



Illinois Valley Wellness Resources

Food & Friends

FRIDAY – JULY 15
CHICKEN COCONUT CURRY

MONDAY – JULY 18
CHEESE & GREEN CHILI BAKE

WEDNESDAY - JULY 20
TURKEY DIVAN BAKE

Call **541-955-8839** for
VOLUNTEER INFORMATION
or if you need
Meals on Wheels.

DIURETICS
by Pat Jenkins, MSN

Diuretics, sometimes called water pills, help rid your body of salt (sodium) and water.

Most of these medicines help your kidneys release more sodium into your urine. The sodium helps remove water from your blood, decreasing the amount of fluid flowing through your veins and arteries. This reduces blood pressure.

There are three types of diuretics that affect three different parts of the kidney:

- *Thiazide,
- *Loop and
- *Potassium sparing

Some pills combine more than one type of diuretic or combine a diuretic with another blood pressure medication.

The best diuretic for you depends on your health and the condition being treated.

Thiazide diuretics are recommended as one of the first drug treatments for high blood pressure. If diuretics aren't enough to lower your blood pressure, your doctor might add other blood pressure medications to your treatment plan.

Diuretics are also used to prevent, treat or improve symptoms in people who have:

- *Heart failure,
- *Liver failure,
- *Tissue swelling (edema), or
- *Certain kidney disorders, such as kidney stones

Diuretics are generally safe. Side effects include increased urination and sodium loss. Diuretics can also affect

blood potassium levels. If you take a thiazide diuretic, your potassium level can drop too low (hypokalemia), which can cause life-threatening problems with your heartbeat.

If you're on a potassium-sparing diuretic, you can have too much potassium in your blood. **Other possible side effects of diuretics include:**

- *Dizziness,
- *Headaches,
- *Dehydration,
- *Muscle cramps,
- *Joint disorders (gout) and
- *Impotence

Mayo Clinic

You can email IVWR for more information at ivwellnessresources@gmail.com.

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
L. V. Wellness Resources


541-592-9781

FREE for Seniors
FREE CHAIR FITNESS
at Healthy U,
Tues/Thurs, 1 - 1:45 p.m.
535 E. River St., CJ,
Call 541-592-4888
Sponsored by: I.V. Wellness Resources

ADOPT-A-SENIOR PROGRAM
VOLUNTEERS NEEDED!! For Seniors /Disabled that need help in their homes, with errands or help getting to doctor. Gift cards awarded for helping. For more info. please call or text or email IV Wellness Resources for more details.
541-592-9781 or ivwellnessresources@gmail.com

NEW HANDY HELPERS
Dear Seniors, Need help spring cleaning or organizing? Call Laura at 541-592-9781 for a work referral.

Good Shepherd Lutheran

Our Good Samaritan

A lawyer asked Jesus, “Teacher, what do I have to do to inherit eternal life? Jesus’ surprising response was essentially, “You’re the expert. You tell me.” The lawyer knew the Law, so he stated the bottom-line: “Love God with your whole being and love your neighbor as yourself.” Correct! That’s what the Law says you’ve got to do if you’re going to receive eternal life.

But then Jesus tells the parable of the Good Samaritan and asks the lawyer: “So, who was a neighbor to the man who fell among thieves?” “The one who showed mercy,” the lawyer answered.

Ouch! Jesus had cornered the lawyer

and forced him to admit the true purpose of God’s Law: to teach us the need for mercy and unqualified love for our neighbor. As the Prophet Hosea said: “For I delight in mercy and not sacrifice” (Hosea 6:6). Our Gospel reading for today is a two-edged sword. If your good deeds are merely aimed at improving your standing when you’re standing before the Judgement Seat, then Jesus’ words will send you away sliced, diced, and condemned to die.

But if you understand that the Law has already sliced, diced, and left you for dead, then this parable should give you hope because although the Law brings death and judgement, the Gospel is the living, healing,

merciful Word of God that brings eternal life!

The thing is, just like the man in the parable, we’re really the ones who’ve been beaten and robbed. The devil and his minions have left us bleeding and bruised, robbing us of the beautiful image of a truly merciful God. Satan left us for dead, lying in the dust from which we’d come. And the Law of God, as shown by the Priest and the Levite, was no help. The Law couldn’t save us. As the Apostle Paul says, “No one will be declared righteous in God’s sight by the works of the Law, for through the Law comes the knowledge of sin” (Romans 3:20).

The law shows us where we’ve gone wrong, but it can’t make us right with God.

So, here’s the real answer to the lawyer’s question. There’s nothing he can do to inherit eternal life. There’s nothing any of us can do on our own to inherit eternal life. We’re lying in the ditch and without someone to rescue us, we’ll be dead within hours.

