

VFW seeking donations for the holidays

VFW Auxiliary Post #3473 seeks contact info for overseas active duty personnel (all branches) to send Christmas boxes to them in December. Call 541-942-7099 or 541-942-2002 to provide contact information or to help provide items for them. Donations of requested items also appreciated. Some items appreciated are below. All items must have a shelf life of 6 months. Deadline for donations extended to Monday, Nov. 27.

Food & Snacks: beef jerky (Slim Jims), coffee (ground or whole/instant or drip), hot chocolate packets, herbal teas, instant drink mixes (Gatorade, Kool Aid, Crystal Light), pumpkin seeds, sunflower seeds (salted), tuna (foil pouches no cans), protein powders & bars, chocolate, crunchy stuff (pretzels, Cheetos, Fritos, Chex Mix, Wheat Thins), gum & hard Candy (individually

wrapped), granola/power/ce-real bars, Fig Newtons, Oreos, Cheese-Its (small packs), trail mix, dried fruit, fruit roll-ups, fruit-by-the-foot, fruit gummies, instant dry soup (Ramen Noodles/Cup O Noodles), nuts (salted), microwave food (popcorn, mac & cheese, Chef-Boy-Dee), cookies, condiments, spices, sugar, salad dressing (no glass jars), instant oatmeal, breakfast cereal (individual boxes), Rice Krispy Treats (store bought only), caffeinated gum or candy (to stay alert)

Toiletries: (TRAVEL SIZE - No hotel samples): baby wipes, liquid hand sanitizer, body wash, liquid soap, facial cleanser, shampoo/conditioner, hair gel (for female troops to pull hair back), combs, brushes, bobby pins, eye drops (Visine), nasal spray, toothpaste, mouthwash, dental floss, tissue (individual pkg.), sunscreen,

lip balm (ChapStick), razors (disposable "Intuition" or "Mach 3" type), shaving cream/shaving soap (in boxes or tubes - no cans), cotton swabs (Q-tips), cotton balls, moleskin, Band-Aids/gauze pads/first aid kits, baby/foot powder, loofah sponges/buff puffs, hand & body lotion, moisturizer, multi-vitamins, pain relievers (Tylenol, Advil, Motrin, Aspirin), breath mints/strips, lozenges/cough drops, nail files, emery boards, nail clippers, feminine hygiene products

Linens: pillow cases, twin sheets, towels (green & tan color), washcloths

Clothing: T-Shirts (cotton green & tan color in M, L, XL), Socks (black, olive green, cotton and/or wool)

Other helpful stuff: batteries (AA, AAA, C most requested), small battery-powered flashlights, air fresheners, generic sunglasses, alarm clocks (small, wind-up or battery powered), duct tape (black or green), small tool kits, dust masks, carpentry tools, fly swatters, fly paper, mosquito netting, bug repellent (plastic pump bottles only no aerosol cans), patriotic knick-knacks (USA flags, state flags, bandanas, baseball hats, football jerseys, banners), religious reading material (booklets, small Bibles, inspirational readings), small toys & school supplies (for Iraqi & Afghani children), shoe insole cushions (gel style) breath mints/strips, lozenges/cough drops, nail files, emery boards, nail clippers, feminine hygiene products, pens/mechanical pencils, stationary & envelopes (blank cards to send home),

double-sided tape, day planners/small pocket calendars, flash/thumb drives for laptop computers, & small homemade gifts that provide "little comforts of home"

Entertainment & Sports: batteries (AA, AAA, C most requested), DVD movies (new or used recent releases), Xbox & PS2 games (new or used), portable CD players & headphones, crossword puzzles, word search books, math puzzle books, Mad Libs, logic problems, Sudoku, yo-yos, dominos, playing cards, poker chips, dice, board games (UNO, Othello, Checkers) Nerf footballs, whiffle balls, mitts, sports equipment, Frisbees, hacky sacks, electronic hand-held games, 35mm disposable cameras.



