

HIGH POINTS



GOOD NEWS FOR THE WILLAMETTE VALLEY

MAY 2017 • FREE



Life-Line for Babies

Life-Line Baby Boutique is meeting the needs of parents with young children by providing clothing, diapers and baby equipment free of charge. Participants are interviewed to assess the needs of the child. We are a non-profit facility supported by Hope Church. Attendance at Hope Church is not required to benefit from Life-Line Baby Boutique. All items are carefully inspected and washed before being sorted and hung up.

Since opening in April of 2013 we have been blessed to touch over 400 families in the Mid-Willamette Valley area. Each year we continue to grow and reach more families.

Life-Line is thankful for the support of our local community thru donations of clothing, equipment, diapers and receipts. Fairview Mennonite Church and Quilts from Caring Hands have been generous supporters providing new quilts, blankets, burp rags, bibs and more. Monies earned thru the Points for Profit program will help provide safe places for babies to sleep, laundry soap, and purchase items that don't get donated often.

Donations of new and gently used clothing up to size 2T can be dropped off during business hours. Alternative drop off is Hope Church's main office. Additional items that can be donated include diapers (especially size 3-6), shoes up to size 8, socks, and blankets. We are unable to accept car seats, cribs, and toys at this time.

We now have expanded hours: Tuesday 2:30-4:30, and Wednesday 10-12 and 4-6pm. We are located at 2817 Santiam Hwy SE; Albany OR 97322 for more information call 541-926-2291 ext 228 or email: Babyb@hope.church. Please like and follow us on Facebook for updates and items needed.



St. Edward Youth of Lebanon earned a 2nd place award of \$3000.

Local Business Supporting Local Charities at Award Banquet

There is never a more fun time of year than when you get to give awards to businesses, volunteers and non-profit organizations. Points for Profit gives back a portion of the business sponsor's investment to local, non-profit organizations annually. Each non-profit group works hard to be number one by attending monthly business meetings, on-location events and spending dollars with business sponsors. This year they are proud to recognize Lifeline Baby Boutique from Hope Church in Albany as the first place non-profit and winner of \$5,000. Followed by St. Edward Youth of Lebanon at second place and \$3,000; Linn Benton Women for Agriculture took third position and \$2,000. The rest of the group all receive cash awards paid from the monthly sponsorship revenues. Twenty local organizations received awards at the March 21st banquet and auction held at Albany Golf & Event Center.

"Life-Line Baby Boutique is grateful to all the Points for Profit sponsors that make this possible. We also appreciate the support from the community and the church in saving receipts! We will use these funds for car seats and a safe place for babies to sleep" said Wenona Given, Volunteer for Life-Line. "Car seats have to be brand new due to liability issues so there is a challenge because we can't accept used donations here. This money will ensure that babies will have a safe place to sleep and ride in vehicles."

Each year Points for Profit members vote for the outstanding business and volunteers from the year

prior. The categories for businesses voted on are Large Business, Medium Business, Small Business and Home-based Business. Due to excellence in customer service and supporting our community Bi-Mart was voted Large Business of the Year for the 11th year running. Elmer's Restaurant was awarded Medium Business of the Year for the third consecutive year! Small Business of the Year went to mother and daughter owned SugarVibes Donut Company of Lebanon and Sweet Home. A husband and wife team with It Works (That Crazy Wrap Thing) Keith and MaryAnn Honeyman received the Home Business of the Year.

The Rick and Karen Rogers Altruism Award is voted on by the Board of Directors of Points for Profit and is given only when the board sees an individual go above and beyond not only for Points for Profit but for their community at large. The first award ever went to the namesake Rick and Karen Rogers in 2015.

Altruism or selflessness is the principle or practice of concern for the welfare of others. Don Leber, Vice-President of Advertising for Bi-Mart Membership Discount Store was unanimously voted to be honored with the Rick & Karen Rogers Altruism for 2016.

Congratulations to everyone! You can find the list of participating businesses and non-profit organizations by visiting www.pointsforprofit.org. Just shop the businesses and give your receipt or copy of to your favorite non-profit. For more information call 541-791-2901. Points for Profit...Shop locally, serve locally and sustain locally.



Elmer's Decadent Chocolate Cake.



Wilco Farm Stores is an auction favorite!



Fun Events for May 2017

April showers bring May flowers. Check out all the fun activities for this next month.

