

Healthy U News: by: Dorothy Vogel

Keeping On Keeping Going

One of the things about aging is the amount of time you have to spend to keep the body functioning; a full-time occupation for some.

My neighbor, for example, chooses healthy foods, religiously completes her exercises, and regularly sees a slew of doctors for help with the dysfunctions that plague her falling apart frame.

Her day goes like this. She begins with a half-hour exercise on the floor. Then it's time for a breakfast of gluten-free toast and her only cup of coffee per day. Post breakfast: the pill-box. She has one of those plastic

containers that have cute little sections for every day of the week so she doesn't have to remember what she did or didn't take. One just has to swallow everything in the box labeled Monday. This invention is invaluable to us with short-term memory loss, or who knows, we could be swallowing a week's worth in a day and wind up dead on the floor.

Then, mental exercises: she goes to her computer and plays Luminosity, an app that exercises your brain by forcing you to answer word, math, and finger agility puzzles. (It was probably invented by a kid in Silicon Valley who hopes to become a gazillionaire on our failing functionality.) Who needs that reminder?

Then it's time for her walking machine, followed by a trip to either the pain doctor (her back) or the optometrist (who injects a medicine straight into her eyeballs to stave off macular degeneration.) The pain doctor has an interesting gadget. It's strapped to the area of pain and sends electrical signals to deaden feeling. I've considered it, but I've read that a mere cell phone contains more sophisticated technology than the first moon shot, so who knows what all it could zap if some wire got crossed. I passed it by.

Post lunch, it's time for lung exercise/art. She picks up her clarinet and blows truly unmusical sounds through the walls, but she needs to

keep practicing so she can retain membership in a local orchestra.

Then, time for gardening. She keeps a box garden in her yard. She is so fond of this garden that if one chances to visit, one is pointed to this box and told how much taller the string beans grew from last week, how many salads were achieved from the lettuce, asked to admire the cute little radishes, the kale, the strawberry patch, etc.

By four in the afternoon, she's ready for her day to begin, but. . .it's nearly over, and the only thing she has to talk about at a social occasion is all of the above.

And, here's the rub: that is an interesting conversation for her con-

temporaries. We all are striving to keep mental and physical rot at bay and we're eager for tips gleaned from someone who's been there with what may become our own malfunction.

Moreover, as the major employers of doctors, we enjoy comparing services; the office-wait time, the level of respect, the information they're willing to impart.

All of this is to say welcome, Baby Boomers, to the conversation. You too, can bore the wits out of anyone younger than 70.

The staff and volunteers of Healthy U present this column as part of their mission to promote health in the Illinois Valley.

Backyard bird watching with Harry: by Harry Johnson

Summer bird watching for kids:

It's nice and warm out there. The rain is gone and it's time to put away your video games and get out of the house and have fun. Why not start with bird watching. It's cheap and fun. Let's start with the basics of bird watching. What do you need to watch the bird that's sitting on the branch in your yard?

You can't watch birds without a pair of binoculars. I'm not talking about buying one of those \$100 or \$200 pair of binoculars. You can find them for next to nothing if you take the time to look. The Grange out on Holland Loop has tools sales every summer. I bought binoculars there for \$10-20 and they work great. Now you have your new binoculars, the rule here is keep them clean. They won't help you if you can't see through them.

Now, you see the bird, but you don't know what that bird is you're looking at. The next item you need is a good bird field guide. Again don't buy the \$50 one, look for a used one. My first field guide was a Peterson's Field Guide. It has great drawings and wonderful information about the birds. There are others out there for you to check out. You can try Kaufman's or Sibley's Field Guides, both are great. Again, look on Amazon for used field guides. I just looked and there were Petersons Field Guides for 38 cents (please remember this price was posted today and it may not be there when you check it). Some have artist drawings and some have photos of birds in them, you just have to find the right one for you.

