

HIGH POINTS



GOOD NEWS FOR THE WILLAMETTE VALLEY

MARCH 2017 • FREE

Irish Cooking Course

BY KAREN ROGERS

Many years ago, I was on a routine patrol of my favorite thrift stores when I found something that stopped me in my tracks. There were two oil-cloth volumes bound with black tape. I grabbed them, paid and peeled out, leaving rubber on the road.

They were hand written, dated July 1918 and 1919 from the Rathmines Institute of Technology, located in Ireland, and are “Domestic Economy Course Recipes”. The course was taken by Leah Levine and the recipes are painstakingly hand written and carefully marked down in shillings and pence as to the cost and each lesson is one complete meal.

It starts on July 2, 1918 with Roast Meat and Brown Gravy with Roast Potatoes, Horseradish and Yorkshire Pudding. Serving eight persons.

This was a course that taught basic cookery to girls so they could go into service, and interestingly some of the recipes are geared to the American palate! It includes corn bread, fried chicken and cranberries, things rather uncommon in Brit kitchens.

July 23 features” Fried Bacon and Egg. Step 1 Cut rind from bacon rasher and wipe. Step 2 Fry rasher and remove when fat is clear. Step 3 Break egg into bowl and tilt pan and carefully drop in egg. Step 4 Baste well with fat until nicely set and then remove with fish slice (a spatula, of sorts) on to hot dish. Serve egg on rasher on hot dish. Total cost: Bacon 3d, egg 4 1/2d total 7 1/2d.”

Actually, this is very good, but today we would cook the bacon a bit longer until crisp.

The Rathmines Institute of Technology is still in operation in Belfast, Ireland, and wouldn't you just love to know what happened to Leah and how her course books wound up in Albany, Oregon?

So, fry up some eggs and bacon and have a very happy St. Patrick's Day!!!



These handwritten notes are in the two century old Irish Cooking Course books in Karen's cookbook collection.



Home & Garden Show Anyone?

BY REBECCA RAY

Early each spring, usually the week of my twin brother's and my birthday, the local Home and Garden show would take place. As a young child, I would look forward with eagerness to these events, where I would wander around with wide eyes, looking at all the plants, tools, hot tubs, and miniature houses. I would enjoy sitting inside a sauna and feeling the heat. I would even sometimes sneak candy from the different exhibitor's booths when my parents weren't looking. It is still a very fond memory from my childhood.

It is wonderfully ironic, that my husband and I now run our own business where we put on Home and Garden/Remodel shows. Make your plans now for the Linn County Spring Home Show April 21st-23rd at the Linn County Fair and Expo Center, featuring all those things that I found amazing as a child and more. With over 100 exhibitors selling products and services ranging from nursery stock to log furniture, roofers, mattresses, hot tubs, and even solar companies, you'll be able to compare prices and talk to the most trusted voices in the industry.

Come out daily for garden demos and the huge spring plant sale featuring U&D Nursery. In addition, other fun items we are featuring will include home goods such as Tupperware® and Cutco®; a photography business; dried fruits, nuts and candies; essential oils and candles; and even some artisans selling handcrafted products. There will be a mother-daughter team making kettle corn

on site, wood carvings, and other big items such as tractors, trailers, RVs and more!

During the show, we'll be handing out “Passports” to everyone. All attendees that get the exhibitors listed on the passport to initial their spot will be entered into a \$400 cash drawing. We will also be randomly giving out various prizes and gift cards on the hour throughout the three-day show.

Points for Profit members make sure to stop by the Points for Profit business sponsors, like KGAL/KSHO, Premiere Floor Covering, and Smith Glass, which are part of the home show for your five million points per business. Check in at the Linn County Fair and Expo center on Facebook for two million points. Remember if you spot a Points for Profit Board member and tag them on Facebook it is an additional five million points.

Bring your children to our event, and they may be as amazed as I was. They might sneak a few pieces of candy along the way, but there will even be an inflatable playhouse for them to work off the extra energy!

You can be assured that both the products and companies on display are credible and knowledgeable. They will make your event experience beneficial. Whether you are learning how to do a project yourself or searching for the right company to do it for you, you will find the help and ideas you need at our home show. Visit our website for more information: www.wvpevents.com. Make sure to take advantage of the two free tickets for this show on the back page of this paper.

Fun Events for March 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.
- **GARDENING IN THE PACIFIC NORTHWEST BROWNBAG SERIES** Albany Public Library, 2450 14th Ave SE, 541-737-2713
 - “Oregon Spiders: Facts & Fiction” Mar 8, Wed noon-1pm
 - “Fruit Trees for Small Spaces” Mar 15, Wed noon-1pm
 - “Best Plants of 2017: Known & Unknown” Mar 22, Wed noon-1pm
 - “Treating Storm Water Run-off with Rain Gardens” Mar 29, Wed noon-1pm
- **STAYTON RED HAT STRUTTERS** Mar 1, noon at the Covered Bridge Café, 510 N. 3rd Ave., Stayton, 503-767-3945. Jean Evett will be hostess, make your reservation with her at 503-859-2563. Celebrate St. Patrick’s Day with some hat decorations. Some plans will be discussed for changes to the monthly luncheons.
- **ALBANY CIVIC THEATER “BIG FISH, THE MUSICAL”** Mar 2-4, Albany Civic Theater, 111 First Ave SW, call or visit the website for specific performance nights 541-967-8140, www.albanycivic.org
- **SWEET HOME MUD FEST** Mar 4, Sat 9am at the same Highway 228 location as last year. Gates open at 7am. More details see www.themud.com
- **LINN COUNTY FLEA MARKET** Mar 4, Sat 7:30am-2:30pm, Linn County Fair & Expo Center, 3700 Knox Butte Rd, \$ 541-619-5708, details see www.linncountyfleamarket.com
- **LIBRARY UNCORKED** Mar 4, Sat 5-8pm, Albany Main Library, 2450 14th Ave SE, \$, 541-791-0112
- **LEBANON CHAMBER DISTINGUISHED SERVICES**

