

HIGH POINTS



GOOD NEWS FOR THE WILLAMETTE VALLEY

FEBRUARY 2017 • FREE

Mercy House Gala



Don't miss out on the 5th Annual Fashion Show & Gala benefiting Mercy House International, happening Friday, February 3rd from 5-9pm, at Grace Point Church on Clover Ridge Road in Albany. There will be a live auction, silent auction, and dessert auction along with guest speaker Ron Clark. Ron Clark is a minister, instructor and author of several books including "Am I Sleeping with the Enemy?" and "Freeing the Oppressed: A Call to Christians Concerning Domestic Abuse." Dinner is provided by Frank Smith of Capitol Coffee. Tickets are \$30 each or two for \$50.

Since one in four women will experience domestic violence in their lifetime, please join Mercy House International and help fight domestic violence by participating in this event. Your support will help provide safety, hope, healing, and restoration to the women and children of Mercy House and its' programs.

How can you help? Attend this wonderful night, donate to the auction portion (desserts needed to feed eight), or volunteer to help at the event. For more information and to purchase your tickets, please call 541-928-6909.

To learn more about Mercy House go to: <http://mercyhouse.1sthandseconds.net/there-is-help/>



Local Business Celebrates 40 Years!

If you have lived in or around Lebanon Oregon you have at least driven past Linn Lanes Bowling Center. Did you know that January of 2017 is their 40th anniversary? Gary Heintzman would like to thank the community for the support he has received over the years. In January of 1977 at 22 years old he took over the ownership of Linn Lanes. It was a 12 lane center including a snack bar. He was determined to conquer the world!

Gary now finds himself extremely lucky to do something he only dreamed about as a child. He has continued to strive to make the bowling center a part of the community and a place for family and friends to meet and enjoy the facility. Linn Lanes is currently an 18 lane house with league and open bowling. All lanes have bumpers (for the younger bowlers), automatic scoring with overhead and settee monitors, and a selection of complementary house bowling balls and shoe rentals available.

When you've been in business for 40 years, there are a lot of people to thank. Before we get too far, Gary would like to thank his wife Vickie for supporting him all these years. They are celebrating their 28th wedding anniversary. As far as the business, Heintzman says he has been very fortunate to have employees over the years that have cared about his success, and the success of the center. "I have always tried to treat my employees with respect, to make them feel they are not only

part of the team but part of the Linn Lanes family." There have been some very special people that have worked for Linn Lanes. Gary would like to say thank you to past employees; Virginia Bishop 33 years, Tom Parten 25 years, Bernita Clark 28 years. Also current employees Teri Acosta and Randy Langdahl who have been here 23 years. Sherry Erwin who works in the office has been with Linn Lanes 18 years, and Heintzman's son Aaron also works at the center, and hopes to follow in his footsteps. Linn Lanes wants to send a special to thank you all of the past and present league bowlers and customers for the support you have given them all of these years. Gary says "I love Lebanon and the wonderful town it has become."

Linn Lanes is a great place to host the next birthday party you are planning. You even get a pin to take home if you chose the birthday package. Or maybe you just want to have lunch and bowl, don't forget about Ballistic Bowling on Friday and Saturday nights and Sunday is family fun day! In addition, Linn Lanes offers fundraisers and special events for local schools and more. You can see why they've made it 40 years! There is a lot happening at Linn Lanes Bowling Center. Stop in and congratulate Gary. They are located at 2250 S Main Road in Lebanon. You can also find them at www.linnlanes.com or call 541-451-3900 for more details and don't forget to "like" them on Facebook!

SAVE THE DATE



Points for Profit Annual Award Banquet

Albany Golf and Event Center
Prime Rib Dinner catered by Jacopetti's
\$30 per person or \$50 for two
\$4 Child's Dinner and Movie

March 21, 2017 • 5pm doors open

Theme- Masquerade with
cocktail or formal attire

Silent Auction, Dessert Auction,
Live Auction and Awards

Call 541.791.2901 or
visit www.pointsforprofit.org



Fun Events for February 2017

So many fun things to see and do in February. Don't miss out.

- 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
- 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.
- STAYTON RED HAT STRUTTERS** Feb 1, Noon luncheon at Stayton A & W Family Restaurant, 1215 W. Washington St. in Stayton at noon in the room at the back of the restaurant. Since it is Valentine's Day, besides your red attire decorate your hat for Valentine's Day and if you wish share valentines with the group. If anyone has some historical valentine's or stories please bring to share. Call A & W at 503-769-5654 or Ora Jean Evett (the hostess) to make reservations or if you have questions at 503-859-2563. New members or visitors are welcome.
- AN EVENING WITH JIM MALCOLM, SCOTTISH SINGER & SONGWRITER** Feb 2, 6:30pm, Mennonite Village Lakeside Center, 2180 54th Ave SE, 541-928-1325
- MERCY HOUSE 5TH ANNUAL FASHION SHOW AND GALA** Feb 3, 5-9pm Grace Point Church, 210 Clover Ridge Rd NE, Albany. Live Auction, Silent Auction, Dessert Auction and Guest Speaker.
- GUARANTY RV SHOW & SALE** Feb 3-5, Linn County Fair & Expo Center, 3700 Knox Butte Rd, Albany, 541-998-1148, www.lcfairexpo.com
- CUPID'S COWBOY CHALLENGE ROUGH STOCK RODEO** Feb 4, 7-10pm, Linn County Fair & Expo Center, 3700 Knox Butte Rd, Albany, 541-895-5335, www.lcfairexpo.com
- OREGON PAINT HORSE CLUB GAMING EVENT** Feb 5, 8am-5pm, Linn County Fair & Expo Center, 3700 Knox Butte Rd, Albany, 503-991-1753, www.lcfairexpo.com
- LYONS GARDEN CLUB** Feb 8, 1 pm at the Lyons Fire Department Conference room. Planned program for the day is Care and Pruning for Blueberries. Since we had to cancel the January meeting, dues are now due, \$12.00 per year which will include a new club events booklet and new name badges. Hostesses are Judy Keillor and Geraldine Longfellow contact them at Judy; 503-859-2048 or Geraldine at 503-767-4680. New members and visitors are welcome, for more information please

