

# The Farrier's Corner

by Ray and Michelle Smith

## Riding Helmets

The weather is finally starting to warm up and dry out. With warmer weather, riders will soon head out on the trails. There are many things to consider before going on a ride, not the least of which is safety. You could write a book, and people have, on the many safety concerns surrounding the use of horses. For this article, we are going to focus on one simple thing – the riding helmet.

A riding helmet cannot make you impervious to injury. They are designed to protect your skull, not your face or your neck. However, protecting one's skull should be an obvious priority. None-the-less, many riders forego this most basic piece of safety equipment.

Most of us are guilty of having ridden without a helmet. We've probably trotted off and back countless times with nothing more than a baseball cap. Most of the time, the ride goes along without incident. However, horse accidents happen very quickly and there is no such creature as a bomb proof horse. Even the calmest animal will eventually spook at something. Anyone who has ever trod in a yellow jacket nest while riding can attest to this. Old Nellie can suddenly get very excited and energetic, when facing a swarm of angry bees.

In the spring of 2016, a study was released in the *Journal of Neurological Focus* regarding traumatic brain injuries (TBIs) in sports. With all the media attention focused on concussions related to football and other contact sports, folks naturally expect those activities to top the list for traumatic brain injuries. Surprisingly, the sport reporting the most TBIs was not a contact sport. It was horseback riding.

Looking at data from the National Trauma Databank between 2003 and 2012, the researchers found that 45.2 percent of TBIs among adults were related to riding. TBIs related to contact sports came in a distant

second with only 20.2 percent of the TBIs. According to the study, "While other sports get more attention for head injuries, those taking part in equestrian sports have been found again and again to be at high risk for head injuries."

The study authors went on to state, "This finding is consistent with those in previous reports indicating greater rates of severe traumatic injury in equestrian related sports than in other sports including football, rugby and skiing. One report found that, when normalized for hours of activity, horseback riding results in a higher rate of hospital admission than other high-risk activities such as motorcycle riding."

For those under 18 years of age, equestrian activities were the third ranking cause of traumatic brain injuries. Researchers delved into data from the National Sample Program of the National Trauma Data Bank finding that out of 1,444 reported TBI incidents in children and adolescents, 427 were related to equestrian activities.

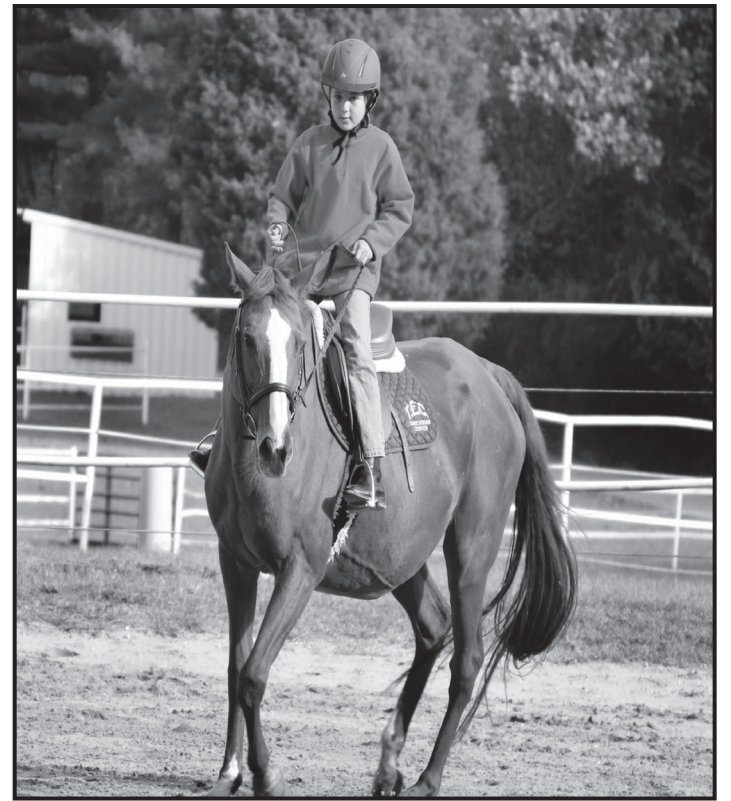
While TBIs from contact sports can be either cumulative or acute, riding related TBIs are more likely to be related to single falls. One fall can result in a skull fracture or bleeding on the brain. This can leave permanent neurological damage.

The intent of this article is not to scare you off of ever riding your horse again. However, consider investing in a riding helmet and use it. It may save your life and/or prevent serious neurological damage. There are numerous manufacturers of equestrian helmets. They range in cost from about \$25 to over \$200. If you are concerned about style, there are many attractive sporty models to choose from in a variety of colors. They are available online, in tack and supply catalogues and through various brick and mortar retailers.

Check each manufacturer's recommendations for fit and sizing. Be sure that your helmet fits comfortably and properly. If you decide to buy

a used helmet, check it carefully. Are all the straps and parts present? Is there any sign of damage? Has the helmet ever received a hard direct blow? Is it old and worn? If it looks suspicious, do not buy it.

Have fun riding this spring and summer. Enjoy being with your horse and riding partners – but be safe!



