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Weather Watch

Cave Junction



Thursday, May 25
Sunny
High -- 76 Low -- 48



Friday, May 26
Sunny
High -- 78 Low -- 50



Saturday, May 27
Sunny
High -- 81 Low -- 52



Sunday, May 28
Sunny
High -- 85 Low -- 55



Monday, May 29
Monstly Sunny
High -- 80 Low -- 47



Tuesday, May 30
Mostly Sunny
High -- 79 Low -- 47



Wednesday, May 31
Scat Thunderstorms
High -- 79 Low -- 54

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

May	High	Low	Rain
12	54.0	39.7	.48
13	53.1	40.1	.08
14	63.4	42.3	.00
15	69.9	43.4	.00
16	55.5	41.1	.39
17	64.9	34.2	.00
18	78.1	35.1	.00

May Rain: 1.55" YTD Rain: 114.86

RCC joins up with IVHS for concert

By Judy Hoyle, *Illinois Valley News* contributing writer A unique spring concert is slated for May 30 when I.V. High School (IVHS) will host Rogue Community College's (RCC) I.V. chorus. The free multi-group choral concert starts at 7 p.m. and also features the IVHS concert choir and ensemble, soloists and the combined choirs in a grand finale.

Over the past few months, RCC / I.V. chorus director Kate Campbell has been working with the two IVHS choirs, even bringing chorus singers along for a couple rehearsals.

"Kate has been working with our students every two weeks and it snowballed from there. We developed the idea to do a concert together and I hope it becomes an annual event," said IVHS music director Joshua Dargavell.

"This bridges the gap between school and our community," he said. "It's so nice for our students to see adults who enjoy singing and important for them to see that you can always sing. We want to encourage them to find other outlets to keep singing after high school and the opportunities are just going to continue to get better."

The innovative evening will feature the IVHS concert choir performing three popular songs, "All you need is Love" by the Beatles, "Hallelujah" by Leonard Cohen and "Three Little Birds" by Bob Marley.

The more advanced IVHS ensemble students selected a Disney theme and will sing a medley of Disney ballads, including "Whole New World" from "Aladdin," "Part of Your World" from "The Little Mermaid" and "Hakuna Matata" from "The Lion King," as well as "Colors of the Wind" from "Pocahontas."

The RCC / I.V. chorus will perform a love song by Johannes Brahms and a Hawaiian song by singer-songwriter Israel Kamakawiwo'ole, which Campbell promises will put audience members in the mood for summer.

The grand finale combined choirs will sing "Hymn to Freedom" by Oscar Peterson and "A Day of Joyful Singing" by Donald Moore.

This is Dargavell's first teaching assignment. He graduated from the University of Kentucky and earned a masters degree from Michigan State University before working in Europe for a year, where he played trombone on a Norwegian cruise ship that sailed between Barcelona, Spain and Venice, Italy.

"It was a wonderful experience," he said. "I took a lot of photographs and I'm still going through them."

Dargavell is also director of IVHS instrumental groups and has plans to develop both the pep band that helps to cheer on the football teams and other sports, as well as a larger, more formal concert group over the next few years.

"We invited the community to come experience this wonderful concert," Dargavell concluded. "It's a great tradition that we end the year with a fun, and inspiring concert, and we guarantee you'll leave humming an upbeat tune."

Healthy U News: by Nicole Rensenbrink

Sleep: what sounds more peaceful than that? But, for many, that's not what happens when they lie down at the end of the day. Instead, they find themselves tossing and turning, constantly checking the clock, or lying tensely with eyes open behind closed eyelids. For them, the idea of going to bed seems anything but restful.

Sleep is important for more reasons than relaxation. A Harvard medical article (<http://healthysleep.med.harvard.edu/healthy/matters/consequences/sleep-and-disease-risk>) indicates that either too much or too little sleep can lead to hypertension, obesity, or diabetes. Sleep deprivation studies have shown recipients to endure increased stress levels of blood pressure, control of blood glucose, and inflammation. Sleep problems can also contribute to mood disorders and lower functioning of the immune system.

So, what's the answer for those whose nights are filled with tension instead of rest? The National Sleep Foundation, Web Md., and the American Academy of Sleep are good places to look for tips:

- 1) Exercise and do it at least three hours before bedtime. Exercise increases body temperature and sleep works better when that drops. Do some of it outside too to

- boost melatonin production with natural light exposure.
- 2) Downshift before bedtime. Don't text, do homework, or watch tense TV. It is best to give yourself an hour to mellow out. Even a half hour will help.
- 3) Tame Your Tension: Do a 10 minute guided relaxation exercise before trying to sleep. For example, you can scan your entire body, focusing your attention first on your toes, then your heels, tops of your feet, ankles and so on.
- 4) Turn off thoughts. This is harder than it sounds, but you can aid the process by writing down your concerns to deal with in the morning, and then focus on something like your breathing instead.
- 5) Turn off electronics well before bedtime. Studies have shown that even our small electronic devices emit sufficient light to mislead the brain and promote wakefulness. Researchers from Brigham and Women's Hospital in Boston found lower subjective reports of sleepiness and reduced amounts of melatonin secretion in those reading electronic devices in dimly lit rooms prior to bedtime. Putting away electronics just 15-30 minutes before bedtime can help. Using a red light filter to filter blue light may also help

- reduce negative electronic light effects.
- 6) Don't drink caffeine late in the day. Caffeine can decrease sleep by one hour a night if taken within six hours of bedtime.
- 7) Avoid heavy meals at night. They can lead to discomfort and stomach work, vs. rest.
- 8) Regulate your sleep. Sleep at the same time, even on weekends, and avoid power naps.
- 9) Watch your drinks. Don't drink anything two hours prior to bed: if you're up and down to the toilet, you aren't sleeping. And, alcohol at night might make you sleepy at first, but in the later hours can wake you up.
- 10) Block your clock. Waking up to see it can trigger anxiety.
- 11) Improve your sleep posture. If you are a side sleeper, put a pillow between knees to level your hips and make sure the pillow under your head keeps your head straight with its natural curve.
- 12) Seal your mattress. Use a covering to protect from the mites and dust that can set off allergies. Use your bed just for sleep and sex. Hanging out there for other reasons trains your mind to think you can stay up there.



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