- contact the new president, John Hollensteiner 503-508-5913 or Vice President Cheryl Cappelletti at 503-767-3348. The club will celebrate the February birthdays of Glennis Masterson and Geraldine Longfellow.
- SAFEHAVEN HUMANE SOCIETY "THE PAWSCAR AWARDS"** Feb 10, 6pm Linn County Fair and Expo Center. This annual event is a family friendly fun filled evening that includes a "spay-ghetti" dinner and fabulous dessert auction to help raise awareness for our spay and neuter programs. Visit <http://www.safehavenhumane.org/pawscars> to submit your nominations and purchase tickets!
 - ALBANY CIVIC THEATER "BIG FISH, THE MUSICAL"** Feb. 10 - Mar. 4, Albany Civic Theater, 111 First Ave SW, call or visit the website for specific performance nights 541-967-8140, www.albanycivic.org
 - 2017 SWEETHEART RUN** Feb 11, 10am-12pm, Sankey Park, 877 14th Ave, Sweet Home, 541-367-8113, www.sweetheartrun.weebly.com
 - CHILDREN'S PERFORMING ART SERIES "PAUL MERKLEIN, STORYTELLER"** Feb 11, Sa 10am, Linn Benton Community College Gym, 6500 Pacific Blvd, 541-917-7777, www.cityofalbany.net
 - 11 ILLAHE VINEYARDS VALENTINE'S FONDUE & S'MORES PARTY** Feb 11, 11am-5pm, Illahe Vineyards, 3275 Ballard Rd, Dallas, \$, 503-831-1248
 - ALBANY WOMEN'S CONNECTION BRUNCH** Feb 15, 10am - Please join the Albany Women's Connection as they re-group after weather caused their December and January meetings to be cancelled! Their meetings begin at 10:00 a.m. and are held at the Phoenix Inn, 3410 Spicer Drive, Albany, Oregon. Inspirational speaker for the morning will be Niki Davis who shares with us home schooling and how the classroom can give purpose to life. Camelia Moss from "Re-purpose Wax" will demonstrate uses for donated wax and Carol Walters will share her music. Jacopetti's Catering Service provides the delicious brunch and cost is \$12 inclusive. Please RSVP by February 10 to Suzanne at 541-327-3798 or email dmgifts@outlook.com.
 - HERITAGE MALL KIDS' CLUB** for children under 12 Feb 18, 11-12:30 - Adventures held every third Saturday of the month from 11am-12:30pm. Get FREE gifts and prizes just for being a member. Information is available at: www.heritagemall.com.
 - SCROGGINS MILL WORK PARTY** Feb 18 - 280 W.

- Sherman, Lebanon. Join them across the tracks from the Train Depot, at Scroggins Mill. They 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. See website for contact info/details at <http://www.scrogginsmill.org>.
- WILLAMETTE SPORTSMAN SHOW** Feb 18-19, Sat 9am-6pm, Sun 9am-4pm, Linn County Fair & Expo Center, 3700 Knox Butte Rd, Albany, 541-743-3507, www.lcfairexpo.com
 - LEBANON BRIDAL SHOW** Feb 19, Noon at Santiam Wedding and Event Hall 139 S. Main, Lebanon. Visit local businesses and vendors with great products and services for your wedding day! Vendors are happy to talk to you about your needs and how they can help. Please bring 2 cans of food for a local food bank/soup kitchen.
 - GREATER ALBANY COUNCIL PTA WITH ALBANY BURGERSVILLE COMMUNITY PARTNERSHIP** Feb 21, 5-8p.m. - Join the celebration of the 120th birthday of PTA! Door prize drawings at quarter past and quarter 'til the hour. Help make every child in the greater Albany area reach their potential. Contact ptaalbany@gmail.com for more information and to learn about PTA.
 - I SWIM FOR KIDS** Feb 25, 8am - Albany Community Pool, 2150 36th Ave SE, Albany 541-979-2773, www.albanypsf.org
 - CHILDREN'S PERFORMING ART SERIES "CREATURE TEACHERS"** Feb 25, 10am - Linn Benton Community College Gym, 6500 Pacific Blvd, 541-917-7777, www.cityofalbany.net
 - AMERICAN LEGION POST 51 "ALL YOU CAN EAT BREAKFAST"** Feb 26, 8am-11am - American Legion Post 51, 480 E. Main St, Lebanon, 541-259-14824
 - AKC DOG SHOW, OBEDIENCE RALLY & AGILITY TRIALS** Feb 24-27, 8am-4pm - Linn County Fair & Expo Center, 3700 Knox Butte Rd, Albany, 503-367-5042, www.lcfairexpo.com
 - 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 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

Happy Valentine's Day

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

French Onion Soup

BY KAREN ROGERS

This great classic takes a bit of time but it's not fussy and the results are lip-smacking! That's vulgar, I guess, but apt.