- **AWARDS BANQUET** Mar 7, Tues 5:30-8pm, Boulder Falls Inn, 605 Mullins Dr, 541-258-7164 www.lebanon-chamber.org
- **LYONS GARDEN CLUB** Mar 8, Wed 1pm in the Lyons Fire Department Conference Room. Guest speaker will be Ellen Eagan of Egan Gardens in Salem. Hostess will be Cheryl Cappelletti, 503-767-3348. Ellen usually bring plants to sell at the meeting along with her demonstration, so if you wish to purchase plants be sure to bring funds to do so. New members and visitors are always welcome if you would like more information please contact President, John Hollensteiner at 503-508-5913 or email at fuzwuz1@msn.com.
- **I RUN FOR KIDS 5K/10M** Mar 11, Sat 9am, Run starts in North Albany, and ends in Bryant Park, Admission cost, 541-979-2773
- **ALBANY WOMEN’S CONNECTION BRUNCH** Mar 15, 10am “Spruce up your Space” at the Phoenix Inn Suites, 3410 Spicer Road, Albany, Oregon. Our monthly brunch is held at 10:00 a.m. and is catered by Jacopetti’s Catering Service. Kristin Bertilson from Queen B will show us how to transform our homes and our speaker is Kelly Crandall who will openly share her healing experience. Peggy Hoecker will provide music. Cost is \$12. inclusive. RSVP by Friday, March 10, to Suzanne at 541-327-3798 or email dmgifts@outlook.com.
- **OREGON WOODTURNING SYMPOSIUM** March 17-19, Fri- Sun, Linn County Fair & Expo Center, 3700 Knox Butte Rd, Albany 503-580-5013, www.lcfairexpo.com
- **SCROGGINS MILL WORK PARTY** Mar 18 280 W. Sherman, Lebanon, OR. 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. See website for contact information and details, http://www.scrogginsmill.org.
- **MIXOLOGY MADNESS** Mar 18, Sat 5-8pm, Historic Downtown Albany, 21 and over, 541-740-1466
- **HERITAGE MALL KIDS’ CLUB** for children under 12 March 18: Kids’ Club with SHOPKINS, 11am-12:30pm

Other events happening in the mall this month:

- March 4: Dr. Seuss’ Read Across America, 10:30am-12pm
- March 11-12: Beaver State Corvette Show
- March 18: Prom Preview 2pm – experience a fashion show exhibiting dresses that will be available at the one-day-

- only My Best Friend’s Closet Prom Dress Event, where all dresses will be sold for just \$10!
- March 25-26: JetStream Aqua Massage Northwest Racecar Show
- **THROUGHOUT THE ENTIRE MONTH OF MARCH:** Prom Dress, Shoes, Accessories collection: donate new and gently used prom dresses at Heritage Mall to benefit the My Best Friend’s Closet Prom Dress Event, where prom dresses will be sold to high school students in Linn and Benton Counties for only \$10.
- **POINTS FOR PROM:** Make your purchase count! Bring or e-mail pictures of receipts to the Heritage Mall office (bpenson@vintagerealestate.com). A point will be awarded for every dollar spent. You designate which Linn or Benton County high school receives credit for your points. The top 3 schools will receive \$500, \$250 and \$100 respectively to spend on their prom fund!
- **LINN COUNTY HISTORICAL SOCIETY “SOME ALBANY HISTORY”** Mar 19, Sun 2pm, Mennonite Village, Lakeside Center, 5353 Columbus St SE, Albany, 541-926-4680
- **ALBANY CIVIC THEATER “THE TROUBLE WITH CATS”** Mar 24-25, Fri & Sat 7:30pm, Albany Civic Theater, 111 First Ave SW, 541-967-8140, www.albanycivic.org
- **NORTHWEST HORSE FAIR & EXPO** Mar 24-26, Fri-Sun, Linn County Fair & Expo Center, 3700 Knox Butte Rd, 765-655-2107 www.equinepromotions.net
- **CHILDREN’S PERFORMING ART SERIES “CRITTEROGRAPHY”** Mar 25, Sat 10am, Linn Benton Community LBCC Gym, 6500 Pacific Blvd, 541-917-7777, www.cityofalbany.net
- **AMERICAN LEGION POST 51 “ALL YOU CAN EAT BREAKFAST”** Mar 26, Sun 8-11am, American Legion Post 51, 480 E. Main St, Lebanon, 541-259-14824
- **POINTS FOR PROFIT MEETING** No meeting this month because of our Annual Awards Banquet, see below for more details.

