



# Wellsprings Friends School

“THE LITTLE SCHOOL WITH THE BIG HEART”

Spring, 2011

Newsletter

3590 W. 18th Ave, Eugene, Oregon 97402

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[www.wellspringsfriends.org](http://www.wellspringsfriends.org)



## A Life Worth Living

Born in 1925, Hanna Still feels she has spent her life working her way to Eugene in order to support the creation and ongoing success of Wellsprings Friends School. Beginning her journey in Prague, Czech Republic, Hanna saw people at their worst as Hitler rose to power in Eastern Europe. At the age of 13, she was sent to a Quaker boarding school in England to try and escape the escalating violence. After a brief stay there, her family chose to leave everything behind to immigrate to New York, where they all began to build a new life.

After graduating from college with a Masters in Psychology, Hanna moved to the Los Angeles area where she worked for a decade with Caesar Chavez and the farm worker rights movement. Transitioning to Chicago with her husband and three children, they both worked for 10 years with an activist group fighting for social change, equality, and the struggle for justice for all people. After being contacted by a group in Oregon, Hanna and her family moved to Cottage Grove, where they continued their work for social change.

Finding herself single and with three grown children, Hanna continued her lifelong goal of finding equality and justice for all people, she served on the board of directors for a variety of organizations, volunteered time and effort to worthy causes, and along the way touched the lives of many people across the country. So when contacted by Wellsprings Friends School founder Helen Park about being a founding board member, her immediate response was “First I will say yes, then you can tell me what you want me to do.”

Hanna describes Wellsprings as a positive model for society: a place where everyone is treated with respect, everyone listens to each other, growth happens together, making decisions is communal, and all of it is done with a dignity that is unsurpassed. Watching the school grow for 17 years, she knows her work in life has prepared her to support a project that brings together the best in what she has worked for. “In all the things I’ve been involved in, the greatest appreciation I have is for Wellsprings. They are an organization of creating change with dignity and integrity.”

When describing what motivates her to work tirelessly for over 70 years for social change and justice, Hanna says, “I have seen quite a bit of evil in the world and know what we don’t want the world to become. My role is to help kids see that life is worth living.”

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“I have felt all along that life is about looking at the situation  
and seeing what you can do to make it better.”

-Hanna Still

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# Heart-felt Learning

by Eva Brill

Last fall, Anatomy class focused on the cardiovascular system for two weeks. Taking this much time to focus on one organ system allows a class to learn more about the specifics of biological function.

At the beginning of the first week, students learned the basic anatomy and corresponding vocabulary from worksheets and lecture, then watched animations of blood pumping through veins and arteries. They also watched a real surgeon's video on "off pump" surgery -- a fancy term for beating heart surgery -- a method that is becoming increasingly more common and preferred for patients receiving coronary artery bypasses. Students also took a field trip to the local pharmacy to get their blood pressure and pulse taken. The class discussed the dangers of hypertension, and the students' data was analyzed in terms of what the values represent in the heart's beating cycle (systole and diastole) and how those numbers can fluctuate in different conditions (e.g. smoking, medication).



The climax was obtaining a beef heart from Long's Meat Market (a local butcher shop) and bringing it into class for observation. The heart weighed about four pounds and seemed huge in comparison to a human heart, which is only about the size of a closed fist. Students immediately noticed the tough, fibrous connective tissue on the outside of the heart, the pericardium. Examining further, students poked their fingers through an entrance where the superior vena cava enters the heart, which allowed them to identify the left and right atria and corresponding ventricles. They were surprised by how little blood there was and therefore how thick and hollow the heart actually is. Almost more shocking to them was realizing that our own hearts are quite similar to the specimen in front of them.

Hopefully students gained a deeper understanding of and respect for a very hard-working organ!

## Talking Cars

by Tyler Tjernlund

In the fall of the 2010-11 school year, Dennis approached me with an idea for an automotive class appropriately named Car Talk. Six years of my life was spent as a certified auto tech making this class a perfect fit, but with an added twist. Volunteer Curt Mitchell, who taught chemistry at a collegiate level for more than a decade, suggested that the class could combine basic auto repair and maintenance mixed with a scientific approach.

The course covers every basic topic involving auto repair and maintenance from brake jobs to spark plugs. We also look at the scientific side to understand how these parts function and work together. By learning the the inner workings of parts and physically replacing them, we gain a better understanding of how and why specific parts need to be replaced. This, in turn, provides the students with appropriate skills to maintain their own car, and the confidence to take on projects themselves.

