

HIGH POINTS



GOOD NEWS FOR THE WILLAMETTE VALLEY

APRIL 2017 • FREE



An array of some of Karen Roger's collectables.

Finding Treasures

BY KAREN ROGERS

By writing this column, I am probably shooting myself in the foot. Hundreds of times I have gone to thrift stores and walked away with beautiful and valuable pieces at ridiculous prices. By simply dumping Aunt Maud's old junk some really wonderful pieces are discarded.

Now, I am not a licensed appraiser but I have been collecting in several categories for more than fifty (!) years, so "estimator" is fairly appropriate. In fact, I have often been called on by jewelers and antique dealers to estimate estate jewelry and silver. Values differ from region to region. Also things go out of style, but quality items hold their value. Antiques Roadshow is a fine program but their prices do not work outside of major cities. And condition is everything. No matter how rare an item is, if it is in terrible shape, the value drops.

If you don't know what you have, ask someone! Any owner operated jewelry store will be able to tell you if the piece is real or costume. They may not know the age or era, but they will be able to verify authenticity.

Ask at antique stores, check out the library for antique books. The internet is phenomenal for researchers. Go to antique shows and flea markets and use your eyes wisely.

I am distressed by 1. Old photographs that have been orphaned and 2. finding something that should have been kept in the family.

My daughter has strict instructions — if it is something I have purchased, no problem, it can be sold. BUT if it has passed down the family for a couple hundred years, beware for I will be seated on my cloud, watching. Armed with a lightning bolt!!!



Second Annual Prom Dress Pop-Up

"My daughter wouldn't be going to prom if you hadn't opened this," a thankful mother told West Albany High School senior Caroline Richards last year after the first Prom Dress Pop-Up store at Heritage Mall. The first event was a "huge success," according to Richards, and she is excited to make the second annual Prom Dress Pop-Up store bigger and better, moving to a bigger space in the mall next to Famous Footwear. The one-day-only sale will take place on Saturday, April 8 from 10am-6pm.

Richards, along with her mother Alyson Richards, came up with the idea for My Best Friend's Closet after hearing some of her high school friends mention they were not going to prom because they could not afford a dress. A 2015 survey by Visa Inc. found that American teens spend close to \$1,000 per person on prom. Having several prom dresses herself that she had worn one time and put away in her closet, Caroline had the idea to collect those once-used dresses and re-distribute them to students who wanted to go to prom but may not be able to spend much money.

In 2016 My Best Friend's Closet collected 250 dresses for the sale, with more than 50 being

purchased by local high school girls during the event. This year they already have over 300 dresses donated, with more coming in every day. Every dress at the pop-up store will be available for purchase for \$10. There will also be a limited number of shoes and accessories available for purchase.

My Best Friend's Closet operates under the umbrella of the non-profit Albany Public Schools Foundation, so all donations are tax-deductible. Proceeds from the sale are used for the purchase and cleaning of dresses for future events.

The support for the event has been enormous. Grand & Benedict's donated hangers, racks, mirrors and rack covers; Richard's Cleaners donated 10 dress cleanings per month throughout the year; ReStyle decorated the storefront window and Boda Furniture supplied chairs and love seats to furnish the store. In addition, this year My Best Friend's Closet received a grant from Arbonne Charitable Foundation to use towards additional dress cleanings and event costs.

The Prom Dress Pop-Up store is open to all high school girls in Linn and Benton Counties with a valid student ID.



Fun Events for April 2017

Spring is just around the corner, don't miss out on the many fun things happening in the Mid-Willamette Valley.

- 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 Thurs 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.
- FARMERS MARKETS**
 - Albany – Opens April 15th Saturday 9am-1pm, City Hall Parking Lot
 - Corvallis- Opens April 15th Saturday and Wednesday 9AM-1pm, First St. in downtown Corvallis
- GARDENING IN THE PACIFIC NORTHWEST BROWNBAG SERIES**
 - Albany Public Library, 2450 14th Ave SE, 541-737-2713 “Treating Storm Water Run-off with Rain Gardens” Mar 29, Wed noon-1pm
 - Lebanon LBCC Center 44 Industrial Way, Lebanon, 541-737-2713 “Best Plants of 2017: Known & Unknown” Apr 6 Thur noon -1pm
 - “Fruit Trees for Small Spaces” Apr 13 Thur noon -1pm
 - “Oregon Spiders: Facts & Fiction” Apr 20 Thur noon-1pm
 - “Treating Storm Water Run-off with Rain Gardens” Apr 27 Thur noon -1pm
- AMERICAN LEGION AUXILIARY UNIT** 10 Mar 31-Apr 1 Spring Rummage Sale, donations accepted March 29th-30th from 9am-3pm, sale starts at 9am on Friday.
- ALBANY CIVIC THEATER “THE TROUBLE WITH CATS”** Apr 1,2,6,7, & 8 see website for times and more details, 111 First Ave SW, 541-967-8140, www.albanycivic.org
- SWEET HOME 69TH ANNUAL GEM & MINERAL SHOW** Apr 1-2 Sa 10am-6pm, Su 10am-5pm, Sweet Home

