

# HIGH POINTS



GOOD NEWS FOR THE WILLAMETTE VALLEY

JANUARY 2017 • FREE

## Who in Lebanon will you Nominate?



Lebanon Honors Community Volunteers for 2016

Once a year, the Community of Lebanon gets to recognize the volunteers who go that extra mile or two helping others. People committed to improving life for everyone. The Lebanon 2016 Distinguished Service Awards take place March 7, 2017 at the Samaritan Event Center. Non-profits and Service Organizations have the chance to shine the light on their special volunteers-in front of the whole community! The 2017 Man, Woman, Senior First, and Junior First Citizens, along with the Non-profit Organization of the year are all awarded at the Distinguished Service Awards. However we need nominations! You know those special people! Please take the time to fill out the nomination form so that these wonderful people can enjoy the appreciation of the whole community! Go to: [lebanon-chamber.org](http://lebanon-chamber.org) for the forms! Questions? Please call the Lebanon Chamber of Commerce at 541-258-7164.



## Shootin' for the Moon

Are you looking for something fun and exciting to do the last weekend of January? Have you always want to see Square Dancers but didn't know where to go to see them? Look No More. The city of Albany will be invaded in January 2017 as dancers are "shootin' for the moon." The Oregon Federation of Square and Round Dancers are having their Oregon State MID-WINTER FESTIVAL at the Linn County Expo Center January 27, 28, and 29. There will be dancing from 10am to 10pm each of the three days. Everyone is invited to come and watch, no charge for spectators. Come enjoy the fun and see what you are missing.

The Mid-Winter Festival began in Eugene in 1960. This year, 2017 will be the 57th year they have been putting this Festival together. Eugene was the home for the first 44 years from 1960-2004. The Linn County Fair and Expo Center has been their home since 2005.



They have found there is plenty of room for everyone.

How many dancers could you possibly see? Oh just 1000 to 1400 dancers from all over the state of Oregon, plus California, Idaho, New York, and many other states. In addition to International groups from Canada. There will be Square, Round and Clogging Dancers throughout the weekend, creating a full program for all ages from Friday evening until Sunday afternoon.

Oregon Federation of Square and Round Dancers Mid-Winter Festival would like to thank Bi-mart, Points for Profit, Matteson Photography, American Legion Post 10 and the City of Albany, for their generous support.

For more information on Square Dancing please visit our Federation website [www.squaredance.gen.or.us](http://www.squaredance.gen.or.us), or by email to [Seddings8@gmail.com](mailto:Seddings8@gmail.com), or telephone 541-405-4363.

## HAPPY NEW YEAR

*May the New Year bring to you Warmth of love, and  
a light to guide your path towards a positive destination.*



Fun Events for January 2017

Happy New Year! Make sure to keep this list handy so you can enjoy all the activities available in the local area.

- CHILD EVANGELISM FELLOWSHIP GOOD NEWS CLUBS** are scheduled at various locations in Albany, Halsey, Lebanon, Crabtree, Harrisburg and Brownsville. Get more information by calling: 541-258-7150
- HERITAGE MALL KIDS' CLUB** for children under 12 Adventures held every third Saturday (Jan 21) of the month from 11am-12:30pm. Get FREE gifts and prizes just for being a member. Information is available at: [www.heritagemall.com](http://www.heritagemall.com).
- ADDITIONAL MALL ACTIVITIES INCLUDE:**
  - Mid-Winter Square Dancers Demonstration January 27 – 11am
- THE CORVALLIS NEW HORIZONS BAND** meets every Thursday during the month. They often play at local events and functions. If you ever played a musical instrument, no matter what skill level, they want to hear from you. Call: 541-207-5231 or 541-745-7951 for details.
- ALBANY WOMEN'S CONNECTION BRUNCH** Please join the Albany Women's Connection as we provide you with inspiration and a delicious brunch on Wednesday, January 11, 2017 at the Phoenix Inn Suites. The time is 10:00 a.m. and the address is 3410 Spicer Road, Albany, Oregon. Brian from Just the Tip Gardening will present indoor and winter gardening tips. Our speaker is Laura Loffredo from Portland, Oregon, who will share with us a window of opportunity and an astonishing transformation. Jacopetti's Catering Service provides our scrumptious brunch each month. The cost is \$12.00 inclusive and reservations are required by calling Suzanne at 541-327-3798 or email [dmgifts@outlook.com](mailto:dmgifts@outlook.com).
- ALBANY CIVIC THEATER "BIG FISH, THE**

