

Selma Farmers' Market to open soon

Sunday, May 14 is the official opening date for the Selma Farmers' Market.

"We will open at 9," said Linda Meier, Selma Community Center Board member and manager for the second year of this new Illinois Valley market.

"We are very excited to have a permanent home for small entrepreneurs to sell their locally produced goods," she added. "The market will start on the parking lot and under the eaves of the Community Center until it moves into

the adjacent 30-by-100 square-foot pole building, slated for completion in mid-June."

Roof-raising events are scheduled for late April/early May (depending on the weather.)

Under the roof will be the Selma Farmers' Market offering locally grown fresh produce, as well as hand-crafted and home-made items.

Vendors will be charged an annual fee to support advertising and signage costs, and will have the op-

portunity to sell from morning until dusk every Sunday until the end of October.

Additional market days may be added later in the season. Annual membership will allow participants priority in space selection as well as reduced booth fees.

"Our location -- right on Redwood Hwy. -- is ideal for attracting folks out for a drive to the coast or coming home after church," said Meier.

Vendors can phone her at 597-2522 for further information.

Lovejoy Hospice providing workshop, 'When Kids Grieve,' on May 6 and 7

A 35-year-old man dies in an automobile accident, leaving his wife and children ages 3, 6, 10, and 14.

What do we say to them? Or should we say anything?

Should the children go to the memorial service?

How much does a 3- or 6-year-old understand about death? How can we help them cope with this loss?

"When Kids Grieve," a two-day workshop for any person who has contact with grieving children is offered Saturday and Sunday, May 6 and 7 at Lovejoy Hospice, 939 S.E. Eighth St. in Grants Pass. The presenter will be Dr. Donna Schuman, national director for the Dougy Center for Grief-

ing Children & Families in Portland.

The last day for registration is Friday, April 28. For further information or a reservation, phone Lovejoy Hospice at 474-1193.

The Dougy Center was the first in the nation to focus exclusively on grieving children and their families. It has been the leader in training others.

The first day of the workshop will focus on understanding and supporting grieving children at different ages and stages of development, with consideration for the special needs of those who experience loss by illness, accident or suicide.

The emphasis on Sunday will be understanding

and practicing skills to help children and teen-agers individually, and in groups, including the use of play and other creative activities such as art and music.

"How Kids Grieve" is co-sponsored by Lovejoy Hospice of Grants Pass and WinterSpring Center for Grief and Loss in Medford. It is funded in part by grants from The Autzen Foundation and The Hospice Education Institute. The cost of the workshop is \$25 to \$35 depending on the number of days attended.

A total of 12 Continuing Education Units from the Oregon Chapter of National Association of Social Workers will be offered for an additional charge.

Stress linked to depletion of energy by mental unit

The depletion of energy is often due to stress.

According to the National Institute of Mental Health, the stress hormone cortisol plays an important role in helping your body make energy available. But

when stress takes its toll, your body can secrete excess amounts of cortisol, lowering your energy.

Fortunately, there are steps that can be taken to relieve stress and increase energy, like taking a five-

minute break every couple of hours at work or school, or finishing big tasks earlier in the day.

Also, some health experts recommend taking a supplement, to relieve strain.

(News USA)



PAUL R. CHERNAY & MARGUERITE RICKARD

New head chef, general manager prepare for May 5 opening of Chateau

Less than two weeks to go before the Chateau at Oregon Caves National Monument opens its fifth season under Oregon Caves Outfitters (OCO).

Preparation is in high gear for the Friday, May 5 opening at the site, 22 miles east of Downtown Cave Junction.

"There are several exciting developments for this season, which will enhance the lodging and dining experiences for our many guests," said OCO. "We have a new general manager, Marguerite Rickard, who brings more than 30 years of lodging, hospitality and staff training experience to the operation."

"Rickard is busy at work right now, interviewing staff and running through her pre-season checklist prior to the scheduled opening."

"She shows great enthusiasm about living in Illinois Valley, and is looking forward to her role of expanding the events and community partnerships through the Chateau."