One favorite project for the students was the brake job. We first learned about the braking system, which includes the master cylinder, combination valves, power booster, brake calipers, and pads. We learned how the system actually causes the car to stop and the chemical composition of brake pads and fluid. We then performed a brake job on one lucky teacher's car, and the students learned how simple a basic brake job can be! With a little know-how and some basic instruction, changing brake pads can save hundreds over a lifetime. Furthermore it provides basic skills and knowledge that can open the door to employment in the auto repair world.

For those who have given time, financial support, and  
in-kind donations,

# Thank You

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Anne Michalski  
Anonymous (6)  
Arthur Efron  
Barbara Crocker  
Barbara Date  
Barry McKenzie  
Becky & Peter Cacioppi  
Betsy Steffenson  
Bill Cadbury  
Bonnie & Michael Anderson  
Catherine Ann Miner  
Celia & Laurance Headley  
Charles & Jeanne Kimball  
Cozmic Pizza  
Cristina Simoni  
Curt Mitchell  
Dani Moran  
David Hazen  
David Lively  
Deborah Snow  
Dev Sinha & Sujata Sanghvi  
Divine Cupcake  
Dorothy Gates Knaus  
E.H. Hunt  
Edgar & Phyllis Pears  
Edith Eisler  
Eileen Myer  
Elaine Walters  
Elizabeth King  
Elizabeth Oppenheimer  
Ellen Rifkin  
Emerald Valley Boys and Girls  
Club  
Ethen Perkins  
Eugene City Bakery  
Eugene Friends Church  
Eugene Friends Meeting  
Friends Council on Education

The Ravdin Fund  
Gary & Jan Halvorson  
George & Susan Dimitroff  
Gerald Copeland  
Greg & Isabell Norman  
Guy & Nancy Ames  
Haley Wilson  
Hanna Still  
Hanya Etter  
Helen Park  
Helen Sills  
In Accord Community Choir  
James Whittier  
Janet Kallstrom  
Jean Roberts  
Jeff Todahl  
Jennifer & Paul Smith  
John Etter  
John Hazen & Robin Cushman  
John Mowat  
Julie Rogers  
Kai Norman  
Karen Hewett  
Karine Homestead  
Keith Sheldon  
Kelly Bryson  
Kenneth Meyer  
Laura Hopkins  
Laurie Cracraft  
Lee Kersten  
Liisa John  
Lisa Bourgault  
Lisa Marcus  
Louis Sondag  
Lynne Marsh  
Marcia Hadley  
Marlitt Dellabough  
Mary Lou Goertzen  
Mary Steinberg-Pichey

Melody Ashworth  
Michelle & Trieber Meador  
Northwest Exposures  
Photography  
Olin & Lucille Byerly  
Oregon Community  
Credit Union  
Pacific Continental Bank  
Pam & Frank Turner  
Patricia & Stephen John  
Patrick Whitmer  
Paul Simon  
Peg Morton  
Penelope Daugherty  
Peter Anthony  
Rio Pratt  
Robert Decker  
Ronald & Peggy Marson  
Rose Marie & Michael Barber  
Rudy Berg  
Sakre Edson  
Sara & Alan Schwake  
Shannon Clawson  
Shirley Froyd  
Sophie Suberman  
Sun Hee & Kun Cho  
Susan Ban  
Susan Goodyear  
Terry Eames  
The Daily Bagel  
Thomas Sharples  
Toby's Tofu Pate  
Todd Peterson  
Tree Bressen  
Valerie Keartes  
Valley Covenant Church  
Vicki Morgan  
Wilma Minton  
Yellow Emperor

# Ways to Support Wellsprings Friends School...

- ✓ **Financial Contributions** are welcome anytime. Twice a year, fall and spring, we appeal to the friends and supporters of Wellsprings to open their wallets as well as their hearts. General fund financial support from the community is essential for the continuation of our work.
- ✓ **Automatic Monthly Payments** You can easily arrange for a regular payment of a specified sum to be made to Wellsprings on the day of your choice. Just contact your financial institution.
- ✓ **The Mani Shimada Memorial Fund** was set up to honor a well-loved student who died suddenly in 2003 from bacterial meningitis. A designated portion of the fund is available each year to support ongoing Wellsprings projects. To contribute this way, your check should be made out to the school with "Shimada Memorial Fund" in the memo line.
- ✓ **Stock Transfers** Several contributors to Wellsprings find this to be one of the most attractive ways to give to the school. We have a DTC account whereby we can receive any amount of stock, small or large. If you risk a large capital gains tax by selling stock, it may be an advantage to donate your stock to Wellsprings, a nonprofit organization, for the tax deduction. Contact our Board Trustee and Treasurer, Hanna Still, at 541-345-5588, for details.
- ✓ **Estate Planning** that includes Wellsprings Friends School will enhance many lifetimes through education. We urge you to consult with your legal and financial advisors about including the School in your Will or about establishing a Trust.
- ✓ **Donated Items** from pens and pencils to couches to sports equipment, etc., are always appreciated. Call the office if you have something to give that you think we might be able to use.
- ✓ **Volunteers** provide much needed assistance around the school. Contact Yancey if you have some time to offer and would like to find out how you can help.