- MUSICAL"** Jan 12-14, 23-26 Th, Fr & Sa 7:30pm, Su2:30pm, Albany Civic Theater, 111 First Ave SW, 541-967-8140,[www.albanycivic.org](http://www.albanycivic.org)
- GALLERY CALAPOOIA "ARTISTS RECEPTION"** Jan 6 Fr 6-8pm, Gallery Calapooia, 222 1st Ave SW, 541-926-1871
- ALBANY CIVIC THEATER "LAST OF THE BOYS"** Jan 6- 8 Fr & Sa 7:30pm, Su 2:30pm, Albany Civic Theater, 111 First Ave SW, \$, 541-967-8140, [www.albanycivic.org](http://www.albanycivic.org)
- ALBANY BRIDAL SHOW** Jan 8 Su noon -4pm, Albany Golf & Events Center, 155 NW Country Club Lane, 541-401-9276
- MID-VALLEY LIONS CLUB MEETING** Jan 11 We 6:15pm, Elks Lodge, 9th Street, Corvallis, Free, 541-224-6613
- CHILDREN'S PERFORMING ART SERIES "TEARS OF JOY: PUPPET THEATER, THE TOAD PRINCE"** Jan 14 Sa 10am, Linn Benton Community College Forum, 6500 Pacific Blvd, 541-917-7777, [www.cityofalbany.net](http://www.cityofalbany.net)
- MID-VALLEY YMCA "SENIORS BOOK EXCHANGE"** Jan 18 We 7am-3pm, Mid-Valley YMCA, 3201 Pacific Blvd SW, Albany, Free, 541-926-4488, [www.ymcaalbany.org](http://www.ymcaalbany.org)
- MID-VALLEY YMCA "HEALTHY HAPPY HOUR"** Jan 18 We 6-7pm, Mid-Valley YMCA, 3201 Pacific Blvd SW, Albany, Free, 541-926-4488, [www.ymcaalbany.org](http://www.ymcaalbany.org)
- SCROGGINS MILL WORK PARTY** Jan 21 Sat 12pm – 4pm 280 W. Sherman, Lebanon, OR. Join us across the tracks from the Train Depot, at Scroggins Mill. We will be working on cleaning and making improvements to the site. Bring gloves and closed toe shoes. Check the monthly newsletter for other items needed.

- LINN COUNTY HISTORICAL SOCIETY "ALONG HIGHWAY 99E"** Jan 22 Su 2pm, Mennonite Village, Lakeside Center, 5353 Columbus St SE, Albany, 541-926-4680, Free
- AMERICAN LEGION POST 51 "ALL YOU CAN EAT BREAKFAST"** Jan 22 Su 8am-11am, American Legion Post 51, 480 E. Main St, Lebanon, \$, 541-259-14824
- MID-VALLEY LIONS CLUB MEETING** Jan 25 We 6:15pm, Elks Lodge, 9th Street, Corvallis, 541-224-6613, Free
- MID-VALLEY YMCA "NO HOST SENIOR SOCIAL COFFEE HOUR"** Jan 25 We 8:30-11am, Mid-Valley YMCA, 3201 Pacific Blvd SW, Albany, Free, 541-926-4488, [www.ymcaalbany.org](http://www.ymcaalbany.org)
- MID-WINTER SQUARE DANCE FESTIVAL** Jan 27-29 Fr, Sa & Su, Linn County Fair & Expo Center, 3700 Knox Butte Rd, 503-465-9398, [www.lcfairexpo.com](http://www.lcfairexpo.com)
- CHILDREN'S PERFORMING ART SERIES "ZUZU AFRICAN ACROBATS"** JAN 28 SA 10AM, LINN BENTON COMMUNITY LBCC GYM, 6500 PACIFIC BLVD, 541-917-7777, [WWW.CITYOFALBANY.NET](http://WWW.CITYOFALBANY.NET)
- POINTS FOR PROFIT MEETING** Last Tuesday of the month at the American Legion Post 10. Open to public. Meet local businesses, help a local non-profit. Dinner, beverage and dessert \$8 per person will be served starting at 5:30PM. Meeting starts at 6pm. Check out details at: [www.pointsforprofit.org](http://www.pointsforprofit.org) or call: 541-791-2901. Shop locally, serve locally, sustain locally.

Information for this page has been provided by multiple organizations. If your organization has an upcoming event that you would like listed in a future issue of High Points, please email the information, as well as a name and phone number of a contact person submitting the article to: [info@inspiritmarketing.com](mailto:info@inspiritmarketing.com)

Happy New Year

High Points is a monthly publication with 10,000 copies distributed in Linn, Benton and Marion counties. This tabloid is about good news in the community so we need to hear from you! Contact us with your stories or if you'd like to advertise.

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Ramblings From the Kitchen of Karen Rogers

Stuffed Peppers

BY KAREN ROGERS

This classic old timer dates to the 1920's. That decade, and even into the 30's, hosted a fad for "contained" foods that didn't awkwardly sprawl about your plate. Molded salads, toast cups, patty shells, etc., etc., were all the rage. One horrifying example was the "Three "Ps" salad consisting of one cup each of drained canned peas, chopped sweet pickles, chopped peanuts and enough mayonnaise to bind them, served up in lettuce cups. GAAK!!!!

For the peppers, you will need 1 nice medium green bell pepper per person. Cut off the tops and remove stems and seeds and blanch them in boiling water for a minute or so. Remove and drain upside down on paper towels.

You will need some cooked rice, about 1/2/C per person and day old is ok.

Cook about 1/3 pound of ground beef until well browned. Pour off the fat and add 1 small onion, chopped, and cook until softened then add 1 minced garlic clove and cook just until fragrant. Add the rice and a small can of tomato sauce, a large pinch of



Stuffed Peppers make for a hearty wintertime meal.

oregano and salt and pepper to taste. Add 1 large pinch of sugar- it really helps to blend the flavors. You can add a bit of cubed mozzarella or other firm cheese and mix well.