But the good news is, God sees us in our misery, and He isn’t content to just leave us in the ditch because our God is merciful, loving, and compassionate. So, he sent us our own Good Samaritan who didn’t just walk on by. And He didn’t just happen to randomly stroll down the road at the right time. The love of God sent Jesus to us at exactly the right time to heal us and save us and lead us in eternal life.

Blame to spare, but what’s the problem?

Guest Opinion by Thomas Brent Andrews:

This originally ran in the In Spokane, Wash.’s Spokesman-Review July 6 edition. It ran in response to a an article about newspapers that we plan to run next week with the blessing of the Spokesman-Review.

In the late 1990s I went to my editor with a copy of the day’s newspaper and pointed to the blue “f” occupying prime real estate at the bottom of the front page.

“What did Facebook pay for this ad?” I asked, and he laughed.

I said, “Seriously, we would not give this space to the best advertiser we have – no car dealer, no Realtor, no other merchant who has paid our bills for a generation could get this spot for free. Facebook needs to pay for this ad.”

He laughed again, as if, and said, “We have to be a part of this to stay relevant.”

I was a reporter elbowing into the business of the paper because I wanted more money, a little bit of a raise over the \$13 an hour I was making at the time. My paper route

was a disaster (sorry folks!). I could not do journalism and another job too.

But there was not enough money to pay more for my work. Maybe it wasn’t good enough. But that’s not what my editor said. He said I was already making more money than most of the other reporters, and “I wish I could give everyone a raise” but he just could not do it.

Meanwhile we were shoveling money into the basement server room, giving away prime ad space to a huge corporation just to be associated with it (and boy would that get worse!), and sticking to our usual story lines – school boards, city councils, the same dozen people quoted in every issue.

Online, at what some of us did not yet see as the “competition,” people were experiencing the exhilarating thrill of unfiltered free speech, talking about sex and drugs and religion, and about how we were being cheated by those in power.

What a couple of decades it has been, as publishers poured resources into the internet and editors beefed up their social media presence pushing readers online, spending millions

on computers, from one office; and giving away the conversation we once owned, from another.

Newspapers have not been able to give enough free publicity to the dot-coms that have been their undoing: The Craigslist stories would fill volumes, the Amazon stories even more, and it seems nobody can say anything on Twitter without getting quoted in the newspaper these days, all the better of an opportunity to run that cute little logo again!

Today I look at the scarce jobs in journalism (once a newspaperman, always a newspaperman) and occasionally fire off a resume. I ask for a decent wage, because I am not going to be the lowest-paid person at the city council meeting, and work as hard as I did as a journalist, ever again. I am willing to take a pay cut of about half what I make in financial services writing.

Often, and sadly, I see job offers for “social media first” reporters who take the stories gathered on the newspaper’s dime and give them directly to the internet giants, before viewers of their own websites – and, obviously, their paper products.

The thinking seems to be, social-media-first reporting gets the story out there, and one day, if we don’t kill the newspaper first, a few cents on every dollar will come back to it.

This, with all the information we now have about how toxic these social media environments are, threatening and abusive and generating intense unhappiness in young people, especially our teenage daughters. Turns out, we needed those editors after all.

When will newspapers stop spending resources on, and driving their readers to, these toxic internet environments?

A hundred inches of stories about the collapsing newspaper industry – a calamity for sure – lays plenty of blame around, and shifts the responsibility for fixing the mess onto readers and the government.

It even offers a “bullish” assessment of the future of the industry, in spite of the shocking charts accompanying the stories: a case of ‘whistling past the cemetery’ if I ever saw one.

But never once do I hear a ‘mea culpa.’

Kudos to The Spokesman-Review for taking a deep dive into the steep decline of newspapers (“The state of newspapers,” June 12). It’s just what I’d expect from a paper I hope survives another 100 years.

However, there is a huge blind spot: The newspaper industry did this to itself. That is, a mountain of cash was frittered away on shiny things rather than reporters, and readers were pushed off to spend their money and have their conversations at the dot-coms.

Before we can solve the problem, we must identify it.

The industry can still save itself. That would be far better than the solutions outlined in the stories. Government intervention invites regulation that will tie the hands of future journalists.

Thomas Brent Andrews was editor of his college newspaper, Sidelines, then a beat reporter for The Lebanon Democrat, The Review-Appeal, and The Brentwood Journal – all in Tennessee – and the Coeur d’Alene Press between 1994 and 2001.

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 warn 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
Pastor Tristan White
Sundays
Call for place and time
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
New Hours:
Sundays 11 – 1 p.m.
Third Wednesdays 6:30 - 8:30 p.m.
Fridays 1 - 3 p.m.
Sat. 10 a.m. - noon
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.



K & M Appliances

new owners Kyle and Marty

Service and Parts

In-Shop or In-Home Repairs

Factory Authorized

541-592-3600

IV Grange

will be reopening for breakfast!



3763 Holland Loop Rd in Cave Junction

We will be serving breakfasts on the first 3 Sundays of every month