

# 2018 - Look In The Mirror: by Dr. Glenn Mollette

How did 2017 go for you? Was it a good year or a not so good year? Regardless of what happened you can't change 2017. The year is behind us and 2018 is ahead of us.

What can you do to make 2018 a great year?

Make a list of what you want to accomplish in the year ahead. Don't make it so long that it's overwhelming. Most people's list can go on and on and then it becomes a daunting task.

Here are some ideas for you:

**Focus on your health.** You can do almost anything if you have your health. Go to your doctor for a physical. Have blood work done. Find out what your numbers are then adjust accordingly. If your cholesterol is high or your sugar level is high you will need to exercise a little more and eat a better diet with more fruit and vegetables and less red meat. Eating less sugar will probably be a good thing for you in 2018 as most Americans eat too much sugar. I had my blood work done about four days after Thanksgiving. Everything came back good except my sugar level was 106, which is a little high. It needs to be in the 90s. However, I ate at least four pieces

of pie over the Thanksgiving holiday. When you go to have your blood work done don't go right after a blowout-eating holiday.

Remember if you have your health you feel like doing something. You can work hard, sell pencils, work retail, work your garden, mow your grass and enjoy life. A lot of sick people have money but they can't enjoy their money because they threw away their health. Things still happen. Our bodies are flesh and blood and you can lose your health even being a fitness nut. However, your chances are better if you at least try. Keep walking, keep moving your body, be active.

My father was actually very unhealthy in his eating habits. He was overweight and ate any and everything. He wasn't big on desserts but was big on anything fried, red meat and lots of squirrels and rabbits. He was a hunter. He made it to 85 and one of the reasons I believe he did was because he kept moving. He was out in the hills about three days before he died and shot a rabbit from his truck to eat for dinner.

Find ways to keep moving and things to keep your interest. Winter months are tougher for

most Americans so be creative in your efforts to keep body and mind active.

**Make and Save Money.** You can't take money with you but you can enjoy it here and then leave some for your family. America's economy is coming back. There are more jobs now than we have seen in awhile. Some corporations who moved their work to other countries will bring some of their jobs back to America. Any jobs they bring back will be more than we have had the last 16 or so years. There is work to be done in America. You might have to drive or move to another town but there is money to be made if you are willing to work. Even if you have to work two jobs you can earn a paycheck in America. Every time you get a paycheck put some money aside in your bank. Eventually buy some stock in a mutual fund or preferably an index fund. Unless you have a crisis in your life leave your saved money alone and keep adding to it. Eventually you will have enough for hard times and good times. Even if you can only save \$20 a paycheck this is better than nothing and even a small amount will add up.

**Pursue one or two interests in 2018.**

Fourteen months ago I started taking violin or I should say fiddle lessons. I enjoy it. It's something to do. I like to travel. It's something to do. I hope to write a book in 2018. It's something to do. I try to do only what I enjoy but that's not easy because not everything is enjoyable. There are some parts of life that are tedious, trying and just a pain. This is why you need to pursue a personal interest or two. Do something you want to do.

Of course there is always more. You have a closet or a garage you need to clean out. You have chores and more chores to get done and most everybody does.

**Find time for God in 2018.** Most Americans believe in God but spend very little time in spiritual pursuits. When all your friends have walked away and even your family and other loved ones are no longer there for you there is a friend who sticks closer than all others.

There is only one person who can make 2018 a great year for you. Go look in the mirror and look this person over.

*Dr. Glenn Mollette is president of Newburgh Theological Seminary, Newburgh, Indiana.*



## Food & Friends Menu

**FRIDAY - JAN 12**

SLICED ROASTED TURKEY W/ GRAVY

**MONDAY - JAN 15**

CLOSED FOR HOLIDAY

**WEDNESDAY - JAN 17**

SPAGHETTI W/ MEAT SAUCE

Food & Friends Dining is now located at the I.V. Senior Center

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

# SENIOR SPOTLIGHT

SPONSORED BY I.V. Wellness Resources

## 10 Movies that Celebrate Being Older

As most "experienced" people know life doesn't truly begin until you've lived a decent amount of it. When it comes to movies you can't go wrong by picking one that includes a few gray hairs and hard-earned life experience. Here are some of the best.