Pile the mixture into the peppers and pop on the caps. Any excess stuffing can be cooked in grease ramekins. Bake at 350 degrees about twenty minutes until warmed through. I am not really fond of green pepper, but I can eat the filling immoderately! So, I give my pepper to Rick, who loves them. And get this- I don't CARE if my plate gets messy!

So give this a try and do your best to wipe the "Three "Ps" salad from your mind! Good Luck!

January Word Search by Rolie the Puzzlemaster

D	X	K	M	C	O	H	T	N	O	M	Y	B	B	O	H	X	Y	L	N
F	M	U	P	X	I	D	E	E	N	E	R	O	D	N	U	A	W	E	V
N	T	T	I	L	Q	M	Q	B	U	C	Z	E	Z	I	D	O	E	B	S
M	O	R	K	F	Y	P	S	V	U	Q	G	Y	O	S	B	T	G	C	U
X	O	I	S	I	R	E	I	V	N	A	J	G	R	E	R	W	Y	R	N
M	A	B	T	J	C	Z	I	D	T	M	Z	A	S	U	W	M	D	D	A
I	U	T	B	A	T	R	S	B	Y	X	E	O	O	H	O	F	E	S	J
T	L	L	H	K	N	O	E	X	I	Y	R	F	T	Z	Y	N	H	U	Q
T	D	W	W	I	X	R	C	S	W	O	D	A	S	D	R	L	T	I	G
E	L	D	T	P	R	O	A	E	O	N	K	O	L	O	W	W	N	R	H
F	A	F	Z	U	X	T	N	C	A	L	U	S	C	J	C	M	O	A	V
N	N	I	U	C	V	M	Y	S	Y	P	U	I	N	G	C	N	M	U	S
O	G	S	H	M	T	V	U	O	M	K	R	T	K	C	X	Z	L	Q	N
C	S	L	T	C	L	O	T	O	N	P	T	Z	I	O	S	V	A	A	O
W	Y	Q	K	K	H	K	N	E	A	E	C	A	X	O	V	V	E	Z	W
C	N	Y	G	T	E	T	D	C	N	E	D	C	R	M	N	E	M	K	D
T	E	Q	O	C	H	Y	K	A	M	R	H	A	O	C	L	S	T	B	R
M	Z	W	B	S	O	Y	L	Z	Y	E	A	A	Y	U	F	L	A	K	O
B	T	J	A	N	U	A	R	Y	Z	C	Z	G	B	S	F	I	O	R	P
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AQUARIUS  
AULD LANG SYNE  
CAPRICORN  
CARNATION  
CONFETTI  
DE ENERO  
GARNET

HOBBY MONTH  
JANUARY  
JANUS  
JANVIER  
MLK DAY  
NEW YEARS DAY  
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# Rice's

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Birth Trauma – Part I

This is a very disturbing topic and one which most parents are very unfamiliar with. Traumatic Birth Syndrome (TBS) estimated to be the 6th leading cause of infant death, is mostly under reported and misdiagnosed. Birth is a very normal biological process. It does not require “management”

as a disease, yet it is treated in the manner of a sickness. Both pregnancy and birth have special significance to a pediatric chiropractor as often a pregnant mom and child are exposed to harmful routine practices which are poorly researched and effects not well documented. Most parents simply trust their doctor and that’s it. This blind, simplistic view can be life-threatening to an infant.

My concern, when dealing with pregnancy, is the status of mom’s spine and nervous system so that she can maintain a healthy pregnancy, have a good, uneventful delivery, and have a healthy baby. In a nutshell; often Vertebral Subluxations affect the mother’s spine, changing the physiology of pregnancy, and affecting the baby in-utero. How, you ask? An interference in the function of mom’s nervous system will affect the manner in which the baby rotates and turns in the womb for an example. It will also affect baby’s nutrition and hence growth. These factors can lead to what is called

**In-Utero Constraint.** A situation where, in the last trimester of pregnancy, the baby is trapped in a precarious position from which it is unable to free itself. This can lead to serious consequences during birth.

I feel very strongly that all pregnant moms should have a check-up with a pediatric chiropractor, such as myself, to help them and their babies through pregnancy and delivery.

I have mentioned Alcohol consumption by mom and its effect on the development of the baby’s

nervous system in a previous column. I did not mention smoking. Although a pregnant mom may not smoke, she and her baby may be exposed to the toxic effects of second-hand smoke at work, home, etc. The fetus can be the receiver of second hand smoke and evidence suggests low birth weight, as well as body malformations can be the result.

As well, many women take over-the-counter medications and do not question their safety. The feeling seems to be that if it is not prescribed then it is “safe”. Let me be emphatic here. **All drugs affect your baby!** Most effects have not been researched yet. The safety of prescribed medications on the fetus has not been researched but it is well documented that in the adult population, properly prescribed medications are the fourth leading cause of preventable death!

Another concern is the use of routine procedures, which can be life-threatening for the unborn child. **Amniocentesis and Chorionic Villi Sampling** for example, can lead to spontaneous fetal abortion in 0.5-1.5% of cases. Be careful out there!

We’ll continue this discussion in the next letter!



DR. NICHOLAS R. BROWN, D.C.  
TIMBER LINN CHIROPRACTIC & WELLNESS CENTER

541-967-8060

Happy New Year!

