



Oregon Little Big Band, led by Selma resident Tim Wallace presented a Jazz concert and workshop for Lorna Byrne Middle School students Friday, May 2. The program was arranged with help from Illinois River Valley Arts Council, and school Principal Damian Crowson. The band’s numbers were well received by the student body. (Photos by *Illinois Valley News*)



IRVAC annual meeting with Chautauqua

A free, public Chautauqua program, *The Romantic Roots of Environmentalism*, will be presented Wednesday, May 14 in the Josephine County Bldg. in Cave Junction.

Hosted by Illinois River Valley Arts Council (IRVAC), the evening will begin with a meeting at 6:30 to socialize, conduct annual elections, and receive program reports. The Chautauqua program, offered through the Oregon Council for the Humanities, will begin at 7:30.

The speaker will be Gail Wells, of Corvallis, author of *The Tillamook: A Created Forest Comes of Age*, and co-author of *Lewis and Clark Meet Oregon’s Forests: Lessons from Dynamic Nature*.

Wells will address the influence that the Romantic Movement of the late 18th and 19th centuries exerted on the development of environmentalism.

“The Arts Council is an ideal sponsor for this event because the arts align so closely with appreciation of Nature and beauty,” said IRVAC President Dorothea Hover-Kramer. “We are well-known in Illinois Valley for sponsoring two major projects: Learning Through Art in schools, and Second Friday Art Walk from April through December.”

For more information phone visit irvac.com or phone 592-5296.

- IVHS School Menu -

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AVAILABLE DAILY

*Cheese burger, hamburger, turkey & cheese sandwich, Chef or Mandarin chicken salad, cheese or pepperoni pizza, nachos.

THURSDAY, MAY 8

*Daily Favorites

Pasta with Marinara/meat sauce, beef & bean burrito, chicken burger, Hawaiian pizza, ham & cheese sandwich, garden salad.

FRIDAY, MAY 9

*Daily Favorites

Nacho supreme, corn dog, hot dog, Polish dog, spicy chicken burger, fishwich, supreme or taco pizza, Italian sandwich, chicken Caesar salad.

MONDAY, MAY 12

*Daily Favorites

Beef soft tacos, chicken nuggets, spicy chicken burger, vegetarian or sausage pizza, ham & cheese sandwich, fiesta salad.

TUESDAY, MAY 13

*Daily Favorites

Chicken fajitas, Rib-B-que sandwich, chicken burger, supreme pizza, roast beef & cheese sandwich, garden salad.

WEDNESDAY, MAY 14

*Daily Favorites

Taco salad, chicken or beef rice bowls, spicy chicken burger, taco pizza, veggie sandwich, antipasto salad.

China, India culture, art LBMS program

LTA, the Illinois River Valley Arts Council (IRVAC) Learning Through Art program, brought dragons and mandalas to sixth-graders at Lorna Byrne Middle School in Cave Junction on Tuesday, April 8.

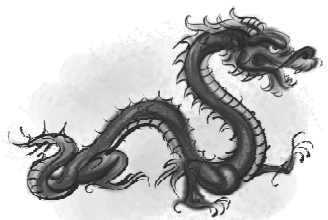
The sixth-graders are learning about China and India as part of their cultural studies. Under the guidance of IRVAC’s Learning Through Arts program, they made Chinese “moveable” dragons with accordion-folded bodies, then elaborately decorated them with scales and whiskers.

The students also learned that dragons play an important role in Chinese mythology. In fact, Chinese people regard themselves as descendants of the dragon.

According to this myth, whose unknown origin predates written history, dragons were benevolent creatures.

They lived in rivers, lakes and pools, and rose in great clouds of mist to promote and control rainfall and the land which yielded crops.

Depicted as wise, beautiful and very benign creatures that protect the people, the



mythical Chinese dragon also was composed of nine different animals; and, unlike other dragons of legend, did not have wings.

During its India workshop, LTA offered students the opportunity to create a “unity mandala quilt.” Mandalas are thought to be a healing medium for the soul, encompassing the merging of soul, body and spirit. Uncov-

ering creativity, they are often used as tools for introspection, healing and meditation, allowing people to master life's every day stresses, become calm and gain trust and composure.

Some of the world’s most famous mandalas have been created by Tibetan monks during periods of days or weeks. Tibetan monks create their mandalas with sand and the dust of precious stones, painstakingly placing millions of grains of sand in a traditional method that includes geometric shapes and many ancient spiritual symbols.

