

Arts & Entertainment

Salmon making their way to Illinois River

BY LINDA COREY-WOODWARD
For IVN

On Saturday, Oct. 18, naturalist Rich Nawa, of Siskiyou Project, led a group of some 25 people from various Oregon locales on a hike to Rainie Falls near Merlin.

The trailhead is 8 miles past Indian Mary Park, and the trail skirts above the middle section of the Rogue River. Hikers enjoyed the fall foliage and watched rafts and fishermen in float boats as they made their way about 3 miles downriver to the falls.

The falls are more a giant, boulder-strewn rapid than a high waterfall. Below, Chinook salmon battle strong currents and violent whitewater to leap up the falls on their journey to the spawning grounds. Hiking and rafting falls-watchers were rewarded with sightings of many leaping salmon.

Those on shore were entertained by watching rafters and kayakers negotiate the shallower, safer side-route



Hikers Bob & Carolyn Stoops of Bend on the trail along the Rogue River to Rainie Falls (Photo by Linda Corey-Woodward)

on the north side of the river. Two professional raft-outfitters each made a dramatic solo float over Rainie Falls. The riverbank crowd cheered their skill and safe "landing" in the calmer water well past the falls.

This hike is rated "moderate" since there are no steep or overtly dangerous sections. However, much of the path is like a goat trail,

with difficult footing on sharp rocks, narrow sharp turns above a steep slope, ending in huge boulders or the swift river. There are some rock slides and tricky sections to get around.

Anyone who takes a fall hike to Rainie Falls, rather than a raft or float boat outing, should wear sturdy hiking boots and take a walking stick, water, snacks and a

jacket. Allow four to five hours for the round-trip, depending on how long you linger at the falls to watch salmon and boaters.

For a cool, sunny fall day, there are few greater joys than a hike along the mountainous Rogue River to see salmon leaping in the falls. Soon the salmon will arrive in Illinois River and its forks to spawn in the shallow gravel streams. Some already have been spotted at "Forks" Park.

Chinook salmon are swimming from the Rogue to the Illinois in schools. With some patience, you can see them during late October to early November, Nawa said.

He also reports that salmon can be seen spawning in the Rogue between Josephine County Fairgrounds and the All Sports Park. Take Ringuette Street beside the fairgrounds to the bike path and walk a short way to see the Rogue River.

For information about hikes and salmon watching, contact Nawa at 592-4459.

Healthy lifestyles offered in SDA cooking, nutrition class

By LINDA COREY-WOODWARD
For IVN

Robin & Henry Martin gave a health-and-cooking presentation at the Seventh-day Adventist Church in Cave Junction on Monday night, Oct. 13.

The church offers weekly *Health and Cooking* classes, aimed at educating the public about how to live and eat healthier.

Robin prepared a delicious Mexican supper for approximately 40 people. She helped write the *Newstart Lifestyle Cookbook*. She said that the way to health for everyone is nutrition, water, exercise and sunshine, and she described how to change

daily routines.

The Martins are a husband-and-wife team from the Weimar Institute in California, which teaches people how to live healthier. The results of the new lifestyle, it is stated, can reverse diabetes, shed pounds, and enable people to enjoy strenuous physical activities they enjoy, such as hiking, skiing, running and other pursuits they gave up because of heart disease or diabetes.

The Martins travel the world educating people on how to enjoy improved health and prolong life following the Newstart Lifestyle.

"We were invited by the World Health Organization to (Continued on page 9)

Bird watching with Harry

By HARRY JOHNSON
There are many ways for bird watchers to have fun:

Sit and watch birds through a window, or sit on a porch and watch and listen to the birds in your own back or front yard.

You can take bird-watching trips around the valley or to the nearby lakes; or you can take a bird-watching trip through the mountains. They're all great ways to watch birds.

If you want the ultimate bird-watch experience, I recommend you join an on-line or Internet bird-watch group. I've had the opportunity to take part in one of the watch groups following, and I have to tell you, it was fun. It's a great way to learn about the different kinds of birds that visit your yard. I found it to

be very user-friendly. I can't recommend it enough for new bird watchers.

Here are several Websites to check:

*Project Wild Bird at projectwildbird.org. I did this project last year, and it was fun. All the paperwork you need is furnished. It takes one hour a day for eight days during a two-week period. You'll do this in all of the four seasons of the year.

You do your count and download it. Did I say easy? Last year they were giving free bird seed and feeders to some lucky watchers. I was not one, but I did have a great time doing my watch hour. I don't know if the free seed and feeders are available this season.

