

Winding Trails: by Al Hobart

Thursday, April 28, 1966
Illinois Valley News
Primrose Family

Primrose is one of the most pleasant-sounding words in our long list of flower names, and suggests neatness and daintiness as well as a comparison with one of our most beloved and beautiful blossoms, the rose. Actually, however, the name is simply a variation or alteration of Primula, which is the type genus of the primrose family, Primulaceae, and derives from a Latin word meaning first, in allusion to title plant's early blooming habits. Like our highly-bred garden roses, which at one time were typically red, the domestic primroses now come in a large variety of color combinations. The rose part of the name of course refers to the color red, which usually exists to some extent in even the

yellow primroses. Flowers of the wild members of the primrose family, although not so large and gaudy as their cultivated cousins, are nevertheless always showy and beautiful, and far more rugged than their civilized relatives. Some of the shooting-stars (Dodecatheon), prefer swampy meadows at high altitudes, others flourish at lower levels in sterile soil that can hardly support a healthy blade of grass. The dainty, lovely little star-flowers (Trientalis) brighten the shady forest understorey as well as sunny waysides in the valley and hills; the storied scarlet pimpernel (Anagallis) adds its gay color to damp places beside country roads and the shady, damp edges of meadows; the rare – in our area –moneywort, or creeping loosestrife (Lysimachia), which has the habit and general form of pimpernel, loves the damp shade in the open pondside

woods. These four – shooting-star, star-flower, pimpernel and moneywort – are the only members of the primrose family found growing wild in our area. We have three species of shooting-stars, the alpine, tall mountain and broadleaf respectively. The first two are found mostly at higher altitudes and grow in wet swampy places; the broadleaf, or Henderson's, shooting-star is the one found commonly about the Valley. It has broad roundish leaves, whereas the leaves of the other two species are long and narrow. The leaves are always basal, and the flowers grow in a several-flowered cluster, or scape. Flowers of the shooting-stars are strikingly different in form from those of other primroses and are very attractive. The 5 purple, narrow petals are sharply reflexed and have black and yellow bands at base. The

conspicuous beak-like projection at the flower's center is composed of the pistil tightly surrounded and encased by the five long-anthered stamens. This peculiar structure accounts for the flowers sometimes being called birdbills. Star-flowers have regular open half-inch flowers with five white or pinkish petals. These are borne singly on small slender stems that rise above the whorl of five or six leaves topping the main plant stem. The elliptic leaves are 2 or 3 inches long, pointed at both ends. The plant is 4 to 8 inches high. It is one of our daintiest and prettiest wild-flowers. The flowers of scarlet pimpernel, although small (1/2 inches broad or less), are extremely beautiful. The petals are not separate but form broad lobes on the corolla tube, which is a more reddish or violet hue at base. The plant is mostly a creeper with several erect

stems several inches high bearing short broad leaves in opposite pairs, with the short flowerstems stringing from their axils. At night and on dark days when stormy weather is imminent the flowers of pimpernel remain tightly closed. The plant is often called poor-man's-weatherglass. Moneywort is also a creeper with almost exactly the same habit of pimpernel. It owes its common name to the fact that its broad, opposite leaves are nearly round, with a fanciful resemblance to coins. The blossoms of moneywort are large and showy, three-fourth inches across, and a conspicuous bright yellow. The only place I know of this attractive plant growing wild is in the damp shade beside a pond at old Waldo. Of all the wildplant families represented in our area none can produce a lovelier foursome than our little group of wild primroses.

ROGUE VALLEY



Food & Friends Menu

FRIDAY – APRIL 29

Swiss Style Steak

MONDAY – MAY 2

Teriyaki Meatballs

WEDNESDAY – MAY 4

Roast Pork w/ Gravy

If you are interested in becoming a volunteer for the Food & Friends, Meals on Wheels Program or in need of meals call 541-955-8839.

SENIOR CORNER

Sponsored by Rogue Valley Council of Governments

Taking Care of You: Powerful Tools for Caregiving is an educational program designed to help family caregivers (no professional caregivers please). This program will help you take care of yourself while caring for an older relative or friend. You will benefit from this class whether you are helping a parent, spouse, friend, someone

who lives at home, in a nursing home or across the country. This class will give you, the family caregiver tools to adress the following:
-Help you reduce stress
-Communicate effectively with family members, medical professionals and paid help
-Take care of yourself
-Reduce guilt, anger

and depression
-Help you relax
-Make tough decisions
-Set goals and problem-solve
Please note that this class will not focus on the disease process.
The next class will start May 3 and will run six consecutive Tuesdays (May 3, 10, 17, 24, 31 and June 7) from 1:30 - 4 p.m. at Lovejoy Hospice, 939

S.E. 8th St., Grants Pass. To register call Sandy Divine at 541-471-3853. This class is sponsored by Rogue Valley Council of Governments. To find local resources and services please call **Oregon's Aging and Disability Resource Connection (ADRC)** at 1-855-673-2372 or visit www.ADRCofoOregon.org.

Sponsored by I.V. Wellness Resources

The Oregon Health Plan (OHP) is Oregon's Medicaid program and is organized around Coordinated Care Organizations or CCOs. CCOs are locally managed agencies that coordinate benefits and services in specific geographic areas. All-Care and Primary Health are the CCOs that cover Josephine County. They are accountable to the State for budget and health out-

comes and are responsible for not only treating illness, but in promoting wellness and illness prevention. The wellness benefits vary and are defined by the individual CCO and what is deemed as most appropriate for their client base. Potential benefits might include tobacco cessation, education on living with chronic diseases, immunizations and vaccines, mammograms, mental health

services, tele-health, hearing, dental or vision care, patient advocacy and others. Some CCOs may include a help line for answering questions related to your health or provide you with a nurse to help manage your day to day care. Application for OHP can be done online or by visiting the Illinois Valley Family Coalition where a specialist is available on Thursdays from 1-3:30 PM.



Senior Classifieds

Help Wanted:
Caregiver needed, \$14 an hour, hours & days are negotiable. Includes medical, dental, vision & vacation pay. References, background check along with DHS provider # required Call 541-415-0016. 4.27

FREE for Seniors

If you are a senior and want to place a **FREE AD** for a living or health care need call Laura at 541-592-2541 or email laura@illinois-valley-news.com.

Total Inventory Liquidation! Outreach Foods

20-30% off plus Buy 1 get 1
We are liquidating all inventory in our Cave Junction location

Inside: food, candy, drinks

Cooler/Freezer: meats, chicken, hot dogs, bacon, lunch meats, cheeses

General merchandise: toys, tools, misc gadgets, cleaners, soaps, health & beauty aid, and much more!

PARKING LOT SALE MAY 31ST

10 a.m. Saturday for 1 week or until gone

Over 20 pallets of general merchandise, store returns and more. Selling by the piece,

by the box or even by the pallet. Stuff n' things till all gone.

Discounting more every day, come take advantage and stock-up!

139 Caves Ave, Cave Junction, OR • (541) 592-3663

Trying to be closed up by June 1st-15th.

Building needs to be empty for paint, electrical updating, lighting, outside eves. trim and paint and much more!

We hope to be reorganized and open by August 1st.

We are downsizing our outlet to make it more manageable and customer friendly!