The FDA made it easier to put your best face forward in 2017 by approving adapalene gel for OTC sale. Adapalene was previously only available with a doctor’s prescription, and is the first new modality to be released for acne treatment in 30 years.

A combination of inflamed tissue and blocked pores comprise the condition commonly referred to as acne. Glands associated with hair follicles produce sebum; an oily substance that keeps hair and skin moisturized. Bacteria living on the skin feed on sebum, producing waste products which clog pores causing inflammation of the hair follicle and surrounding tissues. Additionally, skin cells which are constantly being replaced, may slough off and clog pores, as well.

Adapalene is a vitamin A derivative known as a retinoid. It has anti-inflammatory properties and acts at the cellular level to unclog pores. It is an effective medication for all types of acne, however severe acne may require treatment with additional agents to gain full resolution. Adapalene can also be used long-term to maintain clear skin.

Adapalene is approved for use by individuals 12yrs and older. It is applied once daily in a thin film to the entire area of involved skin (i.e. face, neck, back, and or chest) after gentle cleansing. It is not a “spot” treatment. Adapalene should not be applied to broken skin (skin that is cut, scraped,

has eczema, or is burned/sunburned). It should not be used by pregnant women, because a related vitamin A compound is known to cause birth defects.

During the initial phase of treatment with adapalene, the skin’s condition may seem to get worse. Skin can feel dry, itchy, or appear red. This is normal and will pass, revealing fresh clear skin. One can apply a non-comedogenic moisturizer to ease the irritation. It is important not to use harsh cleansers, alcohol, or waxing agents (for hair removal) on adapalene-treated skin, as these agents may injure the delicate new skin that is emerging.

The knowledgeable staff at Rice’s Pharmacy is happy to help with your skincare needs, stop in soon!



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If you know a member of the armed services who is in need or worthy organization, contact our office. Remember, these brave soldiers put their lives on the line for you and me. Some gave all, all gave some. Watch our website [www.CoEnergy.net](http://www.CoEnergy.net), or call our office for more details. 1.800.510.5886



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Supporting Those Who Serve!

Lebanon Distinguished Service Awards Banquet is March 7th 2017

Mark your Calendars!  
The Nomination forms are on our website:  
[lebanon-chamber.org](http://lebanon-chamber.org)  
Start thinking now about who you will nominate for:  
\*Man of the Year  
\*Woman of the Year  
\*Junior/Senior 1st Citizen of the Year  
\*Non-Profit of the Year  
\*And More!

Lebanon Chamber of Commerce  
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## New Year, New Benefits

As you ring in 2017, you may want to review your benefit plan for the new year. Just like many other things that start afresh for the year, so do your dental benefits. In most instances, you will have at least \$1000 annual benefit to go toward dental treatment starting on January 1st.

First, call your dentist. You should have an oral exam and professional cleanings twice a year. Often X-Rays are taken so your dentist can see between back teeth and inside the tooth body. When you call to schedule your appointment, be sure to make appointments for every member of your family.

### CONSIDER THESE DENTAL TREATMENTS.

**Replace silver fillings with tooth-colored composite material.** Old fillings contain mercury, which is still accepted by the ADA...but an imperfect choice. New materials are invisible to the naked eye, strong and able to be perfectly sculpted, so they replace tooth structure more effectively.

**Crown weakened teeth.** Crowns

act like a football helmet, protecting weak, misshapen or compromised teeth. Most are made from Cubic

Zirconia or Porcelain, which are powerful replacements for natural tooth structure. Missing teeth cause overall tooth movement, so keeping teeth in place is important.

### Consider

**dental implants.** If you're missing one tooth or several due to disease or trauma, dental implants are the ideal replacement. They can be crowned, used to secure partial or full dentures and best of all – they can be flossed like a regular tooth. Eat anything with confidence, including corn on the cob or steak.

Modern dental technology makes having a healthy smile possible for every person, but prevention is key to ultimate health. Take the first step to a great smile and fresh breath by making your appointment in January. If you don't have dental benefits, consider a dental membership plan, which saves most patients around 30% in out-of-pocket costs.



**KIM KUTSCH AND GREG RENYER**  
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## Is January a Good Time to List my Home for Sale?

One of the questions I often get from perspective home sellers is **should I list my home in January or wait until**

**spring?** There really is no right or wrong answer. Much of the decision making process should center around the personal circumstances of the individual, along with local market conditions.

For example what if there are very few homes for sale where you're located in January? Low inventory is fantastic for home sellers. Basic economics of supply and demand tells us that most things sell for more money when there is less of them available. It has been proven time and again this applies to housing. Unfortunately many people assume incorrectly that homes do not sell in the winter.

Aside from holiday festivities, winter is a time when most people wind down and wait out the cold for warmer weather.

For home sellers, it can seem like winter time is a less than ideal time to try and list a house. Surely it is better to try and sell in spring, when everyone is feeling a bit more energetic and motivated?

This assumption is sometimes is unfounded, and has led many sellers to miss out on great selling opportunities that come with winter. In fact, it may be easier to sell your home in January than in July.

*So if you are trying to determine*

*whether it makes sense to sell your home now or wait until the spring, consult a local professional who can give you the best advice!*



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# Thinking About Body or Facial Contouring?