The soup depends on a fine, rich beef stock. Get two to three pounds of oxtails or part short ribs. The oxtails have lots of cartilage and connective tissue that makes an unbelievably rich, unctuous broth. Place them in a large baking pan in a 400 degree oven and tent them lightly with foil so they don't spatter too much and mess up the oven and smoke up the whole house. Let them REALLY brown and cook until most of the juices evaporate. Remove them to a large pot. Carefully deglaze the pan; you can use two to three cups red wine, and pour the fat and water over the meat. Yes, I said "fat". It will seal the stock and will be removed before you make the soup. Fill the pot with cold water just enough to cover the bones.

Put over low heat and add one small onion, darkly browned in butter, one stalk celery, one carrot and two cloves of garlic, smashed. Simmer until the meat falls from the bones. Strain the broth and refrigerate overnight. Save



the meat to make beef barley soup with some reserved stock. Discard the veggies. The browned onion adds huge flavor and color.

Now for the onions! You will need eight large ones. Do NOT use sweet onions!! Real F.O. Soup uses a different cut of onion. Cut off the north and south poles and halve them across the equator and cut vertically into halves; then cut from the pole downward, making roughly triangular pieces. When the onions are cut this way, they do not moosh up and retain their shape.

In a very large skillet, melt ¼ C butter and add the onions as you slice them, it will look like way too many

French Onion Soup continued on page 14

February Word Search by Rolie the Puzzlemaster

D	I	S	C	U	S	S	S	P	E	A	K	G	D	M	F	X
Y	S	K	V	P	O	S	T	E	S	I	R	P	P	A	O	G
A	H	A	M	V	B	Z	B	S	Y	V	T	Q	W	H	E	P
L	D	E	O	K	S	G	X	D	P	U	B	L	I	S	H	W
V	Y	P	I	N	F	O	R	M	M	I	L	M	A	S	L	G
X	I	N	I	A	L	P	X	E	G	G	U	P	R	B	X	I
U	I	E	G	L	R	C	I	L	H	N	G	B	H	A	Z	D
F	W	S	T	R	T	E	L	E	P	H	O	N	E	C	T	K
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U	R	T	H	D	E	U	R	N	L	P	E	V	C	U	O	J
E	O	R	V	Y	V	K	O	P	O	R	J	P	B	R	N	I
R	P	E	E	J	N	H	A	C	E	C	N	U	O	N	N	A
A	E	V	R	D	O	W	D	H	E	S	I	V	D	A	I	X
L	R	D	I	J	C	R	C	Q	T	R	A	P	M	I	R	Q
C	W	A	W	U	B	E	A	H	J	K	B	R	I	E	F	A
E	H	W	P	Z	X	L	S	I	Z	Q	V	N	D	X	K	Y
D	R	H	E	F	G	V	T	J	I	R	S	I	G	N	A	L

ADVERTISE	CONVEY	POST
ADVISE	DECLARE	PUBLISH
ANNOUNCE	DISCUSS	REPORT
APPRISE	EXPLAIN	SIGNAL
BRIEF	IMPART	SPEAK
BROADCAST	INFORM	TELEPHONE
CONVERSE	WIRE	

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Birth Trauma – Part II

Traumatic Birth Syndrome (TBS) accounts for 85-95% of health problems chiropractors see even in adults. Believe it or not, this is a huge problem, which is largely misdiagnosed and under reported. During the process of delivery, there is tremendous stress placed of the head and neck of the baby and often this stress causes Vertebral Subluxations of the very delicate spinal bones of the infant. This, in turn, affects the spinal cord and parts of the nervous system of the baby and can produce a myriad of health problems. These can appear seemingly unrelated to the process of delivery, and can affect your child months or years later. Subluxations associated with birth trauma can cause SIDS, hyperactivity, chronic ear infections, lowered resistance, asthma, bed-wetting, loss of focus in school, Colitis, and a multitude of others including “signs of central motor impairment.” According to Dr. Gutmann, a German specialist, A “spinal check-up after birth should be obligatory.” As a matter of fact some hospitals in Australia are having chiropractic doctors check the infant

spine immediately after delivery to ensure a healthy spine and nervous system, free from subluxations. This is a good thing!



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WHY IS THIS SO IMPORTANT YOU ASK?
Your child’s spine is her/his lifeline. Running through it is the spinal cord

containing billions of nerves that send vital messages and information from the brain to every part of the body and back again. Yes, we all have our own internal Internet! As long as none of these messages are interrupted, your child should have optimal function and the best of health! If, however, there is an interference with this “information highway,” - a vertebral subluxation, the messages sent by the brain will not reach the part of the body they are intended to reach. As a result, the body begins to work improperly. Chiropractors call this “malfunction.” It can be a serious threat to health. This interference will also affect your baby’s immune system, lower body resistance and leave your child prey to various “bugs” and infections.

This is why it is so important to

Birth Trauma continued on page 14

Happy Heart Day!

Valentine’s Day is fast approaching. We give hearts to express love; but have we remembered to love our hearts? February is National Heart Health month. Do you know the current state of your heart’s health? Think of the heart as a strong “pump” that drives an extensive irrigation system. Blood vessels are

the “hoses” in the system, blood is the “water”, and millions of cells in the body are the “crop” being watered. When the “pump” is weak, or the “hoses” are blocked; “water” is not delivered efficiently and the “crop” suffers. (This may manifest as pain, fatigue, and weakened defenses in the body.)

