

Backyard bird watching with Harry:

by Harry Johnson

What do you feed your birds during the coming winter?

Here are some tips to help keep your birds healthy during the cold months.

1. Keep your feeders filled: Wild bird food is always important, even more during the cold and snowy winter months. Keep your feeders clean and free of snow and ice.
2. Winter is a great time to try suet. If you haven't tried suet cakes, now is the perfect time to do so. It's easy and can be fun for the whole family. Render down some beef tallow (or use bacon fat) and mix in seeds, fruits or nuts. Commmeal and/or oatmeal are good binders. Put it in a wire basket and hang it from a tree or the side of a feeder.
3. If you're not using black oil sunflower seeds it's time you do. Black oil sunflower seed has excellent oil and nutritional content that makes it perfect winter feeding. The oil is a good source of protein for the birds to keep them warm. It's very easy for the bird, because it has a thin shell.

4. Try using a nut mixture that has chopped up nut pieces. The nut meat gives the birds a good source of protein. I use a mixture of cut up peanuts, cashews, pistachios, walnut and sunflower seeds.
5. Don't forget the finches. During our winter months here in Illinois Valley we have a wide variety of finches visiting. They usually don't like the nutty foods and the black oil sunflower seed, but they do like Nyjer seed. Yes, it can be expensive to buy, compared to the black oil sunflower seed, but it's what they eat. It's a great source of protein to keep them warm.

6. You need to keep the water flowing. If you have bird baths, it's important you keep them clean and flowing. What I've done in years past is take my baths in during the night and fill them with fresh water in the morning. You can buy electrical bird baths that have little heaters in them that keeps the water from freezing. It's your choice.

The above is from Bird Watchers Digest Magazine and Harry Johnson.



Church News

Community Bible Church



6:38 and 17 seconds

John 11:25-26 (NKJV) 25 Jesus said to her, "I am the resurrection and the life. He who believes in Me, though he may die, he shall live. 26 And whoever lives and believes in Me shall never die."

John was anxious to get home. It had been a great day at work, and he enjoyed his work anyway – but today had been especially good. He had just received word that he was about to be promoted, and with his promotion would come a significant raise in pay. The boss had called the whole department where he worked to the break room and had singled out John for his excellent work and his diligence. He had given John his promotion before them all and to his surprise the whole department had clapped and shouted their approval. He couldn't wait to get home to tell his wife and kids. This would make everything better for them. His

wife and his son and daughter were so important to him. He dreamed of seeing his children succeed and of finally buying a house that they could call their own and fixing it up just the way they had envisioned. His wife had been asking him to go to church with her, and he might even start doing that. Tonight however it was going to be a celebration – a dinner at a nice restaurant, and then maybe some extra special shopping or something fun. John had been distracted by all that was in his mind and did not notice the deer coming onto the highway just ahead. When he did see the deer, he slammed on his brakes and swerved into a tree. The impact with the tree completely smashed the pickup cab. The last thing John saw as he left this earth was the time on the dashboard clock – 6:38 and 17 seconds. No more time with the family he loved, no more time to work, or play, or do anything else.

As a pastor I have seen variations on

the above story more than once. Maybe today you need to tell your family you love them, or tell someone you're sorry, or encourage someone. Maybe you need to make sure of your relationship with God through Jesus Christ. Hope to see you Sunday.

**In Christ,
Pastor Dave**

Ministry at CBC
Sunday
Morning Worship 10:30 a.m.
Praise and Prayer 6 p.m.

Community Christian Academy
Preschool – 12th grade

Senior Exercise Class
Monday, Wednesday, & Friday
9-10 a.m. in Dining Room

A holiday crisis - again?

by Glenn Mollette

America's next crisis most likely started around the Halloween holiday. Many Americans buy more candy than they give away to the children trick or treating. Since we want to be thrifty and most of us like candy we keep it. We hold on to the candy to demonstrate that we are good stewards of money. We also hold on to it just to eat a piece or two or three every day. I've held on to Halloween candy before and eaten handfuls of it in a day.

I normally gain weight if I eat more than 2,000 calories a day. This proves I'm not exercising enough even though I might work off a couple of hundred calories at the gym - on some days.

I used to exercise 90 minutes or even two hours and could still gain weight since I have the ability to eat more than I work off on a treadmill.

Next comes the Thanksgiving holiday. I love Thanksgiving. I have a lot to be thankful for like most Americans. My wife has already been making and freezing cookies. The problem is I know that they are in the freezer. and I

know where to find them in the freezer. I can take one out at a time and put it in the microwave. Occasionally I have taken two out of the freezer. I hope we have some left by the time Thanksgiving is actually here.

For some reason after Thanksgiving is over we begin to really settle in to the holiday spirit. Christmas programs, parades and all the festive songs begin airing on the radio. Something sort of comes over me with festive singing, dancing and holiday cheer. A glass of eggnog from the grocery store which is loaded with calories and fat is so delicious. Of course, who can ever have just one glass of eggnog?

I am blessed in that our freezer is full in preparation for Thanksgiving. My wife has been the Commander in Chief in regards to our meal the last few years. She has learned how to prepare far in advance of the big day. In times past she co-chaired this event with her mother. Her Mom has spent the last few years in and out of the hospital and nursing home and so Carole has carried the

ball of cooking the big meals. We will have plenty to eat and for that I am very grateful.

The only problem is that by about January 1, I will be standing on the scale shaking my head. "Whoa is me...or whoa is my weight!" I'll likely exclaim. I keep reading articles that Americans only gain about one pound during the holiday season. However, if we only gain one pound a holiday season and never lose it, then after a few years we are in very sad shape. Sadly too many Americans are in very bad physical shape. Let me quickly stop here and say, I think I gain three or four pounds around Christmas and then have to work all winter to lose it and so far I have. However, losing weight just simply gets harder all the time.

We smile and know we all fight this battle of eating too much and exercising too little. Unfortunately it's nothing to really smile that much about. We kill ourselves eating too much and eating the wrong foods. Too many Americans are obese. That only leads to serious health problems from heart

issues to cancer and to diabetes. Diabetes is such a chronic problem in America. There are different numbers on diabetes. About 30 million people in our country are struggling with this health dilemma. Millions of people are undiagnosed. Diabetes leads to blindness, kidney failure and amputations of feet and legs. There is nothing pretty about diabetes.

I confess I eat too much sugar. Overall I eat too much of everything. I've always tried to work out but it takes balance in eating, routine exercise and a mentality of trying to live healthy.

We are in a crisis in America due to healthcare costs. We can't afford our medical insurance and it's almost always financially painful to go the doctor. I see people in nursing homes who are too young to be there. They have become physically dilapidated and unable to care for themselves. The estimated annual health care cost of obesity-related illnesses are a staggering \$190.2 billion or nearly 21 percent of annual medical spending in the United States. Childhood obesity alone is responsible

for \$14 billion in direct medical costs. (healthcommunitieshealthfuture.org)

There are all kinds of scenarios. Some people inherit diabetes, fight it hard and still lose the battle. Lately, I've seen this in my own family. My challenge to me is to try to get ahead of this and not let eating bad, inactivity and extra weight become a holiday crisis - again.

Glenn Mollette is a syndicated columnist and author of 11 books. He is read in all 50 states. Contact him at GMollette@aol.com. Like his facebook page at www.facebook.com/glennmollette www.glennmollette.com.



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: 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
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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