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

Welcome Spring!

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

Chicken Cacciatore

BY KAREN ROGERS

Chicken cacciatore or “Hunter’s style chicken” is a fine warming dish for a cool Spring days’ meal. I don’t know where this recipe comes from originally, but I detect the fingerprints of my Great-Aunts Kate and Francis and my own Mom, Catherine, none of whom were Italian!

I like to use chicken thighs for this, as they stay moist and are easy to work with, but do NOT use boneless and skinless ones!! Flavor resides in both parts, if you don’t like the skin, take it off before you eat it.

Heat ¼ C olive oil in a large skillet and cook 6 chicken thighs just until a rich golden brown, and remove them to a pan and place in a 350-degree oven while you prepare the veggies. If you lightly flour the chicken before browning, it will reduce sticking to the pan.

Cut 1 large onion up and 8-10 large mushrooms, quartered. Pour off most of the fat, leaving about 1 tbsp. in the pan. Cook the veggies over medium heat, about ten minutes, until the onions are translucent and the mushrooms have released some juice. Add 2-3 minced garlic cloves



and cook until just fragrant. Return the chicken to the pan and add one 14 ounce can of diced tomatoes and one 8 ounce can tomato sauce and a large pinch of oregano. Cover and simmer slowly about 30 minutes. If the sauce tastes bland, add 1 chicken bouillon cube and a large pinch of sugar.

Add 2 large green peppers, cut in strips and continue to simmer, uncovered, about 30 minutes until the peppers are just tender, but not mushy.

Serve this with wide egg noodles and dig in!!!

Since this recipe calls for 6 chicken thighs, you may be wondering why there are only 5 in the picture.

Pure gluttony, on my part.

Ramblings From the Kitchen of Karen Rogers

French Onion Soup

BY KAREN ROGERS

EDITOR’S NOTE: The photo that was published with last month’s recipe for French Onion Soup was incorrect. The correct photo showing the complete dish and serving suggestion has been published this month.



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 2-3 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 2-3 C 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 1 small onion, darkly browned in butter, 1 stalk celery, 1 carrot and 2 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 8 large ones. Do NOT use sweet onions!! Real F.O. Soup uses a different cut of onions. Cut off the North and South poles, 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.

French Onion Soup continued on page 14

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Birth Trauma – Part III

I mentioned that I would provide you with information on accepted, recognized, and deeply rooted medical procedures which may contribute to Traumatic Birth Syndrome.

The first of these is “**Ultrasound.**” This procedure, many think, seems “safe” and innocuous. Current research, however, tells us that this is not so. First of all, ultrasound tends to cause an error in the way cells function. It also plays havoc with the cell genetic code. As well, it is associated with dyslexia and delayed speech. But of greatest concern is that ultrasound affects the immature eggs of a female baby. Because this technology is relatively new, this last effect has not been investigated thoroughly.

Electronic Fetal Monitoring (EFM) is used by most hospitals although there has been little testing done to determine its efficacy. Latest research does indicate that it does increase parent panic and has increased C-sections by 400%. Wonderful for the hospital bottom line.

Epidurals. This has been shown to increase labour time and cause fever in the mother, which is then treated with antibiotics in both, the mom and baby.

Brilliant! As well, it does not allow the mother to “feel” her labour which then necessitates the use of forceps, vacuum extraction, and even C-section to deliver the baby.

Forceps and Vacuum extraction. These procedures use up to 140 lbs of force to literally pull the baby “out.” These are the main

two that cause most of the health problems seen in children and even adults. The forces applied often cause nerve and spinal cord injuries and as well as vertebral subluxations. These subluxations affect the baby’s nervous system and are a great threat to health.

Caesarean section has been increasingly popular with the advent of EFM, Amniocentesis and Chorionic Villi sampling. It seems to be presented as a very simple procedure, yet many parents do not realize that it **IS** surgery. As soon as the abdomen is cut, the uterus tends to contract to protect the baby. This often necessitates the use of steel retractors to open the uterus, then forceps and vacuum extraction to deliver the baby. Of course, the mother is anaesthetized so she can’t feel pain. Many forget that the anaesthetic also crosses the



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Birth Trauma continued on page 14

Spring into Action!

March is National Colo-rectal Awareness month. Colo-rectal cancer is the fourth most common form of cancer and the second leading cancer-related cause of death in the U.S. This form of cancer affects both sexes and all races; but is most prevalent in persons aged 50yrs and older.

The colo-rectal cancer survival rate is very high if the cancer is diagnosed early.

A Stage I diagnosis is associated with an 80-95 per cent cure rate, Stage II: 55-80 per cent. Stage III: 40 per cent, Stage IV: 10 percent. The colo-rectal cancer mortality rate is second only to lung cancer, because people are not diagnosed until the disease is well-advanced. This is largely due to the vague symptoms present during the early stages. Typical symptoms include changes in bowel habit (looser stools, more frequent stools, constipation), bloating, and gas. Most people dismiss these as dietary issues. By the time serious symptoms appear, such as blood visible in the stool, the cancer is well-advanced.