It is important to have a strong “pump” that functions steadily. Keep your heart strong by exercising daily. Talk with your physician about where to begin. If you have been a couch potato, a short daily walk may a good place to start. Increase the distance and vigor of your walking gradually. Regular moderate movement is more beneficial than the episodic gym binge!

Every farmer knows that a good pump is ineffectual if the hoses are blocked, or there are too many hoses being fed by one pump.

Metaphorically, this correlates to blood vessels clogged by cholesterol and being obese. Focus on beginning to make better choices about food quality and quantity. Avoid forcing yourself onto an extreme diet, it is unlikely you will be able to (or want to!) stick with it. As with exercise, start slow. Can you cut down

on the number of times you eat fast food? Bake food rather than fry it? Replace soda with water? Take salt off the table?

Many problems with our “irrigation” system can be improved with changes in lifestyle (diet and exercise). However, some issues (i.e. blood pressure, cholesterol, arrhythmia, clotting, etc.) require prescribed medication, as well. It is important to take medication consistently, at the proper time, and in the appropriate manner. Ask a pharmacist to optimize your drug regimen. They may suggest changes that would decrease the number of doses you must take each day, or help you implement a medication reminder system.

Rice’s Pharmacy can be your health-improvement partner. It is not too late to request a flu or pneumonia shot if you need one—stop in soon!



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Children's Dental Health

February is National Children's Dental Health Month! Obviously, it's everyone's goal to raise children with healthy, beautiful smiles. Studies have shown a direct corollary between good habits formed in childhood and healthy grownups. To support that idea, here are a few tips to keep your child smiling and happy.



KIM KUTSCH AND GREG RENYER
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THUMB OR PACIFIER SUCKING

You might think it's cute to see a baby or toddler sucking his thumb, but the hidden surprise can be permanent damage to teeth! Per the American Dental Association, sucking on either fingers or a pacifier can cause damage in formation and future placement of teeth, and can even alter the roof of the mouth. Help your child to outgrow this phase by age 3 or 4 if possible. Noticeable changes in your child's teeth? Contact your dentist.



PROPER FLOSSING AND BRUSHING

It's the plain truth: one thing that gets overlooked is flossing and brushing your child's teeth – especially

if the feel of floss is foreign to them or they are resistant. When your child is building confidence and mastering how to hold a toothbrush, assist him with flossing at the same time. Ensure the toothbrush is the softest available, and toothpaste is minimal. Brush gently in a small circular motion.

BABY BOTTLE TOOTH DECAY

Tooth decay in small children is most commonly attributed to sugary

drinks in baby bottles. Babies fall asleep with bottled milk or formula, and that liquid pools in the mouth as they sleep. Kick this habit by finishing the bottle prior to nap or bedtime. Wipe the mouth out with a clean, soft cloth. Dentists primarily see tooth decay in the upper, front teeth (since liquid is held there by the tongue), but it is preventable with daily care.

Make Valentine's with your Kids

Homemade Valentines are great for your kids to give to the really special people in their lives like Grandmas and Grandpas, aunts and uncles, brothers and sisters, best friends and of course, Mommy and Daddy! Here are some fun and easy ideas to make Valentine's Day cards with your kids.



SUPPLIES FOR BOTH PROJECTS:

- Brown paper bag
- Construction paper (two different colors)
- Glue
- Hole punch
- Markers
- Pencil
- Red or pink ribbon or yarn (about 1/4" works best)
- Scissors

HEARTS AND HANDS VALENTINE

Here's what to do:

1. Trace your child's hand on a piece of construction paper with a pencil and then cut it out.
2. Draw a heart small enough to fit on the hand with a pencil and cut it out.
3. Glue the heart to the front of the hand.
4. Have your child write a special message inside the heart. "Happy Valentine's Day, Grandma! I love you with all my heart!"

brown paper bag. Cut out the heart. You can use fancy scalloped scissors (like the ones used for scrapbooking) to jazz up the heart!

2. Make a series of holes around the edge of the heart using a hole punch. The number of holes isn't important, but be sure to make it an even number.
3. String the ribbon or yarn through the holes starting at the bottom of the heart working your way up. Tie the end pieces (which meet at the top of the heart) into a bow.
4. Have your child write a message on the inside of the heart or use stickers to decorate it and write the "To: and From:" on the back.

Remember special people to have your child make Valentine's for, like elderly neighbors and friends that have moved away.

PRIM VALENTINE

Here's what to do:

1. Use a pencil to trace a large heart on a

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There is no "one size fits all"

When it comes to Medicare there are options you should explore and make a choice based on your needs. It might be helpful to look at the different ways you can combine Medicare parts and plans for the coverage you want. There are seven possible combinations. After you review them you may want to read about some examples of people who may be just like you and how they chose their Medicare coverage.



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To learn more about your options, I will be explaining each one in the next months. Call me at 541-286-6443 to schedule your appointment if you want a personal face to face appointment.

