

Slow down in zones for school kids

A school zone is a section of street or road where a reduced speed of 20 mph applies when children may be walking to and from school grounds, said Oregon Driver and Motor Vehicle Services (DMV).

According to DMV: A school zone starts with a "School Speed 20" sign and ends at the "End School Zone" sign or other posted speed sign such as "Speed 30."

Some beginning school zone signs may be marked with flashing yellow lights besides the speed signs. Signs may also be posted to notify drivers that traffic fines double in school zones.

Other school zone signs are pentagon-shaped warning signs. These are quite important. A pentagon-shaped warning sign without crosswalk signs means that you are near a school. Slow down, as children often are unpredictable. Look for children and be ready to stop.

When you see a pentagon-shaped sign with crosswalk lines, slow down and be prepared to stop.

Obey signals from crossing guards directing students across the street.

Church News

St. Patrick of the Forest Catholic Church

On the Fourth Sunday of Lent we will read from Luke's Gospel about a father and his two sons.

The younger son took his half of his father's estate, went to a distant country and squandered the entire amount. When he returned to his father, he admitted how he had sinned against heaven and against his father. The father forgave him and prepared a great feast to celebrate his return.

The elder son was furious about all of the attention given to his younger brother. The father responded, "My son, you are here with me always; everything I have is yours. But now we must celebrate and rejoice, because your brother was dead and has come to life again; he was lost and has been found." God offers us the same compassion when we humble ourselves, confess our sins, and ask for forgiveness.

IVHS School Menu - Sponsored by

SISKIYOU COMMUNITY HEALTH CENTER
319 Caves Hwy.
592-4111

THURSDAY, MARCH 18
Chicken sandwich, cheeseburger, hamburger, turkey & cheese or ham & cheese sandwich; chef, Mandarin chicken or garden salad; Hawaiian, cheese or pepperoni pizza; beef soft tacos (pasta, meat & marinara sauce, breadsticks)

FRIDAY, MARCH 19
Chicken sandwich, cheeseburger, hamburger, turkey & cheese or Italian sandwich; chef, Mandarin chicken or chicken Caesar salad; vegetarian, supreme, sausage or pepperoni pizza; nachos supreme (corn dog, hotdog or Polish dog, potato wedges or tater tots)

MONDAY, MARCH 22
*Spring break begins



(Photo by American Legion Auxiliary Unit 70)

WOMEN VETERANS HONORED - American Legion Auxiliary Unit 70 Juniors attended a luncheon in Medford on Saturday, Feb. 14 to honor women veterans from V.A. White City Domiciliary. (Also see Clubs & Organizations on page 7)

Relief volunteer training set by ARC

A series of free classes for anyone interested in becoming a Red Cross disaster relief volunteer is offered by the Rogue Valley Chapter of American Red Cross (ARC).

Seven classes will be held on various dates during April through June, at 745 N.E. Seventh St. in Grants Pass.

"These classes prepare volunteers to help others in the community in the event of a disaster, whether it's a single-family fire, or an areawide disaster like a flood or wildfire," said Bill Blakely, volunteer coordinator.

The first class, on Thursday, April 1, is "Introduction to Disaster" and is the prerequisite for all other disaster classes.

Other classes are, "Mass Care," "Shelter Operations," "Damage Assessment," "Serving the Diverse Community," and "Logistics." Participants can take all classes, or choose according to their areas of interest.

After having taken one or more classes, persons may decide to become a volunteer, and meet with a chapter volunteer coordinator to discuss available opportunities.

For more information or to register for classes, phone (541) 471-7822.

The American Red Cross is an independent volunteer-led non-governmental humanitarian organization that provides relief to victims of disaster. Led by 1.3 million volunteers across the country, ARC is ready to respond at a moment's notice when help is needed.

GOOD NEIGHBORS FENCE COMPANY

MARCH SPECIAL
4-ft. chain link
\$485
(includes 100-ft., 2 corners & 4-ft. gate)

592-6014
CCB#157224

'Good Neighbors' make good fences

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NO JOB IS TOO SMALL

Phone 592-6310 today for a FREE estimate!