Fortunately, we can accurately screen for colo-rectal cancer. The test is called a colonoscopy and is recommended for all persons

beginning at age 50yrs. The procedure involves introducing a tiny camera into the lower intestine via the rectum,

which the physician uses to view the intestinal walls. While the notion of having a camera sent up your bum may be off-putting; the test is performed under sedation. You will have no discomfort; the

procedure lasts about an hour and the recovery time is minimal. (Contrary to urban myths, you will not “walk funny” after a colonoscopy!)

Advancing age is a major factor in the development of colo-rectal cancer. However, there are additional risk factors: a diet that is high in animal protein, saturated fats, and calories, a diet that is lacking fiber (fruits and vegetables), inactivity, excessive alcohol consumption, a personal history of Crohn’s disease, irritable bowel syndrome, ulcerative colitis, breast, ovarian, or uterine cancer, a family history of colo-rectal cancer, being obese, and smoking.

Researchers believe that if everyone had routine colonoscopies beginning at age 50yrs; 60 per cent of colo-rectal cancer deaths could be prevented. Get screened!



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Sensitive Teeth

Are your teeth sensitive? An estimated 40 million people in the US are affected by tooth sensitivity, most commonly between the ages of 20 and 40.

There's great news! This condition can be treated.

What causes tooth sensitivity?

Any opening or loss of protection makes teeth irritated. The first cause of sensitivity is enamel loss. When protective layers of enamel wear away, dentin (the next layer) is exposed. Causes of this include:

- Aggressive tooth brushing
- Tartar collecting along the gum line from ineffective flossing and brushing
- Untreated cavities
- Old fillings with cracks or leaks
- Receding gums, or gum surgery that exposes tooth roots
- Frequently consuming acidic food or drinks

Discomfort can also originate from the pulp; a mass of nerves and blood vessels in the center of each tooth. This type of sensitivity tends to affect one tooth, versus many. Causes of pulp inflammation can include:

- Decay or infection
- A recent filling
- Excessive pressure from clenching or

- grinding
- A cracked or broken tooth



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HOW IS IT DIAGNOSED?

With a thorough examination and X-Ray technology, your dentist can determine if your sensitivity stems from decay or damage to a nerve.

TREATMENT AND REDUCING

SENSITIVITY:

- Brush twice a day with anti-sensitivity toothpaste
- Floss daily
- Choose a soft bristled toothbrush
- Brush gently; do not scrub
- Use CariFree® products
- Consider a custom mouthguard to combat grinding and clenching

Using a low abrasive toothpaste/gel and/or fluoride rinse will help strengthen the teeth's enamel. It can take several weeks to alleviate the pain and may not correct the problem. If there is tooth decay, additional treatment will be necessary.

Don't ignore your sensitive tooth. Delaying treatment can lead to more extensive damage and more costly treatments. Let your dentist find out what's causing your discomfort.

Propane: It's Not Just For BBQs

Did you know propane works great for small engines as well as small cars and large trucks. Propane will save you money and time when it comes to using your lawnmower or other small engines when you need them. The environmental advantages alone make a propane conversion worthwhile; however it is important to note the other benefits of a propane-powered lawn mower. CoEnergy Propane can always answer any conversion related questions you have about propane and quote you a price for the conversion that you want.



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so the evaporative emissions are reduced as well.

- Extended Service Intervals — Propane does not gum up over time like gasoline, because it is a gaseous and not a liquid fuel, so carburetor problems are not an issue. Propane combustion does not produce excess carbon and gunk like gasoline, and so propane engines typically have a longer interval between oil changes.
- Cleanliness — Propane is not

spilled like gasoline when refueling. It is estimated that Americans spill 17 million gallons of gasoline each year refueling small engines. This represents an environmental hazard as well as a safety hazard, since hot engine parts can cause spilled gasoline to catch fire.

- Extended Engine Life — Propane has less BTUs of energy per unit than gasoline. While this means that it takes more propane than gasoline to power an engine, the advantages are that less energy is wasted in combustion of propane. Engines run on propane run cooler, which means less stress on internal engine parts and extended engine life.

BENEFITS OF PROPANE AS FUEL:

- Storability — Propane does not go bad and can be stored indefinitely. Modern gasoline, on the other hand, has a shelf life of only a month or two without stability additives, and even then cannot often be stored longer than six months before degrading.
- Reduced Emissions — Propane burns much more efficiently (around 90-95% efficient) than gasoline and produces less carbon monoxide and other greenhouse gases. Propane does not evaporate like gasoline,

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Skin Tightening and Contouring

Each week I hear a number of repeated skin concerns and one that is most popular is skin sagging and the desire to tighten skin and contouring. Yes there is hope! In fact a number of options are available. As an introduction I would like to share a couple of thoughts addressing lifting and tightening of the skin. Multiple devices are available and believed to result in a microinflammatory process that promotes new collagen. By manipulating skin cooling, Radio frequency can also be used for heating and reduction of fat. Currently, the most common uses of RF-based devices are to noninvasively manage and treat skin tightening of lax skin (including sagging jowls, abdomen, thighs, and arms), as well as wrinkle reduction, cellulite improvement, and body contouring. Consumer demand for noninvasive methods for skin tightening, wrinkle reduction, body contouring, and cellulite reduction is continuously growing. As less time for recovery means less time lost from work, clients are seeking noninvasive cost-effective procedures requiring minimal downtime to diminish skin laxity and smooth irregular body contours. Sagging jowls are the manifestation of loss in elasticity with the resulting skin drooping, and many patients request noninvasive



