

# Healthy U News: by Nicole Rensenbrink

There are many problems we can tackle ourselves. If we want more fit bodies, we can generally limit sugars and start walking, running or lifting weights. Experts can fix a bunch of other problems. If the IRS gives us a hard time, we can hire accountants. And then there are large problems that it takes an entire community to address.

Low academic achievement and poor high school graduation rates are big problems that Illinois Valley School and Community Partners (IVSCP) are working together to address. This group of school and community agency leaders has teamed up, meeting quarterly, to talk about barriers to learning and what we can eliminate them.

This is difficult work because there isn't just one barrier to overcome. Some students fail because they have attendance problems, whether caused by illness or ditching, that cause them to fall further and further behind their peers. Some fail because they don't understand the material in the way that it's being taught to them. Some have psychological issues

that get in the way, from family stress, harassment by peers or struggles with teachers. Others fail because of their own or their family's addiction problems (substance abuse, technology, etc.) have them pursuing immediate feelings of pleasure as opposed to long-term efforts toward their futures. Others don't succeed because they don't have people in their life they admire who show them how education pays off.

The IVSCP group brings together multiple resources to solve problems. We have mental and physical health professionals, tutoring and mentoring coordinators, after school programs, domestic violence experts, poverty program representatives and, of course, the leaders of our local schools.

Aside from utilizing each more fully, we are working on building friendlier organizational and school cultures that are "trauma-informed." There is an ever-increasing amount of brain research that shows that the more hard stuff people deal with as children, the more likely they are to have difficulties in life. These hardships include neglect (emotional

or physical), poverty, parent divorce, physical or sexual abuse, separation from caregivers, parent substance abuse, incarceration or mental illness. Because they are so used to stress and things going poorly, trauma survivors have brains that are wired to be highly alert to potential danger. This makes it hard to relax enough to focus on things like math and can lead to hair-trigger reactions to situations that others may easily brush aside.

For example, if a teacher comes to work in a bad mood having gotten up on the wrong side of the bed, a trauma survivor might feel personally threatened, thinking the teacher's frowning face is evidence of a big problem the teacher has with him. In contrast, a student with little trauma might just wonder why the teacher's grumpy. Being trauma-informed means that this teacher would understand, then, that if this traumatized child acts out in class, it's not personal and that s/he may be able to help calm the student down. Luckily, our brains continue to develop throughout our lives and even the most traumatized youth can become much calmer through healthy practices like

aerobic exercise, counseling, mindfulness (learning to be present in the here and now), and by building stable, helpful support systems.

According to the American Medical Association, those with more education are more likely to be employed, earn more, have fewer children in poverty, have more stable relationships and even live longer than those with low education attainment. Seeing our youth perform at their grade level and graduate high school ready for work, trades, or a higher education are--aside from love, health and safety--the most important gifts we can give our youth. It's a challenging world and it's up to all community adults to do what we can to prepare tomorrow's adults to shine in it. It will take a lot more than the efforts of the IV Schools and Community Partners Group to see local youth rise to the top for high school graduation rates for rural Oregon schools, but with so much at stake, should we really aim for less?

*Call Nicole Rensenbrink at Healthy U if you'd like to help: 541-592-4888.*



**- 5 Beers On Tap! -**  
**New ~ Homemade Foods and BBQ!**  
**Halloween is near!**  
**Mark your calendar**  
**for our party**

**BBQ specials every Wednesday**

**Homemade specials all day every Friday**

**12235 Redwood Hwy - Wonder, OR 541-476-8990**

IN THE CIRCUIT COURT OF OREGON

IN THE COUNTY OF JOSEPHINE

PREGNANCY CENTER OF THE ILLINOIS VALLEY, an Oregon public benefit nonprofit Corporation.

Plaintiff,

vs.

Aaron Beckford, an individual

Defendant.

CASE NO. 18CV26534

SUMMONS

TO: Aaron Beckford,

IN THE NAME OF THE STATE OF OREGON: You are hereby required to appear and defend the complaint filed against you in the above-entitled cause within 30 days from the date of service of this summons on you. If you fail to appear and defend, the plaintiff will apply to the court for the relief demanded in the complaint.