- High School Gym, 1641 Long St, Sweet Home, 541-451-2740 or 541-451-1577
- GREATER ALBANY COUNCIL PTA’S COMMUNITY PARTNERSHIP** Apr 3, Mon at Burgerville in Albany from 5 to 8 p.m. Door prize drawings at quarter past and quarter ‘til the hour. Must be present to win. Want more info? Connect at albanypta@gmail.com
 - 17TH ANNUAL AG BREAKFAST** April 4 Tu 7-9am, Linn County Fair & Expo Center, 3700 Knox Butte Rd, 541-926-1517, www.albanychamber.com
 - OREGON PAINT HORSE CLUB HORSE SHOW** Apr 7-9 Fr, Sa & Su, Linn County Fair & Expo Center, 3700 Knox Butte Rd, 541-981-2107 www.lcfairexpo.com
 - LYONS GARDEN CLUB** Apr 12 at 1 pm in the Lyons Fire Department Conference Room. Valorie Baxter and Jeannie Brundidge will be hostesses for the meeting. A program on care and planting of rhododendrons will be given by guest speaker, Alan Thompson. New members and guests are welcome. Plans for the upcoming May 10 no host group lunch at Macleay Country Inn and field trip to Godfrey Nursery and Wavra Farm & Nursery will be discussed. For more information contact President, John Hollensteiner at 503-508-5913 or Vice President, Cheryl Cappelletti at 503-767-3348.
 - LEBANON CHAMBER BIZ EXPO** Apr 11 Tue 10am-6pm, River Center, 3000 S. Santiam Hwy, 541-258-7164
 - SCHOLASTIC BUY-ONE-GET-ONE-FREE BOOK FAIR** Apr 11- 14 at Clover Ridge Elementary, 2953 NE Clover Ridge Road, Albany. Tuesday and Wednesday after school until 6 pm. Thursday until 8 and Friday all day from 8 am to 6 pm! Thursday and Friday will also be the student Science Fair. Come check it out!
 - ALBANY WOMEN’S CONNECTION BRUNCH** Apr 12, “Parsley, Sage, Rosemary & Thyme”. Our monthly brunch starts at 10am at the Phoenix Inn & Suites, 3410 Spicer Road, Albany, OR 97322. The brunch is catered by Valley Catering and the cost is \$12.00 inclusive. Rose Marie Nichols McGee from Nichols Nursery will speak on cooking with herbs and Bob Kaspari will provide music. The morning’s speaker is Gale Lakey who will share how she cut loose the baggage of her past to break free from a negative pattern of life choices. RSVP by Friday, April 7 to Suzanne at 541-327-2798 or email dmgifts@outlook.com.
 - HERITAGE MALL KIDS’ CLUB FOR CHILDREN**

- UNDER 12** April 15, 11am-12:30pm – Kids’ Club, Cool Kids Save
- OTHER EVENTS HAPPENING IN THE MALL THIS MONTH:**
- April 1-15 – Visit the Easter Bunny
 - April 8, 10am-6pm – Prom Dress Pop-Up Store
 - OREGON WOMEN FOR AGRICULTURE DINNER & AUCTION** Apr 15 Sa 4:30pm, Linn County Fair & Expo Center, 3700 Knox Butte Rd, Albany, 541-740-5073, www.lcfairexpo.com
 - BROWNSVILLE EASTER EGG HUNT** Apr 15 Sa, Historic Brownsville, 541-928-0831 www.historicbrownsville.com
 - 7TH ANNUAL ALBANY EASTER EGG HUNT** Apr 15 Sa 10am-12pm, Monteith Park, 489 NW Water St, 541-990-2194, www.cityofalbany.net
 - NOVAKS EASTER BRUNCH/BUFFET** Apr 16 Su 9am-4pm, 208 SW 2nd Ave 541-967-9488
 - WILLAMETTE VALLEY PRODUCTIONS HOME SHOW** Apr 21-23 Fr, Sa & Su, Linn County Fair & Expo Center, 3700 Knox Butte Rd, 503-364-1716 www.lcfairexpo.com
 - PROCESSION OF THE SPECIES** April 22 Sa 10am, Linn County Courthouse, 4th St, Downtown Albany www.albanyprocession.wordpress.com
 - AMERICAN LEGION POST 51 “ALL YOU CAN EAT BREAKFAST”** Apr 23 Su 8am-11am, American Legion Post 51, 480 E. Main St, Lebanon, 541-259-1482
 - 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 Easter!

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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GoodTaste

Ramblings From the Kitchen of Karen Rogers

Abundant Coconut Cream Pie

BY KAREN ROGERS

Coconut cream pie is a real thing of beauty — creamy filling, coconut, whipped cream and crisp pie crust, heavenly!!!

I do not like pies that skimp on the filling, so this makes one righteous pie.

Blind bake one 9 inch pie shell from your favorite recipe (or purchase one, only as a last resort!)

Let cool on rack.

Separate 6 large eggs and place the yolks in a large bowl, and beat lightly with a whisk, reserving the whites for another use.

Pour 4 C milk into a large glass measuring cup and add 1 tsp vanilla and ½ tsp coconut flavor.

In a large saucepan mix ½ tsp salt, 3 ½ tbsp. cornstarch and 2 tbsp. flour. Mix until well blended. Measure 1 C sugar or Splenda, if using Splenda do not add until after the milk is added. Mix the sugar in the pan and slowly add the milk, stirring carefully so no lumps form. If using the sweetener, add it now. Cook over medium heat until the mixture thickens and boils, stirring constantly. Remove from the heat and pour about half over



the egg yolks, whisking quickly until combined and smooth. Return the yolk mix to the sauce pan and stir for about a minute. Stir in ¾-1 C flaked coconut and pour into the shell. Immediately press a piece of plastic wrap onto the surface to prevent a thick “skin” from forming. Chill completely. Serve with real, sweetened whipped cream and top with toasted coconut.

By omitting the coconut and coconut flavoring, you can make a banana cream pie by placing sliced bananas in the bottom of the crust.

No thin, pitiful store-bought or frozen pie can hold a candle to this fine abundantly filled pie!

April Word Search by Rolie the Puzzlemaster

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

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DOUGH
FLIP
GARLIC
MEATBALLS
MOZZARELLA

OLIVE OIL
OREGANO
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Upper Respiratory Tract Infections

Your child is hot, flushed, has no appetite, is listless, has diarrhea or vomiting, has a runny or congested nose and sounds like your Saint Bernard. OK, so it's this flu thing — it has been “going around” you say.

These words reverberate through our Centre every day. Some people take peace that other children are also afflicted. There seems to be some kind of safety in numbers it seems.

The other thing that we as a society have been taught, is that this child is sick. Yes, absolutely! There is no question in our minds. This is “sickness” at its best.

But wait.....

Let's look at this in some detail.

