

Backyard bird watching with Harry:

by Harry Johnson

September’s Bird of the Month: The spotted towhee

It’s September and we’re seeing the summer birds leaving or packing their bags. The summer birds have hit the road for warmer places and the fall birds are coming down from the north to do the same. One of the fall birds I always look forward to see hopping around in my yard is the spotted towhee. Let’s take some time and talk about this beautiful bird.

Size: 7-8 1/2 inches tall.
Range: Great Plains to the West Coast, Southern Canada to Guatemala.
Habitat: Open woods, undergrowth, brushy edges.
Nesting: They use a low shrub, or in a scratched out depression on the ground, with a neat cup of leaves, grass, bark, twigs and rootlets. They line the nest with fine grass and hair. I guess they won’t be coming to me for that. The male helps in building the nest. The female incubates 3-4 brown/white eggs for 12-13 days. The young fledge at 10-12 days.
Towhees are smaller and more

slender than a robin, and the towhee rummages noisily among the dead leaves of your backyard. It is easily recognized by its rufous sides.
Males: Head and chest are black, its sides robin red, belly white, back heavily spotted with white.
Female: Similar, but dusky brown where the male is black.
Juvenile: You’ll find them in the summer and they are streaked below, like a large sparrow, but with the flash pattern in the tail.
I see them scratching for food on the forest floor, where they put both feet to use. They have long claws revealing anything hidden in the leaf litter. It makes such a ruckus that most people hearing it expect to find a squirrel and they’re surprised to see a bird not much larger than a robin.
If you wish to talk about birds in your backyard, you can reach me at birdwatching@frontiernet.net.
The above is from E-Bird.com and Harry Johnson.



Backyard Bird Watching by Harry Johnson is brought to you by Young Master Gardeners

To join contact us at kimberlielehman@yahoo.com

Healthy U News:

by Dorothy Vogel

I met Captain Obvious last week. I was having breakfast with Jake, my grandson. Every once in a while after a month or so of Sundays he’ll call me and say, “Breakfast”? We’ll meet at the café to catch up, he over an asparagus omelet and me over a veggie benedict. He finishes my second egg; one’s enough for me. He tells me about the politics of his job, which sound a lot like politics I was used to at work, so it’s enjoyable. He’s so cute, but his hair’s getting too long so I said, “You hair’s getting long.”
“And there’s Captain

Obvious,” he said.
“Where ?” I searched the room. Didn’t see anyone I knew. That amused him.
“Captain Obvious is that person who’s telling you what you already know.”
“Oh, things like, ‘If you’d only do knee bends, the muscles around your knees would strengthen?’”
“Exactly. Captain Obvious at her best.”
“And like, ‘Kale is good for you; your poor dog needs more exercise,’” my mind was spinning with Captain Obvious advice that had been aimed at me.

“You’ve got it. Captain Obvious.”
And just like that I had a handle on how to deal with so many friends who are trying to make me healthier, encourage my self-improvement, make me a worthy participant in society as they see it. Rather than gritting my teeth and seething, all I have to do is smile and say, “And there’s Captain Obvious.”
So I went home and pondered why so many of us women fall into this category. I started to feel sorry for us.
These children and

grandchildren come into our lives and for their first 18 years our primary function is directive. “Time to go to bed, eat your spinach, look both ways before you cross the street, homework time, your hair’s too long . . .” I mean, it’s a job. Not to do it is a dereliction of duty, copping to the charge of being a “bad mother,” even risking the contempt of child abuse. It takes a long time to train oneself to keep eyes on them, to keep shaping them up until they grow into the adults they’re supposed to be but often shirk at being.
And then they finally make it

and you’re supposed to switch it off like a light fixture?
Of course we can’t. And since they’re now off on their own, we strew our unwanted advice all over our friends, oblivious to their annoyance.
Jake was really so sweet. “Thank you, Captain Obvious,” he said with a nice smile over my second egg. It stopped me in my tracks.
It’s worth a try, ladies.
The staff and volunteers of Healthy U present this column as part of their mission to promote health in the Illinois Valley.

Church News

Good Shepherd Lutheran Church

ARE WE WILLING?
A young man wanting to become a disciple visited the home of an elderly Christian. He’d heard that this old man had never lost his first love for Christ in all the years he’d known Him.
The old man was sitting on the porch with his dog stretched out before him taking in a beautiful sunset when the young man posed this question: “Why is it that most Christians zealously chase after God during the first year or two after their conversion, but then fall into a complacent ritual of church twice a week and end up not looking any different than their neighbors who aren’t even Christians?”
You’re different. I’ve been told that you’ve fervently sought after God throughout

your life. People see something in you that they don’t see in most Christians. What makes you different?”
The old man replied, “Let me tell you a story: One day I was sitting here quietly in the sun with my dog. Suddenly a large white rabbit ran across in front of us. My dog jumped up, and took off after that big rabbit. He chased the rabbit over the hills with a passion.
Soon, other dogs joined him and what a sight it was as those dogs ran barking across the creeks, up stony embankments and through thickets and thorns!
But, one by one, the other dogs dropped out of the pursuit, discouraged by the course and frustrated by the chase. Only my dog continued to hotly pursue the white rabbit.”

“In that story, young man, is the answer to your question.”
The young man sat in confused silence. “I don’t understand, he said. What’s the connection between the rabbit chase and the quest for God?”
“You don’t understand,” answered the old man, “because you didn’t ask the obvious question: Why didn’t the other dogs continue the chase? The answer is that they hadn’t SEEN the rabbit.
Unless you see the prey, the chase is just too difficult. You’ll lack the passion and determination necessary to keep up the chase.”
In *Luke 14:25-33*, Jesus is trying to tell us the price we must pay to be his disciple. He says, “If any one comes to me and does not

hate his own father and mother and wife and children and brothers and sisters, yes, and even his own life, he cannot be my disciple”.
That’s a harsh statement. Does Jesus really mean we should hate our families, we should hate ourselves? He’s trying to show that to follow Him, to be a disciple, we have to put everything else second in life.
Discipleship means putting away everything in our lives except him. He comes first: first before family, before relatives, even before our own lives. As we let the impact of that statement filter into our hearts, we see that Jesus is calling us to a radical kind of life. A life which sets those who believe in Him apart from the rest of society.
The question is, are we willing to live it?

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.bridgeviewcc.org

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

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

Illinois Valley Praise Center
28569 Redwood Hwy. CJ
Non-denominational
Bible-believing Church
Sunday School - 9:30 a.m.
Sunday Service 10:30 a.m.
Thursday Seekers 7 p.m.
Youth group Thursday - 7 p.m.
www.ivpraisecenter.com

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
10343 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.
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. Bryant Bechtold
Sunday Worship
Service 10:30 a.m.

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
Larry Hammersmith
541-592-3919

Illinois Valley Baptist Church
541-592-6149
102 S. Redwood Hwy.
(in the County Building)
Pastor Steve Root
Sunday Worship 10:30 AM
Wednesday Bible Study, Prayer
& Youth Program 7:00 PM
Friday Ladies Bible Study
11:00 AM



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