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Mercy House Fashion Show and Gala- Friday, Feb. 3 • Safe Haven Humane Society's Spay-ghetti Dinner and Dessert Auction- Friday, Feb. 10 • Family Tree Relief Nursery's Legacy Luncheon- Thursday, Feb. 23rd

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Points_{FOR}Profit®



POINTS FOR PROFIT MEETING is Feb. 28, 2017 from 6-8pm at the American Legion Post 10-Albany. Novaks will be catering, dinner starts serving at 5:30pm. To reserve dinner please RSVP by noon on Feb. 27, 2017 to info@pointsforprofit.org or call (541) 791-2901. For more information visit pointsforprofit.org.



Welcome Thirty One® Gifts!

Points for Profit has welcomed another business to the family, please join us in a warm hello to Katie Glaser with Thirty-One® Gifts. "Some people think all I do is sell bags. Yes bags are what I sell, but these bags have allowed me to do so much more than I even dreamed of," says Katie.

Thirty One's mission states "Thirty-One® is more than just a company. We are people who believe in celebration, encouraging and rewarding others for who they are. Through God's strength, we've built a family of individuals who feel women deserve to treat themselves and those around them to something special. Our commitment is to provide women with a fulfilling, enjoyable and rewarding experience one person at a time."

Katie has been with Thirty-One® Gifts now for a little over three years. She never saw herself in direct sales but due to life circumstances and wanting a more flexible schedule that she can control, she started looking into it. After being introduced to Thirty-One® and falling in love with the product

she discovered that what stood out most is what the company stood for and what the company and consultants were doing.

Glaser told us she has jumped in with both feet and not looked back. Having her own business has helped provide for her family and at the same time helped others more than she ever thought possible. She is allowed the freedom and flexibility to volunteer in many different ways including helping help friends and family by doing fundraisers. Glaser also loves that she gets to spend time with her nieces and nephews and help others in times of need.

You can view everything Thirty One® has to offer at www.mythirty.com/katieglaser. There are a variety of products: bags, purses, wallets, thermals, pillows, jewelry and more. Many of their products can also be personalized with embroidery.

Please contact Katie Boshart Glaser, Independent Director with Thirty-One® Gifts, 541-936-0688, katieboshartglaser@gmail.com with any questions or to place an order.

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- Oregon Women for Agriculture
- Pay It Forward
- Safe Haven Humane Society
- Serving Our Neighbors
- Scroggins Mill
- St. Edward's Youth
- Vets Helping Vets HQ
- Wake the World

The Pawscar Awards

Friday, Feb. 10, 2017 • 6 pm
Linn County Fair & Expo Center

This annual event is a family friendly fun filled evening that includes a "spay-ghetti" dinner and fabulous dessert auction to help raise awareness for their spay and neuter programs. This year, SafeHaven will be giving out awards to animals and people that help us achieve our mission: Finding Homes, Opening hearts and Educating minds to strengthen and improve the lives of animals and people. Check out their categories below, and submit your nomination today!

AWARD CATEGORIES:

The "Petcademy Awards" category will recognize rescue animals that impact our lives in remarkable ways. They include:

- A "cat" emy Award - Nominations for this award will include any cat adopted from SafeHaven Humane Society
- Top Dog Award - Nominations for this award will include any dog adopted from SafeHaven Humane Society
- Rescue of the Year - Nominations for this award will include any animal that has been rescued and given a second chance at life
- "Working/Service Animal of the Year" - which will be given to an animal that demonstrates hard work and helping others within our communities (Linn and Benton). Nominations for this award include any animal that demonstrates hard work in helping people or animals on a regular basis.

The "Humane Hero Awards" category will recognize people who demonstrate a strong compassion for animal welfare within our communities (Linn and Benton). They include:



- Adult Humane Hero Award - Nominations for this award will include an adult whom you think is positively impacting and making a difference in animal welfare.
- Youth Humane Hero Award - Nominations for this award will include a child (under the age of 18) whom you think is positively impacting and making a difference in animal welfare.

"Corporate Hero Award" category will recognize a business that demonstrates an extraordinary effort to be a part of the solution to end pet homelessness and helps create and promote positive change through its contributions to SafeHaven Humane Society.

- Corporate Hero Award - Nominations for this award will include any business that shows strong compassion and commitment in helping SafeHaven Humane Society.

Visit <http://www.safehavenhumane.org/pawscars> to submit your nominations and purchase tickets!



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Retail Reality

Owning a business can be extremely difficult. The concerns may range from finances to employee challenges. 2017 gushed in with a vengeance. Snow, Ice, and school closures has already caused some businesses to start the year behind in their capital. How do we regain our momentum and get back into our routine and rhythm? I believe not panicking as well as putting into action the basics will help move our business forward. The Bible calls us to live the Great Commandment, “Jesus replied: ‘Love the Lord your God with all your heart and with all your soul and with all your mind. This is the first and greatest commandment. And the second is like it: Love your neighbor as yourself.’” This may not sound helpful to you and your business. I want to explain how this basic truth can be a foundation to your company.

1) Recognize that all that we have is God’s; therefore, we are to respond with thanksgiving and obedience toward Him. This truth is to be expressed in the bad days as well as the good. Loving God first is critical and necessary for business owners to have the right perspective. We must love God with our entire life. This includes our will, our emotions, and our actions. Everything we do is to glorify God; in other words, we are to give Him all the credit. (Col. 3:17)

2) Recognize that putting God first is trusting God with our everyday needs. (Proverbs 3:5-6)

3) Love your neighbor as yourself in retail is just as important as putting God first. Here are some ways you can love your neighbor in the retail space:

- a. Treat your customers as guests. Guests are always welcome back.
- b. Get to know

- your guests’ names.
- c. Welcome each guest when they come through the doors.
- d. Listen carefully to what your guest is looking for or needs.
- e. Go the extra mile to serve your guest.
- f. Approach complaints from guests with humility and a teachable spirit. (1 Peter 5:5-6)

4) Loving your neighbor includes your employees. Recognize the strengths of your employees. Become their champion and challenge them to become better at their jobs.