methods to contract or tighten the skin. These noninvasive methods include lasers, both nonablative fractional and focused ultrasound, and radio frequency. Use of RF is typically reserved for deeper skin heating without causing ablation of the epidermis and dermis. These can be used not only to induce contraction of skin but also, in certain situations, for reduction of fat. Competitive technologies include vacuum massage, infrared laser technologies, high-frequency focused ultrasound, cavitation frequency ultrasound, RF energy, and various hybrid energy devices combining some or all of the above. Many devices use a combination of heat and cooling to noninvasively deliver RF energy to specific depths in tissue, which produces a predictable response, notably collagen remodeling, to achieve desired cosmetic results for wrinkle reduction, tissue tightening, and body contouring. These methods can play an important role in the treatment of sagging jowls and mild body contouring. It is a safe technology, which is continually being made safer. Please contact me today to schedule your consult and learn more about what options may be a good fit for you.

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Golf for the Whole Family

Spring is just around the corner and with it comes amazing Oregon weather. This year why not give golf a try? There's no better place to learn the game or improve the one you've already got than at SPRING HILL GOLF CLUB. The most affordable golf membership opportunity in the Willamette Valley the time has never been better. Every new member gets two bonus gifts added to their unlimited golfing membership. Choose an ANNUAL RANGE PASS or GOLF CART PUNCH PASS (both are valued at over \$250!). Do you have children, grandkids or know a special little golfer that would love to play Junior Golf? New members get a complimentary Junior Golf Program Pass. Spring Hill Golf Club has one of the largest and most successful junior golf programs in the Northwest. The championship 18-hole golf course has been the host site for the Oregon Open on two occasions!

Spring Hill Golf Club also offers a Pool-Fitness-

Social membership for those that don't play golf or don't play enough to justify an all-inclusive golf membership. For as little as \$35 a month you can enjoy the beautiful junior Olympic pool and private children/ family pool. The only facility that offers poolside food and beverage service, including adult beverages! The Fitness Center as Spring Hill Golf Club is a hidden gem. Located inside the beautiful clubhouse members can access a full-service workout facility, private locker rooms and saunas to use whenever they please. New this year, Pool-Social-Fitness members can add golf to their membership! For those golfers that can only play a few times a year or are fair weather golfers, Spring Hill is offering a PUNCH CARD for 20 rounds of golf.

Spring Hill Golf Club in North Albany has been serving the community since 1959. Find them at 155 Country Club Lane, Albany OR and or call 541-926-6059 for more details.

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Spring is Kitten Season

Kitty Angel Team Adoption (KATA) has been rescuing unwanted and abandoned cats in Linn County for more than 15 years. Founders Vicki Lindley and Doris Garron started the nonprofit after they spent several years trapping and spaying feral and stray cats, but they realized they were only fixing part of the problem. "Inevitably when you're trapping a cat you're going to find kittens, and you can't just leave them behind," Lindley said.

Today, KATA has more than 30 volunteers caring for as many as 100 to 200 cats. Since there is no building to house the cats, volunteers foster them out of their home and work toward finding forever homes. It's a rewarding job, but can be hard work. Abandoned newborn kittens need to be bottle fed every two hours, cats need transportation to vet appointments, adoption events need to be held, and then there's all the feeding and cleaning. As more people in the county become aware of KATA, the

need for foster homes, supplies and funding grows. Though some funding is supplied through grants and donations, much of it comes out of volunteer pockets.

When KATA takes in a cat, they have it fixed, vaccinated and microchipped. Each cat also gets tested for disease and gets a round of wormer and flea treatment. With limited adoption venues, finding forever homes can be a slow process.

As spring approaches, we at KATA are gearing up for "kitten season." This raises the need for more foster homes and people willing to put in some time and supplies. There are daily calls from people who find abandoned, unwanted or injured cats, and sometimes we have to turn them away because there's no place to house them.

If you're interested in helping, contact Vicki at 541/367.7575. Donations of litter, food, other supplies and volunteers for cleaning kiosks are always needed.



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“Diving into the Ocean of God’s Love”

The great state of Oregon parallels perhaps one of the most magnificent wonders of the world. The mysteries that exist beneath the canopy of the Pacific Ocean are filled with fierce creatures, breath-taking landscape, and a width of gentle power revered by all. The ocean for some is a source of economy and yet for others it is a place to retreat on a warm afternoon. For those in coastal towns where disaster has struck, the ocean is a reminder how valuable life is and how short it can be. Recently, at the Pastor’s Prayer Summit, I had the opportunity to walk along the beach and take in all the beauty that was around me.

I love the sound of the crashing waves, the feel of the warm sand, and the taste of the salty air. I was reminded of God’s unfailing love as I stood and marveled at the width, length, and depth of the ocean. I wonder if those who lived in Ephesus, a major sea port, ever stopped and glanced at the Aegean Sea and thought of God’s love. Revelation tells us that the early church in Ephesus had forsaken their first love. Perhaps they were too busy or enslaved by the anxieties and worries of their daily routines. We know they worked hard, endured hardship, did not grow weary, and did not tolerate wicked men. How could they have done so many things right as a Christian community and yet miss what was really important?

