



Food & Friends Menu

FRIDAY – AUG 3
ASIAN CHICKEN SALAD
MONDAY – AUG 6
CHILI W/ BEANS
WEDNESDAY-AUG 8
SALISBURY STEAK W/ GRAVY

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

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

Keep Your Kitchen Safe
 Mitts are mandatory! Don't take glass dishes directly from the freezer to the oven, and never add liquid when a glass pan is piping hot.
***Leave it unwashed.** Contrary to what you may have heard, there's no need to rinse meat, poultry or fish before cooking. Doing so can spread bacteria to your sink, counter tops and other kitchen surfaces.
***Forgo the cooling-off period.** Illness-causing bacteria can grow in perishable foods within 2 hours. Put leftovers in the refrigerator as soon as possible, even if they're still warm.
***Don't stick to Teflon.** Sure it makes cooking and cleanup easier, but pans coated with Teflon made before 2012 contain perfluorooctanoic acid, and studies in lab animals have found exposure to these chemicals increase risk of certain cancers.
***Beware of the bagel.** Multiple

injuries are reported from trying to slice a bagel. Either buy them pre-sliced, or better yet, buy a bagel slicer.
***Marinate in the fridge.** Harmful germs in marinade or food can multiply quickly at room temperature.
***Nuke with care.** Microwaves cause more injuries than any other kitchen device. Let food cool a few minutes before removing and be careful touching a hot container or removing a cover. Allow scalding steam to escape.
***Put a lid on it.** If you're frying, keep a lid nearby to smother a small grease fire.
***Be dishwasher wise.** Place utensils with the sharp end down. Let the machine cool before emptying to prevent burns.
***Keep knives sharp.** Dull knives are more dangerous than sharp ones because it takes more force to slice through food. That makes it more likely to lose control if the worn edge slips.
***Chill out.** You might be tempted to

save energy costs by setting the refrigerator and freezer at slightly higher temperatures, but you'll be beckoning bacteria. Keep the refrigerator at 40 degrees, the freezer at 0 degrees.
***Rinse all produce.** Even if they're prewashed, you should still give your fruits and veggies a cleaning. Use a brush to remove visible dirt and then rinse under running water.
***Germ Magnets.** Sponges should be zapped for 2 minutes in the microwave to clean. Faucet screens should be soaked in bleach solution to sanitize. Stove knobs should be removed if possible and washed in hot soapy water.
Reprint from AARP Bulletin, April, 2016.
 You can contact I.V. Wellness Resources at 541-592-9781 or email iwellnessresources@gmail.com and you can like the Facebook page at [facebook.com/iwellnessresources](https://www.facebook.com/iwellnessresources).

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

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.

MEDICAL EQUIPMENT
 I.V. Lions loans out medical equip for those that need it: W/C, walkers, canes, portable toilets, shower stools & more.
 Call 541-592-4262

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.healthycenter.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.

Lil Green Taxi Club
 541-415-0535
 Daytime, \$1 mile
 Licensed & insured
 Background check completed. Check Facebook@lilgreentaxi

Ellingson addresses Eagle Point Library patrons: Flo C. Blake

On July 26, Eagle Point Library Director Charlene Prins introduced the featured guest who'd speak for an hour.

What an unexpected eye-opener! Local author and versatile herbal nutrition expert Dennis Ellingson enlightened his audience by sharing knowledge he'd garnered over 30 years of intensive study.

He has also brought similar messages recently to capacity crowds of varied ages at several other libraries including Medford's and Ashland's.

He cited the inspiration for his subject matter—a verse found in the Bible, “And God said, ‘behold I have given you every plant yielding seed that is on the face of all the earth, and every tree with seed in its fruit. You shall have them for food.’” (*Genesis 1:29 ESV*)

Ellingson estimates the vast number of applicable plant varieties total about a million. “Wild herbs can be found any place in North America,” he noted. “What is the potential?”

