

Healthy U News: On the Sad Decline of the Dinner Party

When I was a child, back in the mists of the previous century, it was considered extremely rude not to eat what a hostess served for dinner. No matter if it appealed to you or not, if you were hungry or not, if the meal contained items that made you gag, you had to eat it, for not to do so was a slap in the face of the homemaker. If you refused her offering it was as good as telling her she had failed as a human being, for her only job was domestic. It was up to the guests to

assure her she was up to her calling. This custom was even present at family meals, with a twist. "You may not leave the table until you finish your plate." This directive derived from the moral realm of "Waste Not, Want Not," and it came with reminders to "Think of the starving Hungarians!" I have no idea if the Hungarians were starving when I was a child and I don't think my mother did either, but it did make me swallow a big dose of resentment against them along with my sprouts. Dinner customs have changed since women started pouring into the workforce, causing domestic arts to take second place to talents that brought in some money,

enough money to take the family out to dine, or to buy frozen or ready-made dinners. This period of culinary culture was called the Great Domestic Relaxation. But, due to the poundage it put on, the populace got health conscious, which threw a devastating boulder into the dinner party. Hostesses had to assume their guests would restrict what they were willing to eat according to various diet plans. Guests would also discuss their plan at length, because it takes mental energy to stick to it, and if you're thinking about it, you're talking about it. Ergo, we heard details about the Atkins Plan, the Cabbage Soup Plan, the Paleo Plan,

the Fat Flush, the Glycemic Index, the Grapefruit Plan, the Macrobiotic, the Master Cleanse (PU-LEASE! At the TABLE?) The Nutrisystem prepackages, the South Beach Diet, and of course, those Weight Watchers with their little scales. Dinner parties fell by the wayside. But the need for companionship rose again by dusting off an old idea: the Potluck. The Potluck took off with a zoom. Currently it is the custom to invite the guests to "bring a dish." (That'll teach you, dieters, bring whatever concoction you want!) A potluck has the salutary effect of either leaving the hostess with enough leftovers to last the

week, or if the guests bring their half-eaten dishes back home, their next day's dinner. It's a democratic way of spreading the work load, and these days, the work load needs to be spread. With advancing age, I have discovered yet another boulder in the dinner party custom. Somewhere in the upper age brackets, we women don't want the hassle of even putting on a potluck anymore. We enjoy guests, but our hips and knees and lower back all protest against the prep and the cleanup. Happily, I have discovered a way to get around this boulder.

SEE DINNER ON A-10

Fine Artists schedule classes

Two nationally known artists team up to provide the total painting experience. Popular artist JoAnn Mathews will be working in watercolor. JoAnn is best known for her portraits of people and animals and her cowboy paintings. Check out her website at JoAnncowboyart.com. Lois Petersen will be working in oil and pastel. Lois is best known for her pastel landscapes. Put Lois Petersen Colorado artist in your search engine to see her beautiful work. Both excel in all areas. So whatever your favorite medium and whatever your favorite subject you will have expert help. Both instructors have extensive teaching experience and have won numerous awards and have boundless enthusiasm. There will be lots of individual attention. One demo they

have planned is that both artists will work from the same subject; JoAnn in watercolor, Lois in oil. You will see the disadvantages and advantages of each. They will talk about warm verses cool light, limited palettes, organizing with value, simplifying from large to small shapes and much, much more. They will take you from the beginning concept to the finished winning painting. There will be a still life set up for those who want to work from life. If you prefer, work from your own source material, photos or sketches. You may draw your picture out to save time and have more time for painting. Bring more than one if you would like or something you have started and need help on. JoAnn likes working on Arches 140# cold press paper. You will probably need at least one large

brush, either a 1" square or 12 round. For colors she is very flexible. She likes Opera, Quinacridone Gold, and Indigo Blue and Daniel Smith's mineral colors (followed by Genuine) such as Hermitite Genuine. A good oil palette would be Titanium White, Cadmium Yellow light, Cadmium Orange, Cadmium red light, Alizarin Crimson, Ultramarine Blue and Thalo Green. The workshop is sponsored by the Illinois Valley Fine Artists. It will be in the back room of the RCC bldg. in Kerby April 24 and 25 10 a.m. -3 p.m. \$80 for members and \$90 for nonmembers. The Illinois Valley Artists meet weekly on Mondays from 10 a.m. -2 p.m. Yearly dues are \$15. Register by calling Pat Hammer at 541-592-6351 or Bea Thompson at 541-597-2359 or email Bea at bebethom43@gmail.com.

