



Food & Friends Menu

FRIDAY – APR 23
SHEPHERD'S PIE

MONDAY – APR 26
TERIYAKI MEATBALL W/
SAUCE

WEDNESDAY - APR 28
CHICKEN POT PIE

Call 541-955-8839 for
VOLUNTEER INFORMATION
or if you need
meals.

SENIOR SPOTLIGHT

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

More Little Bits
Hearing aid manufacturers continue to make improvements by developing hearing aids that are more effective for all types of hearing loss.

Digital hearing aids can be adjusted to match an individual's unique hearing loss. With digital hearing aids, a computer chip converts incoming sounds into digital code and then analyzes and adjusts the signal based on your specific needs.

The signals are then converted back into sound waves and delivered to your ears. The result is sound that's more finely tuned to your hearing loss.

Some additional improvements in digital hearing aids include:

- Better feedback (whistling) management,
- Better noise reduction,

- Better automatic volume adjustments, and
- Connectivity to devices that have wireless Bluetooth technology.

Open-fit hearing aids leave your ear canal at least partially open and are now state-of-the-art for high-frequency hearing loss. Open-fit hearing aids allow low-frequency and mid-frequency sounds into the ear normally, so that only high-frequency sounds are amplified. Because it may take some time to get used to a hearing aid, most states allow at least a 30-day trial period during which you can try out the hearing aid and return it if you're not satisfied. *Cynthia Hogan, Ph.D.*

*Sex is typically a moderate form of exercise, generally falling into the same activity level as climbing

two or three flights of stairs. So it's not uncommon for those with heart failure to worry that having sex might further harm the heart, especially after surgery or a procedure. Heart failure medications may reduce the sex drive or cause unpleasant sexual side effects.

More than half of people with heart failure say they are having a lot less sex or none at all due to their heart health.

Remaining sexually active is important for maintaining a healthy quality of life and staying connected to your partner. Cardiac rehab is a supervised program including counseling, education and physical activity. It helps improve your heart health and build endurance after a heart event.

The American Heart Association says cardiac rehab and exercise can lower the risk of sex-related complications in those with heart failure. They also say that sex rarely causes heart attacks, but it's a good idea to skip sex until your doctor says your heart condition is stable.

While sexual intercourse may not be safe for your type of heart failure, kissing and touching are still OK. It's important to take all your medications as directed, and don't skip meds for fear of sexual side effects. Also, don't try over-the-counter herbs or supplements to boost your sex drive. *Rekha Mankad, M.D.*

If you would like to contact IVWR, you can call 541-592-9781 or email iwellnessresources@gmail.com and like thier Facebook page.

Cancer Support in the I.V.

Gas cards and comfort care help for cancer patients. To fill out an application call Laura with I.V. Wellness Resources at 541-592-9781

COVID-19

Vaccine webpage: covidvaccine.oregon.gov.
Vaccination appointment request form co.josephine.or.us/COVID19
Phone Call Center 541-916-7030

FREE FREE FREE

If you are a senior or disabled resident in the I.V. and are in need of MASKS OR HAND SANITIZER, please call Laura Mancuso at 541-592-9781.

AGING AND DISABILITY RESOURCE CONNECTION

Learn about resources and options available to help seniors and disabled. www.ADRCoOfOregon.org 541-618-7572

Drive thru COVID-19 Vaccine Clinic

Illinois Valley Family Coalition parking lot **Saturday, April 24 10 - 2** See A-2 Save the Date for more details.

HOUSING... Continued from A-1

Average household income here is \$26,250, versus \$44,185 in Grants Pass, according to 2019 statistics provided by the U.S. Census Bureau.

Lynn Johnson, owner of I.V. Real Estate, said that her company manages over 50 rental units, and absolutely none of them are available.

"I wanted to develop four properties into rentals with manufactured homes two years ago, to improve housing options in the area, but I held off because of the fires and then COVID-19," Johnson said.

"But that was a mistake. I'm now told that material costs have gone up more than 100% since then, so now that investment is kind of on hold indefinitely."

It isn't just skyrocketing material costs in recent years, news which has burned holes in developer pockets for years even before coronavirus issues kicked it into high gear.

City land, which has the necessary infrastructure for higher density housing, is available, and prime for development — in fact a number of years ago a developer came

in and worked a piece of land in town with the intent of building a senior living facility.

City Recorder Becky Patton said that just as things began to move forward on the project, he backed out — but she wasn't surprised.

"Developers in my experience these last several years want to build something and then sell it for quick profit, they don't want to manage it, because they usually need to live somewhere nearby to do that, and it's a lot of work," Patton said.

"But the property is still there, and I would love to have someone come and look into it. If someone built apartments there, they would fill that thing before they even opened — residents could literally walk two blocks for shopping anywhere in town."

But it's not just rentals that are in ever shorter supply; standard housing options, such as single-family homes — by far in more common use in rural areas — are practically non-existent, and certainly unreachable by local hands.