**1. The Bridges of Madison County:** Watching a creaky Clint Eastwood unintentionally seduce a tired but softly radiant Meryl Streep is movie gold. The raw emotion on display in this movie is something to witness and positive proof that real heat is still generated long after the body stops being camera-ready.

**2. The Notebook:** James Garner's character Duke exemplifies lasting love as he patiently reads to his wife Allie, even as she deals with the effects of Alzheimer's disease. While the youthful Ryan Gosling and Rachel McAdams drive the story, it is the deep affection Duke has for Allie that reminds everyone that young love eventually ages and deepens with time.

**3. Something's Gotta Give:** Arrested adolescence is the theme in this movie, starring Jack Nicholson and Diane Keaton. Watching a man who ought to know better finally figure things out is fun.

**4. Mamma Mia:** A ditzzy Meryl Streep is frustrated by old loves who reappear in her life. Streep sings and dances her way through the ABBA-infused exploration of romantic choices made and the lives left behind. Pierce Brosnan's singing will make you wince but the festive displays of life are infectious.

**5. Taken:** This movie is one long warning about what happens when you don't listen to your dad. To see Liam Neeson pushing 60 and still kicking butt so effortlessly makes this movie required watching for any daughter (or wife) who thinks she knows the big bad world better than dear old dad might. Sometimes father really does know best.

**6. Secondhand Lions:** Watching Robert Duvall give a smack-down to a bunch of mouthy punks is reason enough to watch this movie. But the movie's desire to explore the issue of lives lived and what really matters is what truly counts. Whether a person is truly rich or not is beside the point because real worth lies in their ability to teach their great-nephew how to become a man.

**7. Bad News Bears:** Walter Matthau is an alcoholic loser desperate for extra cash who coaches a little league team so full of problem misfits they make even him seem like an over-achiever. Matthau's role as an aging, grumpy, and disorganized bachelor isn't exactly a role model for kids but he's still hilarious.

**8. Grumpy Old Men:** With Jack Lemmon and Walter Matthau playing a pair of cranky neighbors who just happen to be bitter enemies, you know it's a movie worth watching. With Ann Margaret to stir the pot, it becomes all-out war. The movie shows that being old can make you grumpy, but grumpiness can be a state of mind.

**9. Cocoon:** Ron Howard's mystical tale of recovered youth centers on a group of seniors, their retirement home, and some unexpected trespassing. As their inner youth is rekindled, the movie makes it clear that, no matter how old you are, life is worth living to the very end.

**10. The Bucket List:** Determined not to die with certain goals incomplete, Jack Nicholson and Morgan Freeman form an unlikely bond to tackle their to-do list. The journeys they enjoy and the insights they have bring both men a peace neither of them had ever known. It takes the possibility of death to truly make the two men appreciate life and the face the reality of the life's ticking clock.

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

**CHAIR FITNESS**  
FREE at Healthy U,  
Tues/Thurs from 1 - 1:45  
p.m. 535 E. River St.,  
Cave Junction Call 541-  
592-4888 or visit [www.healthyucenter.org](http://www.healthyucenter.org).  
Sponsored by  
I.V. Wellness Resources

**VOLUNTEER OPPORTUNITIES**  
\*\*Senior Companions  
\*\*Caring Callers  
Please call I.V. Wellness Resources for more information at 541-592-9781.

**HEATING ASSISTANCE**  
For financial assistance with heating your home - electric or wood - call UCAN at 541-956-4050

**FREE ADS**  
If you are a senior and want to place a FREE AD for a living or health care need call Laura Mancuso 541-592-2541 or email [laura@illinois-valley-news.com](mailto:laura@illinois-valley-news.com).

**SENIOR RESOURCES**  
If you are a senior or disabled resident and need help finding resources to help you with your quality of living, call I.V. Wellness Resources at 541-592-9781.