The sixth-graders colored a variety of mandalas, then traded half of each with another student. They then cut the mandalas into eight pieces, resulting in “new” mandalas which were mounted on squares of colored construction paper, and “pieced” together like a quilt.

Lovejoy announces bereavement help

Two special programs dealing with bereavement, one for the public and one for professionals, will be presented by Lovejoy Hospice in Grants Pass.

There will be a free presentation Tuesday, May 20 from 6 to 9 p.m. Titled, *The Wilderness of Grief: Finding Your Way*, it offers community members a chance to hear a nationally recognized author and to gain the understanding necessary to heal their own grief.

For professional caregivers, there will be a presentation, with a fee, Wednesday, May 21 from 9 a.m. to 3:30 p.m. Its title is, *Exploring the Heart of Grief: A Companioning Philosophy of Care-giving*.

Both programs will be held in The Lodge Event Center at 955 S.E. Seventh St.

Lovejoy Hospice is hosting the special presentations to provide bereavement education for the public and for professionals.

“In our region there is a huge need for services for those seeking healing from the loss of a loved one,” said

Lovejoy. “However, options are limited. Hospice bereavement services are generally not reimbursed through insurances, Medicare or Medicaid.

“Lovejoy Hospice receives daily calls from individuals, families, school counselors and state agencies, all looking for help for those faced with the mental anguish of dealing with loss.

“The May 21 presentation is aimed at empowering the network of counselors, chaplains, physicians, nurses, educators and others who themselves carry a cumulative burden of grief in their work with bereaved children and adults.

“The goal,” said Lovejoy, “is to equip professionals with the necessary skills to companion the grief process, to understand the

philosophy of mourning and to learn how to better care for themselves and others. Rarely do we have the chance to hear speakers of this caliber in Southwestern Oregon.”

The presenter is Alan D. Wolfelt, an internationally noted author, educator and grief counselor. He serves as director of the Center for Loss and Life Transition and is on the faculty at the University of Colorado Medical School’s Dept. of Family Medicine.

Perhaps best known for his model of “companioning” vs. treating the bereaved, “Wolfelt is committed to helping people mourn well so that they can live well and love well.”

Phone Lovejoy Hospice at 474-1193 to reserve a seat at either event.

SISKIYOU COMMUNITY HEALTH CENTER



WELCOMES

JEFF MYERS, P.A.

Jeff is from Tennessee, but mostly grew up in the Midwest. He graduated from Kalamazoo College in Michigan with a degree in biology. He completed his Masters of International Health in Western Australia with time spent in Thailand during his dissertation. He returned to the US to work in Georgia with the Metropolitan Atlanta Chapter of the American Red Cross. After several years as a Disaster Specialist, preparing and supervising volunteers during local and national disasters, he entered the Physician Assistant Program at the School of Medicine at Emory University in Atlanta. Much of his medical interests lie with underserved communities—big or small—and with the aging population. These interests led him to Oregon, where he looks forward to meeting members of the community and enjoying a different pace of life from Atlanta. He loves the Pacific Northwest and looks forward to getting out and traveling, hiking, camping, and just enjoying all that Oregon has to offer.

Jeff is accepting new patients at SCHC in Cave Junction 25647 Redwood Hwy. Cave Junction, OR 97523 Call to make an Appointment

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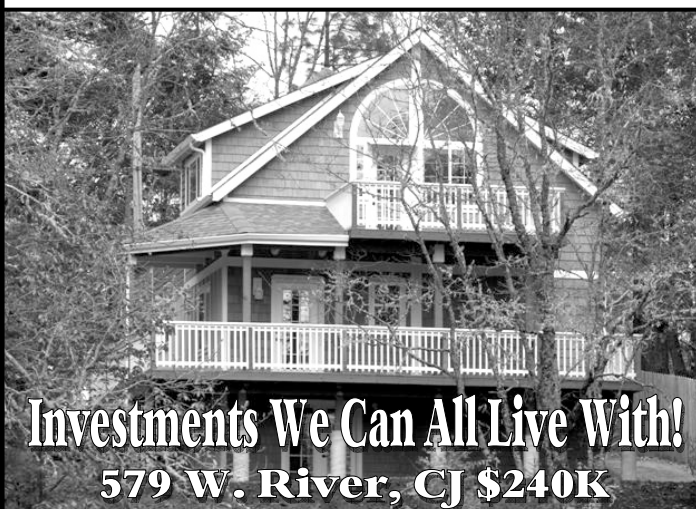
Every artist dips his brush in his own soul, and paints his own nature into his pictures.

- Henry Ward Beecher -

H.D. PATTON JR

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