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What is the best care for contouring, inch loss, or cellulite reduction? Let’s start with cellulite, what is it and where do we begin to treat it? Many methods are available today from topical creams to surgical treatment.

Cellulite refers to the dimpled or orange peel appearance on the thighs, buttocks, hips and other areas. Cellulite is more sensitive than normal skin and can feel cold to the touch. It may appear whiter than the rest of the skin.

Hard cellulite which is found in active women such as dancers or athletes is the hardest to reduce because it attaches to the muscle. Soft cellulite on the other hand is more noticeable but easier to reduce.

Cellulite develops when the skin sends down anchoring connective tissue to the muscle. In between this connective tissue and muscle are fat deposits. When the fat deposits become hard and large they push against the connective tissue and stretch it, which therefore creates the outward appearance of lumps and bumps. This can be caused by a number of things poor circulation, lack of exercise, poor lymphatic system drainage, food allergies, eating foods high in preservatives, yo-yo dieting, too much sun, lack of water, genetics, pregnancy, aging, smoking, tension and stress,

medication.

Primarily women develop cellulite because there connective tissue is composed of x-shaped bands. These bands bind the skin to deeper tissues such as fascia or muscle. The part that is attached to the skin traps the fat, and the fat ends up pushing on the skin creating the lump and bump effect. Cellulite begins to develop around the age of 14 and increases through the years due to the thinning and redistribution of the subcutaneous skin.

Men rarely develop cellulite because their connective tissue is perpendicular, which heads the collection of fat build up.

Around 80% of western women believe they have cellulite. Even if a person has only 15% body fat, that person can have cellulite. Toxins and fat that have built up in the body are a large part of cellulite, and can affect women of any weight, size, or body structure. Sadly liposuction does not permanently get rid of cellulite.

Any cellulite program should include stimulation of the body’s elimination functions, increasing the body’s circulation and metabolism process, support of the reduction of excess fluid retention; re-establish the elasticity of connective tissue.

Cellulite is a permanent change in the body. There is no cure for cellulite however there is a way to effectively fight it and ultimately reduce it.

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Contouring continued on page 13



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combining state of the art equipment with a team of technicians carrying a cumulative talent of 60+ years, we can ensure our customers consistently get the highest quality product and the best service. Arthur Meeker, owner of Xtreme Grafx, has been in the sign industry for over 20 years and is very passionate about the work he does for fellow business owners in the community. It was that same passion that spurred Arthur to fight Oregon law that put a ban on covering up the rear window of vehicles. As a long time Albany resident, Arthur knows a strong community presence is important to keeping a local business successful in the future. For more details see <http://gowrapit.com/vehicle-wraps/> or call 541.926.9727 or email [info@XtremeGrafxDesign.com](mailto:info@XtremeGrafxDesign.com)



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often fall through the cracks. We help the people that are often overlooked. We help the people that, one day, will make a difference and can use their personal story of recovery to help others overcome this terrible disease known as addiction.

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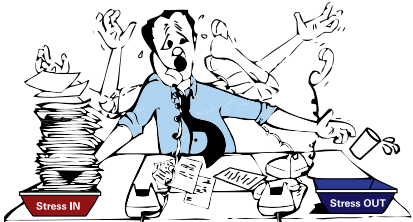
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Be Kind!

It’s a phrase we often hear mothers say to their children. It’s a characteristic we don’t see too much, though, especially lately. Whether one is expressing their political views, posting on social media, or trying to maneuver around town during the busy holiday season, our own agenda takes precedence over others. We tend to think only of ourselves and the things that impact us, not how our actions affect those around us.

As we enter fully into the holiday season, I desire to be filled with joy. My usual pattern, however, is to be endlessly frustrated, exhausted, and grumpy! This year, I’m working on changing that.

I Thessalonians 5:15 says, “*Make sure that nobody pays back wrong for wrong, but always try to be kind to each other and to everyone else.*” That starts with the clerk at the grocery store who seems to be unnecessarily slow. It starts with the elderly person who is driving safely at the speed limit in front of us. And it starts with family and friends who move at a different pace than we do. You see, we all have a story. We can’t begin to know what the other person’s story is or what has led to them acting in a certain way. Ephesians 2:3-4 says, “*Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves. Each of you should look not only to your own interests, but also to the interests of others.*” I am

not the only one with a holiday agenda this year. Nor am I the only one trying to get from Point A to Point B. But when we do whatever it is that we need to do, we can exercise kindness in our community and in our families. We can try to understand that there is a story behind why someone else is the way they are. And we can be respectful and yes, KIND.

We are called to be a light, to be different, to be set apart. How are we different if we’re grumping along with the rest of the world through the holiday season? Or if we voice our opinions with such force that we alienate all those around us? Or if we complain about everything that doesn’t go our way? Philippians 2:14-16a caught my attention lately, “*Do everything without complaining or arguing, so that you may become blameless and pure, children of God without fault in a crooked and depraved generation, in which you shine like stars in the universe as you hold out the word of life...*”

This year let’s try to be very purposeful in our actions. Breathe more, listen more (instead of expressing opinions or speaking first without thinking), and smile more. Try to see things from another’s perspective and not just your own. Try a little kindness. And funny thing, you just might see kindness returned.