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FULL REHABILITATION SERVICES:
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OCCUPATIONAL THERAPY
SPEECH THERAPY

TWO LOCATIONS TO SERVE YOU

CAVE JUNCTION OFFICE
218 N. REDWOOD HWY.
(541) 592-6580

GRANTS PASS OFFICE
1619 N.W. HAWTHORNE AVE.
SUITE 109
(541) 476-2502
JEFF WOOD, M.S., P.T.

Have you noticed the number of heart attacks happening lately?

Want to know some delicious ways to lower your cholesterol?

Then plan to attend the **Health & Cooking Class** every Thursday evening in April at 6:30 p.m. at the Seventh-day Adventist Church 265 South Old Stage Road in Cave Junction

Sample delicious vegetarian recipes at every class

Featuring Marcella Lynch as seen on national TV

ONLY \$20 per person/\$5 extra for spouse or \$25 per couple for all five evenings (includes cookbook)

Discover that you can be **HEALTHY BY CHOICE - NOT BY CHANCE!**

Church Directory

FIRST BAPTIST CHURCH OF SELMA
18285 Redwood Hwy.
P.O. Box 279, Selma, OR 97538 - 597-4169
Pastor Monty Pope
Sunday School - 9:45 a.m.
Worship - 11 a.m.
Sunday evening - 7 p.m.
Wednesday Bible Study - 7:30 p.m.

BRIDGEVIEW COMMUNITY CHURCH
Pastor Charles Bridges
P.O. Box 645
5181 Holland Loop
Non-Denominational
Children's Church - 10:30 a.m.
Sunday Morning Worship - 10:30 a.m.
Sunday Evening Worship - 6 p.m.
Thursday Bible Study - 7 p.m.
Women's Prayer/Thursday - 9:30 a.m.
Men's Prayer Meeting - 1st & 3rd Saturday - 8 a.m.
Youth Group Sunday - 6 p.m.
KBCC-LP at 107.9 FM
Corner Dick George/Holland Loop

GOOD SHEPHERD LUTHERAN CHURCH
East River Street & Lewis Court
Sunday Worship - 9 a.m.
Sunday School - 10 a.m.
Pastor Peg Harvey-Marose
592-2147
Church Phone: 592-2290

BAHA'I FAITH
Phone 592-5234

ST. MATTHIAS EPISCOPAL CHURCH
25904 N. Redwood Highway
Sunday Services: 9:30 a.m.
Polish dog, potato wedges or tater tots

MONDAY, MARCH 22
*Spring break begins

FOUNTAIN OF LIFE ASSEMBLY OF GOD
451 S. Junction Avenue
592-3956
Pastor Mark McLean
Sunday School - 10 a.m.
Morning Worship - 11 a.m.
Evening Worship - 6 p.m.
Wednesday - 7 p.m.
Adult Bible Study

ST. PATRICK OF THE FOREST CATHOLIC CHURCH
407 W. River Street, C.J.
592-3658
Father Harry Holwell
Parochial Vicar
Masses - Sunday
Daylight Saving - 9 a.m.
Standard Time - 10 a.m.
Daily Mass Tues. - Fri. 9 a.m.
First Saturday - 10 a.m.
Holy Days - 10 & 7 p.m.
Sacrament of Reconciliation
Saturday - 10:30 to 11:15 a.m.

COMMUNITY BIBLE CHURCH
113 S. Caves Avenue, CJ
Evangelical & Non-Denominational
Sunday School 9:15-10:15 a.m.
Morning Worship - 10:30 a.m.
Jr. Church, Infant & Toddler Nursery Provided
Youth Awana - Wednesday 6:30 to 8 p.m.
Crossquest - Thursday 3:30 to 5 p.m.
Dr. Don Blackburn, Pastor
Community Christian Academy

ILLINOIS VALLEY BAPTIST CHURCH
2110 Caves Highway
Stanley W. Smith, Pastor
Sunday Worship - 10:30 a.m. & 6:30 p.m.
Bible Study - Thursday - 6 p.m.
Youth Meeting - Thursday - 6 p.m.
A Southern Baptist Ministry
Phone: 592-3029
Cell: 659-8934

