Here, There & Everywhere

CARE-GIVER WORKSHOP - Lovejoy Hospice recently received a \$2,000 grant from Hospice Education Institute to conduct an educational seminar "Care-giving: Life Changes," designed for caregivers. The workshop will be held on Friday, June 4 from 8:30 a.m. to 4:30 p.m. at Lovejoy Hospice Conference Room in Grants Pass. There is a fee.

CROSS QUEST EXPEDITION - A "Wilderness Adventure Challenge" will be held at Lake Selmac on Saturday, June 5. Phone 592-3329 for more information

FREE SAFETY TRAINING - Oregon Occupational Safety and Health Division (OSHA) is offering four free training sessions to employers and workers on Tuesday and Wednesday, June 8 and 9 from 8 a.m. to noon and 1 to 5 p.m. in Grants Pass. To register, fax requests on company letterhead to (503) 947-7462 or register at OSHA website, www.orosha.org.

SENIOR CENTER MEETS - Two board meetings will be held at Illinois Valley Senior Center, 520 E. River St. in Cave Junction. A regular meeting will be held Tuesday, June 8 at 7 p.m.; and another on Thursday, June 10 at 10 a.m.

BLOOD DRIVE - The American Red Cross will hold a blood drive on Thursday, June 10 from 1 to 6 p.m. at I.V. Senior Center in CJ. To schedule a donation, phone (800) GIVE LIFE, (448-5433).

JUNIOR GOLF - Golf enthusiasts 5 to 15, can sign up for the Illinois Valley Golf Course junior golf program on Saturday, June 12 from 9 a.m. to 1 p.m. Phone 592-3151 for more information.

SUMMER READING PROGRAM - Teenagers 13 to 18 can participate in the summer reading program at all branches of the Josephine County Library from Monday, June 14 to Aug. 2. To join, participants can read one book, then fill out a form and give it to a librarian. For each book read, participants will be entered in a weekly drawing for prizes including books, T-shirts and more. For more information, visit the I.V. Branch or phone 592-3581.

NOTEPAD - Down by the Riverside, a watershed enhancement program presented by the Oregon Lottery, held an annual state cleanup in May. Among volunteers where those who met at "Forks" State Park in CJ to participate on Saturday, May 22. Community members brushed a trail, spread compost to plant Oregon grapes, and stained a fence until they ran out of stain ... Clear Spaces Gallery in Downtown CJ opened its doors the last time on Saturday, May 29. "It was a gallery before its time," said owner Pam Cooper, who cited lack of business as the reason for closing ... A Bluegrass concert, sponsored by I.V. Chamber of Commerce, set for Aug. 31 will be held, even though Pam Cooper has closed her gallery ... OSP arrested a reported reckless driver near Roseburg last Friday because of a concerned citizen with a cell phone. OSP urges calls about suspected aggressive or intoxicated drivers by phoning (800) 24DRUNK, or 911 ... Bumper sticker: "If you must

Navarro

(Continued from page 1)

Singing may be her main talent, but she also writes her own songs and plays some of her own music.

"I do more of the country right now, but I want to get into Latin, because I'm Spanish and also because there's a lot more heart and soul behind it." she said.

With a voice like Navarro's, chances are she'll be great at whatever genre of music she performs. Many across Oregon could probably agree.

"I've done the Labor Day Festival (in Cave Junction) before and other benefits up north," she said. "I've also done the Radio Station KRWQ Colgate Country Showdown for the past two years. This will be my third year doing it. I have to record a CD and send it to them. Then, they'll play it on air and the listeners will call in and vote on it," said Navarro.

She has also performed as the opening and intermission acts during the Josephine County Fair's music festival.

"This year, I'm the first act of the day at the Shining Stars Festival," said Navarro. She will be on stage Sunday the 6th at Lake Selmac and will have 20 minutes to perform.

When she's not busy singing, Navarro also participates in track as a sprinter and jumper. After graduating from high school, she anticipates that she'll attend either Western State or Portland State University, where she will major in business.

In the meantime, Navarro is spending most of her time preparing for the national competition.

For more information on America's High School Idol contest, log onto www.americashighschooli dol.com. Click on the national's link and scroll



'STARS IN AFRICA' - Members of The Shining Stars conducted a special African program for seventh-grade students at Lorna Byrne Middle School in conjunction with the students study of Africa. Besides teaching a traditional dance, The Shining Stars also demonstrated animal scratchboard drawing, and making Adinka cloth and stringing African beads. (Photo by Shane Welsh)

Smokeless users on tobacco road can get help

comfort observed in heavy

cigarette smokers attempt-

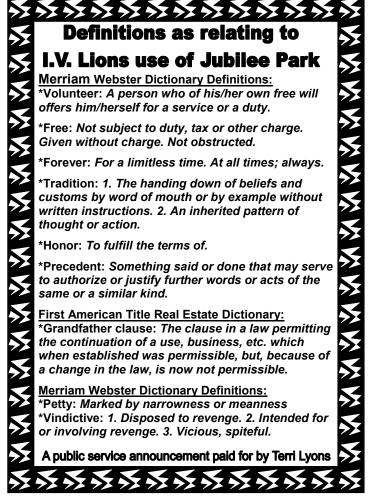
ing to quit.

Tobacco chewers and dippers have similar, or even higher, levels of nicotine in their bloodstreams than smokers who smoke a pack of cigarettes or more per day.

Withdrawal from regular smokeless tobacco use results in the same withdrawal symptoms and dis-



Smokeless users who want to quit can check www.chewfree.com.



A ttention Selm a Residents:

burn the U.S. flag, please wrap yourself in it first." Another bumper sticker: "Beer. Helping white people dance since 1837."

LAST WORDS - It is the mark of an educated mind to be able to entertain a thought without accepting it. (Aristotle)

down to see a photo of Navarro and other competitors.

> Please don't drink and drive.

Organization News

Native Plant Society

Retired Bureau of Land Management botanist Don Heinze will lead a free field trip to Star Flat

in Illinois Valley to look at late blooming plants in a serpentine fen and along the trail. It will be "an easy" 2-3

mile hike. Hikers should meet at

9 a.m. on Saturday, June 5 at the south side of Selma Select Market parking lot.

Shining Stars Festival at Lake Selmac

Friday, Saturday & Sunday, June 4, 5 & 6 Friday - 3 p.m. to midnight Saturday & Sunday - 9 a.m. to midnight \$10 daily pass - \$35 weekend camping pass

*16 Bands - local & nationally known * Workshops * Food * Craft Vendors



Children 12 & under admitted FREE when accompanied by an adult

*Kids Village: Craft projects, snacks, storytelling, juggling & Tai Chi lessons *Girl Scouts on Friday *Mask Making & Kids Costume Parade on Sunday *Fun & Games at the Recycling Center

Giant Puppets Dell 'Arte Interactive Community Theater *Raffle drawing on Sunday Seven Feathers Resort Getaway, Guided Raft Trip for 2 & lots MORE! Phone 592-6890 or 592-5262 for raffle tickets & information

A re you Prepared?



Com e to a com m unity m eeting about the Illinois Valley Fire Plan. Share your ideas and concerns about reducing the risk of wildland fire in your neighborhood.

Help us make the IV Fire Plan reflect everyone's concerns.

Wednesday, June 9th 6:30-9:00 pm Selm a Com m unity Center 18255 Redw ood Hwy., Selm a

For m ore inform ation, please contact IV Fire District Fire Prevention Coordinator De Spellm an at 592-2225.