He went on to explain that approximately three decades ago he suffered from high blood pressure, for which a physician prescribed traditional medication. The meds triggered significant side effects.

Since most homes and business offices lacked computer access back then, Ellingson's ensuing research could have involved time-consuming challenges.

But through diligent effort, he discovered then started eating berries from an English hawthorn tree. “And my blood pressure returned to normal,” he said. “Related to roses and apples, the hawthorn berries have also benefited some persons experiencing insomnia and heart problems.”

Subsequent pursuits of herbs' natural benefits resulted in his having authored several books on the subject so far. Among them are “God's Healing Herbs” and “The Herb Guy's Cook-

book” (subtitled “Herbs A to Z”). “The recipes are simple,” he stated.

One woman in the audience then asked, “What's good for easing headaches?”

“Pickled asparagus,” was Ellingson's immediate reply. He went on to emphasize, however, that everyone's different. “What works well for one person might not work for another. Sniffing the scent of a rosemary plant is believed to ‘spark your brain.’” He added that, “Rosemary loves Arizona's climate.”

America's west is, in Ellingson's words, “Like a Garden of Eden—a top area for plants from apples to olives. But virtually anyplace you go; God has put something significant there.”

Another audience member questioned potential dangers (such as poisons), in wild-growing plants. Ellingson then sheepishly admitted he once spotted what at first-glance resembled an abundance of mint growing along a lakeside bed. “If you sniff ‘stinging nettle,’” he acknowledged, “it will sting, and cause welts on your nose.”

A third library patron questioned how he kept local deer families from devouring his plants.

“The presence of rosemary and lavender generally dissuades deer from entering your garden,” he replied.

To appreciate the numerous benefits—anti-oxidants, vitamins and other virtues of plants, Ellingson's books on that subject constitute “must-reads.” “God's Healing Herbs” for instance, features concise sections listing 12 essential herbs for specific groups. One's for seniors; another delineates essential herbs for men; yet another for women; and one for children.

Find his books at the *Illinois Valley News* office, Amazon.com or Barnes & Noble.

Dennis Ellingson's Book
“God's Healing Herbs”
 Re-Released Updated Version!

Now Available through Cladach Publishing, Books N More, The Bookmark, Amazon, Barnes and Noble, and the offices of the Upper Rogue Independent and The IV News!

Community Bible Church

Rusted and Ruined

“Thy Word is a lamp unto my feet and a light unto my path.” *Psalms 119:105*

Many years ago as a young boy, I went into a sporting goods store with my dad. While he was making his purchases, I was wandering around the store looking about when my eyes fell upon a rusty, old gun that had been left in the fork of a tree, until the tree had grown around the barrel. It must have been stuck in the fork of that tree for a long, long time to arrive in that condition. I never asked my father about it, but I wished that I had – to see what the story was behind it. I have over the years thought about that gun and wondered about it. It certainly wasn't doing its owner any good, except as

a curiosity.

I do believe there is an application that can be gained from that gun. Many people, if not most, have a Bible in their possession. Some read it occasionally, but few study it. The Bible is a book that needs to be studied and absorbed into our inner person. There is great truth in it, and I have found it to be a wonderful source of consolation and peace. But I am afraid that for many it just sits and gathers dust, not unlike that rusty gun. Read it, study it, and see if you are not blessed by it. See you Sunday.

**In Christ,
 Pastor Dave**

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

Community Christian Academy
 Preschool – 12th grade
 Limited openings –
 Register now for fall classes
 School starts Sept. 5

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

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 - 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

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
 10:30 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
 Sacramento 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
 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!

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.

Grand Opening!
The HOLE IN "1" CAFE
 is now open 7 am to 4 pm
 with delicious home-cooked
 breakfast and
 lunch items!
 Please find us at the
Illinois Valley Golf Club
25320 Redwood Highway
Cave Junction
541-592-3525
Open to Public

Bring this ad with you and receive a free cold fountain drink and a bag of hot fresh popcorn!