

Winding Trails: by Al Hobart

Thursday, June 1, 1967
Illinois Valley News

Comfort

There may be some things in this life more important than comfort, such as health, exciting pleasure, security – but sometimes I wonder. A world without comfort would be no more than a celestial prison camp, insufferable and unthinkable. The wealth of a Croesus could do no more than produce a feeling of empty power; with the best on earth available on command, how could it be enjoyed without comfort?

Without comfort the weary could find no rest, the overwrought no relaxation; the finest food would give relief to the hungry, but the joyful savoring of its deliciousness would be a delight unknown.

Complete comfort is a pleasant state of physical and mental relaxation, an easing of fatigue, worry and all stress. There are all degrees of comfort; to achieve the highest should be a major goal, because without it one can never give his best to the community, to his friends or to himself.

And so, the questionable philosophizing and basis for self-justification taken care of, my thoughts revert naturally to my own comfort and the problems encountered in keeping it on an even keel.

One of the principal joys of my life has been, and is, the three-hour period of late evening, when the day's activities behind, I settle down in the great easy chair to relax completely and lose myself deliciously in the other-world pages of a blood-curdling murder mystery.

To me there is nothing quite so restful, so entertaining and so effective in banishing the accumulated little cares and anxieties, as bringing my day to a close by accompanying the human blood-hounds of fiction along their gory and mysterious trails in hot pursuit of Society's homicidal fiends, and helping to set the ingenious traps that never fail to bring the guilty culprits to book.

The joys of the chase, however, have been deteriorating slightly but steadily over the past few years, as my beloved old easy chair went into a gradual, fatal

decline. The once-gay pink fabric covering, its waning strength no longer able to cope with the pressure from within, fell apart at various strategic points and allowed the unsightly, triumphant cotton-wool stuffing to rear its ugly multiple-head in little eye-offending puffs here and there, especially on the armrests.

The old chair had seen years of use and had been relegated to the damp, dark confines of an old shack used for storage when, by crossing the palm of a local dealer with 15 pieces of silver, I rescued the aging treasure from possible oblivion.

The chair's contours and my own seemed to match perfectly, and to recline in it was like resting on a giant-size powder-puff. The fluffy-soft superstructure was supported by two large coiled steel springs, which, with the slightest motion of the whole, gave the impression of floating gently, dreamily over the waves.

When the first spring broke, although aided and abetted by numerous nails and several yards of haywire, the crippled chair assumed a twisted, lopsided stance

that was, to say the least, annoying. However, collapse of the second spring, a year or two later, put the chair back on an even keel; but now another, more complex problem presented itself.

The chair, although made level by the new development, now refused to rock even slightly, and was inclined to top over backward at the first show of carelessness on my part; and the seat was now so close to the floor it placed me so far below my propane reading light I was getting pop-eyed from trying to make out the printed words. I could have read easier and faster by braille.

In desperation I hewed out two big rockers from a foot-wide, inch-thick board and nailed them securely to the chair's sides. This maneuver not only elevated me to a more favorable position, relative to the light, but also made thoughtless movement in the chair less hazardous.

One evening recently, in the excitement of a running gun battle with a gang of desperate criminals, there was an exceptionally loud report, and my instant impression was that I'd had my chair

shot out from under me – one of the improvised rockers had crumpled with an appropriate crash.

That was the final collapse – the old chair was down for the count. Practically, there was nothing left of it but a rag and a spike and a hank of failing-wire. Fortunately it's fatal attack took place at a time when my lucky star was in perihelion (whatever that is); and now a shiny black modern interloper is taking its place under the propane reading light. The newcomer looks snootier and more efficient, and can do more fancy tricks, but, like an old pair of easy-shoes, my old pink easy-chair has given -me a degree of soft, restful comfort that the new chair will never be able to duplicate.

With due solemnity I carried the old chair down to the 'repositor' and placed it there among my passing souvenirs; and there, its one-time glory dimmed but proudly still, it sits in bedraggled splendor a-top the molding heap, where it reigns supreme as Queen-of-the-Dump.