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One in a Million

Mid-Valley Women of Christ Community Bible Studies expand to new cities in 2017. Eugene, Jasper, Lyons and Mahama are new communities joining with other cities valley- wide to offer Bible Studies for women beginning January 23, 2017. Winter Studies will be offered in 52 classes in 22 cities as 39 host churches invite women in their communities to study God’s word in unity. Classes will offer a powerful study of the books of Numbers and Exodus entitled, **One in A Million**, by Author/Film Star, Priscilla Shirer.

Shirer encourages women to embrace the wilderness experience as they learn how to reach the Promised Land of Blessing. Shirer states “*Every week millions of believers fill the pews of the church and hear about the greatness and power of God. If you hunger for the abundance promised, this study is for you.* Will you be the One?” Mid-Valley churches spanning six counties will offer this seven-week video driven study at varied times and locations. Community studies provide great hospitality for women to make connections with other believers, receive strong Biblical teaching and incorporate small group discussion. Childcare is available at many

locations. Over 1,600 women from the Mid-Willamette Valley participated in fall community studies. Classes are free with an option to purchase the companion workbook for \$15.00. Studies will participate in a Valley-Wide Community Outreach Project “From The Pew to The Pavement” designed to assist Willamette Valley Teen Challenge.

Community service projects, associated with MVWC community Bible studies, assist organizations in meeting practical, daily needs of those whose lives have been impacted by choice and circumstances. Women helping other women releases faith in action as their belief in God’s mercy and compassion touches those in need.

To learn more about these Community-Wide Bible studies and to see a complete schedule of all classes, go to [www.midvalleywomenofchrist.org](http://www.midvalleywomenofchrist.org). Registration is available online through the MVWC website. If your church is interested in participating in these studies, write to [info@midvalleywomenofchrist.org](mailto:info@midvalleywomenofchrist.org). Mid-Valley Women of Christ is a 501(c)(3) non-profit faith based organization connecting women to reflect God’s love through prayer, Bible studies and Bible based outreach events.



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# Five Movies from Your Childhood to Share with Your Kids

Brand new movies are great! It's so much fun standing in line at the theater, breathing in the buttery popcorn smell, giddy with anticipation when a new movie is released.

My children love watching the latest and greatest movies, but I just grin when I hear my children singing the songs I used to sing as a kid – “Supercalifragilisticexpialidocious” or “Tomorrow”. Hearing their little off-key renditions is the best music to my ears.

Have you introduced your children to the movies you enjoyed when you were younger?

### Swiss Family Robinson (1960)

The Robinson family gets shipwrecked near an island. With hard work and togetherness, they build a majestic tree house. They are faced with many trials - wild animals, weather, and pirates, but their ingenuity carries them through. Great family values!

### The Parent Trap (1961)

Twin daughters are raised not knowing about each other, each living with one parent. They unexpectedly bump into each other at summer camp,

put two and two together, and work out a scheme to get their parents back together again. This movie is just plain good fun.

### Mary Poppins (1964)

Mr. and Mrs. Banks are both so preoccupied with their own interests that their children, Jane and Michael are unhappy. When the magical nanny, Mary Poppins enters their lives, she brings the family closer. Between the penguin scene, the chimney sweep dance, and the magic, your children will be entranced.

### The Sound of Music (1965)

The hills are alive with the sound of music. Your home will be alive with the sound of music once your kids watch this one.

### Annie (1982)

Oh, how we love Annie! The music, the dancing, the wealthy Mr. Warbucks, and a happy ending. It doesn't get much better than that!

These five movies are a must in every family library. Share the memories, and sing the tunes. It's ok if you're a little off-key. I won't tell.

# Got “Foggy” Windows?

One day you are standing in your kitchen looking out the window and notice a slight haze on the glass. You wipe it with your sleeve but it doesn't come off. Thinking the dirt is on the outside, you put on your shoes and walk around the house. You wipe the outside of the glass but notice it's still dirty. Just then it dawns on you that the haze or “fog” is between the panes! Now what do you do?

Reduced utility bills and increased comfort are the main benefits of double paned or insulated glass. In order to create these benefits, two pieces of single paned glass are factory-sealed to create a dead air space. Sometimes that air space can be filled with gas to create an even more efficient window.

However, with exposure to heat, cold, rain, snow and other elements, the seal around the perimeter of the double paned glass can wear out. Most often this occurs first on the south and west sides of your home where there is direct sun exposure. Insulated glass

units have a desiccant material at the perimeter seal to evaporate moisture but once the desiccant becomes

saturated, the moisture begins to appear between the panes in the form of condensation.

Replacing the insulated glass units is the only viable option when your windows begin to get foggy. You don't need new windows (the frames can stay in place) just the sealed glass units themselves. Some window companies offer a “lifetime” warranty against

visible sealant failure so your best bet would be to contact the window manufacturer to see if this is covered. Your local glass or window companies can also replace the failed insulated glass at a reasonable cost without the hassle of calling an 800 number. Replacement is simple but the glass is custom made to your size so accurate measuring is critical to maintaining the overall seal of your entire window. For expert replacement of foggy insulated glass call Smith Glass or visit their webpage at [www.smith-glass.com](http://www.smith-glass.com).



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## Fleas, Food or Seasonal?

