



**Illinois Valley Wellness Resources**

**FRIDAY – JAN 15**  
**BREADED FISH & TARTAR SAUCE**

**MONDAY – JAN 18**  
**CLOSED FOR HOLIDAY**

**WEDNESDAY - JAN 20**  
**MEATLOAF W/ GRAVY**

Call 541-955-8839 for VOLUNTEER INFORMATION or if you need meals from Food & Friends.

# SENIOR SPOTLIGHT

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

**Cold remedies: What works, what doesn’t, what can’t hurt**  
If you catch a cold, you can expect to be sick for one to two weeks. There’s no cure for the common cold, but there are some remedies that might help ease your symptoms and keep you from feeling so miserable. **Cold remedies that work:**  
\***Stay hydrated.** Water, juice, clear broth or warm lemon water with honey helps loosen congestion and prevents dehydration. Avoid alcohol, coffee and caffeinated sodas, which can make dehydration worse.  
\* **Rest.** Your body needs to heal.  
\***Soothe a sore throat.** A saltwater gargle — 1/4 to 1/2

teaspoon salt dissolved in an 8-ounce glass of warm water — can temporarily relieve a sore or scratchy throat. You can also try ice chips, sore throat sprays, lozenges or hard candy.  
\***Combat stuffiness.** Over-the-counter saline nasal drops and sprays can help relieve stuffiness and congestion.  
\***Relieve pain.** Adults can take acetaminophen (Tylenol, others), ibuprofen (Advil, Motrin IB, others) or aspirin.  
\***Sipping warm liquids** such as chicken soup, tea or warm apple juice, might be soothing and might ease congestion by increasing mucus flow.  
\***Add moisture to the air.** A cool-mist vaporizer or humidifier can add moisture to your home, which might help

loosen congestion. Change the water daily, and clean the unit according to the manufacturer’s instructions.  
\***Try over-the-counter (OTC) cold and cough medications.** They might offer some symptom relief. However, they won’t prevent a cold or shorten its duration, and most have some side effects.  
**Cold remedies that don’t work:** The list of ineffective cold remedies is long, but the most common one is: \*Antibiotics. These attack bacteria, but they’re no help against cold viruses.  
**Cold remedies with conflicting evidence:** The scientific jury is still out on some popular cold remedies, but here’s an update on some common alternative remedies: \*Vitamin

C. Taking vitamin C before the onset of cold symptoms may shorten the duration of symptoms. \*Echinacea seems to be most effective if you take it when you notice cold symptoms and continue it for seven to 10 days. It can interact with many drugs. \*Zinc. Recent studies show that zinc lozenges or syrup reduce the length of a cold by one day, especially when taken within 24 hours of the first signs and symptoms, but it also has potentially harmful side effects. *Mayo Clinic, October, 2020*  
You can contact IVWR by emailing [ivwellnessresources@gmail.com](mailto:ivwellnessresources@gmail.com). Please like [ivwellnessresources](#) on Facebook.

**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**

**2-1-1**  
Call 211 for the latest info on COVID-19 and help with health & social services. Just dial 211, visit [211info.org](http://211info.org), search 211info App or text zip to 898211.

**FLU SHOT**  
Call to get your FREE flu shot with JoCo Public Health 541-474-5329. clinic.

**VETERAN DIRECTED CARE**  
Home and Community Based Services  
Help for veterans and their caregivers  
Call 541-423-1386

**DISASTER REGISTRY**  
If you need special help in an emergency please register online at [www.rvcog.org](http://www.rvcog.org) or call Senior & Disability Services at **541-664-6674**

**CHAIR FITNESS**  
Due to COVID-19 concerns, Chair Fitness will have classes online. Go to [Facebook.com/Healthy U](https://www.facebook.com/HealthyU) Tuesday & Thursdays 1 - 1:45 p.m.

## Seventh-day Adventist

**Help in Daily Living**  
When the officers were sent to bring Jesus to the temple officials, they came back with the report that “no one has spoken like this man.” His words bore with them a convincing power, because they came from a pure and Holy heart, full of love and sympathy. In fact it is our character and experience that determines our influence on others. Only through a living faith in Christ as our personal Savior is it possible to make let our influence be felt in a skeptical world.  
No other influence that can surround the person has such power than the influence of an unselfish life. The strongest argument in favor of the gospel is a loving and loveable Christian. Sincere Christians sometimes pray for Christ like characters to fit them for the Lords work, and then are surprised to see faults revealed which they didn’t even suspect existed in them. That is why in His providence these persons into different positions and circumstances that they may discover their character defects which have been concealed from their own knowledge. He gives them opportunity to correct their defects, and fit themselves for His service. Sometimes He permits fires of affliction to assail them, that they may be purified. The fact that we are called upon to endure

## Good Shepherd Lutheran

**Enjoy the Journey**  
At New Year’s, people look back to the great events of the previous 12 months. You see it on almost every TV program, from the news to variety shows, and even TV comedians. 2020 has been a tough journey, but Americans are not unfamiliar with tough journeys. Look at George Washington who made the journey to Valley Forge with troops whose feet were clad only in rags. And what about Louis and Clark who traveled the Western United States; Lindbergh who made the first solo flight across the Atlantic Ocean; the first manned voyage to the moon; or even SpaceX and Elon Musk who plans a manned journey to Mars by 2024.