Although these points may seem simple, I’m convinced it is all too easy to forget the basics. 2017 will have many challenges. Take one day at a time and remember to live the Great Commandment even in the business God has given you.

In Christ,
Kevin Ferguson



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A Color Chart: For use Before you Decorate

As an interior designer, there are many tips they give their clients to aid them in making decisions of all kinds about the planning of their homes. Rife’s professionals really enjoy walking with people through all of the various decisions that need to be made. One of the hardest decisions that people have to make about their homes is color. Obviously, choosing the right colors for both the inside and the outside of a home can be an overwhelming series of decisions because you do not want to go wrong. A color chart may make the decisions easier.

A color chart is a great thing because it aids people in seeing colors they like and in being able to distinguish between certain shades from other shades. For example, if a person is sure that they want to decorate a particular room or part of their home in blue but they are not sure what shade of blue is best, a blue color chart can come in quite handy for choosing the best shade. A color chart can also be a great tool when people are trying to find colors that complement each other for rooms or areas of their home.

Color is one of the most vital aspects of a home, both on the inside and on the outside. Color gives identity and character to homes, and it is important

that we take our color decisions seriously. So select a variety of color charts and take a few days to ponder their choices. Rife’s Home Furniture professionals love helping people find the perfect color combinations that reflect who they are and help them to accomplish the perfect atmospheres for their home.

So, if you are about to buy, build, sell a home or re-decorate your current home, then get to a paint shop and grab some color charts to study. Take the time to make decisions about colors before you move forward with other decisions about your home. You will be glad that you decided to use a color chart as a tool. It will make all of your choices much easier. Get the help of an interior designer if you can or talk with friends with a creative eye. Get some opinions from others, but ultimately you are the one to decide about the colors you will choose.

Rife’s professional design staff can work with you to select the perfect colors to work with tastes inside and out. Rife’s has great sales and selections, they are likely to have all you could need and if they don’t rumor has it they can order it for you! Visit them today at their store on Highway 34 between Albany and Corvallis or on Fescue Street by Allan Brothers in Albany!



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Real Estate Market is Growing but we have a Lack of Inventory

U.S. home prices surpassed their 2006 peak in September, according to a recent report, despite a topsy-turvy presidential race that had housing experts betting that buyers would hold off on closing on the homes of their dreams until after the election.

“A lot of that recovery has come in the last four years” as the economy has strengthened and created more higher-paying jobs, says Taimur Khan, a senior research analyst at Knight Frank. That’s made more potential buyers feel financially secure enough to become homeowners, boosted the confidence of lenders, and led more homeowners to seek to cash in on their home equity by selling, he says.

Yet not enough homeowners are selling to keep up with growing demand, and the lack of new home construction over the past few years has contributed to a housing shortage that’s pushed prices up, he says. Many builders and lenders were reluctant to embark on new projects after the world economy followed that of the U.S. into

the toilet starting in 2007.

With homes for sale scarce, buyers are submitting bids well over asking price.

“When the right type of single-family house in the right area comes to market, people want to buy that home because they might not get that opportunity again,” Khan says.

Finally, the huge price hikes happening in the more expensive markets are also pushing up the national average, Khan says. Prices may be up nationally, but they’re “not recovered on a real or inflation-adjusted basis,” says realtor.com®’s chief economist, Jonathan Smoke. That means what was sold for just \$1 in 2006 really costs \$1.20 when inflation is factored in. So home prices aren’t exactly back up to their pre-recession peaks. We expect prices to be on the rise for the next few years, but not at the unsustainable rate that it was before the recession.

With the lack of inventory and home prices on the rise, having a good real estate broker to help you in the selling and buying process is a MUST!!



JESS HUBERT,
CADWELL REALTY GROUP

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Preventing Hard Water Stains on Glass

Hard water is a fact of life for many homeowners in the Willamette Valley. No doubt you’ve seen the white, hazy water droplets at times on your windows or shower doors. While it appears smooth, glass is a porous substance and the minerals in hard water can etch the surface leaving permanent marks. You can typically clean them up to a degree but positively removing them may not be possible if the stains have been there for a while. Here are some tips to prevent water spots.

First, keep a small plastic squeegee in your bathroom and use it on your shower door after every shower (yes, each one). It only takes a few seconds and this will prevent the water from building up on the glass. Be sure to go all the way to the bottom of the shower so the stains don’t build up on the lower parts of the glass.

Second, many new shower doors are available with a glass protectant applied at the factory to help them shed the water and prevent build

up. Continuing to use a squeegee, however, will provide the best long term results. If you don’t have a glass protectant on your existing shower, after-market solutions are available at most home centers but will need to be re-applied every few months.

Third, prevent your sprinklers from watering your windows when they should only be watering your landscaping. This is a common occurrence during the summer and usually requires replacement of the glass to completely repair.

If it’s too late and your windows or shower doors are already etched with hard water, there are a few home remedies that may help remove them. I’ll tackle those in next month’s column.

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Having a Problem with Rodents?

