



(Photos by Dan Mancuso, Illinois Valley News)

Bailee Moore (left) and Elijah Polk were crowned King and Queen Saturday night during the Homecoming Dance. The IVHS unnamed mascot cougar (above) riles up the parade route attendees while the band played on. The annual homecoming parade was held Thursday, Oct. 12 this year.

Inactivity is not good for us: by Dr. Glenn Mollette

A happier life is an active life. Doing nothing does not generate much in the realm of feeling good about yourself and is detrimental to your health.

A friend of mine reflected on his career and often six day work weeks and said, "Those were the happiest days of my life." I know of people who live very fulfilling lives of retirement but also know of too many who don't have much to do or much interest in doing a whole lot.

Sometimes sickness or injury keeps us from doing anything. This can happen to us all and it's no fun being sick and shut-in the house. Inclement weather can drive us inside and for that reason many people dread the cold wintry months that are sure to come.

However, we all need to strive more in our daily activity. You don't have to be a member of a high priced gym to move every day. You don't have to have a lucrative retirement to move every day. If you can walk and move your arms you are really on your way to activity.

Whether you live in the city or country we all need to think more every day about getting out of the house and being in motion. Walking, jogging, mowing grass, working in

the yard, house cleaning or more exercise, we all need it.

Behind my office is a nursing home. A man comes out of that nursing home almost every day in a wheelchair. He has no legs. His wheelchair is motorized. However, every day he pushes himself to go the public library or down the road to one of a couple of small restaurants. He hasn't given up. I want to challenge us all to not give up and push ourselves a little more in the realm of activity.

In this day and time we all are in danger of terminal inactivity. Computers, televisions, social media, desk jobs, comfortable lounge chairs and riding in the car can spell long bouts of inactivity.

Researchers have been investigating ways to reduce our risk of chronic disease for decades. One big question: How much exercise is needed to prevent disease? The answer is at least 150 minutes per week. According to the U.S. Department of Health and Human Services' physical activity guidelines, adults should participate in at least 150 minutes of moderate-intensity aerobic physical activity per week, including at least two days of muscle-strengthening activities. While exercising up to 300 minutes per week has even

greater health benefits.

What health risks are linked to physical inactivity?

Lack of physical activity has clearly been shown to be a risk factor for cardiovascular disease and other conditions.

Less active and less fit people have a greater risk of developing high blood pressure.

Physical activity can reduce your risk for type 2 diabetes.

Studies show that physically active people are less likely to develop coronary heart disease than those who are inactive. This is even after researchers accounted for smoking, alcohol use, and diet.

Lack of physical activity can add to feelings of anxiety and depression.

Physical inactivity may increase the risk of certain cancers.

Physically active overweight or obese people significantly reduced their risk for disease with regular physical activity.

Older adults who are physically active can reduce their risk for falls and improve their ability to do daily activities.

Thousands and thousands of deaths occur each year due to a lack of regular physical activity. In addition: Inactivity tends to

increase with age.

Now, please get up and do something. Our health and happiness depend on it.

Thanks to John Hopkins Medicine, Hopkinsmedicine.org and eatright.org for their information.

Glenn Mollette is a syndicated columnist and author of 12 books. He is read in all 50 states. Read his new book "Uncommon Sense."

Contact him at GMollette@aol.com. Learn more at www.glenmollette.com Like his facebook page at www.facebook.com/glenmollette.



Community Bible Church

The Harvest

"Do you not say, 'There are still four months and then comes the harvest?' Behold, I say to you, lift up your eyes and look to the fields, for they are already white for harvest." *John 4:35*

The milking and care of the cows was the main endeavor of my Uncle Ralph's farm, but a close second was the preparation and planning for the harvesting of the crops on the farm. A large part of the harvest revolved around the Bent grass seed which was a perennial that only had to be reseeded once in a great while. But the oats were an annual endeavor. First came preparing the ground (plow, disc and harrow), then the planting of the seed, followed by fertilizing and waiting and praying. My uncle's farm was a dry land farm, so rain at the right time was a great blessing. First that dark brown soil would have a green cast, and then the oats became clearly discernible, and the field changed from dark brown to green. The crop grew and began to turn golden

with full seed heads; then came the harvest.

The Israel of Jesus' day was an agrarian society, so He took many examples from farm life. He likened the salvation of people to a harvest – a harvest unto eternal life for all who believe. *1 Corinthians 3:6-9* says, "6 I planted, Apollos watered, but God gave the increase. 7 So then neither he who plants is anything, nor he who waters, but God who gives the increase. 8 Now he who plants and he who waters are one, and each one will receive his own reward according to his own labor. 9 For we are God's fellow workers; you are God's field, you are God's building." These verses can be boiled down to some plant, some water, but God gives the increase. I enjoyed those years on the farm and the harvest experience, but nothing compares to seeing people come to know Jesus as their Savior. Do you know Him? See you Sunday.

In Christ,
Pastor Dave

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

Wednesday
AWANA 6:15-8 p.m.
Preschool to 6th grade

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

Community Christian Academy
Preschool – 12th grade

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.



BINGO FOR AGES 8 & UP
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

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Starting or Growing a Business in Illinois Valley?
Need money?
Micro Business Loan Funding Always Available!
*Start-up, existing, home-based or other business enterprises
*\$200 minimum to \$25,000 maximum
*Apply at the IVCDO office - 201 Caves Hwy.
*Questions? Phone 541-592-4440