

Healthy U News: by Nicole Rensenbrink

Marriage: so many of us want it, yet far fewer of us know how to make it work. Never fear: the Seattle-based Gottman Institute does.

In 1972, Dr. John Gottman started his work of setting up couples to live in an apartment for twenty four hour time periods where he and colleague Robert Levenson videotaped, measured physical reactions, and asked questions, following up with some for up to thirteen years. Based on this research of over 3,000 couples, the Gottman Institute boasts that they can predict which marriages will last and which will end in divorce with over 90% accuracy.

They found that couples don't break up because of areas of disagreement. In fact, 69% of conflicts between any couples are about areas of perpetual disagreement. Gottman asserts that "relationships will work to the extent that people wind up with a set of perpetual problems

that they can learn to live with." Relationship masters are able to fully accept their partners, while at the same time, asking them to change.

Divorce is predicted by how couples interact when handling areas of disagreement. Couples who would eventually divorce were found to express negativity 1.25 times more than positivity toward each other. Couples in happy relationships, on the other hand, expressed ratios of positive to negative interactions at a rate of 5 to 1. When simply conversing, the ratio of positive to negative with happy couples was 20 to 1.

Gottman also noted four interaction patterns that predict divorce: criticism, defensiveness, contempt, and stonewalling. Each has an antidote to correct the problem. Criticism is a general description of a flaw in a partner's personality that implies something's wrong with

his/her character. The antidote to criticism is using "gentle start-ups." For example, instead of saying "You never pick up after yourself," a partner might say, "Honey, I'm frustrated because I tripped over your clothes on the bathroom floor."

People become defensive when they attempt to protect themselves or claim their innocence against a perceived attack. Defensiveness often looks like counter-attacking or whining (acting the innocent victim). The antidote to this is to accept responsibility for at least a small part of the problem.

Contempt is putting someone down or acting superior. The antidote to contempt is creating a culture of appreciation through spending time focused on knowing each other, sharing fondness and admiration, turning toward vs away from each other, having positive perspec-

tives, supporting each other to make life dreams come true, and finding shared meaning.

The last relationship demise predictor is stonewalling. Stonewalling is what happens when one partner checks out of the conflict. He or she may pretend to be listening, caring, or not upset, but what's really happening is that they've become emotionally overwhelmed and have shut their partner out. The antidote to stonewalling is to learn self-soothing skills so that the partner can handle their emotions while remaining engaged. Self-soothing skills usually require a combination of learning new ways to think about conflict as well as physical tricks like deep breathing and/or taking a time out.

The reality is, we're all different, and marriages present big challenges for all of us. The good news is, if we're willing to use these tools, we can all make our marriages content.

Backyard bird watching with Harry: by Harry Johnson

What materials you need to build a house.

Ok, so now you know what kind of house to build and where you want to put it. Now you have to think about what to use if you're going to build it yourself. Let's talk about what materials you will need.

Wood is just about the best building material for any birdhouse. It's durable, has good insulating qualities and it breathes. Look for three quarter inch thick cypress or red cedar. Both are recommended, but here in the Valley you may have only pine or exterior grade plywood to chose from, they both will do.

It makes no difference whether the wood is slab, rough cut or finished, as long as the inside has not been treated with stains or preservatives. Fumes from the chemicals could harm the birds. There's no need to paint the cypress or cedar, but pine

and plywood houses will last longer with a coat of water based exterior latex paint. Try a tan, gray or a dull green paint, it works best for the cavity nesting species. The dull, light colors reflect heat and are less conspicuous to predators. Please remember this one tip, don't paint the inside of the box or the entrance hole.

Regardless of which kind of wood you select, gluing all the joints before you nail them will extend the life of your birdhouse. Galvanized or brass shank nails, hinges and screws resist rusting and hold the boxes together more tightly as they age.

Please, please resist the temptation to put a metal roof on your new birdhouse. Reflective metal makes sense for the Purple Martin houses down on Sauer's Flat, but when it's tacked onto the roof of a wooden chickadee house, the shiny metal

is more likely to attract predators.

Natural gourds make a very attractive birdhouse. They breathe and because they sway in the wind they are less likely to be taken over by house sparrows and starlings.

Because of their size, birdhouses can weigh up to 30 pounds. Wooden houses should not be mounted on metal telescoping poles. The pole will bend over with the weight. Stay with wood or mount them on a tree.

Keep in mind that birds make their own choices, without regard to charts and books. So don't be surprised if you find tenants you never expected in your new birdhouse you intended for someone else.

I hope you enjoyed learning

about how to build your own birdhouse. If you have any questions please give a yell or email me at birdwatching@frontier.net.

Each and every Saturday morning I meet with other bird lovers like you at My Place Café in Cave Junction. I get there around 8:30 a.m. and stay until 9:30 or 10 a.m. Come on by and have a cup of good coffee with us.

Harry Johnson from O'Brien



Backyard Bird Watching by Harry Johnson is brought to you by

My Place Cafe

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Church News

Community Bible Church

Digging out Stumps

"The night is far spent, the day is at hand. Therefore let us cast off the works of darkness and let us put on the armor of light." Romans 13:12

In my years of working on property that I myself have owned, I have not come across work that is much more difficult than digging out stumps. Sometimes a stump may not look like much, but its roots can go and go and go. Not too long ago I wanted to remove some stumps from an area that I thought would make a good garden spot. A friend offered to come over with

his backhoe and help. Three stumps came out fine, but the fourth stump, which looked rotten and I thought would come up easy, was a hard job even with a backhoe. The roots went deep and the bottom part of the stump was very hard. It finally came out, but not without a whole lot of work.

When Paul was talking in Romans 13 about works of darkness, he was talking about those bad habits and ungodly lifestyles we can let take root in our lives. We don't plan to have a wrong lifestyle, it just seems to happen: drinking to excess with friends, drug use because of peer pressure, stealing, lying, gossiping, you

can fill in your own blank. One writer put it this way. "Watch your thoughts, they become your actions. Watch your actions, they become your habits. Watch your habits, they become your character. Watch your character, it becomes your destiny." There is One who will help you dig out those bad habits and character, just like the man with the backhoe helped me dig out that stump. Jesus said, "I have come that you might have life and that you might have it more abundantly." That abundant life might require some stump removal or I mean change of lifestyle, but with the Lord nothing is impossible.

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 –
School starts September 4th

Good Shepherd Lutheran Church

Preaching the Truth (Luke 12:49-56)

It's been said that Jesus was one of the most influential people in human history. He changed the world with a message of peace and love that had never been preached before.

But Jesus knew that when you bring change into human hearts and to society, the transition can be disruptive and divisive. He knew the divisions would be deep and painful. Families would disagree. He said, "They will be divided, father against son and son against father, mother against daughter and daugh-

ter against mother, mother-in-law against daughter-in-law and daughter-in-law against mother-in-law." To put it mildly, chaos would come to not only nations, but to the most intimate relationships.

Yet the question must be asked; what other choice is there? Should the Gospel be sanitized and preached only in such a way that it keeps the peace? Are we willing to sacrifice the truth for the sake of pleasantness and making others comfortable? And what guarantee is there that being pleasant or avoiding conflict

in the short term will bring lasting peace anyway?

If the Christ had never come would there be peace today? Would the world be at peace if there had never been any Christians? Avoiding conflict is not the same thing as peace.

True peace comes only through truth, love and understanding. Only when we can come together under the banner of the One who brings truth, and who was the very personification of truth, the one we know as Jesus the Christ, will true peace reign on earth.

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: cbcca@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.
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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