The Bible repeatedly tells us that God is our helper. The question is, do we really trust God to help us? It's easy to respond right away that we trust Him, but when it comes to practically applying this truth to our everyday life—leaning on the Holy Spirit to help us in every area of our lives—we often struggle to do it.

As born-again believers in Jesus Christ, the Holy Spirit—God's Spirit—lives in our spirit. In John 16:7, Jesus said that the Holy Spirit is our "Helper (Comforter, Advocate, Intercessor – Counselor, Strengthener, Standby)" and that He wants "to be in close fellowship" with us (AMP).

It's so important for us to know that we can have a close, intimate relationship with the Holy Spirit...that He will communicate with us. I went to church for many years and had no idea that I could overcome my problems and live with real peace and joy because the Holy Spirit lived in my spirit. It was life-changing for me when I got the revelation that He wanted to lead me in God's will for my life and He would enable me to do everything I needed to do.

The truth is if we really believe God is our helper and He's willing to help us no matter what situation we're in, then we have no reason to worry or get overwhelmed.

I'll let you in on another secret: You need to ask God for help because the Holy Spirit is not the type to barge into your life and take over.

Have you ever had someone try to push their opinions or their agenda on you? They may or may not know what they're talking about, and they may not even be really interested in helping you do what needs to be done, but they sure have a lot to say about what you're doing wrong!

That's not what the Holy Spirit does. The Holy Spirit knows the answer to every problem, and He will even help you get through each one. But He won't give you His advice unless you ask for it. In other words, the humble get the help.

IN MEMORIAM

Maryann Fletcher Potter 1951-2017



Maryann Fletcher Potter of Cottage Grove died on November 18 at the age of 65.

She was born on November 19, 1951 in Dallas, OR to parents Alva and Audrey (Workman)

Fletcher. She graduated from Cottage Grove High School in 1970. She married Willy Potter on July 3, 1970 in the Church of Jesus Christ of Latter-Day Saints Chapel. Maryann was a

homemaker who raised 3 sons. She later worked at the Doll House Factory, Sterling Enterprise, Serenity Lane, and Laurel Hill in Eugene. She liked sewing and crafts, and loved to read write poetry. She loved being at the coast. But most of all she loved spending time with her family and enjoyed family outings and meals. She was a member of the Jesus Christ of

Latter-Day Saints. Maryann is survived by her spouse of 47 years, Willy Potter of Cottage Grove; son, Mikal Potter of New River, AZ; son, Thomas Potter of Salem, OR; son, Jacob Potter of Salem; and 10 grandchildren. She was preceded in death by her parents, and sons, Marshall and Landon. A memorial and reception will be held at 12:00 noon on Saturday, November 25 at the Church of Jesus Christ of Latter-Day Saints in Cottage Grove. Arrangements are in the care of Smith-Lund-Mills Funeral Chapel in Cottage Grove.

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Ask about our HOLIDAY RESPITE RATE

1500 Village Drive, Cottage Grove, OR 97424 / middlefieldoaks.com

Sunday, December 3rd
2:00 P.M.
At Our Chapel

A Time to Remember...

The holiday season can be a very difficult time for many people. Those who have experienced the loss of a loved one have the extra burden of grief. In an effort to lighten this burden, we extend an invitation to you, the community, to join us. This special program is designed to give comfort and strength during the Holiday Season. Everyone is welcome to this community-wide gathering. The program includes live music, readings, a memorial slideshow presentation and a candle lighting ceremony. There will be a hosted reception with holiday treats and refreshments following the service.

www.smithlundmills.com

123 South Seventh • Cottage Grove, OR • 942-0185

30th Annual Holiday Memorial

BIRTHS

Bobbi and Patrick Frost of Cottage Grove welcomed a baby girl on November 13 at PeaceHealth Sacred Heart Medical Center RiverBend.

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