- 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 - Saturday 9am-1pm, City Hall Parking Lot, <http://locallygrown.org/home/>
 - Brownsville – Thursday 3-7pm, Main & Park St, Brownsville www.brownsville-farmersmarket.com
 - Corvallis- Saturday and Wednesday 9AM-1pm, First St. Downtown, <http://locallygrown.org/home/>
 - Lebanon- Opens May 18 2-6pm Corner of Grant and Main, <http://lebanondowntownfarmersmarket.org/>
- ALBANY CIVIC THEATER “SWEENEY TODD”** May 11-28 Fri & Sat 7:30pm, Sun 2:30pm, 111 First Ave SW, call 541-967-8140 for more details or visit www.albanycivic.org.
- STAYTON RED HAT STRUTTERS** May 3 at noon at The Red Apple, 333 N. 2nd Ave., Stayton, 503-769-8132. Hostess will be Betty Trevena 503-743-2029 please contact her so she can make arrangements with the restaurant. The restaurant serves Chinese and American food and you will order off the menu. The luncheons are open to the public and potential new members. For more information contact Margie Forrest 503-859-3119
- ALBANY WINE WALK** May 5 Fri 4-8pm, Historic Downtown Albany, 541-928-0911, www.albanywinewalk.com
- NORTHWEST BUCKSKIN CLUB HORSE SHOW** May 5-7 Fri, Sat & Sun, Linn County Fair & Expo Center, 3700 Knox Butte Rd, 541-926-4314 www.lcfairexpo.com
- WES KNODEL GUN SHOW** 5-7 Fr, Sat & Sun, Linn County Fair & Expo Center, 3700 Knox Butte Rd, 503-363-9564 www.lcfairexpo.com
- BROWNSVILLE “CARRIAGE ME BACK”** May 5-6 Sat & Sun, Historic Downtown Brownsville, Reservations suggested 541-466-3390 www.historicbrownsville.com
- DELUXE BREWING “VINTAGE BICYCLE SHOW”** May 6 Sat noon to 5pm, 635 NE Water St, Albany, 541-928-7699, www.sinisterdeluxe.com
- ALBANY WOMEN’S CONNECTIONS** May 10 Wed 10am at the Phoenix Inn, 3410 Spicer Drive, Albany, Oregon. Our inspirational speaker will be Faye Pruitt, an artist, musician and ventriloquist, who learned to live again after a tragedy. She and her husband will also provide music for the program. The brunch is prepared by Jacopetti’s Catering Service and cost is \$12 inclusive. Please RSVP by Friday, May 5 to Suzanne at 541-327-3798 or awc_reservations@yahoo.com.
- CITY OF ALBANY “LOVE YOUR WATER”** May 10 Wed 4:30-7pm, City of Albany Plaza, 333 Broadalbin SW, 541-917-7777 www.cityofalbany.net
- GIRLS’ NIGHT OUT**, May 11, Thur. 5-9pm Heritage Mall - One of the biggest events of the year is back with a twist: we’re going country! Customers receive a free bag at check-in, exclusive offers, prizes, free food and desserts, wine garden, scratch-off to win and more!
- SOROPTIMIST FLOWER SALE** May 11 Thur 10am-till gone, At Home Furniture, 9th and Hill Sts, 503-577-3602
- ALBANY ART & JAZZ FESTIVAL** May 13 Sat 10am-4pm, Historic Downtown Albany, 541-928-2469, www.albanydowntown.com
- SW WASHINGTON PAINT CLUB HORSE SHOW** May 13-15 Fri, Sat & Sun, Linn County Fair & Expo Center, 3700 Knox Butte Rd, 971-219-0792 www.lcfairexpo.com
- MARKS RIDGE WINERY “MOTHERS DAY AT THE WINERY”** May 14 Sun noon -5pm, Marks Ridge Winery, 29255 Berlin Rd, Sweet Home, 541-974-4457, www.marksridge.com
- SWEET HOME RANGER DISTRICT “CASCADIA CAVE HIKE”** May 19 Fri 9am-5pm, Sweet Home Ranger Station, 4431 Hwy 20, Sweet Home, Reservations Required, Call 541-367-5168, www.recreation.gov
- DETROIT LAKE FISHING DERBY** May 19-21 Fri, Sat & Sun, Detroit Lake, for all ages, 503-854-3346 www.detroitlakeoregon.org
- LINN COUNTY LAMB & WOOL FAIR** May 19-21 Fri, Sat & Sun, Scio Lamb Fairground, 541-394-3389, www.lambfair.com
- HERITAGE MALL KIDS’ CLUB** May 20-11am-12:30pm The Minions are invading Kids’ Club in May! Bring your child to this free event for kids under 12 for an exclusive Meet & Greet with the Minions, plus games, music and crafts!
- LINN COUNTY HISTORICAL SOCIETY “STORIES FROM THE SANTIAM WAGON ROAD** May 21 Sun 2pm, Mennonite Village, Lakeside Center, 5353 Columbus St SE, Albany, 541-926-4680,
- SWEET HOME RANGER DISTRICT “LICHENS, MOSSES, AND EARLY WILDFLOWERS”** May 26 Fri 9am-5pm, Sweet Home Ranger Station, 4431 Hwy 20, Sweet Home, Reservations Required, Call 541-367-5168, www.recreation.gov
- MID-VALLEY COIN, CURRENCY & TOKEN SHOW** May 27-28 Sat & Sun 10am-4pm, Linn County Fair and Expo Center, 3700 Knox Butte Rd, 503-769-7183, www.lcfairexpo.com
- MARKS RIDGE WINERY “MEMORIAL DAY OPEN HOUSE”** May 27-29 Sat, Sun & Mon, noon -5pm, Marks Ridge Winery, 29255 Berlin Rd, Sweet Home, 541-974-4457, www.marksridge.com
- AMERICAN LEGION POST 51 “ALL YOU CAN EAT BREAKFAST”** May 28 Su 8am-11am, American Legion Post 51, 480 E. Main St, Lebanon, 541-259-14824
- CASCADE PERFORMING ARTS CENTER RECITAL** May 31 6pm Lebanon Senior Center, for more details visit <http://cpac.weebly.com/> or call 541.258.2572
- 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 RSVP required. 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 Memorial Day

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

Publishers.....	InSpirit Marketing, Inc.
Advertising Sales Team	Lauralee Beck Wenona Given Sharon Hails
Staff Writers	Lauralee Beck Wenona Given Karen Rogers
Graphic Designers.....	Bobbi Dickerson J’Aime Salisbury
Contact us at.....	541-791-2901

InSpirit Marketing Inc. is located in historic downtown Albany inside of Two Rivers Market.

The opinions, beliefs and viewpoints expressed by the various authors and columnists of High Points may not necessarily reflect the opinions, beliefs and viewpoints of High Points or InSpirit Marketing, Inc.

BI-MART

GET READY FOR
Mother's Day
for Less!

Be sure to check-out the CHECK POINT for Bi-Mart Bonus Points!

SALEM • KEIZER • STAYTON • WOODBURN • MONMOUTH • ALBANY • CORVALLIS • LEBANON • SWEET HOME

FRESH STRAWBERRIES!

Elmer's
breakfast • lunch • dinner

FRESH FRUIT WAFFLE

FRESH STRAWBERRY BLINTZES

2802 SANTIAM HWY, ALBANY
(541) 928-4227

Find us on

#iheartelmers
www.eatatelmers.com

Ramblings From the Kitchen of Karen Rogers

Nut Goodies

BY KAREN ROGERS

Years ago, at a garage sale I found a whole passel of beautiful little cookie molds shaped like walnut halves. The original owner could never figure out how to make them work. I experimented with a Linzer Torte- like nut crust and voila! Nut Goodies were born.

They can be made in any small baking mold for tartelettes or barquettes, just adjust the baking time.

Pre-heat the oven to 375 degrees and place your molds on a parchment lined baking sheet. Lightly spray them with non-stick spray.

Combine in a mixing bowl ½ C Butter Crisco and 1/3 C brown sugar and beat until fluffy. Scrape the bowl and add ½ tsp. salt, 1 tsp. vanilla and 2 tbsp. cornstarch and mix again. Cornstarch gives them a pleasantly short texture. Add 1 C flour and ½ C finely chopped nuts and mix until the dough comes together. If you can find it granulated maple sugar is fabulous!

My small molds take 1 tsp. to fill each, so you might have to add more. Press the dough into the mold so that a small hollow forms in the center. Bake 10 to 15 minutes.

Let them sit on a rack for a few minutes, but these must come out of the forms while still warm or they break.



Let them cool completely on a rack.

For the filling combine 1 C powdered sugar and 3 tbsp. maple syrup until a thick icing forms. I use this filling with walnuts.

If you use almonds, simply mix the sugar with amaretto to make a paste. Toasting the nuts also boosts the flavor.

Hazelnuts and pecans are fabulous with a hazelnut liquor, and you don't have to use the expensive stuff.

If you don't have fancy-schmantzy molds, simply drop the dough by teaspoonfuls and flatten with the bottom of a glass. I use a small scoop so the size is uniform.

Just set a tray of Nut Goodies out and watch all of us squirrels come running!

May Word Search by Rolie the Puzzlemaster

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

- | | | |
|-------------|------------|------------|
| BALANCE | CIRCLE | LEGS |
| BALLET | DIP | LINE DANCE |
| BELLY DANCE | FEET | MAMBO |
| CALYPSO | FLOOR | MUSIC |
| CANCAN | FOLK DANCE | SAMBA |
| CHA CHA | FOX TROT | TWIST |
| CHARLESTON | KICK | |

Great Food...Quirky Names!