OCO added, "Joining

Rickard on the management team this year is executive chef Paul R. Chernay, former head chef at Wolf Creek Inn. He brings more than 30 years of experience in the culinary field to the Chateau kitchen staff.

"He has been a resident of Southern Oregon for four years, and is looking forward to this new challenge. Chef Paul's mission is to create and prepare new and exciting menus for the Chateau, prepared with the highest-quality local products, and paired with a fine wine selection."

"In addition," noted OCO, "Nancy Groth, owner of Summer Jo's restaurant in Grants Pass, has been consulting on the menu design and regional wine selections, offering a memorable dining experience."

Returning for her third year at the Chateau, Annette Starbuck, manager of the Chateau Gift Gallery, is busily stocking up on local artwork and souvenirs, and preparing for the season opening.

Jury selection of local artwork was completed in

late March, with area artists currently delivering their selected works.

"The Chateau itself will see some changes this season," said OCO, "with our deluxe rooms enhanced with new mattresses, bedding, comforters, and luxurious bath linens."

"This upgrade of amenities is part of the Phase I efforts of the Friends of the Oregon Caves Chateau, a nonprofit organization founded to bring financial and volunteer resources to the Chateau for facility and amenity improvements, such as a restoration plan for the extensive Monterey furniture collection."

The Oregon Caves Chateau provides approximately 40 seasonal positions each year for local residents. It also contributes to the economy through product and service purchases, as well as selling quality art pieces and souvenirs from local artists and craftspeople.

"We are currently featuring special off-season room rates for May, which makes a visit to the Chateau even more attractive at this time of year."

"Chef Paul is preparing for our special Mother's Day Brunch, this year on May 14," said OCO. "This event is very popular, so early reservations are recommended."

Phone 592-3400 for reservations or more details on current offers.

JoCo board for parks has room

The Josephine County Board of Commissioners (JCBC) is accepting applications to fill vacancies on the Josephine County Parks Advisory Board.

The advisory board acts as a primary line of communications between the public and Josephine County government so as to provide JCBC the broadest range of public thought and response to the county's parks and recreational needs and services.

The board also recommends parcels of county land suitable for public parks and recreational purposes.

The board consists of nine members appointed to five-year terms.

Applications will be accepted until the positions are filled.

Applications are available at the Commissioners Office at the Josephine County Courthouse, Room 154, Grants Pass or on-line at www.co.josephine.or.us

For more information phone (541) 474-5221.

TEN

COMMANDMENTS WEEKEND

May 5 & 6

"IF YOU LOVE ME, KEEP MY COMMANDMENTS."
JOHN 14:15

Across our nation people of all faiths will be gathering on the first weekend of May for a special recognition of God's Ten Commandments.

The Cave Junction Seventh-day Adventist Church invites you to join us for a special celebration, as we downlink a special LIVE broadcast from our nation's Capital, California, New York, Florida, and the Dominican Republic. You will enjoy internationally-known speakers, authors, and Christian singers.

Beginning Friday May 5 at 4:00pm and Saturday May 6 at 11:00 am, every hour on the hour there will be a new singer and a new ten commandments related subject discussed by a new speaker.

Location: **265 Old Stage Road, Cave Junction**

For more information call: 592-3218

Speakers' Schedule

May 5th
4:00 pm Old/new covenants
5:00 pm Commandment #1
6:00 pm Commandment #2
7:00 pm Commandment #3
8:00 pm Commandment #4

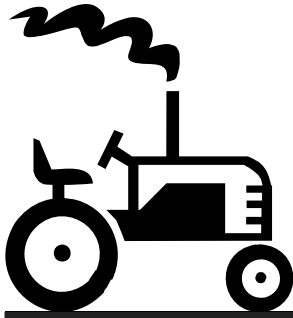
May 6th
11:00 am Commandment #6
12:00 pm Commandment #7
01:00 pm Commandment #8
02:00 pm Commandment #9
& Commandment #10
03:00 pm Commandment #4
04:00 pm Commandment #5
05:00 pm Commandment #7
06:00 pm Commandment #8
07:00 pm Overview

All guests will receive a free copy of a best-selling book!

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