BY DR. ERIC GLAZE,  
Albany Animal Hospital  
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Itchy skin, also known as pruritis, is a condition that we see every day in veterinary practice. Allergies are by far the most common cause of itchy skin in dogs and cats. Allergies in dogs and cats can be separated into three major categories; Fleas, Food and Seasonal Allergies.

Allergies are for the most part a protein based phenomena. For animals with flea bite hypersensitivity the reaction is to flea salivary proteins not the bite itself. Animals with food based allergies react to certain proteins in their diet. Proteins found in wheat, beef, dairy, corn and chicken have been known to cause allergic reactions in dogs with food allergies. Cats that have food allergies often are allergic to fish. Seasonal allergies are also protein based in the form of many environmental allergens like pollens, mold spores, skin dander etc...

The first step to finding out why our pets are itchy involves a trip to the veterinarian. He or she will eliminate other less common causes of itchiness like sarcoptic mange and lice as well as determine whether or not your pet needs any medical treatment for opportunistic skin infections that can arise in the face of an allergic skin reaction.

Certain patterns of itchiness can give us clues as to the source of the allergens. Flea allergies in dogs have a characteristic

pattern involving the back half of the body that intensifies as you move towards the tail along the back. If you see this pattern your dog has flea allergies whether you see fleas or not. Food allergies and seasonal allergies are indistinguishable from each other based on their skin patterns. These patients tend to be itchy all over, not just the back half. Itchiness can concentrate around the eyes, ears, feet, and be accompanied by opportunistic yeast and or bacterial infections that may require treatment. It is important to note that these infections are typically from organisms that naturally live on you pets skin rather than from contagious organisms. Cats get secondary infections far less frequently than dogs. Cats with allergies will often present with little scabs around the head and neck and along the back. One clue that can help distinguish food from seasonal allergies is whether or not the itchiness comes and goes throughout the year.

When trying to determine what allergens are contributing to your pets itchiness we start by eliminating the allergens that we can control. We can eliminate fleas with quality flea control products and we can control what are pets eat. Our initial goal is to attempt to eliminate as many known allergens from our pets system as we can. Many pets with allergies have allergies to a combination of sources. The Willamette valley provides ideal climate for fleas

**Itchy Skin** continued on page 14

## Five Great ways to Enrich Your Children's Conscience

Children are living with curiosity. They learn lots of things in life, gifted naturally with intuition, and open toward everything they find. Everything seems to be interesting to them. That's why they want to know about many things. It's indeed a sign of good development. Parents need to help children develop their conscience, which will be a great means of getting spiritual experiences. Through these, they'll learn about self-esteem and moral values. Of course parents want children have and familiar with good values in life. As parents, what can you do then? Here are 5 ways you can do to enrich their conscience:

- Give good examples. What you say and do everyday reflect what you think about the world. If you say good stuff, your children will do the same. Children are great imitators. It's important for you to say and do nice things anytime anywhere.
- Listen when they talk. Sometimes your children ask questions that sound silly to adults, like "Mom, where does the sun sleep when the night comes?" Listen to them and answer seriously, "The sun doesn't sleep. It shines in other places in the world." By listening, children will

feel that they get respect from their parents.

- Show happiness. Show and share all the happiness and positive energy and thoughts with the children. If you're happy, they're happy too. By doing this, the children will learn that life is enjoyable.
- Introduce them to nature. Tell them that all things happen in the world are connected to each other and that there's a reason for it. For example, water is needed to irrigate plants and plants are food source for other living creatures.
- Be flexible with your rules. Children should be informed about what they should do. However, always take notice on their development. There will be time when they can decide what they want to do. By being flexible with your rules, children will stay cheerful and expressive.

Those 5 tips are actually easy to carry out. Just place yourself as your children's parents and friends as well.

Again, remember that children are good imitators. Once you do or say something bad, there's a great chance that they will do or say the same.



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**Mid-Winter Square Dance Festival**  
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**Children's Performing Art Series "Zuzu African Acrobats"**  
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Itchy Skin continued from page 13

so if your pet is itchy you should treat for fleas monthly whether you see them or not. When testing whether or not food is a source of allergens it is important to feed a grain free product that has no beef, chicken, or soy. It is also crucial to not accidentally feed your pet allergens in the form of treats like milk bones, raw hide chews (beef) or dairy products. It is recommended that you and your vet discuss the strategy behind a food elimination trial as well as the common pitfalls owners will find themselves in as well as various options for food trials such as prescription diets versus home cooked diets.

The important thing to remember is that we start with flea control and specific diet changes. If flea control and food trials do not control your pets itchiness then we are most likely dealing with seasonal allergies. The treatment for seasonal allergies is more involved as it often requires treatment for life and involves medically suppressing your pet’s itchiness and or the process of desensitization with a series of serum allergy injections given over months to years. This process should be conducted under the guidance of a board certified veterinary dermatologist. So start with fleas and food!

Contouring continued from page 6

In stimulating the body’s elimination functions, controlling excess fluid retention, controlling excess fluid retention by opening up the lymphatic system, and increasing circulation and metabolism. By getting the blood flowing hard lumps and bumps can be broken down and allows the body to re-establish the elasticity of connective tissue. The procedure is far superior to options available in the past and results amazing and are non invasive.

