

Pastor Dan is all about community

By **Linda Corey-Woodward**
IVN Contributing Writer

Pastor Dan Robinson is a man on a mission. As pastor of the Takilma Bible Church, he teaches the pragmatic, everyday aspects of faith to his congregation and to anyone who needs help.

Robinson says the mission of his church is to promote Jesus Christ and he does that in a hands-on sort of

way.

“Our Christianity has to be real and practical,” he said. “I work alongside people, helping to solve problems, giving support, showing how to love Jesus and to accept Jesus’ love in ordinary ways.”

Robinson traveled Eastern Europe with a mission during 1985. His group visited and prayed with underground congregations and took food, medicine and printed material to them. Under the communist regimes that Robinson visited, churches and religion were

not allowed and, as a result, people could not worship freely. However, people often found ways to meet and pray privately.

The risks, though, were extremely high for those worshipers as the Communist Party cracked down on them by taking their jobs, freedom, and in some cases, their lives. Robinson was deeply affected by the risks taken by the people he met who were determined to practice their Christian faith. He said he returned to Yreka, California forever changed by

that experience.

In 1986, the pastor of a small evangelical congregation in Takilma returned to Coos Bay. Robinson took the position and came to minister to the counter-culture congregation. Their church was a 16 foot by 32 foot army tent. He wanted to share a vision of Christian faith and love in a way that fit with the values of Takilma residents. Many Illinois Valley residents liked his message of love, humility and community service and began attending worship services in the

crowded tent church.

Valley residents helped to build a log church in 1987 for a sturdier meeting place. It was nearly completed when a heavy snow collapsed part of the tent, forcing people to meet in the semi-finished church. Robinson remarked with a smile that he still meets folks who cut down the trees, hauled timber or peeled logs for Takilma Bible Church. He also said he found a home in the Takilma community.

He met his wife, Starlite, there. They wed in 1992

and have six daughters and one son, ages 3 to 19. All seven children are musically inclined, playing piano, violin or mandolin. Some of them play during worship services. On Christmas Eve, the church goes caroling. Up to 40 children and adults ride a bus along Takilma Road, stopping to carol at appointed homes, where cocoa or hot cider is offered.

See Dan on A-8

Healthy U: by Lindsey B. Gillette

Whether you are just beginning a running routine or you have been at it for years, it is important to take into consideration some safety precautions.

Prepare: Unless you are running on a treadmill, you should leave your headphones at home. Wearing headphones while running seriously decreases your ability to hear the warnings of oncoming traffic, cyclists, or even other runners approaching you. Wear bright colors, even in the day so that others can see you approaching. Reflective gear and a headlight should be worn if running at night. Insure you carry some sort of I.D. or write your information inside

the sole of your shoes.

Hydrate: Our bodies lose between 6-12 ounces of water every 20 minutes of running. It is important to drink 10-15 ounces of water before your run and about every 20-30 minutes along the way. Stop running at the first signs of dehydration.

Run with a partner: Not only is a partner great for motivation, but running in pairs or groups is much safer than alone. Potential for abduction, animal attack, health failure, or serious injury can be frightening thoughts, but having another person with you would be a great asset in any of those situations.

Road Running: Run on

sidewalks when available, but when running on the street, it is important to run against traffic in order to see cars or cyclists approaching you. Look both ways before crossing any street and use clear communication with drivers waiting at stop signs.

Routine: It is important to alter your routine and route for safety reasons, but it is also beneficial in challenging your body’s muscle memory. To help prevent injury, include a warm-up and cool down period with your run. An example would be five minutes of easy jogging and two sets of ten walking lunges each side. Follow this up with your run 20-30 minutes and a 10-

15 minute stretching session. Some examples of helpful post run stretches include: Calf stretches (on hands and knees, stretch one leg back straight with ball of the foot on the ground); Quadriceps stretches (standing, catch your foot with your hand and draw the heel toward your buttocks); Hamstring stretch (standing or sitting reach for your toes while keeping your kneecaps lifted and quadriceps engaged); Groin stretch (while sitting on the ground, press the soles of the feet together and resist the knees toward the earth); Shoulder stretch (while standing, interlace the fingers behind your back. Bend knees and fold forward lifting hands away from

back).