Your child has a fever. This is actually a good thing. It is your body's way of literally “burning” the bug. It is also the result of all the necessary body activities kicked into high gear to fight for survival. All this extra work produces extra heat — Fever. It is that simple. At the same time, however, the eyes take on a glassy appearance — the result of being continually washed with tears to cool down the cornea, which is very heat sensitive. In its wisdom, your child's body may want to get rid of this germ really fast - diarrhoea and vomiting comes to mind.

There isn't a quicker way!

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Your child may be competing with your Saint Bernard. It is simply another portal of exit for the germs that have invaded his body. Breathing and respiration also increase — your child literally exhales the invading organism faster. You'll notice that the skin is moist and clammy — simply another method of exit for the bugs.

At the same time, however, you notice that your child has no appetite. Even McDonald's, his all time fave' gives him the heeby-jeebies. The reason is that his body energy is geared towards survival and is on emergency stand-by. There is no energy wasted digesting food.

You, by now, are probably thinking, “I didn't know that.”

There you have it — the logic behind the scenes. Pretty amazing isn't it? In case you didn't know this, your nervous system, that amazing computer-Internet complex that runs all of you, is responsible for all this marvellous activity. It is the system that causes your immune system to spring into action to protect you — any way it

Upper Respiratory continued on page 14

April Showers Bring...Allergies!

It is always uplifting to see the buds and blossoms that signal the beginning of spring. However, the joy can be attack (airway restriction, wheezing, coughing spasms, etc.); that is the job of the short-acting inhaler (also short-lived for allergy sufferers. Some individuals may experience asthma symptoms: restricted airways, wheezing, coughing spasms, etc. if their allergies are severe.

If you are concerned that you may have asthma, contact your healthcare provider. Asthma results from an inflammatory process in the airways, and cannot be properly dealt with using over-the-counter medications. The agents that are commonly prescribed to treat asthma are often packaged as inhalers. It is important to understand the action of the inhaler you've been given, as well as the proper way to use it.

Inhaled agents that treat asthma fall into two general categories: long-acting and short-acting. Long-acting inhalers are used to help prevent asthma symptoms from occurring. They should be used daily even if you are not experiencing noticeable symptoms. Long-acting inhalers are not designed to relieve an acute asthma

known as a rescue inhaler). Thus, asthma patients are routinely prescribed two inhalers; a long-acting (to prevent an acute attack) inhaler, and a short-acting (rescue) inhaler to relieve an acute attack.

Inhalers come in a variety of presentations. They may deliver the active drug as a mist or fine powder, require priming or loading of the drug before use, or need to be well-shaken.

Sometimes it is important to rinse the mouth after using an inhaler to protect your dental health. If you are prescribed an inhaler; plan to spend a few minutes with the pharmacist to learn what type of medication is in the inhaler (long or short-acting), how to prime it or load a dose, the proper method of use, and how to clean or maintain the inhaler. Don't be afraid to ask questions, or request a physical demonstration!

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Oral Cancer Awareness Month

April is Oral Cancer Awareness Month and here are the top four facts you need to know.

- Symptoms include:** persistent mouth sore, a lump or thickening in the cheek; white or red patch in the mouth, difficulty swallowing or chewing; numbness of the tongue or mouth; and pain in your teeth or jaw.
- Risky behaviors:** Approximately 80% of oral cancer cases are linked to tobacco use including cigarettes and chewing tobacco. Heavy drinkers are at a higher risk for developing oral cancer. Excessive exposure to the sun increase the risk for lip cancer.
- Human Papilloma Virus:** Research indicates that (HPV) is the second leading cause of oral cancer. HPV can be contracted with no noticeable symptoms, and the ease of transmission adds an extra element of danger. HPV is most easily recognized by warts on the skin mainly concentrated on the arms,

legs and hands. There are certain strands (including HPV16) which are sexually transmitted.



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- Diagnosis:** We carefully check the inside of your mouth and around the tongue. During a comprehensive exam, we use an instrument called a Velscope®, which causes the soft tissues to be naturally fluorescent. Healthy tissue becomes luminous, and glows. Any tissue that is dark will be carefully examined for abnormality, either by our team or by an oral surgeon. In most cases, a painless 3-5 minute exam can detect oral cancer in its early, highly-survivable stages.



- Treatment:** Surgery is generally performed to remove the tumor or lymph nodes in the early stages. Radiation and chemotherapy can be used to kill the cancer cells.

If you are concerned about a mouth sore that does not heal within two weeks, contact our office for an examination. Your smile is only one part of your overall health.

Benefits of Choosing a Local Propane Company

In most markets, like here in Oregon, you have two types of propane gas companies to choose from:

- A Local Propane Company
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Local Propane Companies Deliver Better Customer Service

One of the biggest complaints we hear when a new customer is leaving a “big tank” company is that they got lost in the shuffle.

Their questions weren’t answered. Their messages weren’t returned. Too many customer of national propane companies come to expect poor customer service.

Small, local companies are known to deliver more personalized, attentive customer service. Because our business depends on it. With a small propane company, your calls are answered by a person, not an answering machine. Your

problems are passed to the right person and solved. We love to get to know our customers and take care of their unique

needs. CoEnergy Propane is a great way to get the propane and customer service that you need and want.

Advertising low prices then hiking up the rates after the first fill up is a shady but common practice many national propane companies adopt. And in general, large propane companies have the ability to hike up propane prices even higher than seasonal norms because of

their expansive customer base.

With local propane companies, you are more likely to receive a steady, fair price that reflects the current market price of propane. CoEnergy Propane is happy to offer Pre-Buy programs for our customers so that your propane price won’t go up. We are happy to be able to be your hometown propane provider that will give you a quality product at a low price.



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A Spring List

BY THE SECRET GARDENER

Just the tiniest bit of sunshine coaxes out green buds and the spring color of Daffodils, Iris, Crocus and the like as they take in nourishment and make life new again. The birds take notice and flit about with what, at least to this human observer, passes for bliss.