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In addition, did you know that you can automatically have contributions sent to us when you shop?! It's all done electronically, and *there is no cost to you*. It is easy to use and benefits Wellsprings.

**eScrip:** After registering your credit, debit or store cards with eScrip, each time you use those cards at participating merchants, Wellsprings will receive a percentage of your spending.

You can register at [www.escrip.com](http://www.escrip.com)

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## 2011 Commencement

Photos of our seniors are on the back page. Every reader of this newsletter is cordially invited to share in their rite-of-passage at this year's graduation celebration, on June 18th starting at 10:00am. Once again, it will be held at First Christian Church, 1166 Oak Street, in Eugene. As we do every day, the students will be individually celebrated. Please feel welcome to join us, for what one friend of the school recently described as a "three-hanky" event.



## Benefit Concert

For the fifth year, Wellsprings put on a benefit concert at Cozmic Pizza. The 4-hour long event featured both current and former student performers, spoken word poets, staff musical performances, as well as art displays. A few had never been on stage before and some were veterans, but everyone presented a great show for the hundreds of supporters who were in attendance.

## Peace & Justice

Our 9th annual Peace and Justice Festival was held on May 7th, with the theme of “A Community Response to the Root Causes of Violence.” An ensemble from the In Accord Community Choir started things off with several lively and inspirational songs. A few students read their poetry. A service provider panel shared thoughts on “What’s working? What support is needed?” They were followed by a youth panel focused on “Community Mediation Services training and grassroots peace building.” The last major event was a short talk by Jeff Todahl, a University of Oregon professor and one of the organizers of the group, “90 By 30”—the goal of which is “90% reduction of family violence in Lane County by 2030.” Paul Simon, who joined us this year to teach the yoga class, organized and emceed the event.



# Spring Happenings

## Free Sale

Saturday, May 21 was the 7th annual Free Sale. This yearly spring event is a chance for the school to give back to the community by collecting usable items and passing them along to the community free of charge. It is similar to a large indoor yard sale, where there is no charge for anything. Well over 100 people came and took thousands of items and put them to good use. In a world of material waste, this is a recycle/reuse opportunity that benefits the community.



## Prom



The student prom committee worked hard this spring to put together a dance for the entire school community. Themed Wonderland, decorations were done with Alice and the Rabbit Hole in mind. While some students came costumed appropriately in

stripes, wigs, makeup and top hats, others went the more formal route in tuxes and gowns. Everyone enjoyed the food, the company, and student DJ Shy Guy who put his skills to use for the benefit of the student body.

Students are responsible for all aspects of organizing this event and this year’s evening went off without a hitch! Many thanks for the students, parents, staff, and volunteers who made it a success.

# *Congratulations to the Class of 2011*



Alec Folenius Murdock



Alyssa Ashley Jackson



Austin Taylor Johnson



Antony John Hewett



Brady Lee Griffin



Haley Marie Shankle



Jason Lane Misner



Leo Wolf Olson



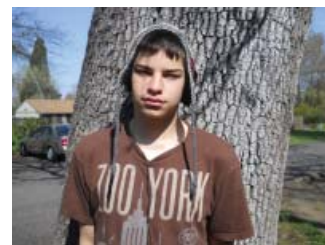
Mckenzie Jade Wallace



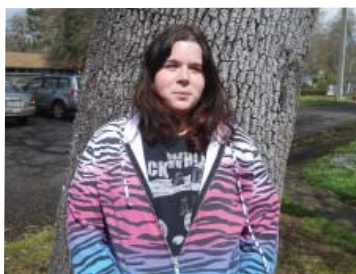
Michayla Marie Todd



Ryan A. Edwards



Ryan Vaimapu Stambaugh



Sheana M. Schafer



Shelby Rae Berry



Wyatt Forest Weisman