

Cottage work aid to economy ...

(Continued from page 1)

25-plus years experience working in I.V. and knowing the multitude of interest groups that exist. Persons interviewed represent youth, senior citizens, businesses, government agencies, IVCRT past and present members, churches, the medical community, tourism, artists, conservatives, environmentalists, education, agriculture, airport, social service providers, and other community leaders. Many respondents also represent more than one interest group, said Koski.

For the current SWOT analysis, Koski interviewed 89 persons, 79 of whom live and work in Illinois Valley. The exceptions, though not living in the valley, either work here or have strong connections to it through their employment or membership in various civic, social or governmental organizations.

The last SWOT analysis, conducted in 1989, was the first conducted in Oregon and led to a strategic plan and formation of a "2010 Committee," a forerunner to the current IVCRT.

The report notes that because of efforts of "a strengthened IVCRT, significant progress has been made on all recommendations from the pioneer study except 'big project priorities,' and the congregate care center, where nothing has been done."

The big project priorities were a Sucker Creek

Reservoir, a destination resort, expansion of I.V. Golf Course to 18 holes, and expansion of Kerbyville Museum. The final recommendation was to improve medical and retirement services, which included a physician-incentive package, staffing an emergency clinic, and development of a retirement/congregate care center. Regarding the latter, I.V. Medical Center is working on such a project and, in cooperation with Illinois Valley Grange, has questionnaires in various locations in the community.

"When it comes to making recommendations arising from this study," said Koski, "it must be remembered that 46.3 percent of those interviewed said the community didn't want change and growth; another 23.6 percent felt that the community is evenly split on the issue; and 4.7 percent said that only incremental changes were OK.

"With this in mind, any implementation of projects or recommendations needs to be successfully marketed to the community," said Koski. "Open and positive communication must be clearly presented to achieve the greatest community 'buy-in.' A theme recurring through the responses to many questions is that there is contentiousness between people and organizations in the valley. That a significant majority can be gathered was proven when

the city and IVCRT provided excellent informational forums prior to the citywide vote on the sewer system" several years ago.

Koski said that despite limitations of tourism for the valley, "It will continue to be an economic driver for the valley. Pacific Power has completed a number of studies and tourism plans since May 1984.

"Significant improvements have been accomplished: namely construction of the I.V. Visitor Center; the beautification of the city, including the addition of rock structures; development of at least two visitor brochures, building of information kiosks, improvements at Kerbyville Museum, and addition of private businesses attractive to visitors on 'Main Street'."

Koski added that visitor accommodations, based on interviews he conducted, indicate a need for improved motels, perhaps with unique accommodations.

Making the valley, especially the city of Cave Junction, more "user friendly" with large parking lots for recreational vehicles also is noted. Overnight facilities at Illinois River "Forks" State Park also would be useful.

Overall, cooperation among various agencies and organizations, along with businesses and entrepreneurs, is deemed essential for successful economic development for Illinois Valley.



SEASON'S GREETINGS—Dozens of valley residents attended a holiday open house at the Kerbyville Museum on Saturday, Dec. 20. Kristina Warner and Pearl Waddell (photo top) decorate a tree in the Stith-Naucke House. Dale Hopper (left with wife Sharon) sang and had copies of his new CD, "Inspirational Moments, Just Me and My Guitar" for sale. Copies are available for sale at O'Brien Store and Treehouse Florist & Gifts.

Volunteer psychologist ...

(Continued from page 1)

who can afford to pay for her services do so on a sliding scale.

According to Doyle, Hover-Kramer is the first volunteer psychologist to work out of the coalition offices. And Doyle said she would love for the office space Hover-Kramer is currently using to become a rotating office for more mental health care volunteers.

Paid drug counselors from CHOICES are expected to return to the valley as soon as funding is available, which could be in the next few months, Doyle added.

Hover-Kramer says it's important for people without money or loved ones to receive an hour of her undivided attention.

"People are interested and need help here and I'm willing to give it," she said. "I like to teach people to organize their lives and be connected to their inner wisdom; not to be pulled by outside forces."

Despite her initial surprise of the level of valley residents without jobs, Hover-Kramer noted that employment problems aren't unique to this area.

"Problems are problems," she said. "But the background of unemployment here is prevalent."