*Project Feeder Watch at birds.cornell.edu. Its season will start Nov. 8. Check them out to sign up and have fun. I hope you join this one. I have

signed up this year, and I'm looking forward to sharing my counts with you in the coming weeks.

*Christmas bird count at www.audubon.org/bird/cbc/getinvolved.html. Every year since 1900, volunteers have conducted censuses of birds across North America under auspices of the National Audubon Society.

*The Great Backyard Bird Count at www.birdsource.org/gbbc.

The next GBBC will be on Feb. 13 to 16, 2009. Adult and kid bird count programs will be available to try. It's fun for the whole family.

I can't think of a better way to get your children involved with a safe, but fun introduction to science and wildlife. I've signed up for this one also. If you have a child with an interest in birds and wildlife, here's a great holiday gift for him or her.

They will see what all bird watchers see; it is fun doing a bird count. Sign them up and let's compare our counts.

For a field trip that's local, you may want to think about going to Klamath Falls in February. The "Winter Wings Festival" is held every year in February on President's Day weekend. Visit www.winterwings.fest.org.

I've been there, and I found it fun and full of information. There are different field trips and two days of fun and informative lectures.

For a bird watcher there's nothing better than joining a watch group. It's a great place to learn about the birds in your backyard or see some beautiful country while doing your bird watch field trip. It can be fun for young and old.

In the next column, we'll present our first Q&A session of the series.

SFI announces youth coordinator post

Selma-based Siskiyou Field Institute (SFI), with "a mission to deepen people's scientific understanding and intimate connection to the Klamath-Siskiyou bioregion," has announced development of a new youth coordinator position.

Due to the awarding of several grants, SFI recently hired CeCe Bowerman for the new position.

Bowerman graduated from Unity College in Maine. She studied adventure education and wilderness therapy, and during the past 2½ years worked as an outdoor educator along the West Coast. She has led teen-age wilderness trips; worked as an educator at a Nature sanctuary; and at SFI served as the AmeriCorps member through the Northwest Service Academy.

A grant funding this position has created a major partnership with Oregon Caves National Monument, run by the National Park Service. Bowerman will work to increase youth involvement at the Oregon Caves and the Deer Creek Center (DCC), home of SFI. Another major grant is from the Oregon Watershed Enhancement Board which will fund the development of three outdoor education kiosks at DCC. The kiosks will provide interpretative displays and hands-on science activities for youth.

The WHH Foundation and the Gray Family Fund at the Oregon Community Foundation, the Middle Rogue Steelheaders and Illinois Valley Community Development Organization also have provided support.

SFI said that it will work closely with area schools to increase educational programs and dynamic outdoor experiences for youth.

Said SFI, "It is an ambitious project which will include providing educational activities for 250 underserved students in the region through programs in the classroom, at the Deer Creek Center and Oregon Caves National Monument.

"SFI will develop residential outdoor school options for 150 other students in spring 2009. The outdoor school will utilize the education kiosks, a student workbook that will help students practice basic biological illustration techniques and journaling skills and a storytelling workshop to train volunteers (Continued on page 14)

Since 1986

MASSAGE THERAPY

Rachel Goodman, LMT

Relieves pain, stress & injuries through Deep Muscle Massage, gentle CranioSacral Therapy or Foot Reflexology.

Call: **592-6947** for Appt. Mon-Fri
315-A Caves Hwy.

OR Lic.#2331 Healthnet • CareSource • Motor Vehicle Accidents

EVENTS CALENDAR

Wednesday, Oct. 22

- Karaoke, 8 p.m. at Art's Red Garter

Thursday, Oct. 23

- Karaoke, 9 p.m. at Junction Inn / Timber Room Lounge

Friday, Oct. 24

- Dale Hopper, 5:30 p.m. at Taylor's Country Store
- Ross Welcome & Sam Kurz, 7-10 p.m. at McGrew's in O'Brien
- DJ Jammer Dave, 9 p.m. at Art's Red Garter
- DJ "Dance Night", 9 p.m. at J.I. / Timber Room Lounge

Saturday, Oct. 25

- Where's Tom? / Burning Britches, 7-11 p.m. at Kate's Redwood Bar & Grill in Wonder

Saturday, Oct. 25 cont.

- Karaoke featuring Wayne & Donna Whitfield and Van, 7-10 p.m. at McGrew's
- DJ Jammer Dave, 9 p.m. at Art's Red Garter

Sunday, Oct. 26

- Karaoke, 8 p.m. at Art's Red Garter

Monday, Oct. 27

- Monday Night Football, 4 p.m. to close, at McGrew's bar, serving famous homemade tacos & salsa - 6 for \$5
- Karaoke, 9 p.m. at J.I. / Timber Room Lounge

Tuesday, Oct. 28

- Karaoke, 9 p.m. at J.I. / Timber Room Lounge

PHONE 541.592.2541
TO ADD AN EVENT TO THIS CALENDAR.

