

ROGUE VALLEY



COUNCIL OF GOVERNMENTS

Food & Friends Menu

FRIDAY - AUG 11

BREADED FISH W/
TARTAR SAUCE

MONDAY - AUG 14

CHICKEN PASTA
ALFREDO

WEDNESDAY - AUG 16

ROAST PORK
W/ GRAVY

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

SENIOR SPOTLIGHT

SPONSORED BY I.V. Wellness Resources

BOOBS

Did that get your attention, men? Well, good, because this is about boobs on men-gynecomastia.

Unfortunately, gynecomastia (boobs on men) is becoming more and more prevalent in America today. So much so that it is almost considered normal. It isn't normal it is a pathological condition. It is a sign of hormone imbalance and the main reason behind this epidemic is poison in our environment.

Our nations drinking water supply is polluted with chemicals. Chemicals which disrupt our normal hormone balance and make us more feminine. Trace amounts of estrogen (the main female hormone) from birth control pills, industrial chemicals and pesticides are in city water supplies. Small town and residential wells are polluted too. Many of these pollutants act like estrogen in our bodies.

Endocrine (hormone) disruptors are found in everyday products such as plastic bottles, metal food cans, detergents, flame retardants toys and cosmetics. Estrogen and estrogen-like chemicals are found in all manner of commercial and cosmetic products, especially pesticides. Here is a partial list:

BPA—many food cans are lined with BPA. Go fresh instead of canned food.

Dioxin- known to cause many serious health problems including cancer. You can reduce your exposure by reducing your consumption of animal products from industrialized companies.

Atrazine— An herbicide widely used on the majority of corn crops in the U.S. and consequently it is a pervasive drinking water contaminant. It is also widely used by timber companies to inhibit the growth of plants which will compete with saplings in tree farms. This gets into our creeks, rivers and wells. Buy local organic produce and buy a drinking water filter certified to remove atrazine.

Phthalates— Avoid plastic food containers, kids toys and plastic wrap (recycling label #3).

Perchlorate, Fire retardants, lead, arsenic— You can install a reverse osmosis filter under your sink to combat this.

PFC/PFOA Avoid using non stick pans as well as stain resistant coating on clothing, furniture and carpets.

Organophosphate pesticides— Buy organic produce and use a vegetable/fruit wash on all produce you do buy before eating it.

Soy— Soy is full of phytoestrogens (estrogen-like compounds found in plants).

To reduce your likelihood of developing gynecomastia or worsening gynecomastia you already have, take the advice above.

Written by Dr. Paul Goff

You can contact I.V. Wellness Resources at www.ivwellnessresources@gmail.com or 541-592-9781 and please like our Facebook Page @ facebook.com/ivwellnessresources.

SENIOR BULLETIN

WELLNESS CHECKS

If you know a senior that you are worried about and feel they need a wellness check. Please call Laura at I.V. Wellness Resources at 541-592-9781.

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.

VET

TRANSPORTION

If you are a veteran and need free rides to your VA appointment contact the The I.V. Eagle by calling De at 541-944-3741.

CARING CALLER

Volunteer by making friends and checking on isolated adults in our community with daily or weekly phone calls. Call Laura 541-592-9781 to sign up.



RESOURCES

If you are a senior or disabled resident of the Illinois Valley and need help finding resources to keep you healthy and happy in your home
Caregivers - Handyman
Yard work - Firewood
Housekeepers -
Please call
I. V. Wellness Resources



Church News

Community Bible Church

Bear in the Crummy

Isaiah 11:6-7 6 "The wolf also shall dwell with the lamb, the leopard shall lie down with the young goat, the calf and the young lion and the fatling together; and a little child shall lead them. 7 The cow and the bear shall graze; their young ones shall lie down together; and the lion shall eat straw like the ox.

This story was given to me years ago and goes to show anything might happen:

Most of the logging roads have practically straight up banks on the inside and steep drop-offs on the outside. When we were logging there we, like most loggers, traveled to and from work in a "Crummy". Now our "Crummy" was a small truck with a box built on it and would hold about twenty men when full. The seats ran lengthwise on each side and there were small sliding windows on each side for light and ventilation. There was also a back door made of steel and rolled sideways to

open and close. "Door" had a habit of sticking ever so often and took some shaking to open when it did.

In the winter it was generally dark driving to work, and on this particular morning "Crummy" driver spotted a bear in the headlights crossing the road in front of us. As the bear tried to climb the bank, the driver pulled up close and stopped. The bear was about 10 feet or so up the bank and all four feet digging in, trying to get higher. Everyone was yelling encouragement at him through the open side windows. The excitement must have gotten too much for the bear, and realizing he couldn't go up any farther, and knowing he had to get out of there, down was the fastest way, so he turned and jumped. Well, he came right through one of those little windows and landed inside "Crummy".

Now this bear was a fairly small one, hardly more than a cub, but even a cub bear is a formidable opponent, especially when as ex-

cited as this one, and confined in such a small space. For about three seconds everything was absolutely quiet, then the bear let out a bawl and the inside of "Crummy" literally exploded. Everyone was for getting out of there, but fast, including the bear. Someone tried to open the door but "Door" decided to stick. The windows were the only way left to get out. Heads, arms, feet, and other parts of anatomies would protrude from them only to be jerked back and others would take their place and they, in turn, treated the same. The din of howling and bawling, tin hats clattering, lunch pails rattling, and calk shoes ripping and tearing, was terrific. Everyone was fighting to get out and it was every man for himself. The only whole body to make it out was the bear, and the last anyone saw of him, he was headed down the road as fast as his little legs would take him, probably wondering how he had gotten into such a mess and awfully glad to get out without a scratch. He left behind 17 badly bruised and beaten full

grown men.

As our verse says, the bear may be tame someday - but not so much in these days! See you Sunday.

In Christ,
Pastor Dave

Ministry at CBC
Morning Worship 10:30 a.m.
Evening Praise and Prayer 6:00

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

Senior Exercise Class
Monday, Wednesday, & Friday
9:00-10:00 a.m. in Dining Room

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

Senior Breakfast
1st Saturday of every month
8 am to 11 am
ALL YOU CAN EAT!
Open to the public
\$6 - adults
\$3 - 12 & under
IV Senior Center
520 E River St Cave Junction

TAKE THE CRUD OFF YOUR HOUSE.
GET RID OF MILDEW AND MOLD!
PRESSURE WASHING
CALL NOW FOR AN ESTIMATE
A house should be cleaned every 5 - 7 Years.
WALT JUERGENS PAINTING
541-597-4136

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
Ladies Bible Study
Call for info

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.



2017 JOSEPHINE COUNTY FAIR
1 DAY CARNIVAL PASS
CARNIVAL WRISTBANDS
PRE-SALE \$25
Today - Aug. 15th
DON'T MISS THE FUN!
COASTAL FARM & RANCH CHALLENGE OF CHAMPIONS
BULL RIDING
7PM • Wed., Aug. 16
WGAS
MOTORCYCLE METAL
MULISHA & MOTOCROSS
7PM
Fri. & Sat., Aug. 18 & 19
FREE ADMISSION ON THURSDAY!
WEDNESDAY - SATURDAY
AUGUST 16TH - 19TH
General Admission: Adults \$10;
Youth (6-12) \$6; Children under 5 FREE
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