Now you can see them and you can figure out what you're looking at with the help of your new guide. You want to keep them there. So, feed-

ing your birds is the next step of your summer bird project. You can buy feeders if you like. You'll find them all over the place and they're not very expensive or just put down a piece of plywood or 1x8 and spread seed on it. Check out your field guide to find out what your birds like to eat. I've found for the birds here in Illinois Valley, you can't go wrong with black-oil sunflower seed. I also use a combination of chopped up sunflower seed and cracked corn, they both work great. Please don't buy the cheap bags of bird seed you find in the store. For the most part, birds here in Southern Oregon don't like the seed in those bags. You'll spend hard earned money for seed that gets thrown on the ground and never gets eaten. You'll love to watch them eat the seed you just put out for them. I've spent hours watching my birds eat from my feeders. Another reason for feeding

the birds in your back yard, it gives you time to work on your identification skills. Break out your new field guide and study the birds while they eat. Look for marking on their feathers. This will help you recognize them in the future.

Another thing you can do is take a garbage can lid and turn it over and place it on the ground. You may have to move it around or even dig out a space for it. Put some water it in and watch the birds go crazy. It should be near the feeders for easy use. They love to bath and play in their bird-bath. Again, this is another way to keep the birds coming back to your backyard. Please remember to change the water or keep it full daily. In the heat of summer the water can go bad fast. This is a cheap project and easy to do.



You will want to keep you bird feeders and bird house clean. This is a fun project for the summer. Bring down your house and clean it out and brush it with bleach-water. Do the same on your feeders. This will keep the bacteria from growing and keep your birds healthy. Use 8-1 water and bleach solution when you clean both feeders and houses.

You may want to think about making a brush pile for the birds to live in. You don't have to make a large one, but it should be large enough for them to make it a home. Besides making it a home it can be used as a place to fly to for cover when something flies by like a hawk or larger bird. Brush piles are a great refuge from predators. The best place for the pile is near your feeders or in the corner of your Backyard Bird Watching by Harry Johnson is brought to you by

yard. Brush piles don't take a lot of engineering to make them. All you need is sticks, small branches, cutting from shrubs and other debris from your yard. The key is not to make it too dense. Just pile the branches on and let natural settling do the work. You'll find it will be a favorite hangout for your birds.

I hope this helps you find a fun project for the summer and for years to come. If you have any questions, please email me at birdwatching@frontiernet.net or come by My Place Café each Saturday morning around 8:30am. I have breakfast there each week with other bird lovers like you. Come on by and meet us and tell us all about your birds in your back yard.

Harry Johnson, O'Brien

My Place Cafe

"Where Good Times, Good Folks and Good Food Come Together"

Church News

Community Bible Church

Special Music

2 Corinthians 5:17 says, "Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new."

Churches generally give an opportunity for people to share their gifts musically. People of all sorts, who maybe have never sung before

except in the shower, will stand and sing to honor their Lord. I had a friend years ago who I never would have believed could sing, and yet one Sunday he did special music in a rich, mellow baritone voice. One church I was involved with had special music on Sundays for both morning and evening services. One Sunday evening the individual who was to sing the special music didn't

show up. The assistant Pastor who had been leading the congregational singing asked, jokingly I believe, if there was anyone who would like to come up and sing. A lady stood up and began to move toward the front of the church. She had never sung in church before, and I believe everyone was surprised. She came from a tough background and had only just begun her new life in Christ. With

no music to back her up, she simply sang, "Something beautiful, something good; All my confusion He understood. All I had to offer Him was brokenness and strife, but He made something beautiful of my life." The stunned congregation watched her return to her seat. A more powerful message could not have been presented. Her song spoke of a life changed, renewed, and born again.

That's what Jesus does, He makes all things new.

In Christ, Pastor Dave
Ministry at CBC
Sunday
Morning Worship 10:30 a.m.
Praise and Prayer 6:00 p.m.
Community Christian Academy
Preschool – 12th grade
Limited openings –
Register now for fall classes

Good Shepherd Lutheran Church

Who Is My Neighbor? (Luke 10:25-37)

In this passage from Luke, a lawyer confronts Jesus asking what he must do to be saved. Jesus then asked him what the law says and he replied: "You shall love the Lord your God with all your heart, and with all your soul, and with all your strength, and with all your mind; and your neighbor as yourself." Jesus tells him he has given the right answer, but then the lawyer asks, "Who is my neighbor?"

The lawyer was doing what lawyers do so well: he was looking for a loophole in the law. He wanted to appear right in his relationship

with God and after measuring himself against both commands he realized that his keeping of the second one depended on how you defined "neighbor." So he was asking, "Who and how much do I have to love?"

We're often like that lawyer. We try to reduce God's commands to something we can live with. We'd like to believe that 'loving my neighbor' means loving people who love us, or at least loving people who are lovable.