Prevent post run pain: After your final stretch, remember to hydrate. If you experience soreness you might try icing or applying a topical pain reliever to specific areas. Insure that your post workout meal is well rounded with protein, carbohydrates, fruits and vegetables. You may choose to alter every other day in workout styles with varying intensity, i.e.: running, yoga, running or even running, walking, running.

Running is an excellent workout. Employ these safety tips and any others that you can come up with to enjoy your run safely.

The Farrier’s Corner: by Ray and Michelle Smith

Horses’ hooves exhibit many changes over a lifetime. Changes may occur seasonally or accompany specific events. For example, hooves may change following injuries or illness, after moving to a new area or after dietary changes. Owners may see shifts in shoe size, chips, cracks, hoof rings, weakening hooves or abnormal growth patterns.

You may notice shoe sizes changing between seasons. Hooves will change size depending on three factors: moisture content, temperature and soil conditions. Hooves may be at least a half size smaller in the fall after drying out during a long, hot summer. Conversely, moving from dry, hard soil to soft, wet soil flattens and widens hooves.

Moisture directly affects hoof quality. Drying aggravates many hoof diseases and defects. Cracks and chips frequently occur as wet muddy springs abruptly give way to hot dry summers. Hooves rapidly dehydrate, contract and break. The easiest remedy is regularly overflowing the stock tank. This creates moist areas that horses inadvertently soak in while drinking. Hoof dressings are also available. Effectiveness varies and many require hoof moistening prior to application.

Breakage may result from overgrowth. Long hooves prune themselves by breaking and chipping. While hoof quarters (sides) often chip first, any portion of the wall can break under sufficient stress. Shorten trim intervals, especially during warmer seasons when hooves grow the quickest. In barefoot horses, round off

hoof edges to reduce chipping. Severe cracks, or cracks involving lameness, may require shoeing.

Owners often notice raised rings encircling the hoof wall. Hoof rings parallel to the hairline are commonly called fever rings. There may be one or more evenly spaced lines appearing on one or more feet. They generally accompany dietary change, injury or systemic inflammatory response.

One ring on one hoof is likely due to injury and inflammation in that leg or increased weight bearing due to lameness in another limb. Mild rings on all hooves generally result from dietary change or acute systemic inflammatory events (colic, illness, sepsis etc.). Obesity also causes hoof wall buckling and rings.

Fever rings usually grow out with the hoof. As new hoof walls take approximately one year to grow, one can estimate when the ring(s) formed. For example, rings halfway down the hoof formed roughly six months ago.

Uneven waving lines originating at the heels commonly accompany laminitis (founder). These rings are generally farthest apart at the heel where growth is greatest. Founder rings are permanent, associated with stretched laminae and an abnormal growth pattern.

Hoof scars develop on the hoof wall below injuries to the coronary band, the area where the hairline meets the hoof. Hoof wall horn cells are produced here. Damage to this area can cause an overproduction of cells and subsequent stripes of crusty, corky hoof wall.

Generally, these scars are harmless blemishes. Careful rasping improves their appearance.

Diet certainly affects hoof condition. Optimal diets generally equal optimal hoof health and growth. General declines in hoof condition may relate to lack of proper nutrition. This begins the inevitable discussion of dietary supplements. There are more supplements available than can be covered in one article. There are general vitamin and mineral supplements, purported “hoof formulas”, performance supplements, digestive aids and naturopathic products. If you suspect a serious deficiency, consult a veterinarian.

If you decide to supplement, here are some

basic guidelines. Research products you are considering. Read the labels for ingredients, directions, what is offered per ounce and how many ounces are required. Compare ingredients and costs between supplements. Be careful if feeding multiple supplement mixes. Many products contain similar ingredients. Accidental double dosing can be dangerous. For example, selenium fed in excess is toxic and can result in loss of mane and tail hair, poor quality hoof growth and even hoof loss.

Check horses’ hooves often. If you notice unusual changes or injuries, consult a professional. Remember the old saying, “No hoof, no horse”.



Max Bennett,
 OSU Extension
 Service forester

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