



**TRY ROSIE'S PIZZA BY-THE-SLICE TODAY**

**415-0517**

**OPEN:**  
MONDAY & FRIDAY  
AT CHEVRON IN CJ  
**11 AM - 7 PM**

**SATURDAYS**  
AT GRANTS PASS  
GROWERS MARKET

## Weather Watch

### Cave Junction

**Thursday, Aug 7**  
Clear  
High -- 92 Low -- 53

**Friday, Aug 8**  
Clear  
High -- 90 Low -- 54

**Saturday, Aug 9**  
Clear  
High -- 91 Low -- 56

**Sunday, Aug 10**  
Clear  
High -- 95 Low -- 58

**Monday, Aug 11**  
Clear  
High -- 96 Low -- 59

**Tuesday, Aug 12**  
Clear  
High -- 95 Low -- 60

**Wednesday, Aug 13**  
Clear  
High -- 94 Low -- 61

Following are the high & low temperatures, and rainfall recorded at The End of the Road in O'Brien by Cheryl & Harry Johnson:

| July | High  | Low  |
|------|-------|------|
| 25   | 92.3  | 51.3 |
| 26   | 97.7  | 48.9 |
| 27   | 94.8  | 57.6 |
| 28   | 104.4 | 56.3 |
| 29   | 101.7 | 56.5 |
| 30   | 102.7 | 56.3 |
| 31   | 100.6 | 57.9 |

July Rain: 0.06" YTD Rain: 48.11"  
Average Yearly Rain Total: 75.0 inches

# Spring for Aug. ArtWalk

By  
**Judy Hoyle**  
*IVN Contributing Writer*

The theme for the final Second Friday ArtWalk for 2014 is “Arty Party.” The ArtWalk Tent will be pitched on the Josephine Community Library lawn between 5 and 8 p.m. on August 8 offering refreshments, wine tasting and an Open Mike between 5 and 7 p.m. At 7 p.m., award-winning poet Michael Spring, this month’s ArtWalk Featured Artist, will read from his latest work. Spring’s books of poetry will be available for sale.

Also, in the library between 5 and 6:30 p.m. artist and teacher Linda Corey-Woodward will be on hand to discuss her paintings and UCAN staff members will be available for free sign-ups for Cover Oregon health insurance.

One block away, Dos Gringo’s on Redwood Highway will be open, offering a full menu plus food and drink specials.

In the center of Cave Junction, the Illinois Valley News will feature Sara Hessinger’s acrylic paintings, special appetizers by Kevin Gillette and local wine tasting.

At Taylor’s Country Store, the Art Wall will feature photographic portraits of the “People of Mexico” by Anita Savio and Guppy will play classics from the past and present. Taylor’s specials for the evening are prime rib or wild caught salmon. They also always offer their full menu.

Nearby, Ravenswood Gallery will feature fire performance spinners and Flow Arts in the alley along with fine art and an impressive selection of crystals and minerals. July’s Second Friday ArtWalk Featured Artist, Carol Lindhorse, is one of the many artisans whose work is available at Ravenswood.

The Cave Junction Farmers Market is open rain or shine

from 4 to 7 p.m. every Friday through October and features fresh local produce, herbs, baked goods and more from Bonnie’s Botanicals, Dancefarm, Hope Mountain Nurseries, Siskiyou Alpaca, Siskiyou Mountain Herbs and other trusted producers.

The Eye Care Group, Optometric Physicians displays the creative work of several different artisans, and this month features paintings by award-winning artist Linda Stevenson. These works are on display during regular business hours: 8:30 a.m. to 5 p.m. Tuesday through Friday. The offices are closed from 1 to 2 p.m. for lunch.

ArtWalk Featured Artist Michael Spring was recently honored by becoming Artist-in-Residence at the Oregon Caves National Monument for a special program at the end of May.

Spring, a resident of the Illinois Valley, is the author of five chapbooks and three poetry collections. His first book, “blue crow” was translated into Portuguese by The University of the Azores, Portugal. A group of poems from his second book, “Mudsong,” won the 2004 Robert Graves Award.

“Mudsong” was also included in a list of 150 outstanding poetry books in Oregon history, nominated by the public and announced in 2007 by Oregon State Library and Poetry Northwest. Spring’s third book, “Root of Lightning,” was awarded an honorable mention for the 2012 Eric Hoffer Book Award. Michael Spring’s most recent chapbook, “blue wolf,” won the 2013 Turtle Island Poetry Award.

Paulann Petersen, 2010-2014 Oregon Poet Laureate has stated, “Michael Spring creates a lyric terrain in which the borders between interior and exterior worlds dissolve.”

