



**Food & Friends Menu**

**FRIDAY - JUNE 15**  
**SWISS STYLE BEEF STEAK**  
**MONDAY - JUNE 18**  
**WAIKIKI CHICKEN**  
**WEDNESDAY - JUNE 20**  
**MACARONI & CHEESE**

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

**SENIOR SPOTLIGHT**  
 SPONSORED BY I.V. Wellness Resources 541-592-9781

**Postmenopausal Urinary Incontinence (Part two).**  
 In continuing with the discussion of management and treatment of urinary incontinence, we turn to behavior modification options. Developing a voiding schedule and avoiding bladder irritants such as caffeine, carbonated beverages and spicy foods are first-line urgency incontinence (UI) treatments.  
 Other recommendations include weight loss, managing fluid intake and pelvic floor muscle training (Kegels). Pelvic floor muscle training strengthens and supports the urethra, vagina and rectum to reduce UI symptoms and can be delivered with or without assistive devices.  
**\*Estrogen.** Because taking estrogen systemically is no longer

recommended, localized estrogen is suggested. Estrogen is effective in treating vaginal atrophy (reduction in size of a structure). Localized estrogen is available as a cream, intra-vaginal pill or a vaginal ring and provides a slow release of estradiol, which is associated with fewer adverse effects than systemic estrogen. Treatment results in rapid symptom relief after about two weeks.  
**\*Anticholinergic drugs.** Anticholinergic drugs are the most commonly used drugs in treating urgency incontinence. They provide an antispasmodic effect on smooth muscle to relieve symptoms. They further decrease urinary frequency and pain during urination and are given to increase bladder capacity.

**\*Surgical treatment-** Sling procedures. Mesh tape is used to create a sling and is placed under the urethra or bladder neck to provide support and keep the urethra closed to prevent urine leakage under stress (SI) from actions such as coughing or sneezing. Sling procedures are primarily used to correct SI, although they also may ease the symptoms of UI. Recovery time varies, but the recommendation is 2-4 weeks before returning to normal activities.  
*American Nurse Today. Volume 13. Number 1.*  
 You can contact I.V. Wellness Resources at 541-592-9781 or email [ivwellnessresources@gmail.com](mailto:ivwellnessresources@gmail.com) and you can like the Facebook page at [facebook.com/ivwellnessresources](https://facebook.com/ivwellnessresources).

**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**  
  
**541-592-9781**

**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).

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

**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**

**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.

**2-1-1**  
 Call 211 info for help with health & social services. Just Dial 211, visit 211info.org, search 211info App or text zip to 898211.

**Seventh-day Adventist**

**Jesus Baptism**  
 The news about the wilderness prophet, John, and his wonderful announcement that the Messiah Savior was soon to come had spread all over Galilee. The message reached the peasants in the remote mountain towns and even the fishermen by the sea. Even in Nazareth it was told in the carpenter shop and Jesus recognized His call and realized His time had come. Turning from His daily work, He told his mother good bye and followed the steps of His countrymen who were flocking to the Jordan River.  
 John the Baptist knew about the birth of Jesus. He had heard about Jesus' visit to Jerusalem when He was 12 years old. He had heard about the sinless life of Jesus and believed that He was the Messiah. Yet the fact that Jesus hadn't made Himself known made John doubt this conviction. So John waited in faith, believing that in God's own time, he would understand. It had

been revealed to John that the Messiah would seek baptism at his hands and that a sign of His divine character would be given. As a result he would be able to present the Messiah to the people.  
 When Jesus came to be baptized, John recognized a purity of character that he had never seen in anyone. The atmosphere around Jesus was holy and awe inspiring. Many people were coming to him for baptism. Among these he had met people who were weighted with many sins. How different and pure Jesus was. All of this was in harmony with what had been revealed to John about the coming Messiah. Yet he felt unworthy to baptize Jesus. How could he, a sinner baptize the sinless One. As Jesus asked for baptism, John exclaimed, "I should be baptized by you and you are coming to me?" With gentle firmness Jesus said, "suffer it to be so now: for thus it becomes us to fulfill all righteousness."

John agreed and led Jesus down into the Jordan River and laid Him beneath the water. As soon as He came up Jesus knelt in prayer on the river bank.  
 Here at the beginning of His ministry Jesus prayed for God's blessing and guidance. Jesus pleaded with tears for the approval of His father. The heavens were opened and upon the Savior's head descended a dove-like form of purest light, a fit emblem to Jesus, the meek and lowly One. John recognized the sign that God had promised.  
 Not only John, but the people gathered around, heard Jesus' heartfelt prayer. They saw His upturned face bathed in light. The Father Himself answered His petition. From heaven a voice was heard saying, "this is my beloved Son in whom I am well pleased." Matthew 3:17. These words strengthened our Savior for His ministry and inspired faith in those who witnessed this awesome event. John knew it

was the world's Redeemer he had just baptized and as the Holy Spirit rested on Him and with an outstretched hand pointed to Jesus he called out "behold the Lamb of God which takes away the sin of the world."  
 Jesus didn't receive baptism as a confession of guilt on his own. Instead He was showing us how He identifies with sinners. His example shows us what we need to do. When we come to God with all our sins and weaknesses we are not rebuffed but, "accepted in the beloved," Ephesians 1:6. The light which fell from heaven upon the head of our Savior will fall on us as we pray for help to resist temptation. Have you made a total commitment to God and been baptized? Maybe you'd like to make this important decision soon. The voice that spoke to Jesus says to every believing soul, "this is My beloved Child, in whom I am well pleased."