- IVHS School Menu -
Sponsored by



SISKIYOU COMMUNITY HEALTH CENTER
25647 Redwood Hwy.
592-4111

THURSDAY, OCT. 23
Pasta with Alfredo sauce, bean & cheese burrito, chicken burger, cheeseburger, barbeque chicken pizza, supreme pizza, Italian sandwich, turkey & cheese sandwich; chef, antipasto, fruit & veggie, or garden salad.

FRIDAY, OCT. 24
Enchiladas, wiener wrap, corn dog, spicy chicken burger, hamburger; pepperoni, cheese, supreme or taco pizza; ham & cheese sandwich, turkey & cheese sandwich, spicy chicken wrap; chef, garden, fruit & veggie, or Mandarin chicken salad.

MONDAY, OCT. 27
Beef soft tacos, chicken nuggets, spicy chicken burger, hamburger; pepperoni, cheese, vegetarian, or sausage pizza; ham & cheese sandwich, turkey & cheese sandwich, spicy chicken wrap; chef, garden, fruit & veggie, or Mandarin chicken salad.

TUESDAY, OCT. 28
Chicken fajitas, rib-b-que sandwich, chicken burger, cheeseburger; pepperoni, cheese, or Hawaiian pizza; Italian sandwich, turkey & cheese sandwich; chef, antipasto, fruit & veggie, or garden salad.
WEDNESDAY, OCT. 29
Taco salad, teriyaki beef rice bowl, spicy chicken burger, hamburger, Italian griller pizza, veggie sandwich, turkey & cheese sandwich, spicy chicken wrap; chef, garden, fruit & veggie, or Mandarin chicken salad.



"You're going to let that go?" says Normandee.
"No, no. That hat's mine!"

Forest Edge Farm

Come see us
or send friends to the
Tacoma Food & Gift Festival
October 22-26
At the Tacoma Dome in Washington

llamuz@forestedgefarm.com
592-6078



Crossword courtesy of

Illinois Valley News

CROSSWORD PUZZLE

ACROSS

1 Voice of America (abbr.)

4 Shake

7 Yorkshire river

10 Tire

11 Adopted son of Mohammed

12 Madam

14 Building (abbr.)

15 Feud

17 But (Lat.)

18 Let

19 Eur. Economic Community (abbr.)

20 Italic (abbr.)

22 Tip

24 Imitation

27 Health (Fr.)

31 Maple genus

32 Compass direction

34 Nipple

35 Jewish month

37 Native

39 Laughter

sounds

41 Priest (Sp.)

42 Marsh

45 Atomic physicists

47 Limited (abbr.)

50 Huntress

52 River into the Yellow Sea

53 Leek

54 Hebrew letter

55 In the matter of (2 words)

56 Absolute (abbr.)

57 Carbohydrate (suf.)

58 Gamble

DOWN

1 Valley

2 Eld (2 words)

3 School course (abbr.)

4 Spear

5 Title of Athena

6 Wash

ANSWER TO PREVIOUS PUZZLE

S	C	I	J	A	D	E	A	C	E	A
O	E	C	O	T	I	C	H	O	R	A
R	D	A	K	A	N	T	E	N	N	A
B	E	L	L	I	E	O	L	A	F	
			T	R	E	K	E	D	I	L
S	O	R	S	D	U	M	A	N	O	D
A	G	E	R	A	D	O	N	E	L	I
P	E	D	A	M	O	K	A	D	A	T
A	E	S	O	P	S	E	A	N		
		T	R	E	T		G	E	E	S
A	P	O	D	A	B	I	R	U	C	A
L	A	N	E	A	A	R	E	C	A	N
A	C	E	R	L	A	C	E	H	B	O

7 Uncle (Soot.)

8 Glut

9 Shak. shrew

10 Public Broadcasting Service (abbr.)

13 Son of (Scot.)

16 Tooth (Lat.)

18 Sp. article

21 Father of Abraham

23 Stamping machine

24 Fortify

25 Here (Fr.)

26 Compass direction

28 Threadlike

29 Indo-Chin. people

30 List-ending abbreviation

33 Encircled area

36 Calif. wine country

38 Drunk driving (abbr.)

40 Saint (Sp.)

42 Exclamation

43 Great Barrier island

44 Dress

46 Eight days after feast

48 Pastry

49 Female deer

51 Pounds (abbr.)

52 Freedom, briefly

©2008 Satori Publishing A29

Answers to this week's puzzle are on page 10