The Turn Grille by Bigfoot Bites
@ Springhill Golf Club Course

155 NW Country Club Ln, Albany
Open Wednesday-Saturday 5-9pm
www.bigfootbites.com | Visit us on Facebook

Wednesday night is Ladies' Night \$5 wine and \$5 appetizers
Thursday night is Men's Night \$12.95 Ribeye special

Also Visit Bigfoot Bites @ the Heritage Mall
1895 14th Ave. S.E. | Albany | (541) 791-7669

Order Online at pizzahut.com

Proud Partner of HighPoints Newspaper!

Dine-In, Carryout & Delivery

Albany 2215 14th Ave SE	541-926-1643	Lebanon 3190 S. Santiam Hwy	541-259-4888
Corvallis 2575 NW Kings Blvd	541-753-1240	Salem 3302 Commercial St SE	503-364-7286
Eugene 579 E. Broadway 3577 W. 11th Ave 2870 Willamette St	541-686-1166 541-344-4141 541-686-1600	Springfield 140 S. 32nd St	541-741-8000
Florence 1940 Hwy 101	541-997-7770	Woodburn 1425 Mt. Hood	503-982-3333

Carryout & Delivery

Eugene 1930 River Rd	541-688-1800	Salem 560 Wallace Rd NW 3052 Lancaster Dr NE	503-363-2100 503-399-8000
Keizer 4492 River Rd North	503-390-9400		

\$50 off

Your first Goddess Facial Treatment or Body Slimming Facial Combo Treatments
Call to book with Lindie 541-602-0711
Coupon required. One coupon per person/household, must mention coupon at time of booking, good with participating providers. Present at time of service. New clients only please. Exp. 5-31-17.

\$10 off

Massage
Call to book with Annette 541-510-4587
Coupon required. One coupon per person/household, must mention coupon at time of booking, good with participating providers. Present at time of service. New clients only please. Exp. 5-31-17.

\$10 off

Cut and Color
Call to book with Mandy 541-791-2800
Coupon required. One coupon per person/household, must mention coupon at time of booking, good with participating providers. Present at time of service. New clients only please. Exp. 5-31-17.

Clinical & MediSpa Services

• Stem Cell Treatments	• Oxygen Skin Treatments
• IPL/Light Therapy	• Body Sculpting
• Scar Reversal Treatment	• Permanent Hair Removal
• Peels	• Botox® & Restylane® Alternatives
• Age Spot Removal	

Complimentary Consultations available with Lindie
1235 Pacific Blvd SE • Albany • (541) 791-2800

Infertility

One of the most devastating problems facing many couples today is not being able to have a child — infertility. I see this in many patients that have had the good fortune to meet. The anguish is nothing short to heart breaking for many. Many such couples have been everywhere — fertility clinics, have had fertility enhancing drugs, vitamin injections, counseling, etc. All to no avail.

In my own experience, I have found most cases of fertility to be fairly one-sided. In other words, I have found that it is usually women that seem to be at fault and unable to achieve pregnancy. Now, do not get me wrong, I am not blaming women for this difficulty in any way, and this is not a sexist remark, but the problem, I have observed, seems to be more with women than with men. Let me explain.

Women are much more familiar with this function whereas most men are not. For you who are not all that aware of exactly how this all takes place, let's look at the following. When a woman ovulates, the egg goes down one fallopian tube one month and then down the other fallopian tube the next month. In other words, it tends to alternate to give one or the other a break. The egg starts at one end of the fallopian tube and ends up at the uterus or womb at the other. The egg does not swim or have any flippers, arms, or legs, and so it is carried along by what we call passive

transport. In other words, it is simply a bystander going for a ride; much like a ride in a convoluted water tube of a water park.

The reason this takes place is because of a very exact function of the different muscles that make up the walls of the fallopian tubes. They literally squeeze the egg from one end of tube to the other. The purpose of this function is to meet the sperm at

the other end so that fertilization can take place and a baby starts to be developed. In other words, the egg starts at one end of the fallopian tube and the muscles of the tube gently squeeze it from one end to the other. This process is called peristalsis and is very similar to swallowing while you eat; the muscles in your esophagus, the tube which you swallow food through, literally guide what you have just swallowed, all the way down into your stomach. The same goes with the Fallopian tube.

Let's look at this in the light of a couple not being able to achieve pregnancy:
In most couples who are labeled INFERTILE (and you know how much I detest labels) it seems that the egg is not able to make it through the fallopian tube to meet the sperm. Unless that union is allowed to take place, there is no pregnancy, hence no baby. Not a good thing.

Lets look at this even closer for a

Infertility continued on page 14



DR. NICHOLAS R. BROWN,
TIMBER LINN
CHIROPRACTIC
& WELLNESS
CENTER
541-967-8060



PAMELA BECKER, RPH
RICE'S
PHARMACY
& GIFTS
A "PILL BOX
PHARMACY"

Here Comes the Sun!

It's time to put away the umbrellas and put on the sun protection! Daily use of sunscreen/block is an effective way to protect the skin from damage caused by solar radiation; which can increase one's risk for skin cancer. While prevention should be the primary focus, it is reassuring to know that skin cancer, when detected early, has a very favorable treatment outcome.

The large majority of skin cancers are discovered by patients themselves. Do you know what to look for?

The American Academy of Dermatology (AAD) recommends following the ABCDE's of skin self-examination. It is helpful to have a partner (unless you are skilled with a hand mirror) view areas of the skin you cannot easily see (scalp, back, buttocks, etc.). Document the location and description of moles and skin lesions on a "Body Mole Map" for future reference. Skin lesions are not moles, but are areas where the skin is not smooth. They may appear as flakey/crusty patches or sites that crack and bleed. Body Mole Maps are available to print, at no charge, from the American Academy of Dermatology website (aad.org) When finished examining skin from the top of the head to the bottoms of the feet, use the ABCDE guidelines to determine if you need to be seen by a physician:

- **Asymmetry:** The two halves of the mole look different, have a different shape or thickness.
- **Borders:** The edges of the mole are irregular, scalloped, or poorly defined.
- **Color:** The mole has light and dark patches, or exhibits black, white, red, or blue coloration.
- **Diameter:** The measurement of the mole from edge-to-edge through center is over 6mm (the size of an eraser on a pencil)
- **Evolving:** Here's where the Body Mole Map comes in handy! After completing a Body Mole Map, save it to compare to observations on future skin self-examinations. Self-exams should be conducted at least once a year; many doctors encourage patients to perform them monthly. Change in a mole or skin lesion is a red flag, particularly if the skin area now fits one of the ABCDE criterion. Always seek medical attention if you find anything questionable, early detection is important in determining the treatment and outcome of skin cancer.

If you would like more information on skin cancer, or a sunscreen/block recommendation for your skin type; the Rice's Pharmacy staff is available to assist you. Stop in soon!



Good VISION is so important for children to achieve success in SCHOOL

Call today for an appointment

The difference is clear • The difference is care



custom eyes

MICHAEL K. ESTES, OD
Optometric Physician
904 Pacific Blvd. SE, Albany
www.customeyesofalbany.com
541-928-2020

The Mid-Valley's News, Information and Entertainment Source!



