

From holiday tears to cheer

(Continued from page 1)

As an alternative to forking over a lot of dough for a store-bought present, Hover-Kramer feels that making a heart-felt present for that special someone will be treasured much longer. Plus, it can be a lot easier on your pocket book.

In connection with depression, she noted that, "Studies by neurologists have shown that we have an average of 5,000 to 7,000 thoughts per hour," she said. "A large percentage of those thoughts are negative about the person, The brain has a tendency to repeat bad thoughts, especially if they are unresolved thoughts, so you start believing what you're thinking, and that can lead to anxiety and depression," Hover-Kramer said. To avoid negative thinking, she said that people should follow every bad

thought of themselves with three positive thoughts. However, there is still hope even if after lowering expectations and accepting that perfectionism is a myth, people aren't helped from losing their minds this holiday season. "Rub gently above your heart like you were doing the flag salute," said Hover-Kramer. "There's a tender area of nerve endings, and you'll feel it if you're rubbing the right place. "While you're rubbing, say an affirmation and just take the time to nurture and honor yourself. "Say, 'Even though I'm feeling overwhelmed, stressed or whatever it is you're feeling, I deeply and profoundly honor and accept myself'." Hover-Kramer recommends doing this exercise at least three times in a row.

Drinking, driving no-no

With the holidays and increased driving, Gov. Kulongoski and President Bush declared December Drunk and Drugged Driving Prevention Month. Driving while impaired by alcohol or drugs is a leading factor in traffic fatalities. Approximately 40 percent of traffic fatalities nationwide are alcohol-related, totaling around 17,000 deaths during 2003, according to the National Highway Traffic Safety Administration (NHTSA). Oregon is doing better than that. During 2003, 184 of a total 512 traffic deaths were alcohol-related (36 percent), said Oregon Dept. of Transportation (ODOT). ODOT said that "the Oregon Legislature in its last session made DUII penalties more severe. "A third DUII penalty

will result in revocation of a driver's license." Anyone convicted of a third misdemeanor DUII will have his or her driving privileges revoked under an Oregon law effective Jan. 1 this year. The revoked driver may not reapply for driving privileges until at least 10 years after the revocation, or 10 years after release from imprisonment. DUII is a Class A misdemeanor in Oregon. Besides other fines or jail sentences, a first DUII offense carries an additional minimum fine of \$1,000. A second DUII conviction imposes a \$1,500 additional fine; and a third adds a \$2,000 fine if the person is not sentenced to prison. DUII becomes a Class C felony if a driver has been convicted of DUII at least three times in the 10 years prior to the date of the current offense, and the current offense was committed in a motor vehicle. If a DUII is committed in a motor vehicle with a passenger younger than 18, who is at least three years younger than the driver, a court can impose a fine of up to \$10,000.

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Merry Christmas

From
Clausen's Illinois Valley Chapel
& Funeral Home

Obituaries

Eileen H. Orton
A private family service will be held for longtime Illinois Valley resident and teacher Eileen H. Orton, 81, who died Dec. 4, 2004. Mrs. Orton was born Eileen Hannah Osborne in Wimbleton, England on May 26, 1923. During her youth she was a talented tennis player and archer. During World War II she worked as a civil servant for the British government as a French interpreter and decoder. During the war she met her husband, Donald C. Orton, a U.S. soldier, and they were married Christmas Day 1943. After arriving in the United States, Mrs. Orton attended Bemidji State Teachers College in Minnesota. She taught in O'Brien, Kerby and Cave Junction schools for 30 years. Besides her teaching, she served as a Brownie troop leader, a Girl Scout troop leader, a precinct committeeman, president of the DeMolay Mothers' Club, Guardian of Bethel 36 in Kerby, Job's Daughters Grand Guardian for Oregon, Supreme Guardian for the International Order of Job's Daughters, Worthy Matron of Eastern Star in Kerby, and secretary of the World War II War Brides Association. Mrs. Orton also was the author of a book on WWII war brides, "These Are My Sisters."

Mrs. Orton is survived by her husband, Donald Orton; a son, Michael Orton; a daughter, Constance Orton-Osborne; three grandchildren; and four great-grandchildren. In lieu of flowers, the family requests memorial contributions to the Alzheimer's Research Fund, the Hike Fund (Hearing Impaired Kids Education Fund), or the William G. Doody Memorial Scholarship Fund. **Gunnar J. Jensen**
A memorial service for Cave Junction resident Gunnar J. Jensen, 86, who died at home Thursday, Dec. 16, 2004, was held Monday, Dec. 20 at Good Shepherd Lutheran Church in CJ. The Rev. Dawn Gregg officiated. Interment followed at Eagle Point National Cemetery next to Mr. Jensen's wife, Leonora, who died March 10, 2002.

Mr. Jensen was born Feb. 9, 1918 in Denmark. He was a U.S. Army veteran of World War II, and a member of Good Shepherd Lutheran Church. He moved to Illinois Valley in 1981 from Rockaway Beach, N.Y., and he was a retired commercial printer. He served meals as a volunteer for 20 years at the I.V. Senior Nutrition site. Mr. Jensen is survived by four sons, Richard Jensen, of Dallas, Texas, Robert Jensen, of Atlanta, Ga., Christopher Jensen, of Central Point, Ore., and John Jensen, of Hana, Hawaii; a daughter, Karen Slaska, of Hernando, Fla.; two sisters, Rita Worfler, of New York State, and Alice Walters, of Huntington Beach, Calif.; six grandchildren; and five great-grandchildren. Arrangements were handled by Illinois Valley Funeral Home.

No one is useless in this world who lightens the burdens of another. - Charles Dickens

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Mary Reynolds, Agent 1-888-564-9669

Church News

St. Patrick of the Forest Catholic Church
There will be two opportunities to attend Christmas mass: Christmas Eve at 7, and Christmas Day morning at 10. The birth of Jesus will be celebrated with special Scripture readings, glorious music and colorful Christmas poinsettias. The Holy Family of Jesus will be celebrated Sunday, Dec. 26 with Scripture readings reinforcing family love and respect.

KBCC - LP

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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.
Church Phone: 592-2290

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, CJ
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 a.m. & 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 Hwy.
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

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 p.m. Tues.
Pastor Vern Hyland
Church 592-3218
Everyone Welcome
Madrone Adventist School 592-3330
Sr. Teacher: Mrs. Amy Whitchurch 592-6604

IMMANUEL UNITED METHODIST CHURCH
200 Watkins Ph. 592-3876
Pastor David Goodrich
Sunday School - 8 a.m.
Sunday Worship - 9:15 a.m.
Child-care for small children
Potluck/Bible Study Thursday 7 p.m.
WEB Page: http://UMCImmanuel.org

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 592-6160

CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS
207 Junction Avenue, CJ
Priesthood, Relief Soc. 9 a.m.
Sunday School - 10 a.m.
Sacrament Meet - 10:50 a.m.
Bishop Gary Dobie
1st Counselor Chuck Rigby
2nd Counselor Var Rigby

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 Takilma 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 Kathy Rice
Home phone: 596-2421
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 dance classes and 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

Attend the church of your choice