Please call today if you would like to schedule a consultation to address any skin concerns you may be having. Mention High Points or P4P and we will start you off with a \$50 bonus discount toward your program as a way to thank those of you supporting the non profits in our area.

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GoodReviews

An Author Not Forgotten

Sometimes, an uncommon subject comes up in separate conversations, and you get that feeling of “what a weird coincidence.” For me, this happens occasionally with books or authors. In the past few months, I’ve had a few customers starting to read Sidney Sheldon again, and then last month at one of the inevitable Christmas parties, a friend spontaneously piped up with how much she liked Sidney Sheldon when she was a teenager.

Sheldon—whom I would have called “nearly forgotten” had it not been for all these people who apparently have *not* forgotten him in the least—had a great career. With nothing but a high school diploma (and the only one in his family to earn one), he first started writing plays and musicals for Broadway, eventually winding up with a Tony Award.

Next, on to Hollywood, where his career took off again. He wrote twenty-five screenplays in twelve years, winning an Oscar for one. If you’re impressed with that output, he then proceeded to write 78 episodes of *The Patty Duke Show* over the course of two years. That’s not nearly impressive as his magnum opus—*I Dream of Jeannie* (which he wrote and produced), when he would sometimes have to crank out two scripts in one day!

In the late 1960s, he wrote a novel and shopped it around. This first book, *The Naked Face*, won an Edgar Award for best first novel. Writing seems to have been the career for him, because he stuck with it for over thirty years, with every book being a bestseller.

Sheldon’s name has enough brand recognition that one of his books spawned a series co-written (and entirely written after his death) by Tilly Bagshawe, who was initially drawn to the book by the strong heroine.

It’s been a decade since Sheldon passed away. The readership of most authors who have been gone for a decade usually has dwindled down to nothing. However, I’m not ready to throw in the towel on Sheldon yet. The book of his I read most recently, *The Doomsday Conspiracy* (1991), is fun thriller, even if a bit out-dated. (This was written ten years before *Da Vinci Code*, and although it’s not fair to compare it to a book written afterward, the fact remains that Dan Brown is the unparalleled master of making conspiracy theories fun!) Quick and easy, it’s plain to see why this writing would have been enjoyed by teenagers wanting to read “grown-up books.” Today’s teens may not go for it, but for any adults looking for some pure escape fiction, Sheldon is still reliable.

SCOTT GIVENS, BROWSERS BOOKSTORES, AND FELLOW REVIEWER, DAUGHTER, AMANDA GIVENS



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# The Overtime Rule Injunction: What You Need To Know

A federal court judge in Texas issued an injunction which has frozen the implementation of the DOL's new overtime rule that was to go into effect on December 1st.

Employers need to know that the rule could still be implemented if the ruling is overturned or the court changes the ruling. In either case it could be enforced retroactive to Dec. 1, 2016

What does this mean? It means that as an employer you could be liable for any overtime worked by employees that would have been affected by the new rule change.

For those employees that would fall into the class of employees whose wages would be affected by the ruling... employers should consider tracking their hours either in preparation for retroactive payments if they apply or pay those employees by the hour until the matter is settled.

What should you do if you already gave wage increases to comply with the DOL rule?

If you provided workers with advance notice of increases in their pay in regards to implementing this new rule and you plan to not increase their wages then you must notify them of the impending change that will be represented on their next paystub as soon as possible.

If you chose to increase employees' pay so their

pay would meet the \$47,476 salary threshold of the proposed DOL rule you must be consistent in how you apply any changes/roll backs to those

increases. If some received significant increases while others received small increases it could be construed as discriminatory to roll back the significant increases while not rolling back the small increases. Apply changes equally to avoid any appearance of unfair treatment.

The overtime rule is definitely in jeopardy of not being implemented, but there are many who believe its implementation is way overdue. No one should assume they can guess the outcome of this court battle

yet. The DOL has responded by filing its own emergency motion to attempt to protect the new law from being overturned. The appellate process can be time-consuming so it could be months before we know the outcome of this particular battle.

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BY CHERYL VAUN, COMPLETE BUSINESS SOLUTIONS 541-981-9566



# Worry Less, Live More

What is LegalShield and why would you want to have not just one lawyer but a law firm in each State having your back? Most Americans are trained not to use lawyers because of one main reason the cost! Rightly so at over \$280 per hour, we check our checkbook before we check our rights! But what if I could share with you that for less than that per year you can access a law firm nationwide? What if you could be like the wealthy and not sign anything until your Attorney advises you first? Would you agree talking to a lawyer could help you make better decisions in your life ?What about your Will? The majority of Americans don't have a Will or need to update it. Did you know the State will have a Will for you if you don't ? Would you agree with you know whom that you would like your assets (most important your children) passed to more than the State? What about Identity Theft?! The #1 consumer complaint the last 14 yrs in a row. ID theft is much more than your finances and bank account. The broader scope is someone using your Social, address, Drivers License, medical ID theft to mention a few. We have an amazing asset protection plan at a very affordable price. I would love to share about how more LegalShield can protect you and your family. You can visit my website [janicejackola.com](http://janicejackola.com) or call and we can sit down and visit over a cup of coffee on me! Worry Less. Live More. with LegalShield and ID Shield Janice Jackola 541.905.7223



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