Weldon Greig



Jeff McMahon



Bill Diamond



Mike Mason

Local News

KGAL NewsTalk 1580

www.KGAL.com

SEAHAWKS **OREGON DUCKS**



John Batchelor
Breaking News Tonight
6pm - 8pm



Dennis Prager
Clarity Over Agreement
9am - 11am



Michael Medved
Your Cultural Crusader
Noon - 3pm



Hugh Hewitt
Voice of Reason
3pm - 6pm



Jim Bohannon
The Militant Moderate
8pm - 10pm



Harley & McNamara
Red Eye Radio
11pm - 3am



Bill Bennett
Morning in America
3am - 5am

KGAL SmartTalk 1580

CBS RADIO



Frank Settipani



Steve Kattian



Charles Osgood



Cami McCormick



Bill Whitney



Sam Litinger

COUNTRY FINANCIAL®

AUTO | HOME | LIFE | BUSINESS | RETIREMENT

No one wants to file a claim

But when you do... you want to be with COUNTRY Financial®. You'll get fast, fair claims service at a price you can afford! See your COUNTRY Financial representative to find out more.

Michelle Morford
Financial Representative
Albany, OR 97322
(541)928-1929

Policies issued by COUNTRY Mutual Insurance Company® and COUNTRY Casualty Insurance Company®, Bloomington, IL.
0415-531HC-19813-7/18/2016



Visit Your Dentist!

One of the most important steps you can do for overall oral health is to have regular dental exams every six months. Routine dental exams are for everyone at every age and stage of life; not just children or young adults.

TOP REASONS TO VISIT THE DENTIST:

- **To Detect Dental Problems** - Potential problems can be identified and treated quickly, before they become more complicated and expensive.
- **To Prevent Oral Cancer** - If detected early, this is highly curable. Late stage detection is the reason why oral cancer is so dangerous.
- **To Prevent Gum Disease** - Periodontal disease (gum disease) is an infection in the gum tissues and bone caused by bacteria and poor oral hygiene. It's the leading cause of adult tooth loss. The condition of your gums can be a sign of trouble elsewhere in your body, and is also a cause of health problems like heart disease, diabetes and rheumatoid arthritis.

- **To Help Maintain Good Physical Health** - Studies have linked heart attacks and strokes to gum disease.



KIM KUTSCH AND GREG RENYER
KUTSCH & RENYER DENTISTRY
541-928-9299



Dental cleanings every six months, along with daily brushing and flossing, can reduce your risk of illness.

- **To Prevent Bad Breath** - Dental studies show that about 85 percent of people with persistent bad breath have an underlying dental problem. Good oral hygiene is essential in preventing bad breath.

To Have a Bright, White Smile – A hygienist can remove tartar and stains which regular brushing and flossing cannot remove, and polish your teeth to a beautiful shine. Regular dental cleanings and good home care are essential in keeping all your teeth. This translates into better chewing function and, ultimately, better health.

We are happy to answer any oral health concerns. Please call our office today to schedule your next appointment for a professional cleaning and examination.

Facts About Propane

It has been proven for years that our cars will run perfectly on fuels such as liquid propane (also known as LP) and natural gas. This technology has been around since mid-60's and is currently being used by approximately 350,000 vehicles in North America. CoEnergy Propane does propane vehicle conversions and most of our trucks run on propane. Come in today and see what we can do for you.

Advantages to converting your car to liquid propane (LP) are:

- Cost, average price for propane is at around 50% less than regular gasoline
- Propane is easier on your engine, no build up, your spark plugs will breathe easier too
- You can simply switch between running your car on regular gasoline or propane
- The equipment can be uninstalled for use in your next vehicle.

Here are some facts about propane, why we love it and how its a safe alternative to gas.

- Propane is an approved, alternative clean fuel listed in the 1990 Clean Air Act as well as the National Energy Policy Act of 1992.
- More than 14 million families use propane to fuel their furnaces, water

heaters, air conditioners, outdoor grills, fire places, dryers, and ranges.

- Propane is used on 865,000 U.S. farms for irrigation pumps, grain dryers, standby generators, and other farm equipment. It is an essential fuel for crop drying, flame cultivation, fruit ripening, space and water heating, and food refrigeration.



CoEnergy Propane

541-738-6733
www.coenergy.net

- Propane is easy to transport and can be used in areas beyond the natural gas mains. Because it is 270 times more compact as a liquid than as a gas, it is economical to store and transport as a liquid.

Millions choose this clean-burning fuel for bus, taxi, delivery, and other fleets to minimize air pollution in metropolitan areas.

- Propane is one of the cleanest burning of all fossil fuels.
- If liquid propane leaks, it doesn't puddle but instead vaporizes and dissipates into the air.
- Neither the process by which propane is produced nor the combustion of propane gas produces significant acid rain contaminants.
- By using propane gas instead of electricity, consumers can cut emissions and help preserve the environment.



www.wilcostores.com



- Since 1969
- Owned and operated by over 3,000 full time farm families
- 17 Retail locations & growing
- Active with, and supportive of our neighbors
- Committed to Core Values: Integrity, Quality, Respect, Accountability, Teamwork, Community

- ✓ **Lifestyle Clothing**
- ✓ **Lawn & Garden**
- ✓ **Pet**
- ✓ **Livestock**
- ✓ **Hardware**



Visit Our New Salem Location

Find us on: facebook.

BROWERS' BOOKSTORE

Monday - Saturday
9:30a - 6p

Love books? Welcome Home!

BUY - SELL - TRADE

- Paperback exchange
- Used books of all varieties
- Antiquarian books
- We love to buy old books

121 NW 4th St., Corvallis - 541.758.1121 1425 Pacific Blvd. SE, Albany - 541.926.2612

FUNdraisers with LINN LANES!

Great way to earn money and have fun!
- Customizable packages available -

2250 S. Main Road, Lebanon - (541) 451-3900 - www.linnlanes.com

1950 14th Ave. SE Albany OR. 541-791-1588. Open everyday 8a.m.-9p.m.

GROCERYOUTLET
bargain market

\$5 OFF
of \$50!

No cash value. No cash return. Not valid for alcohol, dairy products, or with any other offer. EXP Date 05/31/17 Coupon Code: 63852

You Had Me at Cordless

The vacuum industry has had an extremely difficult time trying to find ways to implement modern technology into vacuum cleaners. Dyson was the first manufacturer to attempt to step away from the standard designs that had been around for years. The “bagless” machine that looked like it should be used in outer space looks cool but, in actual practice performed terribly. The machines are over engineered, costly to repair and simple tests show they really do not perform well. Shark came along with the concept of disposable vacuum cleaners. With no real parts availability to speak of you use it until it breaks then throw it away. This seemed like a great idea to most consumers as the machines are very inexpensive. As expected, the reality of having to buy a new machine every year has most consumers scratching their heads trying to decide if it really is as “cheap” as they once envisioned.