Paul wrote these words to the church in Ephesus some time earlier. *“And I pray that you being rooted and established in love, may have power, together with all the saints, to grasp how wide and*

long and high and deep is the love of Christ, and to know this love that surpasses knowledge – that you may be filled to the measure of all the fullness of God.” Ephesians 3:17b-19

My friend, Mike Novelli, makes this observation, “God’s love is like a vast ocean, where we stand at the edge just barely getting our feet wet. In our hearts, we long to dive in and let the waves carry us, but we are apprehensive. Will you jump in, leaving behind the safety of the shore? Jesus is waiting to meet you in the depths of your soul.” *“And so, we know and rely on the love God has for us. God*

is love, whoever lives in love lives in God, and God in him.” 1 John 4:16 God’s love is real and perfect. His love heals, forgives, and transforms. I encourage you to take a few moments and encounter how God has gone to great lengths to reveal His love through these passages: **Genesis 1:26-28; 12:1-3, Exodus 34:5-10, Hebrews 12:5-7, Luke 2:8-12, Matthew 27:35-39, John 14:16-17, 1 John 4:7-12.**

I believe our purpose in life is to bring Glory to God; therefore, loving Him and loving others needs to be our top priority. Jesus said it best in Matthew 22:37-39, “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. All the Law and the Prophets hang on these two commandments.’”

For further encouragement on the topic of God’s love for us and our love for Him, I highly recommend Crazy Love, by Francis Chan.

In Christ,
Kevin Ferguson



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Fraud Prevention Tips

We can all fall victims to fraud but the younger and older are even more prone to this insidious crime. People may be victims of frauds like con games and insurance, home repair, telephone, or internet scams. Even “trusted” friends or family members have been known to steal an older person’s money or property. The following tips may help:

Don’t be afraid to hang up on telephone sales people. You aren’t being impolite. You are taking care of yourself! Remember, you can say no to any offer.

Don’t give any personal information, including your credit card number or bank account, over the phone unless you were the one who made the call.

Don’t take money from your bank account if a stranger tells you to. In one common swindle, a thief pretends to be a bank employee and asks you to take out money to “test” a bank teller. Banks do not check their employees this way.

Don’t be fooled by deals that seem too good to be true. They are often rip-offs. Beware of deals that ask for a lot of money up front and promise you more money later. Check with your local Better Business Bureau to get more information about the record of any company before doing business with them.

Do be on guard about hiring people who come door-to-door looking for home repair work. They may not be trained to do the work, and they may overcharge you. You should try to check their references. Always spell out the details of the work you want done in writing. Never pay for the whole job in advance.

AVOID IDENTITY THEFT

How can someone steal your identity? Using your name, Social Security number, or credit card without your okay is called identity theft and it’s a serious crime. Be sure to protect yourself:

Do keep information about your checking account private. Put all new and cancelled checks in a safe place, report any stolen checks right away, and carefully look at your monthly bank account statement.

Do shred everything that has personal information about you written on it.

Do be very careful when buying things online. Websites without security may not protect your credit card or bank account information. Look for information saying that a website has a secure server before buying anything online.

Do check with the Federal Trade Commission (FTC) to find out how to protect yourself from common online scams that can trick you into revealing your personal or financial information.

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Earnest Money Mistakes to Avoid

When a buyer settles on a home, they show their purchase commitment with an earnest-money deposit. But if they’re not careful, they could lose thousands of dollars.

Some of the biggest mistakes home buyers most often make with earnest-money deposits, include:

FAILING TO UNDERSTAND EXACTLY WHAT AN EARNEST-MONEY DEPOSIT IS

It is proof that a buyer is committed to completing the sale. Earnest money is used as credit toward the down payment and closing costs. It’s often a negotiable amount between the buyer and seller and usually about 1 percent to 2 percent of the purchase price, although it could be much higher.

NOT OFFERING UP ENOUGH

When a market is competitive, offering more earnest money may be one way to get your offer to stand out. Offer an earnest-money deposit that will get attention. For example, on a \$500,000 home, in a competitive

market, agents recommend the buyer offer up \$20,000 to \$25,000, or up to 5 percent, depending on the competing offers. But as a buyer, know that your deposit money could be in jeopardy if you default on the contract.



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REMOVING CONTRACT CONTINGENCIES

Jeremy Colonna of Matchpoint Funding says he’ll see buyers agree to remove a loan contingency and then if their loan falls through, they could lose their earnest money. “Never give up your right to cancel your purchase until you are 100 percent certain that you’re going to be able to close,” Colonna says. Watch for giving up other contingencies, like waiving inspection issues, appraisal issues, or problematic title searches.

NOT ABIDING BY CONTRACT TIMELINES

Ensuring that you as a buyer stay on the schedule dictated by a contract can assist with not losing your earnest-money deposit

Removing Hard Water Stains

In my last column, we discussed how to prevent hard water stains on your windows and shower doors. The old saying “an ounce of prevention is worth a pound of cure” really applies here. If you have particularly hard water and aren’t diligent about removing the spots early, they can etch the glass making them nearly impossible to remove. Although, if it’s too late and you already have these unsightly stains, there are some non-caustic home remedies worth trying before hitting the hardware store for a cleaner that uses a lot of harsh chemicals.

