

## Here, There & Everywhere

**BUSINESS MINDED** - Illinois Valley Safe House Alliance will hold an informational meeting on how I.V. women can learn to open their own businesses on Thursday, Sept. 4 from 4 to 6 p.m. at I.V. Family Resource Center, 535 E. River St.

**COMPUTER COURSE** - Illinois Valley Family Coalition will offer a new 10-week class designed to help advance those with minimal or limited computer skills. Instruction on using the Internet, attaching resumes and images to e-mail messages, creating personal Web pages and other skills will be taught. There is a fee to take the class, but payments are accepted. I.V. Community Response Team has given a \$300 grant to support the class. The class is limited to 15 I.V. residents. For more information and to sign up, phone 592-6139, ext. 303.

**SCHOOL SPIRIT** - Illinois Valley High School will hold its open house on Monday, Sept. 15. The evening will include a dinner at 5:15 p.m. followed by an assembly at 6 p.m. Parents can then visit their children's classrooms in 10-minute increments. Along with meeting teachers and staff, the open house will be an opportunity to see the school's new carpet and floor. Evergreen Elementary will hold its open house on Tuesday, Sept. 16 from 6:30 to 7:30 p.m.

**TIGERS-TO-BE** - Illinois Valley Chamber of Commerce will sponsor the first Fund-raiser Golf Tournament, two-person scramble, at I.V. Golf Course on Saturday, Sept. 20. Check-in time is 8:15 a.m., with a shotgun start at 9 a.m. The per-team entry fee includes 18 holes of golf, lunch, a beverage and prizes. A free golf clinic by PGA Mike Day will be held prior to the tournament. The event is open to the public. Carts limited. For more information or to sign up, phone the course at 592-3151, or the chamber at 592-3326.

**ART RAFFLE** - Win a mosaic wall hanging by Miguel Kime in a raffle being sponsored by Dome School. Proceeds will benefit the school's Hope Mountain Barter Faire. The raffle will be held on Oct. 12 during the barter faire. Winner need not be present to win. Participants are to write their name and phone number on each raffle ticket purchased. The winner will be notified by phone. Tickets are available at Dome School and Blue Moon Books & Coffee. Phone 592-LIFE (5433) for more information.

**I.V. LIONS ROAR** - An open invitation for young men to join Illinois Valley Lions Club is extended. The group, which sponsors many community events, meets second and fourth Tuesdays at 7 p.m. at its clubhouse at I.V. Airport. Contact any member for more information.

**HOOP HAPPENING** - The IVHS volleyball team is sponsoring a 3-on-3 basketball event as a fund-raiser. Teams will play twice weekly in the gym for two months beginning on Sunday, Sept. 7. The registration fee is \$150. For more information, phone Lefi Tausaga at (541) 287-0222, or Rick Dees at (541) 287-2221.

**NOTEPAD: Lovejoy Hospice** is now accepting applications for its Good Grief Program, designed to provide children and their parents a safe place to talk about coping with the loss of a loved one. The fall program begins on Friday, Sept. 29. Pre-registration is required. Phone Barb Knox at 474-1193 for more information...**Cathy Seitz** is teaching a five-week class on Tuesdays from 3 to 5 p.m. in Chinese, East Indian, and Japanese health food preparation. Phone 592-6009 for more information. **The third annual North-coast Redwoods Writers' Conference** will be held on Friday and Saturday, Sept. 12 and 13 in Crescent City. For times and more information, phone (707) 465-2330. There is a registration fee...**A caregiving symposium** will be held on Saturday, Sept. 13 from 8:30 a.m. to 5 p.m. in the Rogue Valley Manor in Medford. There is a fee. Phone (541) 732-5466 for more information.

## Welcome teaches new lesson

(Continued from page 1)

Welcome first broke her back four years ago and a plate and four bolts were put in her lower back. She said she had fully recovered before the second accident.

On disability since December, Welcome said she, TRSD Personnel Director Chuck Barker, and her union representative talked and agreed that termination "without prejudice" was the best solution.

"I felt they had my best interest at heart," she said.

Welcome added that she has a pending workman's compensation lawsuit.

Welcome, who taught at Evergreen since 1992 and been a teacher for 27 years, hopes she will eventually feel well enough to go back to Evergreen in a volunteer capacity.

She would also like to tutor children in reading and also volunteer in other area programs. And maybe even teach karate -- something she did for 25 years



'WELCOMELAND' was the name of Lydia Welcome's classroom at Evergreen Elementary School. One of her educational goals, she said, was to bring fantasy and imagination together with learning for her students.

(Photo courtesy of Lydia Welcome)

up until a few years ago when she first broke her back -- again one day.

"I want to still give to the community," she said.

With faith, the fundamental rules of karate and support from others helping guide her, Welcome is determined to come through this experience a stronger person.

Although there is no cure for fibromyalgia, it can be managed, which is what Welcome continues to focus on.

Long walks with her dog 'Prince,' yoga and swimming, Welcome said, help keep the symptoms at

bay, help her stay physically fit and help reduce stress, which instigates the condition.

She is also trying to use her hands more, re-training them how to write, type and hold onto a tambourine and other percussion instruments.

Prior to her surgery, Welcome often played music with her husband, Ross Welcome.

Knowing that she isn't

alone in her suffering -- between 3 and 6 million Americans (primarily women of childbearing age) have fibromyalgia, according to the American College of Rheumatology -- also offers Welcome some consolation.

"I've learned you have to keep a really good attitude and keep trying," she said.

"Seek your own rehabilitation. Do not give up."

## IVCRT Rural Business loan fund upped by \$95k

Illinois Valley Community Response Team has received a \$95,000 Rural Business Enterprise Grant as part of \$13.1 million in U.S. Dept. of Agriculture (USDA) rural business development funds.

The grant will supplement an existing revolving micro-loan fund. Micro-loans do not exceed \$10,000 and are made to qualified individuals and existing small businesses within the area served by IVCRT. A total of 115 grant recipients in 42 states were selected.

"These partnership investments with local communities help bring economic growth and employment opportunities to rural areas," said Oregon USDA Rural Development Director Lynn Schoessler.

The loans and grants are expected to assist in creating or saving 6,000 rural jobs and support 1,116 business ventures as part of the Bush administration's efforts to spur economic development in rural areas.

The assistance nationwide includes Rural Business Enterprise Grants, Rural Business Opportunity Grants and Rural Economic Development Loans and Grants.

The grants and loans are awarded through USDA Rural Development

to organizations, which in turn administer the funds in their efforts.

Funds can be used for a variety of purposes, including revolving business loan funds, studies, technical assistance, community facilities, improving medical care and communications and other projects that encourage a favorable climate for jobs and growth.

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