Spring also brings on the need to reckon with a new set of garden activities. You may, or may not, remember we talked about Sweet Peas last year. Well, now is the time to plant them. We may yet have a mild frost and that's what they require for best production. This is also a great time to plant seeds indoors for colorful summer bloomers such as Lavender so that you can have hardy starts to put out next month.

Lavender is a favorite of mine. It is an aromatic tonic and stimulant but is also used as a calmativ, which is the reason why you see it in so many of the natural products that claim to soothe and relax. There are several varieties that have a strong fragrant aroma and are used in perfumes, while others have the same strong aroma but are used to make oil of Spike which has no medicinal properties but is of great value in the

preparation of artistical varnishes and is prized by porcelain painters. It is also used extensively in French wine making and will often be the source of the "fruity back note" identified by wine experts. Ask your nursery for the varieties most suited to the Mid Valley. Lavender grows best in dry soil like that of Southern Europe, but here in the valley it works well in areas that don't get watered often. It does not like to be in where there is standing water because the roots will rot and kill the plant. Lavender grows to about two feet tall and should be set at least a foot apart to prevent disease. The blossoms can be harvested for use as odor catchers and will provide a clean smelling fragrance wherever they're used.

I once had a plant that grew to about three feet tall and four feet wide and bloomed all summer. It provided me with much enjoyment and was the centerpiece of my garden for several years. To this day I wish I could figure out why that particular plant was so robust because I haven't been able to replicate it since. Plant Lavender indoors now in growing mediums for late spring transplanting. Lavender provides high color in any garden and is a big favorite of the bees.



Healthy and Happy Skin

You may have heard it a thousand times yet here it goes again. Drink plenty of water each day. Shots of espresso and coffee do not count ladies and gentlemen! Sadly wine and martinis do not either. These are all beverages that deplete water and gasp... and dehydrate our skin which can lead to advanced aging!!! Drink those 8-10 glasses a day.

In addition some experts believe aerated drinks, including soda water, encourage bloating and cellulite so please stick to pure water. Drinking water is needed to flush out toxins and replace the moisture we each loss daily.

Looking for an increased cellulite buster? Consider our inch loss body wrap or one of our other advanced body treatments if you really want to attack cellulite and drop some inches. Yes, these do really work. Always have your body wraps and treatment done by a licensed professional that has advanced training to address your needs specifically. When you come in to our spa you will be given instructions and a custom pre-treatment to use prior to your wrap or advanced treatments. After a series of treatments, it is not unusual to drop 2 full clothes sizes.

With one style of wrap that our spa offers cotton linens are soaked in a penetrating toxin cleansing aloe-herb solution, then wrapped around you while



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warm in a non-compression, mummy style wrap. This is so relaxing and feels amazing! You will relax in the wrap for around 45 heavenly minutes. The solution acts to tone and tighten surface skin. Penetrating herbs boosts cellular activity in deeper layers restoring elasticity and firmness to skin tissues. Therapeutic effects of the aroma are a pleasant added bonus. Many clients take a pleasant nap as the wrap encourages elimination of toxins through lymphatic cleansing.

After a treatment no shower is needed as the solution continues to be absorbed, feels and smells amazing. Drinking 3-4 liters of water during the 24 hours following treatment will flush toxins from the lymphatic system to assure that lost inches will remain lost. The herbs remain in the body and continue to work for three days. To increase inch loss during this time, continue to drink 3-4 liters of water each day for 4 days.

This treatment can assist with stretch marks also. For simply amazing stretch mark treatments or any other skin care or anti-aging concerns contact me today! Beginning this month, we are offering a promotion on our body wrap series and custom combination body treatments. Please text me to schedule your complimentary consultation.

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A Family Affair

Oregon Women for Agriculture is a dedicated group that works together to communicate the story of today's agriculture. Oregon Women for Agriculture was organized 40 years ago by Willamette Valley farm women who were concerned with the shutdown of grass seed field burning. Since that time, this all-volunteer group has broadened its scope to include nearly all facets of agriculture.

OUR MISSION:
Working together to communicate the story of today's agriculture

OUR PURPOSE IS:

- Educate the public about the importance of agriculture on economy and environment
- Unite all phases of Oregon agriculture having mutual concerns
- Improve the image of agriculture
- Support and encourage research that will benefit agriculture

This year is our 30th Annual Auction and Dinner. Oregon Agriculture, A Family Affair
Saturday April 15th, 2017 at the Linn County Fair and Expo Center.

- 4:30 pm Silent Auction- Appetizers, No Host Bar and Grilled Oysters
- 6:15 pm Dinner- Grilled Lamb, Baron of Beef and Roasted Pig
- 7:45 pm Live Auction

Choose from hundreds of auction items and a chance to win a grand prize of a \$1,000 travel certificate to be drawn at the end of the evening. There are a few others games you can join in to win great prizes.

Last year, over 1,000 people attended the event and helped to raise money to support our mission for the year.

With the money raised from this auction we are



able to continue to Educate, Promote and Unite Oregon Agriculture.

Here are some of the ways we use the funds raised:

- Roadside Crop Identification Signs
- Almost Everything Starts on a Farm or Ranch signature billboard "Truck Wraps"
- Radio and bus public education ads
- Oregon Agriculture in the Classroom Foundation
- Summer Ag Institute
- Ag Fest
- Scholarships

Oregon Women for Agriculture does everything possible to see that agricultural interests are heard and dealt with fairly. This includes interacting with the legislature, visiting the men and women who represent us. We have an adopt-a-legislator program that allows our members to easily connect and converse with those at the state capitol.

Oregon Women for Agriculture is a non-partisan organization who focuses solely on the issues that affect all of agriculture.

