

Area Special Olympians earn medals

Several area athletes competed in the spring sectionals of the Josephine County Special Olympics held on Saturday, May 10 at Southern Oregon State College.

Jerry Davis captured first place in the 100-meter walk and fourth in the shot put. Cathy Eldred took first in the shot put and first in the 30-meter walk. Randy Jackson was first in the 400-meter walk. Kristopher Latham captured first place in the running long jump.

Kerby's Daniel Schutz finished in second place in the 200-meter and fifth in the running long jump. Chris DeVincenzi captured second in the pentathlon. Peter Metcalf took second in the softball throw and second in the 100-meter walk. And Latham, Metcalf, Schutz and Jackson finished fourth in the relay.

All of the athletes qualified for the state competition to be held at the University of Oregon in Eugene on June 7 and 8.

GP hospital offers health ed. classes

Senior Care

Three Rivers Community Hospital will present a free workshop, "Everything You Need to Know About Choosing a Senior Care Facility," on Thursday, May 29 from noon to 1 p.m. at the Washington Outpatient Center in Grants Pass.

Oregon Law Center Attorney Joan-Marie Michelsen will discuss the types of senior facilities available in Oregon, what to look for, how to check a facility's record, criteria for admission and related topics. For more information, phone (541) 955-5419.

Cholesterol Screening

The Washington Outpatient Center of Three Rivers hospital offers regularly scheduled cholesterol screenings at the Lab Outreach draw station every Friday.

A total cholesterol and HDL is available for a charge. No fasting is required prior to the cholesterol assessment. Results will be mailed. Pre-registration is required and appointments may be made by phoning (541) 955-5419.

Pre-Natal Yoga Class

A new pre-natal yoga class is being offered at Three Rivers Community Hospital in Grants Pass. The class can help increase flexibility and strength, promote correct posture, alleviate lower back pain, reduce stress, and prepare the individual for labor both mentally and physically.

The sessions will be held at the Washington Outpatient Center in conference room B on Saturday from 10 to 11 a.m.

For more information, phone (541) 846-1178.



SERIOUSLY HORSEING AROUND - The Illinois Valley High School Equestrian Team has finished its district meets. The team includes (photo above from left) Brent Rollings, Brook Sullivan, Kaylah Arnett, Echo Reagan, Alice Webber, Danielle Simpson, Catherine Sullivan, Clay Simpson. The team is the largest in the four years it has been at IVHS. Several of the members recently competed in a state competition. (Photo courtesy of Jan Simpson)

Charbonneau excels in academics, club activities

Pamela Charbonneau is Illinois Valley High School March Principal's Student of the Month.

She is the daughter of Paul and Roberta Charbonneau. Charbonneau has maintained a 3.5 GPA.

She is a member of Key Club, Peer Counseling, Cougar Pals, OSSOM, National Honor Society and Who's Who Among High School Students.

Charbonneau had held the office of Key Club President

and Peer Counselor Mediator. She has completed her CIM requirements.

Her favorite classes are A.P. English and English III and IV.

Charbonneau is involved in tree planting, Christmas Basket programs, and the Relay of Life Cancer Walk.

After graduation she plans to attend Rogue Community College and then transfer to Southern Oregon University. She would like to teach English at the high school level.



Pamela Charbonneau

I.V. Safe House receives \$10,000 grant

The Four Way Community Foundation awarded grants in 2003 totaling \$87,000 to 19 nonprofit community organizations serving Josephine and western Jackson counties.

A grant of \$10,000 was given to the Illinois Valley Safe House project to support the construction of a facility for women and children needing secure housing in domestic abuse situations.

The foundation awarded \$15,000, this year's largest grant, to Lasting Achievements Mentoring Program (LAMP), which provides drug and alcohol free transitional housing for low-income men and women in recovery from substance abuse.

The money will be used for repairs on Freedom House, the organization's women's facility in Grants Pass.

Grants of \$8,500 each went to Coalition for Kids for its elevator project in the Hamilton Annex and to Gospel Rescue Mission for playground equipment for children staying at the facility in Grants Pass.