**BY DR. ERIC GLAZE,
Albany Animal Hospital
541-926-8817**

Having a problem with rodents. Please consider alternatives to rat bait (rodenticides). Currently there are two major categories of rodenticides.

The first category is a variety of anticoagulants. These cause the animal that ingests them to bleed to death. A dog does not need to ingest very much to become poisoned. A single bait trap may contain enough bait to cause bleeding disorders in dogs. We can however give the dog an antidote in the form of vitamin K to prevent bleeding while the poison is in his or her system when caught early. We also induce vomiting and give charcoal binders to try to reduce the amount of poison absorbed into the system. Both dogs and cats (and carnivorous wildlife) can also become poisoned by eating rodents that have ingested this poison.

The collateral damage to wildlife is the main reason the Environmental Protection Agency is pulling many of these anticoagulant poisons in favor of the second category of rodenticide. This category is comprised of one poison, a neurotoxin called bromethalin. There is no antidote



for this poison. The EPA is favoring a poison with no antidote because a larger animal such as a dog must ingest a much larger amount of poison to develop symptoms. The amount of bait that is supposed to be placed in a single trap generally does not contain enough poison to cause symptoms. The trouble is that people often pack these traps with more than the recommended amount and put out multiple traps in a single location. The worst scenario is when a dog gets into the bag/bucket that carries all the bait. Once symptoms develop all we can do is provide supportive care with fluids and try to control their neurological signs with anti-seizure medication. Dogs that eat enough bromethalin to become symptomatic can and do die.

So please consider alternatives like eliminating things that attract rodents, using live traps, blocking access points, or get yourself a good mouser like a Jack Russell Terrier.

Free Workshops Now Offered

Planning for the future is not everyone’s favorite topic but it is one we all need to face. To quote Kim Clement “Somewhere in the future, we look much better than we do right now.” Planning and preparation are good things. That is why the American Legion Post 10 in Albany and Points for Profit have partnered to bring you Tuesday night workshops throughout the year that will help you, your family or your business. There will only be a few in 2017, so keep your eye on the Good Times and on this page for dates, times and topics like Planning for the Future, Good Health-Good Life, Home and Garden, Fit and Fabulous and Deals & Steals! These will be open to the public and FREE. There will be a small menu available should you want to order dinner.

The first FREE workshop is *Asset Protection, Preparing for the Future*. How would you like to brainstorm with the experts in Legal and Insurance Industries? On Tuesday, February 7th you will spend a little bit of time with two talented women, well versed in their areas of expertise.

Have you started your Will or Living Will or Power of Attorney or Limited Power of Attorney yet? Most of us know we need to but just can’t

seem to sit down and get it started. Now is your chance! Did we mention it is a FREE event? Janice Jackola Independent Associate with Legal Shield will share her knowledge about wills, power of attorney and estate planning. You will have a chance to fill out a will questionnaire that will get you thinking of things that may not have crossed your mind. Jackola will share the Legal Shield plans available should that be a route you’d like to take to finalize the plan.

The second part of the evening will be spent with Michelle Morford of Country Financial. She will be sharing her knowledge about the insurance steps that go with estate and disability planning. As well as the steps, you need to take following death or a disability.

This free workshop will run 5:30 pm – 7pm on Tuesday, February 7th at the American Legion Post 10 on Pacific in Albany. This is a FREE event, open to the public so be sure to bring a friend or two, maybe even more because if you are a Points for Profit member, you will get ten million points for each in attendance that night. Points for Profit non-profit organizations with ten or more in attendance will get extra special bonus points for this night.

**Cupid’s Cowboy Challenge
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Saturday, Feb. 4 • 7-10pm
Linn County Fair & Expo Center,
3700 Knox Butte Rd, Albany,

**Children’s Performing Art
Series “Paul Merklein,
Storyteller”**
Saturday, Feb. 11 • 10am
Linn Benton Community
LBCC Gym, 6500 Pacific Blvd,

Willamette Sportsman Show
Saturday, Feb. 18 • 9am-6pm and
Sunday, Feb. 19 • 9am-4pm,
Linn County Fair & Expo Center,
3700 Knox Butte Rd, Albany,

I Swim For Kids
Saturday, Feb. 25 • 8am
Albany Community Pool,
2150 36th Ave SE, Albany

**AKC Dog Show, Obedience
Rally & Agility Trials**
Thursday, Feb. 24-Sunday, Feb. 27
8am-4pm
Linn County Fair & Expo Center,
3700 Knox Butte Rd, Albany

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French Onion Soup continued from page 3

onions, but persevere as they will cook down. Cook over medium heat stirring occasionally until they wilt down and start to brown. You will want them to become a nice rich dark tan.

While the onions cook, remove the stock from the cold and lift off the fat. The stock should be firm and gelatinous. Wipe off any adhering fat with a damp paper towel. Heat until simmering and add one large pinch red pepper flakes.

Just before you add the onions to the stock, add two cloves garlic finely minced and let them cook for a minute. Pour them into the stock and let simmer for about an hour.

This is usually served with a toast round topped with gruyere cheese set in the bowl with the soup ladled over it. I do not like flotsam in my soup, so I have it on the side. Top with some chopped parsley and serve it forth!

In France, this is considered a sovereign remedy for hangovers! Too much info, maybe?

Birth Trauma continued from page 4

have children and babies checked by a chiropractor for the presence of subluxations affecting their nervous system.