In all reality regularly replacing your vacuum no matter how inexpensive is the costliest way to clean your home. Roomba is the industries’ newcomer in tech savvy vacuums. The Wi-Fi capabilities and the allure of not actually having to do the work yourself had consumers flocking to the stores. It was quickly realized that turning the vacuum on while you were at work meant you had no idea what was on the floor. While the idea was there, in real practice this didn’t work. Ruined clothing items and food smeared all over the carpet by the vacuum quickly debunked this idea for many.

Finally, a small vacuum manufacture named Simplicity, who manufactures vacuums in St. James, Missouri hit the nail on the head. In 2016, Simplicity debuted the S10CV.2, a full powered, full size vacuum cleaner weighing only 11 pound that runs on a lithium-ion battery. This battery technology is like the technology in smart phones and modern power tools. The machine is backed by a five-year warranty. These machines are available at Rich’s Sewing & Vacuum who is an award winning, Elite Retailer with Simplicity.



Body Contouring & Slimming Treatments

Spring is here at last and some are already asking about how to best reduce cellulite. Let’s start with cellulite, what is it and where do we begin to treat it? Many methods are available today from topical creams to surgical treatment. At River’s Edge Day Spa, we have added to our arsenal of cellulite, slimming, and body contouring options this year. For those wishing to reduce and tone this year these new programs are worth it.

Cellulite refers to the dimpled or orange peel appearance on the thighs, buttocks, hips and other areas. Cellulite is more sensitive than normal skin and can feel cold to the touch. It may appear whiter than the rest of the skin. Hard cellulite which is found in active women such as dancers or athletes is the hardest to reduce because it attaches to the muscle. Soft cellulite on the other hand is more noticeable but easier to reduce.

Cellulite develops when the skin sends down anchoring connective tissue to the muscle. In between this connective tissue and muscle are fat deposits. When the fat deposits become hard and large they push against the connective tissue and stretch it, which therefore creates the outward appearance of lumps and bumps.

Cellulite can be caused by several things poor circulation, lack of exercise, poor lymphatic system drainage, food allergies, eating foods high in preservatives, yo-yo dieting, too much sun, lack of water, genetics, pregnancy, aging, smoking, tension and stress, medication. Primarily women develop cellulite because their connective tissue is composed of x-shaped bands. These bands bind the skin to

deeper tissues such as fascia or muscle. The part that is attached to the skin traps the fat, and the fat ends up pushing on the skin creating the lump and

bump effect. Most cellulite can begin developing around the age of 14 and increases through the years due to the thinning and redistribution of the subcutaneous skin. Men rarely develop cellulite because their connective tissue is perpendicular, which heads off the collection of fat build up.

Around 80% of western women believe they have cellulite. Even if a person has

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

Any cellulite program should include stimulation of the body’s elimination functions, increasing the body’s circulation and metabolism process, support of the reduction of excess fluid retention; re-establish the elasticity of connective tissue. Cellulite is a permanent change in the body. There is no cure for cellulite however there is a way to effectively fight it and ultimately reduce it.

We have added new machines, equipment and techniques of body sculpting. In stimulating the body’s elimination functions, controlling excess fluid retention, controlling excess fluid retention by opening the lymphatic system, and increasing circulation and metabolism. By getting the blood flowing hard lumps and bumps can be broken down



LINDIE M. TRUEX,
RIVER’S EDGE
DAY SPA
541-791-2800

Body Contouring continued on page 12

754 Main St., Lebanon
(Old Nancy’s Floral)

1302 Long St., Sweet Home



541.405.4069
We’re on Facebook
sugarvibes.com
sugarvibesdonutco@gmail.com

donuts:

- classic
- modern
- flavor infused
- gluten free



drinks:

- coffee
- espresso
- cold brew coffee
- nitro coffee

Open daily 6am - 1pm or until SOLD OUT



SMITH
GLASS

133 Lyon St. N.
Albany, OR 97321
(541) 926-4446

125 SW Hopkins Ave,
Corvallis, OR 97333
(541) 753-9175

www.smith-glass.com



Designer Greetings
Always 50% Off!

Rice's
We have cards
For your
Dads & Grads

910 NW Kings Blvd. 541.752.7760

CORVALLIS OUTLET STORE

Brands You Know. Prices You'll Love.



934 NW Kings Blvd. | Corvallis
541-207-3394 | www.corvallisoutletstore.com



ALBANY ANIMAL HOSPITAL

Compassionate, Affordable, Quality Care

Join us in celebrating National Pet Week, May 7-13, 2017



Give them a "Lifetime of Love"

Seven days to a happier, healthier pet:

- Sunday- Choose well, commit for life.
- Monday- Socialize now. New doesn't have to be scary.
- Tuesday- Exercise body. Exercise mind.
- Wednesday- Love your pet? See your Vet!
- Thursday- Pet population control. Know your role.
- Friday- Emergencies happen. Be prepared.
- Saturday- Give them a lifetime of love.

629 Madison St SE
Albany, OR 97321
(541) 926-8817
albanyanimalhospital.com



Find us on
facebook.

Emergency Services
(For established clients only)

Office Hours:

M, T, Th	9a - 6p
W, Fr	9a - 5p
Alt Sat	9a - 12p

Points FOR Profit®

FREE WORKSHOP “Be Healthy”

...to be held May 2nd at The American Legion Post 10 in Albany OR from 6pm-8pm. Spaghetti and Meatballs dinner with all the fixings is available for \$7.95.

This FREE workshop is open to the public but there are special incentives for Points for Profit non-profit organizations.

This is one of six FREE workshops Points for Profit and The American Legion Post 10 will be holding for the community.

Be Healthy is the theme and there will be plenty of time to ask any of the questions you’ve been thinking of. Just jot them down and bring them with you.

- Find out how important Chiropractic and Massage are. Ask all the questions you’ve ever wanted to know.
- Did you know if you change your water you can change your life? Find out how from Kangen Water.
- Reliv International will share their Fit3 Weight Loss program and more!
- River’s Edge Day Spa will share how detoxifying your body can help you stay healthier!

FOR P4P MEMBERS:

- Get 10 million points for attending.
- Get 5 million Points for eating dinner with us.
- Get a bonus of 10 million points per person when bring ten or more people from your non-profit organization.
- Get your HOME BASED BUSINESS bonus with five or more in attendance for Reliv and Kangen Water!

POINTS FOR PROFIT MEETING is May 29, 2017 from 6-8pm at the American Legion Post 10-Albany. Pizza Hut will be catering, dinner starts serving at 5:30pm. To reserve dinner please RSVP by noon on May 28, 2017 to info@pointsforprofit.org or call (541) 791-2901. For more information visit pointsforprofit.org.



Motherhood for Mother’s Day

BY JONATHAN BOOTH

How am I qualified to write about motherhood? I’m not! Except that thousands of mothers have spoken to me or written to me during my 20 years as the CEO of Focus on the Family (called Care for the Family) in the United Kingdom.

