

IVHS grad makes time for charity

By NADIA WALDEN

Even though Mirya Holman of Cave Junction is taking more than a full college course load, is involved with school organizations, and does work study, she makes time for tons of community service.

Holman, 21, a 2000 graduate of Illinois Valley High School, is a junior in the honor's program at Loyola University in New Orleans.

She has 18 hours of classes a week and maintains a 3.8 grade-point average. Holman is also a member of Loyola's University Programming Board, which plans events around campus, and is president of the History Honor Society.

As a member of Loyola University Community Action Program (LUCAP) the political science and history major makes time every week to give back to her community.

Three-to-four times a semester, Holman works with Habitat for Humanity, which builds houses for low-income families.

Holman also participates in Loyola's Hunger Relief Program nearly every week and in Voice for the Voiceless, which lobbies the Legislature to fight poverty and hunger.

However, her favorite community service project is Children Are Reason Enough (CARE), with which she has been involved for the past 2 1/2 years.

Through CARE, a LUCAP project, Holman works two or three Saturdays a month with children living in transitional housing.

As to why she is involved with CARE, Holman said, "Children are so loving."

During her visits with the children, she helps them forget their worries -- at least for a short time.

The minute she walks in the door, their faces light up with big smiles, Holman said. She has fun things planned for the children every time she sees them.

The last time she saw the children, Holman tried to get them into the Easter spirit. Together they had a lot of fun making and decorating Easter eggs, which they made out of construction paper.

Glue and glitter were everywhere when they finished, but the smiles on the children's faces were priceless. They were beaming from ear to ear, Holman said.

When Holman began to leave, the children kept asking her when she would be back and asking her what they were going to do the next time she came.

"I think they are special and need love," Holman said.

(Nadia Walden, a Loyola University junior from New Orleans, wrote this article for a beginning reporting class.)



JOSEPH PENASSO

Penasso karate kicks his way to worlds

By BRITT FAIRCHILD
Staff Writer

After nine years studying karate, 17-year-old Joseph Penasso knows the importance of determination and focus.

These values will surely be tested -- perhaps more so than ever before -- when the Cave Junction resident competes in the Region 12 Amateur Athletic Union Qualifying Karate Championship on Saturday, May 31 at Grants Pass High School and again the following day during the World Karate-Do Championship.

Penasso is one of several students from the Del Saito Martial Arts Training Center

in Grants Pass to qualify for both competitions.

"I like how it (martial arts) builds character," said Penasso, who is skilled in several forms, including Shitoryu, jujitsu, kickboxing and freestyle.

His training, he said, has taught him discipline and self control.

To prepare for the competitions, Penasso has formal training at the center three days a week. He trains at home another three days, for a total of 24-30 hours of practice a week.

"There's so much memorizing," Joseph said, adding he not only has had to learn the

different karate forms but also many Japanese commands.

Penasso admitted he's getting nervous about the events, but noted that his anxiety isn't necessarily a negative.

"It all goes together, hand in hand," Penasso said, explaining Saito's philosophy that if an individual trains hard enough, any nervousness will aid performance.

Penasso will compete against others from Oregon, Washington and Northern California during the regional event. Hundreds of competitors from around the world are expected to participate in the world finals.

Sullivan named to Univ. of Ore. fall dean's list

Lark Song Sullivan of Cave Junction was chosen for the University of Oregon dean's list for her scholastic achievement during the 2002-03 fall term. Sullivan is a junior Spanish major.

To qualify for the list students had to earn a 3.75 G.P.A. or higher on a scale having 4.0 as a straight-A average and must have completed 12 or more units during the term.

More than 1,950 students have been named to the deans' lists for scholastic achievement during the fall term of the 2002-2003 school year, according to Anne Leavitt, vice president for student affairs and dean of students.

University of Oregon deans' lists are compiled for fall, winter and spring terms during each school year. All undergraduate and post baccalaureate students, including National Student Exchange students, are eligible.

Fink honored for academics

Ivy Fink is Illinois Valley High School April Principal's Student of the Month.

Fink is the daughter of Mary Wertz. She has maintained a 3.47 GPA.

She has held the offices of Jr. and Sr. Class Secretary. Fink is a member of the Key Club, OSSOM, mountain bike club, soccer and basketball teams and has participated in the National History Day event. Her National History Day team was regional champions.

Fink has been awarded Most Valuable Player 2001-'02, Most Improved Player, Skyline Conference second team, Skyline Conference honorable mention in 2001-'02 in soccer; Most Valuable Player 2000-'01 in basketball. She earned the Scholar Athlete Award four times.

Fink's favorite classes are A.P. Composition, government and P.E. She enjoys playing soccer, basketball, softball, hiking, jogging, mountain bike riding, camping, backpacking and hanging out with her friends.



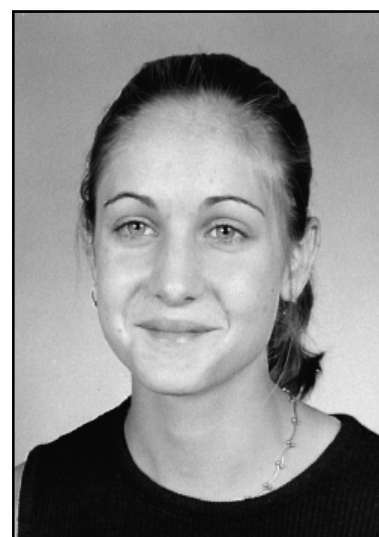
Ivy Fink

After graduation she plans to attend Rogue Community College for two years and transfer to the University of Oregon to get a degree in occupational therapy.

Conley earns student honors

Lisa Conley is Illinois Valley High School March Commissioner's Student of the Month. Conley is the daughter of Mark and Diane Wimper. She has maintained a 3.523 GPA.

She is a member of National Honor Society, Key Club, Youth Group and Cougar Pals. She was also on the Prom Court 2003. Her favorite classes are English and photography. After graduation Conley plans to become a registered nurse in pediatrics or a sign language interpreter.



Lisa Conley



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If you haven't been contacted, please phone or e-mail:

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Jack Cooke - (530) 620-3879 - jackc@innercite.com
1958 - Jeanne Tycer Warren - (541) 664-5251
warrendj@mymailstation.com
Jean Knight Hull - (541) 779-8579 - jrhull@mind.net
1963 - Linda Dickey Cox - (714) 227-4610
pcox@vipdirect.net
Lynn Riggan Smith - (541) 597-4196
llsmith@internetcds.com
1968 - Karen Gibney McCullough - (541) 592-4205
mcfamily@cdsnet.net
1973 - Janie Sowell Pope - (541) 592-3466
popej77@hotmail.com
Carol Fisher Billig - (210) 566-2709
bcbillig@aol.com
1978 - Debbie Day Mitchell - (541) 472-0255
debbiemit@msn.com
1983 - Brant Rigby - (541) 830-5746
brant.rigby@sabroso.com
1988 - Brian Proett - (541) 914-0560
brianproett@cableone.com
Janel McLennan Sorenson - (541) 459-0675
sorenson@internetcds.com
1993 - Kristen David - (503) 654-9159
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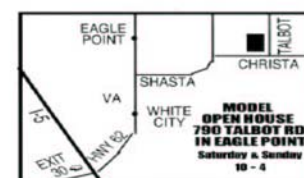
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