To learn more about Oregon Women for Agriculture or the auction go to www.owaonline.org

What is

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- Child Evangelism Fellowship
- Food by Design
- Greater Albany Council PTA
- Kitty Angel Team Adoption (KATA)
- LHS Performing Arts
- Lebanon Pregnancy Alternative Center
- Lebanon Soup Kitchen
- Lifeline Baby Boutique
- Oregon Federation of Square and Round Dance Clubs/Mid-Winter Festival
- Oregon Women for Agriculture
- Safe Haven Humane Society
- Serving Our Neighbors
- Scroggins Mill
- St. Edward's Youth
- Vets Helping Vets HQ
- Wake the World



Pregnancy Alternatives Center

The Pregnancy Center (PAC) of Lebanon was founded with the mission to provide medical and educational services to equip individuals to make healthy choices related to pregnancy, relationships, and parenting.

PAC's passion is to provide pregnancy diagnosis and STD testing/treatment services to women in the Willamette Valley through their facility in Lebanon and using a mobile medical unit. Their goal is to provide a safe, secure, accessible place for women to receive these specialized medical services early enough to empower them to make healthy choices. Early diagnosis, education, and medical referrals will equip these young mothers to make healthy choices.

In addition to the facility in Lebanon, with the deployment of their new mobile medical unit, they will reach under-served women in Linn County communities such as Sweet Home, Brownsville/Halsey, Scio, and Jefferson.

In the 27 years of service to the community PAC has provided help to over 25,000 women, many of them in crisis. PAC collaborates with agencies in East Linn County to ensure patients receive further prenatal care and services after their diagnosis of pregnancy. They provide patients with educational classes and material support to encourage and equip them to parent well.

Would you like to support women and provide them free and confidential medical and educational services? Join the team of people across Linn County who financially support and/or volunteer to help women through PAC. Every year, PAC hosts their annual Walk/Run/Bicycle Fundraiser at River Park in Lebanon on Saturday, May 13. Each walker can create their own personal fundraising page that can be quickly and easily shared across social media to raise awareness and financially support PAC. For more information, or to sign up go to fortheone.org.



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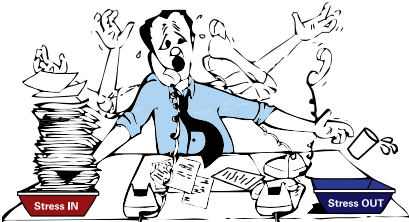
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Good Faith

“It’s Just Air”

Jonie Snow was NO ordinary person. With every breath she praised the Lord and built up the Body of Christ. She often put others needs above her own. My family was blessed to be the recipient of her generosity on a number of occasions. Don, her husband, is a true mentor in my life. As a couple they served the Lord day in and day out without ceasing. Perhaps one of their greatest ministries together was helping married couples navigate through life’s challenges. Just recently, Jonie went on to be with her Lord and Savior. At the beginning I mentioned that she praised the Lord with her every breath. What I need to share with you is that she battled C.O.P.D. (Chronic Obstructive Pulmonary Disease). I often saw Jonie with her oxygen tank and a smile. She didn’t complain and never let the disease impact her focus on Christ and ministry.

In Psalms 23, David writes a poem of comfort. “The Lord is my shepherd; I shall not want. He makes me lie down in green pastures. He leads me beside still waters. He restores my soul. He leads me in paths of righteousness for his name’s sake. Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me. You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows. Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the Lord forever.” David declares that God is his Shepherd and meets all of his needs. David, once a shepherd, understood what it meant to truly care for sheep. He experienced the Lord’s provision in times of difficulty. When David was



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on the run from King Saul, God protected him from a multitude of dangers. He found hope and comfort in His God as he walked through the valley of the shadow of death. But it is in the valley, and often in the difficulties of life, that we find provision. In the valley, David perhaps found peace, rest, and refreshment. As Jonie journeyed in the valley, her dependence on her Shepherd never wavered. God protected, provided, and gave her just enough air to make it to the top of the mountain. She is now with her Good Shepherd, Jesus Christ. She now can take in big gulps of air and breathe out praise without difficulty. She is finally home, ‘dwelling in the house of the Lord forever.’

The Psalmist tells us that we ‘walk’ through the valley of the shadow of death. We must remember that, like sheep, we desperately need a Shepherd to guide us, protect us, and comfort us as we walk each day. We can’t go around the valley; rather, we walk through it with faith and trust that our Shepherd truly cares for us. “I am the good shepherd; I know my sheep and my sheep know me – just as the Father knows me and I know the Father – and I lay down my life for the sheep.” Scripture also says, “He himself bore our sins in his body on the tree, so that we might die to sins and live for righteousness; by his wounds you have been healed. For you were like sheep going astray, but now you have returned to the Shepherd and Overseer of your souls.” David found rest in his soul because he trusted in His Shepherd. Later David would become King and shepherd an entire nation. May you find true comfort in your Shepherd and not take for granted the very breath you have.

In Christ,
Kevin Ferguson

“Birthday Without Borders!” Spring Banquet Child Evangelism Fellowship’s 80th Birthday — Sponsored by the Linn County Chapter

Child Evangelism Fellowship® (CEF®) is celebrating 80 years of teaching God’s Word to children all over the world! They have established Good News Clubs® (GNC™) in over 206 countries. Good News Clubs® are their primary outreach in local schools, neighborhood homes, or churches. In Oregon they have 21 chapters. Additionally they equip teachers as well as provide a ministry, Christian Youth In Action® (CYIA™) to train teens (12-19). To teach the Bible to children. The teens fulfill a summer mission by teaching 5-Day Clubs, working at the Linn County Fair and some as counselors for the Good News Day Camp, hosted by Benton County CEF.

The banquet is a fund raiser for both the total ministry throughout Linn County and a Dessert Auction for CYIA™ scholarships. The teens who wish to participate in the program help set up for the banquet, serve the tables, and provide a 1-Day Club for the children that attend. Each year CEF® of Linn County has found the banquet to be a wonderful way to assist our teens with cost (\$410.00) and reaching more boys and girls throughout the county.

You are cordially invited!
5:30 pm Dessert Auction Begins
6:00pm Dinner Begins
Fairview Mennonite Church
35100 Goltra Road, Albany
RSVP: March 23, 2017
541-258-7150; cefolc@centurylink.net

Ways you can help: sponsor a table for eight (~\$100-150), provide a gluten-free option for attendees, and assist with decoration cost.