My wife is a school teacher of 1st graders. She can tell you in a heartbeat the enormous influence a mother has on their child for both good and ill. A child who hears 40,000 no’s before starting kindergarten will do ok but a child who hears those same 40,000 no’s but also hears 200,000 positive statements about themselves and what they do will thrive.

Don’t ever underestimate the power of your words. My mother is a liar! Oh I don’t mean she is bad - she is just a liar - she believes I can do no wrong and that

I can walk on water. I know in the depths of her mind she can still remember when I lost a ten dollar note (or the equivalent in British money I should say) when I was five. She can remember when I pulled Susan’s hair at a birthday party or I rang down the street ringing door bells and ran away before they came to the door. Oh she can remember ok but she chooses not too! My mother chooses to only believe what is good about me and chooses to reinforce my sense of well-being on a daily basis telling the world that I was perfect (which of course I wasn’t!).

If there has been one thing above all others that has led to the little success I have had in life it is the encouragement and belief of my mother. Of course she could have disciplined me a little more but I, now 60 years old still remember and know in my heart that my mother believed in me more than anyone else I knew. It was literally life changing.

What is

Points for Profit®

Willamette Valley

SHOP LOCALLY • SERVE LOCALLY

SUSTAIN LOCALLY

pointsforprofit.org

Participating Non-Profit Organizations

- 1st Hand Second's – Unique Boutique (Mercy House Internation, Inc.)
- American Legion Auxiliary Unit 10
- American Legion Auxiliary Unit 184
- BSA Troop/Crew 404
- Candlelighters for Children with Cancer
- Cascade School, Lebanon
- C.H.A.N.C.E.
- Child Evangelism Fellowship
- Food by Design
- Kitty Angel Team Adoption (KATA)
- LHS Performing Arts
- Lebanon Pregnancy Alternative Center
- Lebanon Soup Kitchen
- Life-Line Baby Boutique
- MidValley Parent Teacher Student Association (PTSA)
- 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

Welcome Rich's Sew & Vac

You've seen them out in the community for years! You see them at Home Shows at the local fairs and the State Fair and you've been asking us to bring them into the program since 2008. Thanks to Oregon Women for Ag, Rich's is now part of Points for Profit!

Rich's Sew & Vac is family owned and operated and has stores in both Albany and Salem. Rich's has served the Salem area since 1973. In 2002, they expanded to open a store in Albany, serving the Albany, Corvallis, and surrounding area.

Rich's is a unique business that really works to be a local resource and expert. They offer classes and clubs for sewing, embroidery, serging and quilting. Rich's clubs are designed to teach you more about quilting, sewing, embroidering, or serging. Club members meet every month for three hours. Clubs are offered at all locations. Most club meetings are hands-on learning and project based. Usually the fabric is provided in kits and they try to keep the kit fees around \$20. Students bring their own machines to help further their skills on their equipment.



Daniel Rich recently shared with us they are expanding their new store at 2306 Heritage Way in Albany (across from Heritage Mall in the same parking lot as Kutsch & Renyer) to have the entire area next door dedicated to vacuums! They not only sell vacuums but service them as well (and not just the ones they sell).

"We are committed to excellent customer service, ongoing support of your purchases, and continuing education to help ensure that you get the most out of your investment." Is stated on their website and that shows us they are the kind of business that we like as partners in our quest to keep business local. High service is important and Rich's Sew & Vac goes above and beyond!

So welcome to Points for Profit Rich's Sew and Vac. We are honored to have you among the great businesses that have chosen Points for Profit as a means to keep our momentum to shop locally, serve locally and sustain locally. Please make it a point to welcome them (and all our business sponsors) to the Points for Profit family!





Complete Business Solutions

Email: info@complete-business-solutions.com
Phone: 541.220.0070



Administrative tasks stressing you out?

Let us help you with our full line of administrative services!

FREE CONSULTATIONS!

Accounting & Financial Management Solutions

- Bookkeeping including File & Chart of Accounts Cleanup
- Operating Budgets & Forecasting
- Cash Flow Projections
- Financial Reporting
- Month End Reconciliations
- Sales Tax Reporting

Business Consulting

- Process Development
- Human Resources
- Federal & State Workplace Compliance
- Policies & Procedures

Payroll Services

You report employee hours, we do the rest. Have a full service payroll & HR Department at a fraction of the cost of in-house staffing!



Visit our website for a full list of services:
<http://complete-business-solutions.com>



PREMIERE FLOOR COVERING



Floor Covering, Counter Tops and Blinds

We help you to choose liveable and beautiful surfaces from all major brands to enhance your home. Our staff will call upon their extensive experience to guide you through your project from estimate to installation to help you achieve the look you imagined.

Be sure to ask about special discounts on in-stock flooring and financing options.



508 S. Main St.,
Lebanon OR 97355
541-258-2411
CGB#170417

Flooring	Counter Tops
Carpet	Granite
Carpet Tiles	Laminate
Vinyl	
Hardwood	Blinds
Laminate	Grabber

Proudly representing Mannington's
- beautiful floors for the real world



MANNINGTON®

PLEASE SUPPORT OUR PARTNERS



541-791-7669

GREAT DINING



541-926-0669



541-928-4227



www.pizzahut.com



541-757-2800



541-230-1241



541-812-1311
541-207-3602



541-258-5798

Albany Visitors



(541) 928-0911
www.albanyvisitors.org

Antiques



211 Second Avenue SW
Albany
541-760-1941

Appliances



Located in Heritage Mall
Phone (541) 981-2503
SearsHometownStores.com

Automotive Sales



541-791-5339
www.hertzbany.com

Automotive Service



541-791-5339
www.hertzbany.com

Body Contouring/ Healthy Living



Mary Ann Honeyman
541-409-2594
mhoneyman.myitworks.com

Bookstore



121 NW 4th St., Corvallis
541.758.1121
1425 Pacific Blvd. SE, Albany
541.926.2612

Bowling



2250 South Main Road
Lebanon, OR 97355
(541) 451-3900

Catering



541-926-9660
jacopettis.com

Celluar Accessories/Repair



1879 14th Ave SE
Albany, Oregon
(541) 570-5696

Chiropractor



2216 9th Avenue SE
Albany
541-967-8060
timberlinnchiropractic.com

Christian Retail



Right next to Rice's Pharmacy
in the King's Plaza in Corvallis
(541)754-9295
Willamettevalleychristiansupply.com

Computer/Tech



Dance School



800 Harrison St,
Lebanon, OR 97355
(541) 258-2572
http://cpac.weebly.com

Dental



2200 14th Ave • Albany
www.kandrsmiles.com
541-928-9299

Direct Sales Food



Mary Ann Staton
dmgifts@outlook.com
541-905-3829

Donuts



754 Main St • Lebanon
541.405.4069
sugaryvibesdonutco@gmail.com

Dryer Lint Cleaning



TheValleyDryerVent.com
Call 541-971-4433
to schedule service

Electrical

City and
Suburban
Electric
541-451-5609

Eye Care



MICHAEL K. ESTES
Optometric Physician
541-928-2020

Event Center/Venue



541-926-4314
www.lcfairexpo.com

Flooring



(541) 258-2411
www.premierefloorcovering.com

Furniture



(541) 758-2020
29789 Hwy 34 SW
Albany

Garden/Hardware/Paint



www.wilco.coop

Gifts/Flowers



541-752-5666
www.inbloom.com

Gifts



910 NW Kings, Corvallis
541.752.7760
We Deliver!
rices-pharmacy.com

Glass (Home & Auto)