FRIENDS OF THE VALLEY
25904 N. Redwood Highway
Meeting Time - 11:30 a.m.
Sunday
592-6175 - 415-1200
Pastor Alan Franks

SEVENTH-DAY ADVENTIST CHURCH
265 S. Old Stage Road
Sabbath School - 9:30 a.m.
Sat. Church Service 11 a.m. Sat.
Prayer & Praise 7:00 p.m. Tues.
Pastor Harold Premdas
Church 592-3218
Everyone Welcome
Madrone Adventist School 592-3330
Sr. Teacher: Mrs. Amy Whitcomb 592-6604

IMMANUEL UNITED METHODIST CHURCH
220 Watkins Ph. 592-3876
Pastor David Goodrich
Sunday School - 9:15 a.m.
Sunday Worship - 9:15 a.m.
Child-care for small children
Potluck/Bible Study
Thursday 6 p.m.
WEB Page: http://flmanuel.UMC.net

VALLEY EVANGELICAL FREE CHURCH
498 Laurel Road
Sunday School - 9:45 a.m.
Worship Service - 11 a.m.
Wednesday - 7 p.m.
Bible Study, Youth Group
Thursday - 7 p.m. - Adult Bible Study
Pastor Austin Patty
592-6160 or 590-5184

CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS
207 Junction Avenue, CJ
Sacrament Meet - 10:50 a.m.
Sunday School - 10 a.m.
Priesthood, Relief Soc. 9 a.m.
Bishop Gary Doble
1st Counselor Bill Hart
2nd Counselor Sam Williams

ILLINOIS VALLEY PRAISE CENTER
28569 Redwood Hwy.
Cave Junction
Sunday School - 9:30 a.m.
Morning Worship - 10:30 a.m.
Prayer Meeting - 6 p.m.
Thursday evening - 7 p.m.
Home Bible Study/Youth Group
Non-Denominational
Bible Teaching Church
Pastor Doug Wilson
592-4872

TAKILMA BIBLE CHURCH
10300 Caves Road
Pastor Dan Robinson
Bible Study/Prayer Time 9:30 a.m.
Morning Worship 11 a.m.
Thursday Bible Study 7 p.m.

LIVING WORD FELLOWSHIP
"Walking as Jesus Walked"
Full Gospel
Non-Denominational
Sunday School - 10 a.m.
Sunday Worship - 11 a.m.
Sunday Evening - 7 p.m.
Thursday Bible Study/Prayer 7 p.m.

139 S. Caves Ave. Suite G (Next to Junction Avenue)
Pastor Wayne Vineyard
592-2815 - Home
Healing Rooms Open:
Tuesday 7-8 p.m. or by appointment

BEIT EMMANUEL
(Formerly Illinois Valley Home Ministry Fellowship)
A Messianic Congregation
P.O. Box 1949, CJ 97523
Sabbath Services
Hebrew classes, worship in Danish
celebrations of the Lord's Feasts - 592-4649

FIRST LOVE CHRISTIAN FELLOWSHIP
139 Caves Ave. Front door
Pastors Drs. Bob & Virginia Kurko
592-4775
The Church that Love has built in the Heart of Cave Junction
Worship Schedule
Sunday 10:30 a.m. - 6 p.m.
Sunday School & Nursery 10:30 a.m.
Tues. & Wed. Bible college classes - 7 p.m.
Thurs. "First Love Kitchen" Free meal 11:30 a.m. - 1:30 p.m.
Fri. Genesis 12 Step - 7 p.m.
Sat. "Free Bread 11 a.m. - 2 p.m.
"A Full Restoration, NT Church"
Phone for classes being offered this semester.

ILLINOIS VALLEY PENTECOSTALS
Meeting 2 p.m. Sundays
American Legion Hall
2110 Caves Hwy.
"Road through the RV Park"
Contact 592-4716 for Bible Study in your home or the pastor's - P.O. Box 2180
Cave Junction, OR 97523
Pastor Wendell Owens
592-4716