In part III, I will outline routine labour and delivery procedures some of which can contribute to TBS. We'll discuss epidurals, forceps, vacuum extraction, C-section, episiotomy, and the ever popular "ultrasound."



Military Tribute Truck

This is our new military tribute truck, "Supporting Those Who Serve." We are going to begin a new program in which individuals or organizations with ties to the military, can be nominated by our customers to receive a cash gift in support from CoEnergy. This can be someone that has gotten back from a tour of duty in need of help or an organization benefiting military members that we can lend our support to.

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, or call our office for more details. 1.800.510.5886

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Good Reviews

Beau Geste

A French Foreign Legion officer receives an urgent request for aid from a distant fort in the midst of the African desert. He arrives to find the fort fully intact... but everyone inside is dead. This is a mystery apparently beyond explanation, but it holds yet another mystery within its depths as the officer discovers a note clutched in the hand of one of the dead soldiers. This note is an admission of guilt: the writer has stolen a fabulous blue jewel.

Starting with that framework, P.C. Wren takes us back in time, telling the story of that first mystery of the missing jewel. This seems to be a classic "locked door mystery." Eight family members of a wealthy English family are in a room admiring the jewel, when the lights go out for a minute or two. When the lights come back on, the jewel is gone.

As the mystery of the disappearing jewel goes on, three brothers



separately decide to flee England and join the French Foreign Legion. Each of the brothers (or maybe just two of them) are still intent on solving the mystery of the jewel theft, and suspicion lies just beneath the surface of their trust and love for one another.

The book is a unique combination of epic adventure and mystery, but what stands out most are the characters. Whether it is the silly narrator (the French officer) of the first part of the book, the fun (and funny) pair of Americans who have joined the Legion, or the more complex main characters, we are ultimately left with a moving story of honor that happens to be an adventure and mystery.

Made into several movies, including a classic 1939 version starring Gary Cooper. Haven't seen it, so can't tell you how faithful it is to the text, but it might be fun to watch after you've read the book.

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Jimmy Lee Johnson

Albany Downtown Association is your source for downtown activities, events and more. Reach us at: 541-928-2469, albanydowntown.com, or stop by at 126 Ferry St. S.W.

Good Business

Workplace Cold and Flu Season

Every year I like to remind business owners that cold and flu season can be not only an inconvenience but also carry a financial cost for your business.

“According to the Centers for Disease Control, the flu alone costs U.S. companies \$10.4 billion in direct costs including hospitalizations and outpatient visits.

Year to year the numbers fluctuate, but we know that antibiotic resistant strains are increasing. It is increasingly important to implement preventative measures, as well as encouraging your staff to use their sick leave, to reduce the spread of illness among your staff members and prevent transmission to your customer base that may come into contact with your staff.

I want to again share some free resources with employers to help you successfully navigate this cold and flu season. The first is Healthy Workplace Project. This website, run by health products supplier Kimberly-Clark Worldwide Inc., educates employers and employees about germs in the workplace and how to reduce workplace absences due to illness. There are short videos you could share with



BY CHERYL VAUN,
COMPLETE
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your employees. Use this free resource and implement a great proactive wellness program in your office today!

The CDC has a free “toolkit”. It is another great tool for your business to start building a solid policy for your workplace sickness policy. Go to cdc.gov and type Make It Your Business to Fight the Flu: You will be directed to a PDF of “A Toolkit for Businesses and Employers”.

And remember, little things employers do can send a big message. Implement simple “get well” gestures for staff members that are out sick that let them know you want them to take the time to get well. It will send a positive message to the rest of the staff while reinforcing a workplace policy of staying home when you are sick.

Be a proactive employer who works to minimize the impact that a prolonged cold and flu season can have on your business, your customers and your community.

Contact Complete Business Solutions today, your trusted resource for business services at (541) 981-9566 or at clientcare@complete-business-solutions.com. Visit our website News & Events page for full detail of changes listed above.

Reliv Introduces Fit3

Happy New Year!!!
I don’t know about you, but every year it is the same thing!
“I need to lose a few (or a lot) pounds?
Does that sound familiar?

Well this year is going to be different for me!!
Reliv has just announced our “fit 3” program and I am so excited to get started!

Reliv’s Dr. Carl Hastings and Dr. Alfredo Galvez along with nutritionists and work out specialists have been working for an entire year to develop a program that works, not only for people who are “work out fanatics” but for people like me who think exercise is torture.

The program is not some fad diet but for real life, where people still have birthday cake on birthdays!

RELIV HAS COME UP WITH THREE NEW PRODUCTS.

1. Fit3 Active’s unique formula is designed to help promote a healthy weight and support an active lifestyle. Plus, just two shakes a day give you 20 grams of protein from three sources: whey, casein and non-GMO soy. The result? It keeps you full, fuels workouts, boosts energy and helps muscle recovery.
2. Ready to ignite an active metabolism? Then start your day with Fit3 Burn. Just two capsules every morning assist in burning fat and promote a healthy weight when combined with good nutrition and exercise.
3. Keep your body in peak performance with Fit3 Purify. This monthly, 10-day body purifier includes a probiotic blend, liver cleanse and metabolic supporter in one. Other cutting-edge ingredients like peppermint extract and asparagus root extract support a healthy digestive tract.

So! Are you ready to join me in getting fit? The products will be ready to ship on February 1st and I have already ordered two kits!
Let me know if you want to be the first to try this!
Debbi Grenz 541-990-6096
<http://reliving4him.reliv.com>

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