

KXCJ DJ Profile: Soul Repose with Marshall Darnell

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Soul Repose, airing from 8-10 p.m. Saturdays on the Illinois Valley’s community radio station KXCJ, is our only local electronic music show. Marshall Darnell, mixer and producer of the deep and varied music, is a first-time DJ as are many of the people stepping up to offer live music shows to the Valley.

Born, raised and homeschooled in Hubbard, Oregon, Darnell first got interested in this brand of electronica at a party out in the forest he attended when he was 15. He got “hooked on the sounds” and after a brief interlude of listening to speed metal and hip-hop in high school he turned his attention to electronica. He bought some equipment and began creating his own mixes a few years ago.

Listening to the show can produce a meditative state that takes the listener far away from the cares of everyday life and it’s that quality of the music that Darnell believes represents “a new wave of music for young people.” One of the most fascinating and transformative aspects of this music is that instead

of being a proprietary creation that a producer/composer “owns,” the sounds are put out into the electronic music community and offered up for all to use. DJs like Darnell are encouraged by the culture to take something that inspires them and remix it into something brand-new. This aspect is part of why Darnell believes the music represents a new paradigm of thought; the purpose of the music isn’t to make money but to facilitate personal growth and awareness.

“I love to take tracks that others created and mix tracks with my own special flavor to curate a certain feeling to the show,” said Darnell. “I want to represent a certain demographic of younger people in the Valley and bring the energy of this music into the air waves. I want to encourage a connection with our hearts and souls on a different level, a more primal level of rhythm that has no words. I hope this music strikes chords in people they didn’t know they have,” he added.

It’s been long known that certain tones and notes can inspire relaxation and a feeling of well-being and it’s this concept that Darnell said is ushering in a new



(Courtesy photo for the Illinois Valley News)

Marshall Darnell in the KXCJ studios Wednesday, Oct. 17.

level of conscious music. When asked what his hopes for the show are he sums it up by saying, “I hope my show comforts people. I hope

it opens doorways to subconscious tendencies that they want to change. I want it to bring something new to people that provides a comforting

refuge from the times of stress and overload that are so common in our lives.” Who doesn’t need that?

Illinois Valley Wellness Resources News: by Pat Jenkins

The Loneliness Epidemic

Beatles singer and songwriter Paul McCartney once asked, “All the lonely people, where do they all come from?” The truth is, there are lonely people everywhere. In the last 50 years, rates of loneliness have doubled in the United States. In a 2018 survey of over 20,000 American adults sponsored by Cigna Insurance, it was found that almost half of the respondents reported feeling alone, left out and isolated. Further, one in four Americans shared that they rarely feel understood, and one in five people believe they rarely or never feel close to people.

Neuroscientist Stephanie Cacipoppo of the University of Chicago explains, “You have to understand what it means to be lonely. It’s not necessarily being alone. One can feel lonely in a crowd or in a marriage. Being lonely is a subjective feeling of being disconnected from others. The mind is the main social organ that can make you feel either isolated from others or connected to others and so as a consequence, lonely people don’t see reality as it is, but how they think it is. As a result, there’s an avoidance paradox: lonely people perceive a socially threatening environment while simultaneously feeling the need to connect with others.”

Persistent and pervasive sentiments of isolation can be harmful to our health. Loneliness has been associated with cardiovascular problems and premature death. Lonelier individuals are less likely to achieve quality sleep and experience reductions in reasoning and creativity. In addition to these reduced abilities, loneliness affects workplace productivity, as lonely individuals report less job satisfaction and are more likely to face unemployment. Loneliness is commonly correlated with mental health concerns such as anxiety, depression and suicidal ideation. Similarly, loneliness is often associated with poor coping mechanisms, such as compulsive technology use, smoking and self-harm.

“We view a person’s physical, mental and social health as being entirely connected,” said David M. Cordani, president and CEO of Cigna. “We’re seeing a lack of human connection, which ultimately leads to a lack of vitality or a disconnect between mind and body. We must change this trend by reframing the conversation to be about ‘mental wellness’ and ‘vitality’ to speak to our mental-physical connection. When the mind and body are treated as one, we see powerful results.”

The survey findings reinforce the social nature of humans and the importance of having communities. People who are less lonely are more likely to have regular and meaningful in-person interactions, are in good overall physical and mental health, have achieved balance in daily activities and are employed and have good relationships with their co-workers.

Research has shown that it is not just adults who are lonely. Oregon school nurse Nina Fekaris, president of the National School Nurse Association, has increasingly observed loneliness and social isolation in both younger and older children. “As school nurses, we see many children come into the health room with vague complaints, often saying ‘I just don’t feel well.’ They skip class or recess because they are looking for a safe place where no one is judging them, or they have increased absences. Children may be in the same room, but they are not connected to each other. They often think they are being social, but there is no face-to-face interaction.”

In an interview with The Washington Post, former U.S. Surgeon General Dr. Vivek H. Murthy said, “When I was traveling to communities across the country I found that loneliness was a profound issue that was

affecting people of all ages and socioeconomic backgrounds. What’s really interesting when you look at the data, is loneliness has been found to be associated with a reduction of life span. For better or worse, people understand the language of epidemics. I think of loneliness as an epidemic because it affects a great number of people in our country, but also because one person’s loneliness can have an impact on another person. This is not a condition that is developing in isolation. I talk about this as an epidemic because it’s far more widespread than people believe, and like many illnesses that are related to our mental and psychological state, it gets swept under the rug and exists in the shadows. Traditionally, anything related to our mental or psychological state has been looked at as a choice. And that is a real challenge. This is the paradigm we have to flip in this country.”

“People have this perception that if you’re lonely or isolated, it’s bad for you, but once you have friends then you’re OK,” Julianne Holt-Lundstad of Brigham Young University said. “In actuality, there’s no evidence that it’s just the extreme end that’s at risk and that everyone else is just fine. In reality, we’re all somewhere along that continuum. Of course, people at the extreme low end

are at greater risk, but it’s something that applies to everybody. Loneliness is something that needs to be tended to constantly and should be taken as seriously as physical inactivity and obesity. I argue that we need to take this just as seriously for our health and that just as we need to make time in our busy lives to be physically active; we need to make time to be socially active.”

Loneliness is on the rise. The negative influence of loneliness on well-being is difficult to deny. Since loneliness is a subjective experience, it is difficult to gain clarity into what variables are contributing to the increase in isolation. Nevertheless, the factors explored highlight common causes that are likely to influence loneliness. People want to be understood and appreciated as individuals. They are people with passions. They are community members.

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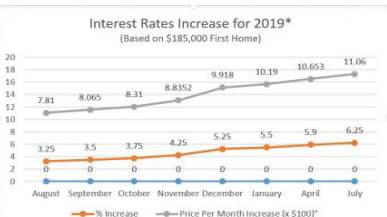
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