Homes that just two to three years ago were in the \$250,000 price range — and much lower before that — have now soared to upwards of \$375,000 to \$485,000, sometimes more.

Lynn Johnson has owned I.V. Real Estate for nearly 40 years, and said that housing availability was already at a historic low in 2019. Since then, the area's housing inventory has dropped a further 50%.

She's never seen anything like it.

"We have almost no inventory, and everything in my mind is overpriced, but what little we get sells almost immediately, so I guess it just can't be," Johnson said. "It's supply and demand, and the demand is there."

Annita Legaux, owner of Junction Realty, said that rural properties with five acres or more of land are in the greatest demand. The valued properties available often devolve into bidding wars that end in sale prices even higher than the local market temperature would suggest.

Much of the market's heat has been driven, in Legaux's personal experience with buyers, for interest by the cannabis industry, which has all but driven local residents out of the market.

"If they're local, and don't have one of the few sources of substantial financial income here, they're out of the running as far as affordability now, it's sad," Legaux said.

"The best they can usually do is \$250,000, from a bank financing perspective, and there just isn't anything in that price range anymore."

There's land available for development in the Illinois Valley according to Jim Frick, director of the Southern Oregon Association of Realtors. But the cost is often even more staggering than the inflated prices of existing homes.

The ever-rising costs of material, and a shrinking pool of skilled tradesmen - an employment category that continues to suffer from the reeling effect of the Great Recession - presents a stumbling block greater than most could reasonably afford.

He said the installation well and septic installation can easily run \$50,000 or more, then adding a home on top of it costs a whopping average of \$200, or more, per square foot.

Add on the inflated price of land, in a sellers' market, and you've got a property development project that's entirely out of reach for most families

— even ones from out of town.

"Building costs have tripled in just a handful of years, as far as I've heard, I just talked to the builder this morning and he was ranting about how he couldn't believe a piece of 4x8 plywood had gone up to \$98 a sheet," Frick said.

"Six months ago, I was paying \$50, which was already a lot."

Things could get worse, even for the few locals with the money to be in the market for a home during the coronavirus pandemic, because Frick said that interest rates, which have been at a historic low of around 2% for years, may be poised to make a jump. It would be just one more piece of bad news for everyone here in the Illinois Valley, Oregon, and across the nation.

"The banks that I've been talking to lately say that they're feeling the pressure from the Feds that the interest rates are about ready to jump," Frick said.

"For every half a point you jump, which doesn't sound like a lot I know, but it means that about 5% of the people who could afford to buy, just can't anymore."

Good Shepherd Lutheran

Share the Good News

Many people talk about Jesus, or Christianity in a general way but they don't recognize Jesus as the Son of God. I think they want to believe, but something keeps them from recognizing him as the Messiah.

After all, why wouldn't a person want to believe in heaven? Knowing that this life will come to an end, why wouldn't you want to believe there's life after death; that there's a better life ahead of us than this one? So, what keeps people from recognizing Jesus as the Son of God?

It's our attachment to the world that keeps us from believing in Jesus and the promise of eternal life. *1 John 2:15-17* says: "Do not love the world or anything in the world. If anyone loves the world, the love of the Father is not in him. For everything in the world—the cravings of sinful man, the lust of his eyes and the boasting of what he has and does—

comes not from the Father but from the world. The world and its desires pass away, but the man who does the will of God lives forever."

Instead of listening to the Bible, people listen to the world and its teachings and get so wrapped up in the things of this world that they say "no" to Jesus and Christianity.

In the story of the Road to Emmaus, Jesus says to the men: "How foolish you are, and how slow of heart to believe all that the prophets have spoken! Did not the Christ have to suffer these things and then enter his glory?" And beginning with Moses and all the Prophets, he explained to them what was said in all the Scriptures concerning himself.

Essentially, Jesus was saying, "How foolish not to believe the scriptures!" If the scriptures are the living and abiding Word of God, then a person is foolish not to believe the scriptures about Jesus and everything else.

Jesus sums everything up in *Luke 24:44b-48*: "...These are my words that I spoke to you while I was still with you— that everything written about me in the law of Moses, the prophets, and the psalms must be fulfilled." Then he opened their minds to understand the scriptures, and he said to them, "Thus it is written, that the Messiah is to suffer and to rise from the dead on the third day, and that repentance and forgiveness of sins is to be proclaimed in his name to all nations, beginning from Jerusalem. You are witnesses of these things."

Hearing that, the disciples finally got it. They finally believed the message about Jesus. They believed and wanted to spread the message about the risen Christ.

But what are we going to do with what we believe about Jesus Christ and His resurrection from the dead? Do we really believe? If we do, maybe it's time to start sharing the Good News.

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

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

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

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
Sunday School 9:45 a.m.
Main service 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

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
Come join a warm and loving congregation
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
www.ivefc.org
(541)415-4189

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

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

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

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.



Nursing a country back to health.

SERVICE
PassItOn.com
THE FOUNDATION FOR A BETTER LIFE