One popular option is a 50/50 mixture of white vinegar and water. Put the mixture in an empty spray bottle and apply to the glass. Let it sit for a few minutes and wipe off with a clean cloth. This method works well for minor stains and spots.

For tougher jobs, a paste made from baking soda and water may be effective if left on the glass for about 15 minutes

then wiped off with a wet towel. But beware, this method requires significant elbow grease! Applying this paste and completely removing it so there are no foggy areas can be a strenuous process.

If the home remedies haven’t removed the spots, it may be time to talk with your local glass company about a more

robust commercial product. Typically, these are pastes that have stronger chemicals in them and they really do the trick. To stay safe, you should wear rubber gloves and carefully follow the manufacturer’s instructions on the containers. Lastly, there are companies that specialize in water stain removal from windows and shower doors. The cost is much less than full replacement of the glass but results can be mixed.

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It's Poison Prevention Month

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

Having a problem with rodents. March is National Poison Prevention Month so I thought I'd go through a few household products and plants that can get our pets in trouble. It is spring cleaning time and some cleaners can be very toxic to pets. Make sure to use products that are labeled as pet safe. There are carpet cleaners that can be very toxic. A powdered carpet cleaner may have been responsible for the recent death of a cat and bird last month in Lakewood, Washington. When using household, cleaners make sure to use them with good ventilation with animals in a far-off room that is also ventilated with open windows or consider boarding until cleaning is complete.

Birds are especially sensitive to aerosols. Household cleaners, particularly bathroom cleaners, may contain a variety of chemicals such as ammonia, chlorine, formaldehydes and phenols (like carbolic acid, hydroxybenzene and oxybenzene). For some reason there are some cats that actually like the taste of bleach and will drink it if allowed access. Cleaning agents with these chemicals should be avoided or used with extreme caution. Cats are also extremely sensitive to pine oils found in products like Pine-Sol. If you are concerned your pet may have ingested one of these products the most common sign is profuse salivation, especially in cats.

If you are cleaning your pet's toys beds and bowls make sure to use pet safe products. Avoid scented detergents and

fabric softeners when cleaning beds or pet sweaters.

Lawn products like fertilizers are often ingested by dogs. If they ingest enough fertilizer serious cases of vomiting, diarrhea and even obstruction can result. When spraying weed and insect killers please follow instructions carefully. Cats and dogs can become poisoned by walking on surfaces recently treated when the groom their feet afterwards.

A garden product all dog and cat owners should know about (especially dog owners, as they are the ones that most commonly ingest it), is Metaldehyde. This is an active ingredient found in a majority of slug baits. This can easily kill a dog if they ingest enough of it. Symptoms include violent muscle tremors and in severe cases seizures that can be difficult to control. Please use pet friendly slug baits that contain iron phosphate as the active ingredient instead. And make sure to keep your dog out of the mulch pile where they can ingest molds that can cause them to have serious tremors not to mention the various other stuff in a mulch pile that can cause all kinds of gastrointestinal upset including pancreatitis.

Springtime is also Easter Lily season and these plants are highly toxic to cats. Just a small amount can cause kidney failure in cats. Sago palm is becoming increasingly popular as both an indoor and outdoor plant and is very harmful to a dog's liver when the leaves are ingested.

Hopefully this information will help you to keep your pets safe while we enjoy this wonderful spring weather.

New to Medicare – 7 tips for Baby Boomers

If you recently joined Medicare you are now getting coverage from a government-sponsored health insurance program – over 50 million are already insured with Medicare. Are you considering another plan to supplement Medicare? There are a lot of steps to consider. Here are 7 tips to help make your Medicare plan decision a smooth one.

- Review your new Medicare card to learn how to contact Medicare, 1-800-633-4227, and what kind of Medicare coverage you have. You may have other cards as well (plans you enrolled in). Be sure to keep them in a safe place and bring them with you to the doctor, hospital or pharmacy.
- Schedule your Welcome to Medicare visit during the first 12 months you have Medicare Part B. This is a one-time exam that will give you a full review of your health and teach you about preventive services you may need. There is no additional cost for the visit and the Part B deductible does not apply.
- Fill out an Authorization Form if you want a family member or friend to call Medicare on your behalf. Before Medicare will give personal health

information about you to any you must first give Medicare your written permission.



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- Sign up for MyMedicare.gov Medicare's secure online service where you can access your personal Medicare information 24 hours a day, every day. You can track your health care claims, view your Medicare Summary notices, order a replacement

- Medicare card, check your Medicare Part B deductible status, view your eligibility information, track your preventive services, find information about plans like prescription drug plans or health plan that will supplement your Medicare coverage.
- If you have Medicare Part B learn the five (5) ways to pay your premium.
- Mark your calendar to review your coverage every year before Medicare Open Enrollment starts, October 15 through December 7. Your health needs and budget may change and you may want to fine-tune your coverage by making changes.
- Stay informed. You can sign up to receive Medicare updates and information monthly by signing up through www.MedicareMadeClear.com.

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French Onion Soup continued from page 3

In a very large skillet, melt ¼ C butter and add the onions as you slice them, it will look like way too many onions, but persevere, 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 1 large pinch red pepper flakes.