Child Evangelism Fellowship is a Bible-centered, worldwide organization composed of born-again believers whose purpose is to evangelize boys and girls with the Gospel of the Lord Jesus Christ and to establish (disciple) them in the Word of God and in a local church for Christian living.

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Spring is a Great Time to get your House in Order

Let's be honest, being a homeowner at times can be tough! It always seems like there is a laundry list of things that need to get done. Before you know it, the weekend comes and goes, and it's hard to find time to conquer the lengthy to-do list.

With spring around the corner and the days getting longer – now is a great time to finally get caught up with some of these common household chores. To help get you started, here is a list of 5 spring home maintenance tips you can tackle before the spring season hits.

POPULAR AND EASY TO DO HOME MAINTENANCE TIPS

Below is a list of some of the most popular at-home maintenance tips that can be easily completed over a couple weekends. Some of these tips are very easy, and simple chores for most homeowners. If you too have a real estate goal in mind this year, now is a great time to complete any deferred maintenance around the house. Some homeowners also consider having a pre-listing home inspection to learn more about other things that may pop up that they're not aware of.

REPLACING YOUR HVAC FILTER

Replacing your filter for your HVAC is one tip that should be done on a regular basis. Many experts recommend that this should be done every four to six weeks. Depending on the type of furnace filter you have may determine how often you should replace it. Staying on top of this throughout the year can drastically help prolong the life of your unit and also help your HVAC run more efficiently. So, if you haven't done it in a while – now is a good time to get it done.

CLEAN GUTTERS & DOWNSPOUTS

Have you gotten ready for the spring showers? This time of year, tends to have more rainfall than any other season. Did you know that for every one-inch of rainfall on a 1,000 sqft roof will collect 600 gallons of water. That is why so many homeowners across the U.S. have chosen to install rain barrels to take advantage of this great resource and use it for their landscaping. However, if you do not have a rain barrel and a poor gutter system, it is important that you have this corrected to make sure the rain coming off the roof is being properly directed away from the house and your foundation. Cleaning out your gutters and downspouts is a super easy home maintenance tip for you to complete

this spring.

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Spring Home Maintenance Checklist
Properly maintaining your driveway can help prolong the life and drastically improve the look. Also, if you are thinking about selling your home this spring, staining your driveway can significantly give the front of your house

a whole new look. Depending on your driveway, this can be an easy to do task that you can complete over a warm, dry weekend.

REPAIR CHIPPING/PEELING PAINT

Over time the paint around the exterior of your home tends to flake and peel away. When that happens, it leaves bare wood exposed. Typically, you see this around the exterior trim of windows and doors. Prepping the surface correctly and repainting the areas can help protect the woods from being exposed to the outside elements and save it from being damaged or rotting. By repairing and or repainting these areas this spring you can also brighten these areas up by making them look new again. Repairing chipping and peeling paint also can help eliminate bank appraisal issues. One of the most common bank appraisal issues is chipped and peeled paint.

RE-CAULK AROUND WINDOWS

Over time, old caulking can dry out and become hard. Causing drafty windows that make it difficult to cool your home over a hot summer. Also, poorly caulked windows can cause other issues such as water intrusion. If it has been ages since the last time you caulked your windows and doors, now is a good time to do so. When doing so, make sure you replace the old caulking by scraping or cutting it away before re-applying the new. This will help the caulking last longer and will help Improve the efficiency of your windows and doors.

CONCLUSION

Sometimes as a homeowner, it may seem like there is always something to do around the house. By making a checklist of things to do and break it up over a few weekends to more easily get them done. Especially for any homeowner that is deciding on making the move in the coming months.

Keep in mind that most active home buyers are looking for a home that is turn-key ready and not a home that has a lot of differed maintenance.

When Glass Breaks

We've all cringed at the sound of shattering glass. Whether it's a broken table top or a rock from the lawn mower flying through a window, that sound brings a quick rush of shock and surprise. When the inevitable happens, there are few tips and tricks for getting the glass cleaned up as quickly and safely as possible.

The first thing to do is determine how far the glass has scattered and move people or pets out of the area. Cleaning up broken glass is annoying. Cutting your foot only adds insult to injury.

Put on some heavy gloves and closed toed shoes and pick up the big shards. Deposit them in a garbage can or paper bag. The next step depends on whether the floor or other surface is hard or a carpeted soft surface.

With hard surfaces, get out your broom and start sweeping. Most likely, you will not be able to get all the smallest pieces with the broom but you'll be off to a good start. The bad part is most experts recommend

throwing away your broom when you're done to prevent small pieces of glass from getting stuck in the bristles and coming out later the next time you use it.

If the glass is in carpet you will need to use a vacuum. A shop vac works great for this, however small slivers will remain. Using a small brush to agitate the fibers will help to get the smaller pieces to the surface so they can be vacuumed more easily

Unfortunately, with either surface, small pieces will remain. There are

many home remedies for removing them but two standouts. Pressing some very sticky tape on to the small slivers works great on carpet and hard floors. Wiping down the area with some damp paper towels is also effective.

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Good Companion

Reality Check On Your Capabilities as a Pet Owner

People often fall for the trap of impulse buying. Impulse buying or buying something based on a whim at a certain moment is devoid of careful thought and weighing of consequences. It really wouldn't matter much if this sort of caprice is used for buying items like clothes every once in a while. After all, why deprive yourself of buying something just for the sheer joy of having it particularly if you are spending within your means. However, buying a pet which is a living thing requires a more responsible decision from the buyer.

When you get a pet and bring it into your home, your primary concerns should center on the aspect of its care. A pet is not something you buy and then leave to let it attend to itself. They require time and attention which you as an owner are responsible for. You will be a better owner if you choose a pet based on your lifestyle and level of commitment.

Dogs have so many breeds that your choice for pet should be more specific. Different breeds have different sizes, temperament, needs and skills. A big, large dog who has exceptional hunting skills may not find a small apartment suitable as a living environment. You will soon find out that a dog that is not happy with his conditions may not be a good companion but a destructive nuisance.

