an undeniable spirit here, she said; an awareness and "pervasive wisdom" among the people unlike anything she's experienced.

"I love it here, said the 34-year-old Dartmouth Medical School graduate. "I adore this community."

She finds her work at Siskiyou Community Health Center in Cave Junction -- and the dedication of the staff there -- especially inspiring.

"There are amazing people here," she said, citing examples of employees and residents committed to caring for those in need.

With a particular passion for women's health, Kolo noted that she has helped establish a strong prenatal program during her almost eight months at the site.

Admittedly, though, Kolo was a bit nervous when she

came on board in August, as it was her first job after completing her residency in Terre Haute, Ind. in July.

Now, she said, "I'm starting to feel more comfortable."

Kolo, the third full-time physician at the center, lives in Grants Pass and will begin



LUCINDA KOLO, M.D.

her days making rounds at Three Rivers Community Hospital as part of her work. She is the first physician from the CJ site to do so.

Describing herself as a "proactive person," Kolo looked at 60 medical sites na-

tionwide before moving west.

"This just was a fit," she said. "This felt right."

As a National Health Service Corps Scholar, a portion of Kolo's student loans will be paid off in return for working in a medically needy area.

Born in Minnesota, Kolo came to Oregon after 13 years in New Hampshire. She did her undergraduate work at the University of New Hampshire, and she still calls that state home.

Avid kayakers and mountain climbers, Kolo and her husband, Joe Caron, are also taking advantage of the natural bounties of the area.

"We've already climbed Mt. McLaughlin (in Jackson County)," she said, noting that they plan to climb Mt. Shasta next.

Although her commitment to the National Health Service Corps is only three years, Kolo said that she hopes she can stay here longer.

"(I could stay here) forever if I can talk my husband into it," she said. "It's everything I thought it would be."

Sexual assault awareness IVSHA goal

One in every three women, one in six men will be sexually assaulted in lifetime

By BRITT FAIRCHILD
Staff Writer

One out of every six homes in Illinois Valley is afflicted by domestic violence, sexual assault or abuse.

And that's not counting the cases that go unreported, according to the Oregon Coalition Against Domestic and Sexual Violence.

For Tanya Nevarez, Illinois Valley Safe House Alliance (IVSHA) women's advocate, these numbers are more than statistics.

They represent "real" victims and survivors who need help and support to move through what has happened to them.

"Once you've been abused or raped, it changes your life forever," Nevarez said.

Over time, sexual assault, domestic violence and other types of abuse also pervade other areas of a community, Nevarez added.

That is why, she said, continual communitywide education and information about the subject is critical.

Particularly in a rural area such as Illinois Valley.

April is especially important in the timeline, Nevarez said, as it is Sexual Assault Awareness Month.

IVSHA has several area events planned during the month.

"For all those individuals who are survivors (I) just want to let them know they are not alone. They are being thought of (and prayed for)," she said.

Activities such as the organization's Fireside Candle-

light Ceremony at the I.V. Family Coalition on Friday, April 4 bring awareness by raising the consciousness of others. They see what is going on and become interested in participating or knowing more, Nevarez noted.

She added that such a coming together of those in the valley community ultimately helps strengthen it.



TANYA NEVAREZ

To foster a truly healthy I.V., everyone -- from law enforcement to governing leaders, and especially men in general -- need to take a stand against all assault and violence to all humans.

"Together we can do something to stop this," Nevarez said. "Take a piece of the responsibility to be accountable for our community members (so) that there would be little to no room left for these horrific assaults to take place."

While there is more community support of intervention now than in years past, mainly because of IVSHA, the valley has to continue its awareness and support efforts, she said.

Prior to her IVSHA work,

which she began in November, Nevarez, 35, was board chairman of the Southern Oregon Indian Center in Grants Pass.

During her time there, she helped start a women's support group and an overnight multicultural kids camp, among other programs.

"I've always had a calling in my life to work around issues concerning women and children," Nevarez said.

Part Yurok Indian and part of the Takilma band of the Rogue River tribe, and member of the Confederated Tribes of Siletz Indians, Nevarez said the sacredness of women and children is a foundation of her family lineage.

Women, she said, are honored as the only two-legged creatures able to carry more than one spirit in their bodies.

With numerous strong female influences in her family, Nevarez said she found herself advocating for others at a young age.

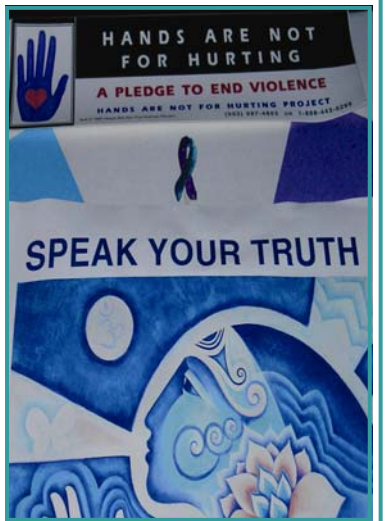
Her grandmother, Agnes Baker-Pilgrim is the eldest living descendant from the Rogue River/Takilma band that resides in the valley.

Childhood experiences in which others were verbally hurt led Nevarez to feel that it is wrong to treat others with any forms of violence.

"I always had an issue and took issue with that," she said.

"I believe if our women are well, our children are well, and our community is well," Nevarez said.

The following Sexual Assault Awareness Month events in Josephine County are sponsored by Illinois Valley Safe House Alliance, Asante Domestic Violence Program, Family Friends, Rogue Community College and the Women's Crisis Support Team: Wednesday, April 9, 9 a.m. to 4 p.m., Community Awareness booths at the Cave Junction Post Office and Selma Select Market. Friday, April 11, 5:30 p.m., Second Friday Night Art Walk, open mic reading, "Celebrating Survival," at Cabin Chemistry. Friday, April 11, Poetry as therapy at the Book Stop in Grants Pass, time to be announced. Tuesday, April 22, Earth Day Tree Planting at the Illinois Valley Family Coalition, time to be announced. Wednesday, April 30, Take Back the Night at the Anne Basker Auditorium in Grants Pass, 6 to 8 p.m. IVSHA's women's support group meets Thursday from 6:30 to 8 p.m. For information phone 592-2515, or the Women's Support Crisis 24-hour line at 800-750-9278.



FIRESIDE CANDLELIGHT CEREMONY - With April being Sexual Assault Awareness Month approximately 20 people attended the Illinois Valley Safe House Alliance Candlelight Ceremony on Friday evening, April 4, to acknowledge victims of sexual assault. Participants were asked to write down their own, or someone else's, pain and ultimately burn what they had written in a ceremonial 'cleansing' fire. The burning of the 'pain' symbolically represented the cleansing and beginning of the healing process. As the last person's message was burned, the first healing candle was lit from the fire and participants proceeded to light all the candles in the circle with the flame of the previous person's candle.