But the greatest journey of all history would have to be the Christmas journey. Now I’m not talking about the travels of the Magi, or even the flight to Egypt of the Holy Family. I’m talking about the journey from heaven to the tiny town of Bethlehem here on earth so that Jesus could be born in a manger on Christmas Eve. That’s the human view of the miracle of Christmas. But there’s more to it.  
“In the beginning was the Word, and the Word was with God, and the Word was God. He was with God in the beginning. Through him all things were made. Without him nothing was made that has been made. In him was life, and that life was the light of men. The light shines

in the darkness, but the darkness has not understood it.” [And in verse 14:] “The Word became flesh and made his dwelling among us. We have seen his glory, the glory as of the Father’s only Son who came from the Father full of grace and truth.”  
That’s God’s view of Christmas. It was a journey so unbelievable that there have been, unfortunately, millions of people over the last two thousand years who have simply said they can’t believe it. They think it’s too good to be true.  
But the Son of God made that journey, and he knew what he was getting into. He knew what the sacrifice would be. And because he made that journey, one day we’ll inherit a heavenly home.

In the meantime, of course, we should enjoy the human side of Christmas. Enjoy it and love the decorations and celebrations and the season’s music and festivities; the enjoyment of family gatherings and the giving and receiving of gifts.  
But let’s not forget God’s side of the Christmas story. “God so loved the world that he gave his one and only Son that whoever believes in him shall not perish but have eternal life.” He came to us to save us from our sins and to be our light in the darkness to lead us back home to God.  
And because of that promise, we can sit back and enjoy the journey.

## Places of Worship

**BRIDGEVIEW COMMUNITY CHURCH**  
5181 Holland Loop Rd., CJ  
541-592-3923  
“Come join the community in fellowship!”  
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 Tanner Martin  
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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**COMMUNITY BIBLE CHURCH**  
Pastor Dave Gordon  
113 S. Caves Ave., CJ  
Office: 541-592-3896  
Email: [cbcca@gmail.com](mailto:cbcca@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  
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**TAKILMA BIBLE CHURCH**  
10343 Takilma Road, Takilma  
Pastor Dan Robinson  
Sunday School 9:45 a.m.  
Main service 11 a.m.  
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**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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**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.

**VALLEY EVANGELICAL FREE CHURCH**  
498 Laurel Road, CJ  
P.O. Box 1248  
Pastor Kevin Wood  
Sunday School - 9:45 a.m.  
Worship Service - 11 a.m.  
Saturdays - Spanish speaking service - 6 p.m.  
[evfree@frontiernet.net](mailto:evfree@frontiernet.net)  
[www.ivefc.org](http://www.ivefc.org)  
(541)415-4189  
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**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  
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**ILLINOIS VALLEY BAPTIST CHURCH**  
541-592-6149  
329 Caves Hwy.  
Sunday School 9:30 a.m (for all ages)  
Sunday Worship 10:30 AM  
Wednesday Bible Study, 7 PM  
Come be with us!

**NEW LIFE PENTECOSTALS**  
208 Redwood Hwy.  
(Next to Perfect Pizza)  
Pastor Tristan White  
Sundays at 10:30 a.m.  
541-244-8912  
[newlifepentecostal.net](http://newlifepentecostal.net)  
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**THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS**  
209 S. Junction Ave., CJ  
Sacrament Meet - 10 a.m.  
Sunday School / Priesthood / Relief Soc. - 11:10 a.m.  
Bishop Terry Vance Sr.  
707-954-1273  
541-592-4418  
**Family History Center Hours**  
Free Research - open and welcome to the public  
Sundays 12 – 2 p.m.  
Tuesdays 5 – 8 p.m. by appt.  
Thursdays 11 a.m. – 6 p.m.  
Call 541-415-6129  
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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.

## COVID ...

Continued from A-1  
  
JoCo Public Health will now direct those seeking daily figures to the Oregon Health Authority (OHA).  
Daily figures related to COVID-19 in JoCo can be found on the OHA website, <https://govstatus.egov.com/OR-OHA-COVID-19>. There you can also find OHA’s Weekly COVID-19 Report, Community Resources and more. Additional information about the new Risk and Safety Framework can be found at <https://coronavirus.oregon.gov>.

YOUR HOMETOWN NEWSPAPER SINCE 1937

# Illinois Valley News

Published Weekly for the residents of the Illinois Valley



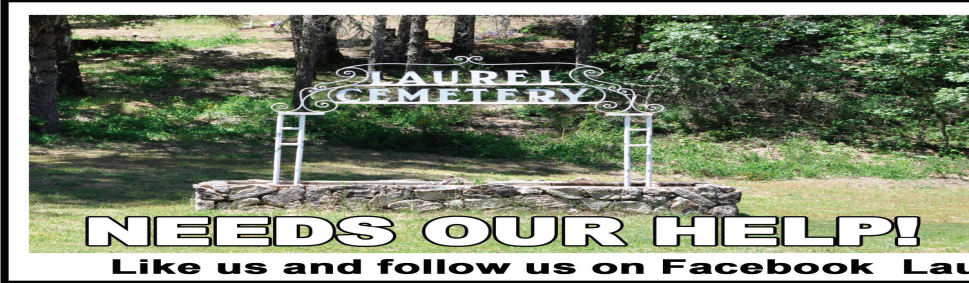
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**Let’s pitch in and help preserve and maintain the historical integrity and beauty of the Laurel Cemetery.**  
**Donations can be made outright, a bequest, or in the honor or memory of a friend or family members.**  
**Call: 541-592-5028**  
**or email: [historiclaurelcmemetery20@gmail.com](mailto:historiclaurelcmemetery20@gmail.com)**  
**PO Box 424 Cave Junction OR 97523**  
**[justlaurelcmemetery@gmail.com](mailto:justlaurelcmemetery@gmail.com)**