

# RiverStars Performing Arts receives multiyear grant award

RiverStars Performing Arts is pleased to announce it has received a three-year grant award from The Oregon Community Foundation in partnership with the Ford Family Foundation. The grant initiative is called the K-12 Student Success: Out of School Program and it focuses on "bolstering student attendance and academic success among Oregon's middle school students of color, rural and low-income students." It appeals to existing programs of any discipline that are using best practices and offering summer engagement options. "This award allows us to expand our programming to include an

advanced dance class and weekly summer classes. We are also looking at ways to include academic support," said project leader, Lindsey Gillette. Over the course of the grant, evaluation efforts will help track the effects of the programming. Hard data, like grade point averages and attendance records are of interest, but reflective data about the participant's self-esteem and resilience will also be sought. The awarding foundations have identified middle school as "a key transition point and an opportunity to combat socioeconomic, geographic and racial inequities in student success." Founding lead educator for RiverStars,

Gina Angelique explained, "We hope to prove that our program leads to better academic success including better graduation rates and show positive impacts on the social development of our participants too. The arts are not a luxury, they are critical to a well rounded education that empowers youth to be agents of social improvement, and we are thrilled this grant will help us continue with our work." The grant amount for the first year is \$35,694. While this and other grants provide much of our funding, we are always accepting donations from our local community. Donations

are tax deductible and can be mailed or delivered to 201 Caves Hwy, Cave Junction, OR 97523. This grant is a part of a concerted effort between the Illinois Valley Community Development Organization and dancefarm to bring substantial monies to the Illinois Valley for theater and dance education. This latest award brings the total to more than \$350,000 since the effort began over three years ago. These monies not only mean that Illinois Valley youth have opportunities in the arts, but that quality arts education jobs are available here. More than 10 arts jobs have already been made available to the Valley.



**Illinois Valley Wellness Resources**

**Food & Friends Menu**

**FRIDAY - NOV 10**  
CLOSED FOR VETERANS DAY

**MONDAY - NOV 13**  
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**WEDNESDAY - NOV 15**  
ORANGE GLAZED CHICKEN

Nov. 15 is new location at the Senior Center.

Call 541-955-8839

## SENIOR SPOTLIGHT

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**SLEEP**  
How much sleep do you need? That depends. Infants and toddlers need the most sleep- 9 to 10 hours at night, plus naps during the day. School age children and teens do best with 9 to 11 hours a night. Most adults require 7 to 8 hours each night. While older adults need about the same amount of sleep as younger adults, older adults tend to sleep more lightly and for shorter periods than do younger adults. Do some people just need fewer hours of sleep a night? Yes, it's estimated that somewhere between 1 and 5 percent of the population sleep six hours or less without ill effects. The need for less sleep tends to run in families, as does the need for more sleep, which suggests a genetic basis for sleep duration. Sleeping less than 6 hours or more than 9 hours has been associated with increased risk of health problems and a greater risk of dying. The most important factor in determining how much sleep you need is whether you routinely feel rested during the day. Do you tend to feel drowsy, or does your concentration ability decline in low stimulus situations, such as long drives, reading, watching television, or talking on the

phone? If this sounds like you, you're probably not getting enough sleep. Is napping good or bad? In general, naps that last longer than 30 to 40 minutes or occur late in the day can disrupt your nighttime sleep. If you are being treated for insomnia, your doctor may want you to avoid napping until you can get a healthy nighttime sleep schedule established. If you're going to nap, do it in a quiet, cool, dark place with few disruptions so that you can actually sleep and not toss and turn. To get the most out of a nap, keep it close to 30 minutes or so. The longer you nap, the more likely you are to feel groggy afterwards. The best time to nap is typically after lunchtime or in the early afternoon, which is when most people tend to feel sleepiest. Naps should generally occur at least four to five hours before your bedtime. Short naps taken during this time are less likely to interfere with nighttime sleep. *Mayo Clinic Health Letter Supplement, February, 2014. You can contact I.V. Wellness Resources at 541-592-9781 or www.ivwellnessresources@gmail.com and please like our Facebook page at www.facebook.com/ivwellness-resources.*

**If you are a senior or disabled resident of the Illinois Valley and need help finding resources to keep you healthy and happy in your home**

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Yard work - Firewood  
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I. V. Wellness Resources**



**541-592-9781**

**WELLNESS CHECKS**  
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**CHAIR FITNESS**  
Classes FREE at Healthy U, TUESDAYS & THURSDAYS from 1 - 1:45 p.m. 535 E. River St., Cave Junction Call 541-592-4888 or visit www.healthycucenter.org.