Others who received grants included Grants Pass Family YMCA, Greenleaf Industries, Alzheimer's Asso-

ciation, Lovejoy Hospice, Pathways to Care Network, Wildlife Images, Josephine Early Intervention Services, Rogue Valley Rose Society, Once Upon a Horse, Josephine County Community Concerts, Inn Sight and the Rogue Valley Wind Ensemble.

Bob Brownell, president of the Four Way Community Foundation, said the 28-year-old community foundation received and reviewed grants applications from 40 organizations requesting more than \$409,000. Requests ranged from \$750 to more than \$90,000, Brownell said.

The Four Way Community Foundation annually provides funds to projects by nonprofit groups that enhance the educational, economic, cultural, and social conditions in Josephine and western Jackson counties.

Grant funds come from \$2.4 million in investments held by the foundation. The invested funds are bequests and gifts from individuals and families.

The foundation also manages and invests some funds designated for specific purposes or organizations by the donor. This year the Boys &

Advocate to meet injured workers

Workers in the area with on-the-job injury claims can meet with an advocate from the Ombudsman's Office for Injured Workers' from 8 a.m. to 4 p.m. on Tuesday, June 10, at the Employment Development Dept., 201 NE 8th St. in

Grants Pass.

An ombudsman will offer one-on-one assistance and information. There is no cost for the meeting. Make advanced appointments by phoning Wendi at (800) 927-1271.

Clubs & Organizations

Diabetes Association

The Cave Junction branch of the Jerry Acklen Diabetes Health Association's regular monthly meeting was held on Thursday, May 8.

The next meeting will be held at 1:30 p.m. on Sept. 11 at the Illinois Valley Senior Center, 520 E. River Street.

IV Medical Center, Inc.

At a recent board meeting, the following officers were elected for the forthcoming term: Larry Cooper, president; Harold Robertson, vice president; Jo Spencer, treasurer; Dorthy Stohlman, secretary; and Sharon Reasor, parliamentarian.

mentarian.

Other business pertained to a letter to the city of Cave Junction requesting IVMC's building project be added to the "needs and issues" list for Community Block Grants. The architectural plans have been completed for the first phase of building which will consist of four units.

An assisted living facility is also planned to the property off Wells Avenue. Meetings are held on the first Tuesday at the senior center at 10 a.m.

For more information, phone Dorothy at 592-4893 or Larry at 597-4506.

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I.V. Youth Soccer Club Annual General Meeting

Thursday, May 29 - 6 p.m.

Jubilee Park Pavilion

Open to the public



Fall sign-ups

Saturday, May 31

10 a.m. to 2 p.m.

Evergreen Elementary

School Soccer Field

COACHES NEEDED!!

For more information phone

Tonya at 592-4464



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199 Flea Market & Swap Meet

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Fun stuff - Fun people - Fun times...Artisans/Clothes/Toys/Growers
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PHONE

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Opening Day
Saturday
MAY 31

The Kerby Transfer Station

is open

Saturdays:

9:30 a.m.

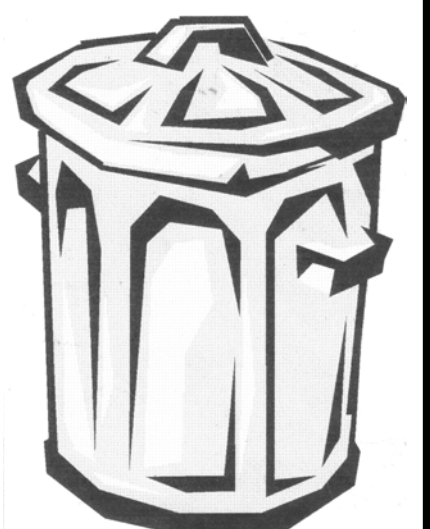
to

2:30 p.m.

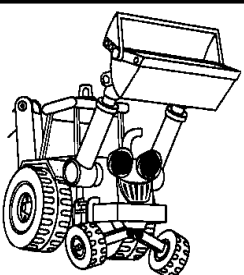
Hours: Mondays - Saturdays

9:30 a.m. to 2:30 p.m.

For more information phone (800) 922-1025



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