Just before you add the onions to the stock, add 2 cloves garlic finely minced and let them cook for a minute. Pour them into the stock and let simmer for about 1 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

placenta and affects the baby. Definitely not the birth of choice!

The greatest difficulty Doctors of Chiropractic have with all these procedures, is that they cause Vertebral Subluxations in the baby’s spine. These subluxations affect and interfere with normal nervous system function and can create health problem which may plague the individual into adulthood. The most common effects of subluxations are; ADHD, poor concentration, chronic ear infections, lowering of the immune response, frequent colds and respiratory infections, scoliosis, asthma, bed-wetting, and a host of others.

I feel it is imperative to have babies checked for subluxations as soon as possible after birth.




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Reviews

Original “Lost Race” Novel *She* by H. Rider Haggard

Reading a novel by H. Rider Haggard is like reading *Lord of the Rings* for the first time, or discovering *Star Wars*: you suddenly see where so many authors get their material! Haggard’s 1887 epic *She* is one of the original “lost race” novels. Although lost races have been written about since ancient times (think Atlantis), Haggard was the first author to turn it into a genre, and he churned out a bunch of novels featuring lost races—this theme was soon picked up by other authors, perhaps most notably Edgar Rice Burroughs, the creator of *Tarzan*. Today, the idea of a lost race is so ingrained that it has been absorbed by all other genres: from adventure stories like Michael Crichton’s *Congo*, to pretty much every episode of *Star Trek*.

The two main characters of *She*, Leo and his guardian Holly, discover a manuscript written by Leo’s deceased father which reveals a 2,000-year effort to avenge the betrayal and murder of the family’s progenitor, Kallikrates. Seemingly a myth, but supplemented with a few artifacts, the manuscript inspires Leo to travel to Africa to discover his past.

No big surprise—the story of Kallikrates is perfectly true. But what is a surprise—his murderer is the beautiful

Ayesha and she is alive and well after two thousand years.

Haggard spends a fair amount of time talking about the “lost race” that Ayesha rules over as the queen referred to only as “She-who-must-be-obeyed.” As the lost race novel developed over the next several decades, authors spent an increasing amount of time on providing details on how all aspects of their lost civilization work. Haggard, however, is ultimately more concerned with telling a story, and he forgoes such details in favor of developing the unforgettable character of She-who-must-be-obeyed.

Ayesha, when we first meet her, is a terrifying and cruel queen, dangerous and even deadly. Later, however, she becomes more of a tantalizing mystery than a threat. By the end of the novel, we have learned that her driving force is nothing other than that most noble of all instincts—love. She has made the complete switch from “bad guy” to “good guy”—a transformation that’s hard to accomplish in a relatively short adventure novel. She is one of the most cynical characters ever to be created, yet we finally understand that beneath that cynicism is a hope that has sustained her for two millennia.



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



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Good Business

Accounting for Business & Personal Expenses

Do you have a habit of comingling your business and personal expenses? There are complications you may not be aware of if you do.

If you ask tax accountants what is the most common financial mistake small business owners make, almost all will say mixing of business and personal expenses.

Let's begin with the basics of what a deductible expense is. IRS publication 535 Business Expenses guidelines clearly state that a "business expense must be both ordinary and necessary in order to be deducted." But I am sure you will agree that things are never quite as simple as that. There is a book called Deduct It! by Stephen Fishman that devotes 500 pages to this subject alone.

One complication that arises when mixing personal and business expenses is that it creates extra work when it is time to prepare taxes. The extra work almost always equates to a higher bill from your tax preparer as you try to sort through what you can actually claim and what you can't.

Many small business owners may not realize that they are in danger of voiding

their liability protection and putting their personal assets at risk. If you are incorporated as a C Corp, S Corp or

LLC, you're required to keep personal and business finances separate.

And finally comingling expenses makes it impossible for you to generate financial reports that show the true financial health of

the business. You may think in day to day operations this doesn't matter. But if you should need or want to apply for a business loan for a piece of equipment or expansion of your business...this could be an issue.

When thinking about the IRS rules on allowed expenses I am reminded of what Benjamin Franklin said. "They that will not be counselled cannot be helped. If you do not hear reason, she will rap you on the knuckles." And you can bet they will!

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BY CHERYL VAUN,
COMPLETE
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Tastefully Simple by Mary Ann Stanton, Consultant

Tastefully Simple is a company with a great story the Founder & CEO Jill Blashack Strahan began in 1995 with a dream and on a shoestring in the founding partners shed that did not have running water. Now the company is a \$140 plus million company along with being a 500 hall of fame.

MY STORY:

My Story with Tastefully Simple started last fall. A friend of mine had started with Tastefully Simple and was loving the products and the time saved in the kitchen using their products. So, I decided to try Tastefully Simple and it works with my life which allows me to make money and take care of my grandchildren when needed. I love what I do and who I get to meet.

We have just come out with an amazing new Spring/Summer Catalog this February. New products such as our Spiced Sampler, Citrus Herb Seasoning, Orange Beer-Margarita Mix, Pineapple Margarita Mix, Dill Pickle Dip Mix, Strawberry Lemonade Fruit Dip and many more for the seasons coming up.

Our best seller is our Bountiful Beer

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THE PRODUCTS AND COMPANY:

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There are several ways to learn about and get our amazing products.

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