(541) 926-4446
www.smith-glass.com

Gluten Free Bakery



650-995-3458

Golf Club



155 NW Country Club Ln,
Albany
(541) 926-6059

Graphic Design



505 Main St SE
Albany
(541) 926-9727

Grocer



www.groceryoutlet.com

Grooming/Farm Supply



www.wilco.coop

Gym



671 Main Street
Lebanon, OR 97355
(541) 451-2111

TIP

Did you know you
can save copies
of your receipts
at any of the P4P
business to help
your non-profit?

Heating & Air Conditioning



541-926-8950
www.gregsheating.com

Home Décor



541-981-3131

MILISSA LEE
CREW22_GAL@YAHOO.COM
WWW.MILISSAJEGGLIE.SCENTSY.US

PLEASE SUPPORT OUR PARTNERS

Insurance (Auto/Home/Life)	Insurance/Financial Planning	Jeweler	Kitchen Accessories	Landscape Maintenance	Legal Service Plans
 AUTO HOME LIFE BUSINESS RETIREMENT Michelle Morford Financial Representative Albany, OR 97322 (541)928-1929 http://www.countryfinancial.com/michelle.morford	 NORTHWEST FINANCIAL INSURANCE GROUP Health/Life/Medicare Insurance Donna Green 541-286-6443 donna@nw-financial.com	 <i>Family owned since 1954</i> 541-258-2888	 Tupperware Independant Consultant Wenona Given 541-760-2718 wenona.given@gmail.com	 503-990-4790	 Worry less. Live more. Janice Jackola Independent Associate 541-905-7223
Lock/Key/Safe	Malls	Marketing		Media	Merchant Services
 Commercial, Residential and Automotive 541-757-8110 www.aabowmanlock.com	 541.967.8238 www.hertiagemall.com	 250 Broadablin SW Suite 230 Albany, OR 97321 541-791-2901	TIP Did you know your P4P non-profit can work with us for a "drive" at any meeting?	 willamettevalleysports.com	 Lifting up Local Non-Profits with EVERY transaction Sam Rice Independent Merchant Brokers, LLC 877-460-4747
Mortgage	Office Supply-Retail	Organization	Outlet Store		Payroll
 FINANCE of AMERICA - MORTGAGE - Arron Memmott Mortgage Advisor NMLS -12345 (503) 718-9876 amemmott@financeofamerica.com	 that was easy.™ www.staples.com	 celebrate encourage reward Katie Boshart Glaser Independent Director www.mythirtyone.com / katieglaser@gmail.com 541-936-0688	 Brands You Know. Prices You'll Love. 541-207-3394 934 NW Kings Blvd. www.corvallisoutletstore.com		 (541) 220-0070 info@complete-business-solutions.biz www.complete-business-solutions.biz
Pharmacy	Photography	Printing	Propane Service/Supplies		Real Estate
 Your Pharmacy of Choice www.bimart.com	 Capturing Life's Special Moments www.mattesonphotography.com Mark Matteson 541-619-9957	 For all your printing needs think more ink! 1105 Santiam Rd. SE • Albany 541-928-2675 Fax 541-928-0352 Email: info@moreinkalbany.com www.moreinkalbany.com Hours 8-6 Monday - Friday	 CoEnergy Propane www.coenergy.net 541-738-6733	TIP Don't forget out monthly meetings are the last Tuesday of every month!	 RESIDENTIAL & COMMERCIAL REAL ESTATE 541-791-7946 VALLEYOREGONHOMES.COM
Remodeling	Retail	Salon/Spa	Sewing & Vacuum	Skin Care	Speciality Apparel/ Embroidery
 541-926-9616 www.pyburnandsons.com info@pyburnandsons.com Call today for a free estimate. We'll Take Good Care of You!	 Northwest Grown... Employee Owned! www.bimart.com	 1235 Pacific Blvd SE Albany (541) 791-2800	 2306 Heritage Way SE Albany (541) 926-4842 3770 Market St. NE Salem (503) 371-6837 www.richsonline.biz	 Beth Eddings 541-981-9213 Karen Keller 541-401-5731 Indepentant Consultants	 696 Main Street Lebanon 541-259-4545 nwapparelandgraphics.com
Sporting Goods	Theatre	Tire Center	Travel	Trophies/Awards	Veterinarian
 Northwest Grown... Employee Owned! www.bimart.com	 321 SW 2 ND AVE. ALBANY (541) 926-7499 ALBANYPIX.COM	 1315 SE Pacific Blvd. Albany, OR 97321 541.967.TIRE (8473) 838 Main Street Philomath, OR 97370 541.929.TIRE (8473) beggstire.com	 Kevin Ryan 971-275-7592 ktg.dreamtrips.com	 (541) 926-0301	 629 Madison St Se Albany, OR 97321 (541) 926-8817 albanyanimalhospital.com
Video Production	Water	Web Printing	Wedding/Events/Rentals	Weight Loss/Nutrition	Wireless Service Provider
 541-791-2901	 541-791-2901	 oregon web press 541.926.3000 oregonwebpress.com 263 29th Ave. SW Albany, OR 97322	 Wedding & Event Rental Hall 139 Main St. • Lebanon (541) 259-4255 www.SantiamPlace.com The Special Place for your Event!	 Indepentant Consultant Debbie Grenz 541-990-6096 reliving4him.reliv.com	 Located in Heritage Mall 541-248-3904

Affirmation Redirection

“The Son is the radiance of God’s glory and the exact representation of his being, sustaining all things by his powerful word. After he had provided purification for sins, he sat down at the right of the majesty in heaven.” Hebrews 1:3

I often find myself pursuing the approval of man. In fact, my entire life has been a commentary about my efforts to gain acceptance and significance in the things I do. I long for those moments when a person would build me up verbally. When I accepted Christ at the age of fourteen, my desire for praise did not end. I found pleasure in the kind words of fellow pilgrims. This pattern led to a lifestyle of performance and ultimately heartache. The struggle was the continual thought of letting people down and failing at whatever I attempted. I realized that people-pleasing was hard work and ended up being an empty existence.