ALL YOU CAN EAT BREAKFAST OR ORDER OFF THE MENU AT THE IV GRANGE



FIRST THREE SUNDAYS OF THE MONTH: 8 AM - 12 PM

3763 Holland Loop  
541-659-3781 or 541-415-1819

**THE G SPOT**  
@ THE OLD STONEYFRONT  
24099 REDWOOD HWY. - KERBY  
541.592.5220/541.415.0451  
FULL BAR ♥ GREAT FOOD ♥ LIVE MUSIC

**SPORTSMAN TAVERN**

**KARAOKE EVERY FRIDAY SERVING COCKTAILS**

CAN'T WAIT TO SEE AND HEAR ALL OF YOU

**2 WEEK SPECIAL**

**Gooseberries**  
Real Food Market

Udo's Super 8 Probiotics  
**\$17.09** ea.  
Reg. \$21.39

Garden of Life Raw Calcium  
**\$24.29** ea.  
Reg. \$30.39

**Special Features**

Smart Organic Chicken  
**Boneless Breasts**  
A non GMO bird.  
**\$6.89** lb.  
Reg. \$8.09 lb.

**French Dip Sandwich**  
Grilled roast beef, Swiss cheese with Au Jus and side salad.  
**\$6.99** ea.  
Reg. \$7.99 ea.

Asstd. Wolfgang Puck Soups  
**\$1.99** ea.  
Reg. \$3.19 ea.

Organic Girl Lettuce Mix  
• 50/50 Mix • Spring Mix  
• Baby Spinach • Super Greens  
5 oz.  
**\$2.89** ea.  
Reg. \$3.79 ea.

**Meat**

Applegate Organic Turkey Bacon ..... **\$7.09** pkg.  
No nitrates or nitrites. Reg. \$8.29 pkg.

Beeler's 1/4 Hams ..... **\$5.69** lb.  
An uncured ham. Reg. \$6.59 lb.

**Groceries**

Asstd. Gluten Free Cybele's Superfood Pasta Noodles  
**\$3.49** ea. Reg. \$4.89

Late July Classic Rich & Saltine Crackers  
**\$2.69** ea. Reg. \$3.89

Asstd. Zevia Soda Six packs  
**\$3.99** ea. + Dep. Reg. \$6.69

Asstd. Muir Glen Roasted Tomatoes  
**\$2.49** ea. Reg. \$3.89

**Beer / Wine**

Asahi Beer (21.4 fl. oz.) ..... **\$5.39** ea.  
Reg. \$6.79 ea.

Grizzly Peaks Tempranillo Wine ..... **\$20.59** ea.  
Reg. \$25.69 ea.

**Deli**

Hot Pastrami Sandwich  
Your choice of cheese & vegetables. With a side salad.  
**\$6.89** ea. Reg. \$7.69

Edamame Quinoa Salad  
Edamame, quinoa, Feta cheese, red bell pepper, onion, corn, parsley, sherry wine vinegar, olive oil, garlic.  
**\$5.29** lb. Reg. \$5.69

Grab-N-Go  
**\$4.49** Cranturkey Wraps  
Roast turkey, spinach, cranberry sauce & cream cheese.  
Reg. \$4.99

Alternative Baking  
**Gluten Free Cookies** **\$1.79** ea. Reg. \$1.99  
Asstd. flavors

**Produce**

Spinach Bunch ..... **\$1.59** ea.  
Reg. \$1.99 ea.

White Onions ..... **\$1.29** lb.  
Reg. \$1.79 lb.

Kiwi ..... **\$2.59** lb.  
Reg. \$3.29 lb.

6 Oz. Blueberries ..... **\$3.09** ea.  
Reg. \$4.09 ea.

**Cheese**

Laughing Cow Cheese Wedge ..... **\$3.09** ea.  
8 oz. Original, Garlic & Herb, French Onion. Reg. \$3.99 ea.

Westbrae Organic Miso ..... **\$6.59** ea.  
13 oz. Brown Rice, White, Red, Soy Bean Paste. Reg. \$7.49 ea.

Garcia Baguero Manchego Cheese ..... **\$4.49** ea.  
5.2 oz. 100% sheeps milk. Reg. \$5.19 ea.

**WE SUPPORT OUR LOCAL FARMS!**

We Accept Oregon Trail Cards • Prices Effective Weds., 01/10/18 - Tues., 01/23/18 Ad Specials - While Supplies Last.  
1201 Redwood Ave. • 541-471-2700 • Open Mon. - Sat. 8 am - 8 pm • Sun. 10 am - 6 pm