RCC Chorus hits 'Broadway ... Plus!'

"Broadway ... Plus!" is the title of the Rogue Community College (RCC) Illinois Valley Chorus' spring concert April 18. The concert will take place 7 p.m. at Immanuel United Methodist Church, 200 W. Watkins St. in Cave Junction. Famous tunes from Broadway musicals of the past 50 years will be performed, including choral and solo pieces from "Camelot," "Fiddler on the Roof," "Les Miserables," "Man of La Mancha," "Phantom of the Opera," and "South Pacific." RCC I.V. Chorus director Kate Campbell stated, "We present this portion of the concert in honor of Molly Gillyatt, who was working on a Broadway solo for this show when she passed away last month. As the oldest member of the RCC I.V. Chorus, Molly was a faithful, dedicated singer who actually worked on her parts at home, and set a wonderful example for the rest of us. She proved that there is no age limit to music-making, and played the piano up until her death."

Campbell added, "The other portion of the concert offers some hopeful songs for a troubled world, including Oscar Peterson's 'Hymn to Freedom,' the timeless hymn, 'How Can I Keep from Singing?' and others." Campbell described the church sanctuary as one of the finest acoustic spaces in Cave Junction and an ideal location for the fun presentation. Although there is no admission fee for the concert, donations are welcome to help pay for the use of the church and other expenses. Campbell emphasized that no prior experience is required and there is no fee to join the chorus unless the student is taking the RCC course for credit. The class is offered Tuesdays at 7 p.m. at the Kerby Belt Building during fall, winter and spring terms. Plans are in the works for an additional concert before the summer break, which will be a collaborative effort with the I.V. High School choir.

Saturday, April 15, 2017, 10 a.m.
Rough & Ready Wildflower Hike
 Meet at the parking area at Rough & Ready Botanical Wayside south of Cave Junction on Hwy. 199 at mile marker 34.
 For more information call Suzanne Vautier at 541-291-8860.
 Sponsored by: Cultural & Ecological Enhancement Network (CEEN) and the Native Plant Society

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Easter Sunrise Service
 Sunday, April 16, 7 a.m.
 Refreshments to Follow

Easter Worship Service
 11:00 a.m.
 (No Sunday School or Evening Service Today)

Visitors Welcome!

Valley Evangelical Free Church
 498 Laurel Road • Cave Junction



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

3763 Holland Loop
 541-592-6045

I.V. Lions Annual Easter Egg Hunt
Rain or Shine

Sunday, April 16, at Jubilee Park
 Activities begin at noon.
 Starting whistle for FREE egg hunt 1 p.m.
 Categories: 1-2, 3-4, 5-6, 7-9, 10-12

Lots of Eggs with Special Prizes



Bring your camera!
 FREE activities:


- I.V. Lions' Train
- Easter Bunny
- I.V. Fire District
- Concession Stand will be open

A Lions Club Community Project

SAT. APRIL 22 * 4 - 10PM

PLEASE JOIN US FOR AN **EARTH DAY CELEBRATION**


- 4pm-6pm CHILDREN'S ACTIVITIES
 Seed planting, recycled crafts, plant identification, games, and more
- 5:45pm DOME SCHOOL PERFORMANCE
- 6:00pm BAND TO BE ANNOUNCED
- 8:00pm-10:00pm EIGHT DOLLAR MOUNTAIN



Free admission 4-6:00pm
 Concert \$10-\$20 sliding scale
 Kids under 14 FREE
 Dinner and desserts will be available for purchase

ALSO
 We'll kick off the final push for our TCB expansion - buy your spring bulbs and learn more about the TCB

AT THE TAKILMA COMMUNITY BLDG/ DOME SCHOOL * 9367 Takilma Road



ZUMBA with Lisa Sherier

Mondays & Wednesdays

\$5 DROP-IN

6:15-7:15 PM
 at Healthy U
 535 E River St.
 541-761-4342