ROGUE VALLEY



Food & Friends Menu

FRIDAY – JUNE 9
VEGETABLE LASAGNA
MONDAY – JUNE 12
CHICKEN A LA KING
WEDNESDAY - JUNE 14
ROAST TURKEY W/
GRAVY

Call 541-955-8839 to volunteer or if you need meals.

SENIOR SPOTLIGHT

SPONSORED BY I.V. Wellness Resources

HEAT STRESS

As temperatures rise, the number of heat related problems also rise. People die every year as a result of heatstroke, heart attack, dehydration and other conditions that are caused or made worse by heat.

Heat stress is the body's inability to adjust to higher temperatures and affects primarily the heart and blood vessels, making it difficult for the body to adjust to very hot temperatures. Heat stress increases the risk for heat related illness in older adults and persons with chronic illness such as diabetes, heart and breathing problems.

Other risk factors includes certain medications such as diuretics, living alone, no air conditioning, living on the 2nd floor or higher, being over or overweight and no family ties or friendships.

Prevention is always the best defense, so try these tips to keep it cool: *Stay out of the sun as much as possible, especially between 11 a.m. and 3 p.m. *Reduce the amount of physical activity you do outside. Pace yourself and rest in a cool, shaded place. *Use air conditioning or spend some part of the day in an air-conditioned location.

*When using a fan, a window should be kept open to provide adequate ventilation. *Take frequent cool baths or showers. Apply cool water to sites of major blood vessels; head, back of neck, wrists, axilla or groin. *Wear loose fitting, lightweight, light colored clothing with a wide brimmed hat. *Eat light and avoid hot foods. *Drink lots of

water if your health permits, but stay away from caffeinated and alcoholic beverages as they tend toward dehydration. *Set up a buddy system if you live alone, someone to check that you are okay. Participating in the I.V. Wellness Resources Caring Caller program is a great way to do this- call someone to check on them and take calls from those who are concerned about you.

Signs and symptoms of heat emergency:

*Skin appears red in color or skin is pale in color
*Profuse sweating or skin hot and dry *Confusion
*Hallucinations *Aggression *Rapid, strong pulse
*Headache *Weakness *Dizziness *Nausea
*Fainting or unconsciousness

You can also contact I.V. Wellness Resources at www.iwellnessresources@gmail.com or 541-592-9781 and please like our Facebook Page @ [facebook.com/iwellnessresources](https://www.facebook.com/iwellnessresources).

VOLUNTEER OPPORTUNITIES

**Senior Companions
**Caring Callers

Please call I.V. Wellness Resources, program coordinator Laura Mancuso for more information at 541-592-9781.



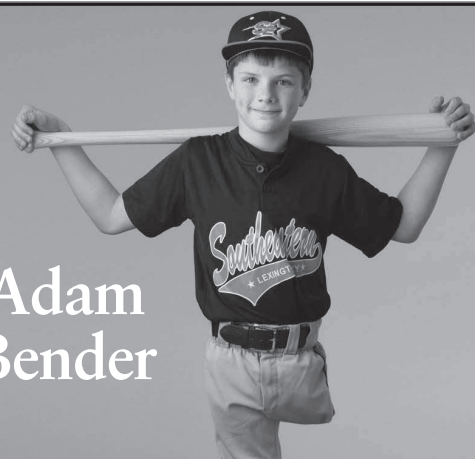
RESOURCES

CHAIR FITNESS

Classes FREE at Healthy U, Monday and Wednesdays from 2 - 2:45 p.m. 535 E. River St., Cave Junction Call 541-592-4888 or visit www.healthyucenter.org.

DISASTER REGISTRY

If you need special help in an emergency please register online at www.rvcog.org or call Senior & Disability Services at 541-664-6674 for more information.



Adam Bender

Threw cancer a curve ball.

OVERCOMING

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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.



PARAMED

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