NOTICE TO DEFENDANT:  
READ THESE PAPERS CAREFULLY

You must "appear" in this case or the other side will win automatically. To "appear" you must file with the court a legal paper called a "motion" or "answer." The "motion" or "answer" must be given to the court clerk or administrator within 30 days along with the required filing fee. It must be in proper form and have proof of service on the plaintiffs' lawyer or, if the plaintiffs do not have a lawyer, proof of service on the plaintiffs.

If you have any questions, you should see a lawyer immediately. If you need help in finding a lawyer, you may call the Oregon State Bar's Lawyer Referral Service at (503) 684-3763 or toll-free in Oregon at (800) 452-7636.

DATED this 3rd day of October, 2018.

Michael W. Frannell, OSB#902680  
Attorney for Plaintiff

Michael W. Frannell, Attorney at Law  
724 S. Central Ave Ste 113  
Medford, OR 97501-7808  
T: 541-446-4111 • F: 541-646-4112  
mike@frannelllaw.com

Page 1 -- SUMMONS

A NATIONALLY ACCLAIMED PRESENTATION

THE AVERAGE AGE OF EXPOSURE TO PORN IS 9 YEARS OLD.

7 OUT OF 10 CHILDREN HAVE ACCIDENTALLY VIEWED PORN WHILE ONLINE.

90% OF 12-17 YEAR OLDS HAVE VIEWED HARDCORE PORN.

THESE ARE THE FACTS, HELP STOP THE EPIDEMIC.

FROM THE NON-PROFIT ORGANIZATION

FIGHT THE NEW DRUG

GET THE FACTS ON

PORNOGRAPHY

GO TO WWW.FIGHTTHENEWDUG.ORG TO LEARN MORE

Event Details:  
Sunday Nov. 4, 6PM Community Presentation at Grants Pass High Performing Arts Center  
Monday Nov. 5, 6PM Community Presentation at Illinois Valley High School  
Nov. 5-7 at all District 7 and TRSD Middle Schools and High Schools

VOTE FOR DARIN FOWLER

Both Candidates for Josephine County Commissioner live in Grants Pass, so compare their qualifications. Darin Fowler has run a successful electrical contracting business for 20 years and raised a family here. Darin has voluntarily served on many committees and commissions over the years to gain the necessary experience to run the County. He also served on the Budget Committee, the City Council, and is now Mayor. Darin is a financial conservative, both in local government and in his own business. **DARIN FOWLER has my Vote!**  
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17-1812A

IVFD CERT is Offering

Free Disaster Training Course

Oct: Fridays Evenings: 12, 19, 26 Saturdays: 13, 20, 27

Learn what to do after a Disaster

Stop Bleeding, Splint a Limb, Treat Burns, Search Buildings Inside and Outside, Use a Fire Extinguisher, Move an Injured Person to Safety, Family Disaster Planning, and Much More

WE ARE NEIGHBORS HELPING NEIGHBORS  
AND YOU CAN MAKE THE DIFFERENCE!

For Information Call 541-539-6356

Following a disaster, (Earthquake) We in the valley will be on our own.  
By using this training, YOU CAN save family and neighbors.



ILLINOIS VALLEY COMMUNITY RADIO • 105.7 FM

KXCJ-LP has live and local music shows seven days a week, covering everything from Classic Country (all vinyl!) to Punk, from Bluegrass to Indian drumming and singing, Folk to Electronica, Latin Jazz to Rock and Pop!

Besides an eclectic mix of music all around the clock, we broadcast syndicated news and info shows that throw a spotlight on current events, philosophy, science, the environment, and much more.

We are an all-volunteer radio station, and you can join this exciting community-building adventure, too!  
Call 592-4112 and chat with us about bringing your skills and interests to the KXCJ team.  
...and please check out our full schedule at KXCJ.org, and set your radio to 105.7 FM!