Second Friday ArtWalk is sponsored by the Illinois River Valley Arts Council, a 501c3 registered non-profit organization. For further information, visit [www.irtvac.com](http://www.irtvac.com) or call 541-592-6288.

**ALL YOU CAN EAT BREAKFAST OR ORDER OFF THE MENU AT THE I.V. GRANGE**



FIRST THREE SUNDAYS OF THE MONTH FROM 8 A.M. TO 12 NOON.

**3763 Holland Loop**  
**541-592-6045**

**Come Celebrate the Arts all around Cave Junction!**



**Second Friday ArtWalk**  
**August 8th,**  
**5 to 8 pm**  
**[www.irtvac.com](http://www.irtvac.com)**  
**541-592-4444**



**Michael Spring’s Poetry 7pm at the Library**  
Courtesy of the Grants Pass Daily Courier.

## Healthy U News: by Lindsey Gillette

### Self-care for leaders

“I would really like to further my education, increase my economic output, and save stray puppies and kittens, you know, ‘in my spare time.’”

Have you ever found yourself overloaded, but wanting to do more? So much so that you neglected your own needs and your health began to suffer? If so, you are headed for leader’s burnout: a condition that affects movers, shakers, go-getters and do-good-ers all over the world.

It begins innocently. You volunteer for an organization. You discover it feels great to help out and you are appreciated. Then, the phone rings. Someone you know suggests you for another event or committee. Knowing how fantastic it feels to give, you say, “Sure! I’d love to help.” Pretty soon you’re addicted.

You attend meetings or volunteer six nights a week!

You swap your regular girl’s night out in favor of stuffing envelopes. Your husband thinks you’ve abandoned him. You wake up in the middle of the night to write lists since you can’t sleep. You guzzle coffee and sugar just to keep up. You sneeze, but remind yourself “I don’t have time to get sick, I have too many things to do!”

Take a moment to pause. Why are you doing this?

When we don’t care for ourselves, it is impossible to care for others. I do not suggest we give up volunteerism, but that we balance it with care for ourselves, so that we can go forth from a strong, healthy, and centered place to give. The classic example: secure your own oxygen mask before you assist others.

What can we do to ensure that we do not suffer from leader’s burnout? In the short term, eat healthy foods at a regular time every day. This may mean that you pack a healthy dinner and eat it

during a meeting. Always have water with you and an emergency snack just in case you get caught up. Also, get plenty of sleep. If you must skimp one night, catch up the next. Naps are great as well. Find time in your day by cutting down on TV or Internet time.

Ultimately, be honest with yourself. Ask, “What are my limits?” Don’t be too sheepish to tell your fellow volunteers. They will respect you and it may inspire them to also consider this self-care technique. You might consider volunteering for a specific event, rather than an ongoing position.

When we volunteer, it is important to be our best selves. When we are healthy and serving from a balanced place, our leadership can and will change the world. After all, isn’t that why you started volunteering in the first place?

The staff and volunteers of Healthy U present this column as part of their mission to promote health in the Illinois Valley.

### H&R Block Business Services

- Bookkeeping
- Payroll
- Tax Preparation
- Advice

H&R Block Business Services can help your business go further. Contact your local H&R Block office for more information.

H&R Block  
210 W. Lister St.  
Cave Junction  
97522-6667  
Ted Crocker, LTC  
Bob Link, LTC  
Licensed Tax Consultants B14914

**H&R BLOCK** | business services

## Get your Sports Physical for the upcoming season.



**Examination includes:**

- Review of your health history
- A simple physical exam to determine if you are able to safely participate in typical sports-related activities
- Provide sports safety and education tips

Available at the clinic through September and starting Aug. 18 at Lorna Byrne Middle School and Illinois Valley High School.

For Kids 6 - 18

**Only \$20**

Additional charges may apply for consultation, lab or other tests that are required beyond the sports physical.

Call 541-592-4111 for scheduling.



**Siskiyou Community Health Center**

26547 Redwood Hwy. Cave Junction  
[www.siskiyouhealthcenter.com](http://www.siskiyouhealthcenter.com)

This institution is an equal opportunity provider and employer.

## Coming soon to Cave Junction

### Low Cost Dog Rabies & Licensing Clinic

WHERE: NEXT TO SHOP SMART  
WHEN: AUGUST 9TH & 30TH  
TIME: 9:00 A.M. – 1:00 P.M.  
COST: \$15 CASH PER DOG



**All dogs must be on a leash.**

**This is a GREAT deal!!**  
**Normal cost to license is \$20-\$40 + vaccine & office visit cost**