**Community Bible Church**

**Happy Father's Day**  
*Proverbs 4:1-6* I Hear, my children, the instruction of a father, And give attention to know understanding; 2 For I give you good doctrine: Do not forsake my law.  
 3 When I was my father's son, Tender and the only one in the sight of my mother, 4 He also taught me, and said to me: "Let your heart retain my words; Keep my commands, and live. 5 Get wisdom! Get understanding! Do not forget, nor turn away from the words of my mouth. 6 Do not forsake her, and she will preserve you; Love her, and she will keep you.  
 Chapter four of Proverbs talks about fathers, and the writer gives examples of what he wants "his son" to learn to help him in the ups and downs of life. The writer wants the child to receive instruction, so it can reasonably be assumed that the child must have an instructor. The writer wants the child to know understanding, so again it can be assumed that there must be someone to guide the child in gaining his understanding. Later in the chapter the child is told to get wisdom, which is the right use of knowledge.  
 In verse one the writer is identified as a father, and in verse two he says, "For I give you good doctrine" (which is teaching) and "Do not forsake my law" - strong terminology for the father's instruction.

During my life time I have watched as the entertainment industry has gone from presenting television programming that gave Fathers their due, as in "Father Knows Best", to programming that shows fathers as incompetent dummies. Now while I will admit that there are some fathers who are incompetent dummies, there are also many, many fathers who want only what is best for their children and strive not only to "teach" but to encourage their children in doing right and being faithful, being diligent, and being honest. There are fathers who teach by word and example that there is still some integrity and good character left in this culture in our day.  
 I was at an event the other day, talking to a dad, when I saw that man's son come up, stand next to his dad, and just look at his dad for a moment, and say goodbye before he left. The expression on that young one's face spoke volumes to me of the respect, love, and admiration the boy had for his father. Apparently the dad was doing something right, and I believe that boy would be open to the instruction of that father. You may think you have failed as a parent, but tomorrow's a new day, and it can be a new beginning.  
 See you Sunday.  
**In Christ,**  
**Pastor Dave**

**Ministry at CBC**  
 Sunday  
 Morning Worship at 10:30 a.m.  
 Praise and Prayer at 6 p.m.  
 Community Christian Academy  
 Preschool - 12th grade  
 Now accepting applications for the 2018-2019 school year.  
 VBS is coming June 25-29  
 9 to 12  
 Registration 8:30-9 a.m.  
 Age 3 to grade 6

**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](http://www.bridgeviewcc.org)  
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**7th DAY ADVENTIST**  
 265 S. Old Stage Rd., CJ  
 Sabbath School - 10:15 a.m.  
 Saturday Worship 9 a.m.  
 Bible Study 11:15  
 Pastor Charles Byrd  
 Church (541) 592-3218  
 Madrone Adventist School  
 541-592-3330  
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**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  
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 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](http://www.ivpraisecenter.com)

**COMMUNITY BIBLE CHURCH**  
 Pastor Dave Gordon  
 113 S. Caves Ave., CJ  
 Office: 541-592-3896  
 Email: [cbccca@gmail.com](mailto:cbccca@gmail.com)  
 Sunday Worship - 10:30 a.m.  
 Christian Academy  
 Pre-K to 12th grade  
 Awana - Wednesdays - 6 p.m.  
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**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  
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**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  
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**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](http://www.goodshepherdlutheraniv.net)  
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**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](mailto:evfree@frontiernet.net)  
 541-592-6160  
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**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  
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**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  
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 Illinois Valley Baptist Church  
 541-592-6149  
 329 Caves Hwy.  
 Pastor Brent Smith  
 Sunday School 9:30 a.m  
 (for all ages)  
 Sunday Worship 10:30 AM  
 Wednesday Bible Study, 7 PM  
 Come be with us!  
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 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.

**Men's Club Twilight League**

Monday	Points
1. Talyor's Sausage	67
2. Dave's Pro Shop, Hole in 1 Café	63
3. Tyus Tree, Jesse Tree	53
4. Aqua Source	52
5. Rex Denahm, Scott Thoms	51
6. Jim Losey, Joey Clark	49
7. T - Matt Miller, Jimmy Miller	48
7. T - Miller Construction	48
9. True Value	47
10. True Value, Taylor's Sausage	43

  

Wednesday	Points
1. R. Hicks, L. Trahan	47
2. Kerby Electric 1	45
3. R. Bowers, D. Hughes	42
4. T - G. Montgomery, M. Pecot	39
4. T - Rex Denham School of Golf	39
6. Cascade Auto	38
7. A. Patton, K. Armstead	34
8. Precision Glass	33
9. Neck Bone Enterprises	30
10. T. Morreale, B. Bourne	23