A pet's negative behavior is not the

animal's sole fault, since it is unable to talk or communicate as humans do. Their only way of communicating is through its behavior. Another thing is that humans do the choosing and not vice versa. An educated human choice based on proper information will go a long way in ensuring a better relationship between humans and pets.

You are off to a good start in choosing once you determine for yourself the reason why you want a pet. If you are able to answer this question, chances are, you know what sort of pet you are looking for. A dog may be the best choice for a person who wants a companion and spends a lot of time at home. A cat may be good for someone likewise in need of a companion but doesn't have much time for high-maintenance pets. Caring for a bird or fish can provide much fulfillment for those who don't care much for outdoor physical exercises such as walking. Research will help you determine what breed of dog, cat, bird, fish or even a reptile will work best for you.

Involving the other members of the family in choosing a pet will make it a lot easier for everybody to be involved in the pet's care. A pet is bound to be an additional member of the family. Finding a perfect one will contribute greatly to shared experiences of each member of the whole family.

Pet Owner continued on page 14

Managing Arthritis in Dogs and Cats

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

Arthritis is an all too common disease affecting older dogs and cats. The term arthritis refers to any condition that ultimately leads to degeneration of the healthy tissues of the joint. In dogs the cause is often genetic like hip and elbow dysplasia but can also occur because of trauma as is the case with ruptured knee ligaments. Aging cats typically have a more generalized process of osteoarthritis affecting multiple joints.

The manifestations of arthritis in cats and dogs can be very subtle, especially in cats. Signs of arthritis in cats can include anything from a slightly dull coat due to decreased grooming or reluctance to jump up to old favorite high spots. Dogs will often tire after walking shorter distances or show stiffness in the morning which subsides with the day's activities. Weight gain is often seen as activity decreases while food intake remains the same.

This leads to the first and most important strategy in both offsetting the onset and slowing the progression of arthritis, weight management. Heavy dogs with unstable joint conditions like hip dysplasia and poor muscle tone will develop the debilitating signs of arthritis much earlier in life than dysplastic dogs that are lean and have good muscle tone. Regular exercise is just as important for our pet's joint health as it is for our own. Swimming just might be the best form of exercise for dogs but so too are regular long walks. It is important not to overdue either the intensity or duration of exercise in dogs showing signs of arthritis. Cats, especially indoor cats, should also be exercised by engaging them in active play with laser pointers and other toys. The amount of food each animal is fed must be controlled, unless you're lucky and your pet happens to be a grazer with a causal relationship with his or her food. Unfortunately, this is usually not the case. Feeding amounts are often based on trial and error and most

veterinarians are happy to help you figure out this amount.

Joint supplements like glucosamine and chondroitin can help to protect cartilage at risk for degeneration and are most effective when taken early during disease rather than starting them when the signs of arthritis have become obviously debilitating. Fatty acid supplement in the form of high quality fish oil is also helpful in preserving joint health by naturally reducing inflammation. Other recently recognized supplements that can help to naturally reduce inflammation in dogs are green-lipped muscle extract as well as the extract of elk antler velvet. Class 4 therapeutic laser therapy is another exciting method of treatment that can help reduce inflammation, provide pain relief and stimulate healing. Its benefits may be of particular importance in controlling arthritis in cats that cannot tolerate long term use of anti-inflammatory drugs.

The anti-inflammatory drugs are the last line of defense in treating severe arthritis as well as treating sudden increases in inflammation brought on by the trauma of overexertion. Always speak to your veterinarian before using these types of medication. Ibuprofen is toxic to dogs and Tylenol will kill a cat. Other types of pain medication can and should be used to help reduce the need for anti-inflammatory drugs, these include medications like Gabapentin, amantadine, and tramadol.

Successfully managing arthritis in dogs and cats must be multimodal with an emphasis placed on weight control through exercise and controlled feeding as well as speaking to your veterinarian about starting certain supplements early, especially in breeds at high risk or in pets with physical exam findings that point toward problems down the road. Physical therapy can also be an important part of managing arthritis and muscle atrophy. A new clinic is opening in Salem called SOAR (Salem Oregon Animal Rehabilitation) will be offering physical therapy to local animals with referral.

Oregon Paint Horse Club Horse Show
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7th Annual Albany Easter Egg Hunt
Saturday, April 15 • 10am - 12pm
Monteith Park,
489 NW Water St, S,

Willamette Valley Productions Home Show
Friday, April 21 - Sunday, April 23
Linn County Fair & Expo Center,
3700 Knox Butte Rd, Albany

Procession of the Species
Saturday, April 22 • 10am
Linn County Courthouse,
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Upper Respiratory continued from page 4

can. This is not “sickness.” It is an expression of health. It is your body doing exactly what it needs to do, in order to regain your health.

I am not saying you have to like it, though, but it is, nevertheless, in your best interests. When your child is feeling like this, parents have the compulsion to intervene and interfere with this process unknowingly - cough suppressants, anti-fever medication, antibiotics, etc. We have been carefully taught that a child needs these drugs to be healthy. Nonsense! Your child simply needs no interference.

There are a number of things you can do, however, to help your child while his/her body is “doing its thing”;

- A. Have your child checked by a chiropractor to make certain his nervous system is functioning optimally so it can handle this “sickness” thing.
- B. High doses of Vitamin C. For a young child, I recommend 1000-2000 mg/day for a week. For adults, 5000-7000.
- C. Lots to drink. Water is best but kids don’t like it. You can use diluted fruit juice
- D. Lots of rest and vegging out.
- E. Echinacea in drop form in a bit of juice. Do for a week
- F. Zinc lozenges. Use as a last resort. Taste awful for kids.

In the event that your child is not improving on their own in a week, it means that his/her immune system is weak and crisis care may be needed. Call us to help!

Pet Owner continued from page 13

So again before you make the final choice, determine whether you have the time, the money, the physical space and the willingness to provide for a pet’s care and development. Look at yourself and determine whether your physical condition will be equal to the obligations of a primary caretaker. Lastly, determine whether your personality and the animal’s temperament will make a good match.