After a few sessions with patients Hover-Kramer said she can usually see a shift in their outlooks. She compared it to opening a door in a dark room. Once light enters the room, even if it is a small amount, the room is no longer pitch black.

"A good counselor is one who can give people tools they can use in their own way," she said. "I encourage people to look for

answers within."

Hover-Kramer has discovered over the years that helping people helps her.

"Once you get into counseling you don't stop learning," she said. "I do it so I can stimulate myself and also be of help to others."

Hover-Kramer received her doctorate in education in educational psychology from Nova University in Fort Lauderdale, Fla. She is currently a licensed clinical nurse specialist in Oregon in addition to her California licenses. She is also a registered nurse in both states.

As if she wasn't busy enough, Hover-Kramer is also offering two classes to help area residents cope with mental health issues.

One class, "Relief from Trauma," will begin on Jan. 7 at the Rogue Community College Belt Bldg. in Kerby.

She will teach students methods to cope with their trauma. She plans to let students keep their traumatic experiences private while giving them the skills to deal with them through new meridian therapies.

Meridian therapy involves using finger pressure on specific acupressure points in the body to relieve pain and emotional distress. Once learned, it may be used by anyone with predictable results.

"Some people are still affected here by stress from the Biscuit Fire," she explained. "Each person is affected by stress differently. We will address how stress has affected each individual rather than just relieving their trauma."

She will also teach a class called "Healing Approaches for Self-Care and

Pain Management" at the RCC Redwood Campus in Grants Pass. That class will show students how to deal with pain through therapeutic touch, healing touch and meridian therapies.

She also recently taught a "Good Grief" class for children in Grants Pass, and she is currently working on a grant with Doyle to start offering self esteem classes for women on welfare in the valley.

To measure the effectiveness of the class, they will test how well the women can perform a job interview after completing the class.

In addition to her work in the health care field, Hover-Kramer plays the piano — specializing in chamber music — and is a member of an area arts council. She enjoys working in water color and acrylic paints.

In addition, she is the author of four books: "Creative Energies," published in 2002, "Energetic Approach to Emotional Healing," published in 1997-98, and "Healing Touch," the first edition was published in 1996 and a second edition was published in 2002.

She is currently writing a book about how people can overcome bad programming to advance through creativity blocks to become more creative and whole individuals.

Hover-Kramer moved to the valley about six months ago with her husband Chuck Kramer, a retired bio-medical engineer and has been working at IVFC for two months. They lived in Poway, Calif. outside of San Diego for 13 years before finding land for sale in the valley on the Internet.

OTC favors new scenic Ore. byways

The Oregon Transportation Commission (OTC) unanimously approved designating two new scenic byways in the state. The two highways are "Over the Rivers -Through the Woods Scenic Byway" and "High Desert Discovery Scenic Byway." Designation as a scenic byway qualifies the routes to receive federal scenic byway discretionary funds.

Over the Rivers-Through the Woods Scenic Byway is a 66-mile route from Interstate 5 to Oregon 228 east through South Santiam River Canyon to the junction with Oregon 126. The byway connects I-5 to West Cascade and McKenzie/Santiam Pass scenic byways.

The 127-mile long High Desert Discovery Scenic Byway travels from Burns to the town of Fields on Oregon 205 in Harney County.

In addition to approving the new scenic byways, OTC approved three tour routes: Diamond Loop, Steens Loop, and East Steens.

The scenic byways and routes received prior approval from the Oregon Tourism Commission.

Locally owned and operated in the Valley for over 25 years.

Water Wells Pump Sales Installation Service

592-6777

1470 Caves Highway

Licensed • Bonded • Insured

WWC #1504 • CCB #152266 • CF #7-113

Member Oregon Ground Water Assoc.

Boat House Reach

Family Restaurant

Breakfast - Lunch - Dinner

Homemade Country Cooking

Our Own Roasted Beef & Prime Rib

Specials Every Day

Food To Go

18101 Redwood Hwy., Selma

597-2111

Closed Tuesday & Wednesday

Art's

Red Garter

Steakhouse

& Saloon

124 S. Redwood Hwy.

592-2892

Open 5 to 9 p.m.

Restaurant parking in rear

2 large cooked

2-topping pizzas

\$19.99

or

2 extra large cooked

2-topping pizzas

\$22.99

Dave's

Perfect Pizza

212 N. Redwood Hwy.
(next to I.V. Video)

Phone for delivery

592-2220