# Church News

## Because God Is A Poet

The Word became a vessel  
Full of grace and truth and meaning  
God said Let there be Light  
He was joyously beaming

In the beginning was the Brilliance  
And the Brilliance was with the Light  
And the Brilliance was the Light

In many times and many ways  
God gave us his Word  
Poetic figures multiply  
They are seen and touched and heard

The Word became a body of Poetry  
To substantiate revelation  
He personifies the Language of God  
He reflects on all creation

In the beginning was the Metaphor  
And the Metaphor reflected the Light  
And the Metaphor was the Light

To ears that listen and eyes that look  
God's poetry is rife  
All creation is God's book  
Reflecting the Author of life

The Light of Christ comes bursting through  
At every point of being  
Through all creation and wisdom and love  
God's Word is always speaking

The drama of life  
Is a play on the Word  
Inspiring our poetry from us  
The Metaphor became literal  
And was raised up among us

He was raised up the seed of David  
He was raised up by Mary and Joseph  
He was raised up a prophet like Moses  
He was raised up on a cross

He was raised up from the dead  
He was raised up into heaven  
And his throne is established forever  
He is raised up in all of our worship

The mirror image of YAWWAY is YAWWAY  
The Radiance of God is God  
He is the visible Imagination  
He is Jacob's ladder and the flaming sword

He was nailed in the crossfire  
Of the whole world's dreaming  
Beyond all conception  
He is pregnant with meaning

God's poetry is in everything  
Even in alphabet soup  
The tongue of God became flesh  
To taste death and savor the Truth

Life is rife with analogies  
And symbols and shadows and signs  
God sees through every pupil  
And he knows his own designs

The poetry of creation  
Is a multi-dimensional spiral  
The Word of God is Light  
And every life is a parable

~Jubilee Bartlett

# Community Bible Church

## Whatever happened to Ozzie and Harriet?

*Proverbs 2:1-5* (NKJV) 1 My son, if you receive my words, and treasure my commands within you, 2 so that you incline your ear to wisdom, and apply your heart to understanding; 3 yes, if you cry out for discernment, and lift up your voice for understanding, 4 if you seek her as silver, and search for her as for hidden treasures; 5 then you will understand the fear of the LORD, and find the knowledge of God.

Whatever happened to Ozzie and Harriet Nelson? They died, and unfortunately to some extent so have the values they represented. The Adventures of Ozzie and Harriet was a TV program that lasted 14 years. It began in 1952 and lasted until 1966. It was based on the real-life Nelson family which consisted of Ozzie, Harriet, David, and Ricky. The show followed the family through the growing up years of the boys, and all the ups and downs that family life can bring. What would cause people to turn on a program for all those years and watch a family grow up? The desire for a regular family would – a mom and dad who cared for each other and stayed together to raise their boys, to instruct them on how to lead a productive, reasonable life. I'm not surprised it ended in 1966, for the values of this nation and its culture were rapidly changing during that time.

In 1962, the Supreme Court ruled, in the case of Engle

vs. Vitale, that mandatory prayer was not to be allowed in schools, and a year later they ruled that school sponsored Bible reading was not to be allowed. The telling fact of this was that for all the previous history of our nation these things were not only allowed, but encouraged, and no other Supreme Court for almost 200 years seemed to think it was unconstitutional.

There have been many other things that indicate the decline of this nation, but none in my opinion more telling than the destruction that has been brought upon the family in this country. Look at the drug use and suicide rate in the nation among young people. God's design for the family was that a dad and mom would stand together to love and protect each other, and that a home would be a safe place for children to be instructed, nurtured, loved, protected, and cared for physically. When the world rejects them, the family loves and meets their needs. We have come a long way from the days of Ozzie and Harriet, but the battle is not lost as long as you choose to do right by your family in the here and now. There is a God, and the family is His plan. God bless you as you seek Him. See you Sunday.

In Christ,  
Pastor Dave

# 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)  
Sunday Worship 10:30 AM  
Wednesday Bible Study, Prayer  
& Youth Program 7:00 PM  
Friday Ladies Bible Study  
11:00 AM

**Wonder Bible Chapel**  
11911 Redwood Hwy.  
Wonder, Ore.  
Sunday worship 10 a.m.  
Non-denominational Bible  
believing Church  
Sunday School Nursery  
Youth group meets  
Sunday 6:30 p.m.



Ministry at CBC

Sunday, June 4  
Morning Worship 10:30 a.m.  
Baccalaureate at Takilma Bible 6 p.m.

VBS is coming! June 19-23  
9 a.m.-12 p.m.  
Age 3 to grade 6

Community Christian Academy  
Preschool – 12th grade  
Applications for 2017-2018 available

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

## Senior Breakfast

1st Saturday of every month  
8 am to 11 am

\$6 - adults  
\$3 - 12 & under

ALL YOU CAN EAT!  
Open to the public

IV Senior Center  
520 E River St Cave Junction

**BINGO FOR ALL AGES WEDNESDAYS**  
EARLY BIRD 6 - 6:30PM  
17 GAMES 6:30 - 9:30PM  
HAMBURGERS FOR SALE  
520 E. RIVER STREET, CJ  
IV SENIOR CENTER  
OPEN TO THE PUBLIC

**STUMP GRINDING**  
Any Size  
Terry 541-660-9880  
LICENSED and INSURED