There is no question that bringing a pet into the family brings a great amount of love and joy and having a pet is also a big responsibility. Remember, pets can only be good as their owners. Albany Animal Hospital and SafeHaven have many resources available to help you not only make a decision for the right pet but then how to care for your pet for a long, healthy and happy life!

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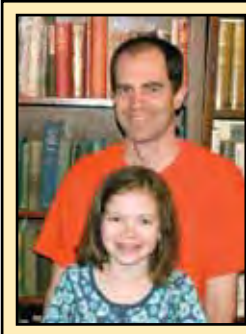
Good

Reviews

The Cuckoo’s Calling

Robert Galbraith

Robert Galbraith is a pseudonym for J.K. Rowling, author of the Harry Potter series. The question is: how do you follow up a publishing phenomenon? Rowling’s first post-Potter book, *A Casual Vacancy*, which was published under her own name, was not well-received and is mostly read out of curiosity. With *Cuckoo*, however, she’s trying to start anew. This is the first book of a mystery series which so far is up to three titles.



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

before Robin walked in the door to start working.

The set-up to the story is about as formulaic as you can get, and starting from such a scenario ensures that this will not be any kind of genre-busting novel. In fact, Rowling seems to do her best to write as much of a typical mystery as possible. Between the characters, the

setting, the plot, and the writing, this is about as “cookie-cutter” as you get. There is almost a sense of Rowling trying her hardest to follow a script, just to prove that she can write a book worth reading that isn’t about Harry Potter.

By sticking to the well-trodden trail of semi-hard-boiled detective fiction, Rowling succeeds in giving us a good mystery. These books are currently being cast for a BBC-TV series, another step in the dutiful march toward popularity. Part of the “magic” of Harry Potter is that the series pulled in readers who had never read a fantasy novel before. Although *Cuckoo’s Calling* is a good mystery, it is little more than that, and even with Rowling’s tremendous influence and popularity, I fear that the books will not have a magical appeal to pull in many readers who don’t already enjoy mysteries.



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Important Records: Purging & Safeguarding

As April and tax filing deadlines approach, our minds turn to our financial records. Many of us are thinking about storing our newest records and purging old records which may include old tax returns, legal or loan documents, etc. But just what can or should we purge? How should we store our important documents?

First let's cover

protecting our important records.

Create a Backup Set of Records Electronically

Keeping a backup set of records including, for example, bank statements, tax returns, insurance policies, etc. is easier now that many financial institutions provide statements and documents electronically, and much financial information is available on the Internet. Even if the original records are provided only on paper, they can be scanned into an electronic format. With documents in electronic form, taxpayers can download them to a backup storage device or to the cloud.

DOCUMENT VALUABLES

Photograph or videotape the contents of your office or home. A photographic record can help an individual prove the market value of items for insurance and casualty loss claims. The IRS has a disaster loss workbook, Publication 584, which can help taxpayers compile a room-by-room list of

belongings. Store your photos at another location or scan and save to a backup storage device or to the cloud.



**BY CHERYL
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UPDATE EMERGENCY PLANS

Emergency plans should be reviewed annually. Personal and business situations change over time as do preparedness needs. New employees or a change in company

or organization functions require updating your plan accordingly and informing employees of the changes.

TO PURGE OR NOT TO PURGE

Making a decision on how long to continue storing or destroying tax and/or business records can make file purging a risky and daunting task. Not maintaining documents for the required time period can create unintended consequences and liabilities. The list of timelines for record retention include Permanent records, 6 to 7 year records, 3 year records and those that may not be able to be classified into a timeline. For a comprehensive list for each of these visit our website at the following web address.

Contact Complete Business Solutions today, your trusted resource for business services at (541) 981-9566 or at clientcare@complete-business-solutions.com.

Eligibility & Enrollment – for Medicare

Turning 65 years old meant you could get your full Social Security retirement benefits and Medicare coverage at the same time. Social Security Administration (SSA) changed the full retirement age to 66 years old for people born from 1948 to 1954. For these people, Medicare will still begin at age 65 even though their full SSA retirement benefit age is 66.

There is another new group of people nearing retirement age – people born in 1955 or later. If you are part of this age group, you will have to wait until age 67 before you reach Social Security's full retirement age. You will still be eligible for Medicare at age 65, but you'll have to wait an extra two years before you can receive your full Social Security retirement benefits.

If you want to retire once you reach age 65 and become eligible for Medicare, you will have to evaluate and determine if you can full retire or if you'll need to modify your plan for a year or two before taking SSA. Before you make a decision that will affect your life-long financial well-being, calculate your current and long-term financial needs. Use the retirement calculator for an estimate of your Social Security benefits. You can find the retirement calculator at the SSA web site, www.ssa.gov.

If you continue to work past age 65 and receive employer-sponsored health care coverage and then you lose that coverage because you retire, you have a certain amount of time to enroll in Medicare to

avoid penalties. For example:

- You have 8 months to sign up for Medicare Part A and Part B after you lose your employer sponsored health coverage. If your employer has more than 20 employees and you enroll during this time, you won't incur a Part B penalty.
- You have 63 days to enroll in a Medicare Part C or Part D plan after you lose your employer-sponsored health coverage. You won't incur a Part D penalty if you enroll in a Part D plan during this time or can show (or prove) you have prescription drug coverage.

Knowing when to enroll in Medicare is important to your financial and physical well-being.

To avoid penalties or delays you will want to fill out two forms to take with you to the nearest SSA office. These forms can be obtained at Medicare web site, www.Medicare.gov. In the Search box, you can type in L-564, this form is also titled CMS-L564, Request for Employment Information and CMS-40B Application for Enrollment in Part B. It's important to take both forms to the nearest SSA office at the same time. Medicare only allows individual to delay enrollment in Medicare if you have health insurance coverage through current employment and receiving health insurance through your employer or spouse employer. You can learn more at Medicare and You 2017 publication.



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