Like many of us, the Lawyer knew the right answers – the 'legal' answers. But he was totally unprepared for what they meant in real life. Real life is often messy and inconvenient

and calls on us to do things outside of our comfort zone, including loving the unlovable.

So Jesus' parable left the lawyer without any of the excuses or the vindication he was looking for. Instead it showed him what loving our neighbor really entails. In 1 John 3:16-18 we read, "This is how we know what love is: Jesus Christ laid down his life for us. And we ought to lay down our lives for our brothers and sisters. 17 If anyone has material possessions and sees a brother or sister in need but has no pity on them, how can the love of God be in that person? 18 Dear children, let us not love with words or speech but with actions and in truth."

How we love our neighbor demonstrates what kind of relationship we have with God. When the lawyer asked the question "Who is my neighbor?", he asked it hoping that the answer would let him go on living his life according to the outward form of the law. But Jesus asks more of us than that. Jesus shows us that the law without real love means nothing.

We have been given a new standard; a standard of love and compassion that extends to all humanity. Two thousand years ago when the lawyer asked 'Who is my neighbor?' Jesus gave us the answer: everyone.

Places of Worship

BRIDGEVIEW COMMUNITY CHURCH
5181 Holland Loop Rd., CJ
541-592-3923
"Come Join the Worship!"
Sunday Worship 10:30 a.m.
Pastor Sonny Moore
www.kbcc.us

7th DAY ADVENTIST
265 S. Old Stage Rd., CJ
Sabbath School - 9:30 a.m.
Saturday Worship 11 a.m.
Pastor Christian Martin
Church (541) 592-3218
Madrone Adventist School
541-592-3330

ILLINOIS VALLEY PENTECOSTALS
987 Caves Hwy., CJ
541-592-4716 or 541-218-2792
Sunday - 2:30 p.m.

IMMANUEL UNITED METHODIST CHURCH
200 Watkins St., CJ
Phone 541-592-3876
Pastor Charles Chase
Sunday School - 9:15 a.m.
Sunday Worship - 9:15 a.m.
Child-care for small children

COMMUNITY BIBLE CHURCH
Pastor Dave Gordon
113 S. Caves Ave., CJ
Office: 541-592-3896
Email: cbccca@gmail.com
Sunday Worship - 10:30 a.m.
Christian Academy
Pre-K to 12th grade
Awana - Wednesdays - 6 p.m.

ST. PATRICK OF THE FOREST CATHOLIC CHURCH
407 W. River St., CJ
541-592-3658
Fr. William Holtzinger, Pastor
Mass - Sunday 11 a.m.,
Sacrament of Reconciliation
Sunday - 10:30 a.m.
Holy Days TBA

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

First Baptist Church of Selma
18285 Redwood Hwy., Selma
541-597-4169
Pastor Monty Pope
Sunday School - 9:45 a.m.
Worship - 11 a.m.

GOOD SHEPHERD LUTHERAN CHURCH
East River Street
& Lewis Court, CJ
Annemarie Richardson
Lay Pastor.
Sunday School - 9:15 a.m.
Sunday Worship - 10 a.m.
Tuesday Youth group - 6 p.m.
Church Phone: 541-592-2290
www.goodshepherdlutheraniv.net

VALLEY EVANGELICAL FREE CHURCH
498 Laurel Road, CJ
P.O. Box 1248
Pastor Marvin Porter
Sunday School - 9:45 a.m.
Worship Service - 11 a.m.
Evening Service 6 p.m.
evfree@frontiernet.net
541-592-6160

FOUNTAIN OF LIFE ASSEMBLY OF GOD
451 S. Junction Ave., CJ
541-592-3956
Pastor Mark McLean
Morning Worship
9:30 & 11 a.m.
Wednesday - 7 p.m.
Adult Bible Study

ST. MATTHIAS EPISCOPAL CHURCH
25904 Redwood Hwy., CJ
541-592-2006
Rev. James Boston
Worship Service - 5 p.m.
1st Sunday of each month

THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS
209 S. Junction Ave., CJ
Sacrament Meet - 10 a.m.
Sunday School - 11:20 a.m.
Priesthood, Relief Soc. - 12:10 p.m.
Bishop G. Frank Sybrant
541-245-3394





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