**HEATING ASSISTANCE**  
For financial assistance with heating your home - electric or wood - call UCAN at 541-956-4050

**FOOD & FRIENDS**  
New location for Food and Friends dining will switch to the Senior Center, 520 River St., **Wednesday, Nov. 15**

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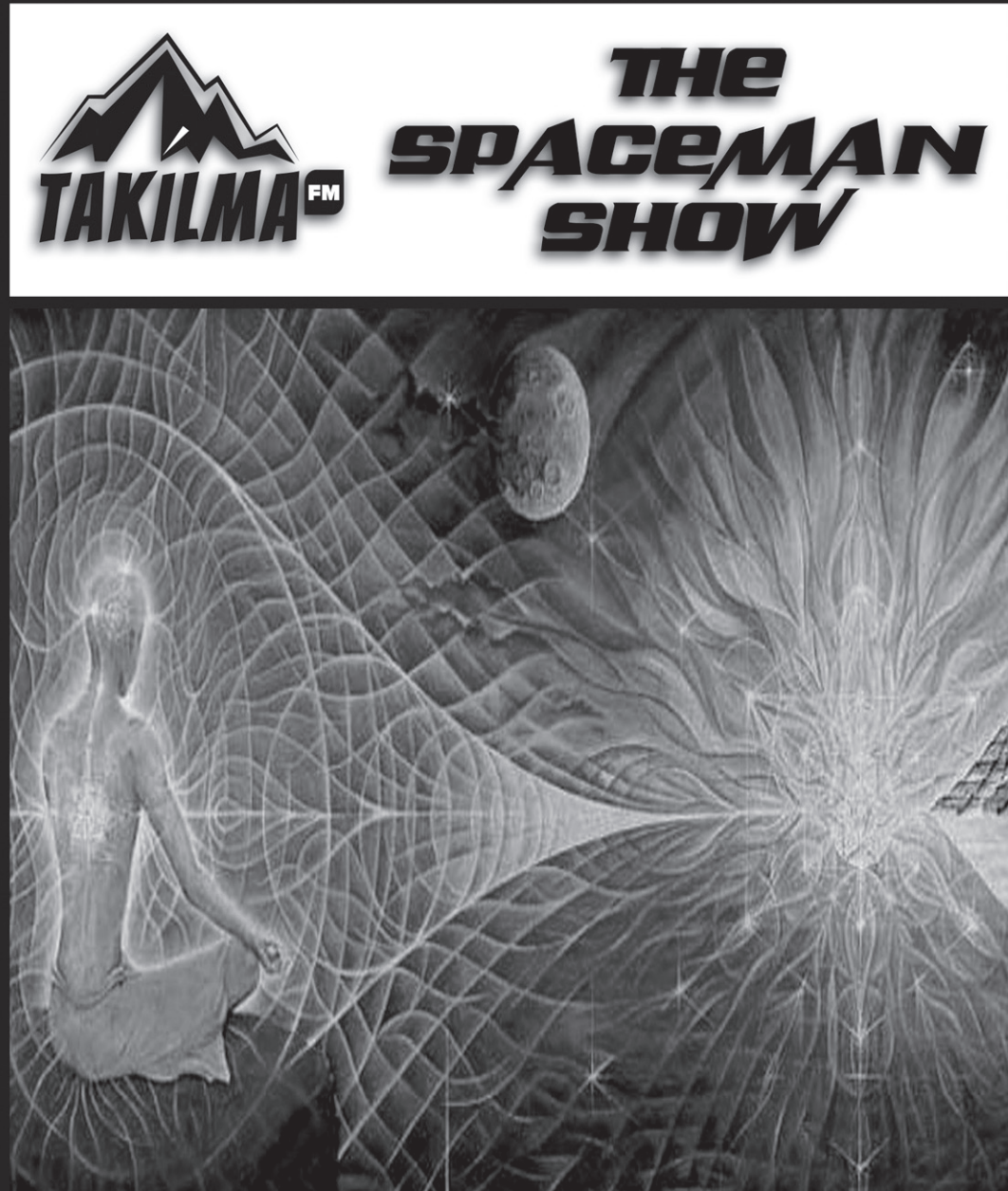


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