Thanks, be to God that He is the Potter and I am the clay! Over the years, God has been shaping me and molding me for His divine purposes. My focus in the last year has been drawn to who Jesus is. He is my savior – Matthew 1:21; He loves me – 1 Jn. 4:19; He is my friend – Matthew 11:19; He is my sympathetic High Priest and King – Hebrews 4:14-16; **He is my God! - Hebrews 1:3.** What I have been reminded of is God is Glory and Jesus

is the radiance of God’s Glory. “In the beginning was the Word, and the Word was with God, and the Word was God. He was with God in the beginning.” Jesus is an exact representation of God according to Hebrews 1:3. Colossians 1:15-20 gives a description of Jesus and in the first verse indicates that “**He is the image of the invisible**

God...” My thoughts of wanting to perform for the praise of man are shattered by two truths from the second part of Hebrews 1:3. The first is found in the statement, “...sustaining all things by his powerful word.” Col. 1:17b “...and in him all things hold together.” Several principles impact my life from these verses: Jesus is sovereign and supreme over all. The Father was in control of me coming to faith in Christ by the power of the Holy Spirit (John 6:44). Jesus is in control of my life and all that I do. Because Jesus sustains all things, I have nothing to worry about (Philippians 4:6). The words I hear from others do impact my life and, in fact, often affect my life, but God’s Word transforms, purifies, and changes my life (Hebrews 4:12). His Word is powerful, living, and active. Jesus is Powerful, living, and active!

Affirmation continued on page 12

Can Your Medicare Part B Premium Change Each Year?

You probably have asked yourself that question before. Do you know why the premium would change each year, if it does? Do you know how the amount is calculated?

The Balanced Budget Act of 1997 set a formula for determining the standard Part B premium each year. The formula calculates the premium amount to cover 25 percent of the average projected Part B costs per beneficiary (that’s you if you are on Medicare).

Part B Premiums for 2017 – the standard Part B premiums for 2017 is \$134 per month. However, most people already on Medicare will pay less than this amount – around \$109 – because of the hold harmless rule. The rule states that the Part B premium may not increase more than the Social Security cost-of-living- increase in any given year.

You will not be held harmless and will pay the standard Part B premium if any one of the following applies to you:

- You enroll in Part B for the first time in 2017
- You don’t get Social Security benefits
- You’re billed directly for your Part B premiums
- You have Medicare and Medicaid, and Medicaid pays your premiums. Your state will pay the standard premium amount of \$134.

People with higher income are also not held harmless. They may pay more than the standard Part B premium amount due to an “income-related monthly adjustment.” The adjustment is based on adjusted gross income reported 2 years prior. Your 2015 tax return will determine your 2017 Part B premium. The table below shows 2017 Part B premium amounts. Look for your tax filing status, individual or joint, and find your 2015 income in that column. Follow the row across to see what you will pay for Part B in 2017.

Individual tax return: 2015 income	Joint Tax return: 2015 income	2017 monthly Part B premium
\$85,000 or less	\$170,000 or less	\$134.00
		(in not held harmless)
\$85,001 to \$107,000	\$170,001 to \$214,000	\$187.50
\$107,001 to \$160,000	\$214,001 to \$320,000	\$267.90
\$160,001 to \$214,000	\$320,001 to \$428,000	\$348.30
More than \$214,000	More than \$428,000	\$428.60

Rife's

HOME FURNITURE

PROUD TO SELL OREGON MADE

RIFESHOMEFURNITUREONLINE.COM

EUGENE
150 OAKWAY RD.
541.302.9328

SPRINGFIELD
1184 GATEWAY LOOP
541.868.1718

VALLEY RIVER CENTER
475 VALLEY RIVER CENTER
541.485.0170

ALBANY
1884 FESCUE ST. S.E.
541.248.3916

CORVALLIS
29789 HWY. 34 SW
541.758.2020

ROSEBURG
2455 W. HARVARD AVE.
541.671.2493

COOS BAY
187 S. 2ND ST.
541.266.7376

Smile

with

Confidence

Kutsch
Renyer

FAMILY & COSMETIC DENTISTRY

\$129 Whitening Special

With New Patient Exam, Cleaning, and Necessary X Rays

This offer valid in the absence of periodontal condition. Offer expires in 30 days.

For new patients only.

Offer expires in 30 days. For new patients only.

Kim Kutsch, DMD and Greg Renyer, DMD

2200 14th Avenue SE - Albany

541-928-9299

www.kandrsmiles.com

Find us on:
facebook

No dental Insurance?
Ask About Our
Affordable Dental Plan!

Five Ways to Prepare your Home for the Spring Market

Spring is almost here! Don't wait for the flowers to bloom before preparing your home to sell. Here are a few tips on how homeowners can prepare their home to put on the market, as well as, make for a smooth selling experience!

1) Start Packing.

This may seem odd to start packing before you even list your home, but you will eventually need to do this anyways, so you could get a head start now. And when we say packing, we are not suggesting eating off of paper plates and packing up your kitchen, but you can sort through storage closets, attic, basement or garage to determine what you would keep, what to give away and what to sell. This will allow you to get an idea of whether you will need to rent a storage facility while your home is on the market and it will make the spaces in your home look larger and neater when it comes to showings.

2) **Declutter.** Get rid of the stack of unread magazines, children's artwork on the refrigerator, or a cluster of unpaid bills on the table. By reducing the clutter, buyers can envision their furniture in each space. Reducing

the amount of stuff on your shelves and surfaces is one way to make it easier. Pack away your family photos and other items that gather dust. Consider visiting model homes for ideas on how your home should look or have someone help you stage it.

3) **Home Improvements.** nor repairs and improvements that will freshen up your home for buyers. You don't necessarily want to do a major expensive renovations before you sell. Try things like updating old ceiling fans and light fixtures, replacing the caulk and grout in your bathroom, changing switch plates, doorknobs and any other hardware that may be needed. Consider painting your front door and trim even if your rooms don't need new paint.

4) **Interview Realtors.** Hiring a listing agent of your choice will make a big difference in how quickly your home sells. Ask for recommendations from friends and interview more than one agent to see which ones have the right experience with similar homes



JASON NUNN,
 CADWELL
 REALTY
 GROUP
 541-791-7946

Spring Market continued on page 13

Wall of Mirrors

Large mirrors make a dramatic effect on the look of any room. Natural light pouring in through a window and reflecting off a mirror really brightens a space. They are also especially useful for a home gym or dance studio. When contemplating a wall of mirrors there are several things to consider.

Cheap mirrors are available at most home stores however they are typically very thin and come with frames around them making them difficult to install side-by-side for the wall of mirror look. Also, thin mirrors often have distortions which could give you a "funhouse" look making you appear smaller or larger than in real life. They will also take on any waviness or abnormalities in the wall that may not be noticeable until the mirror is installed.

Mirrors that go to the floor should include safety backing. The last thing you want is large chunks of mirror falling to the floor with the potential to harm someone nearby. The backing is an adhesive film that keeps the mirror in place in case of breakage

Keep in mind also, that most

mirrors for home gyms or other areas don't necessarily need to cover the entire wall to be effective. Usually you can keep the mirror about 18-24" off the floor and still see your shoes since you are typically standing a few feet away from the wall. Large mirrors can be heavy and somewhat dangerous for a do-it-yourself project.

Not only is handling them an issue but transporting them from the glass shop to your house can be difficult without a rack designed for that purpose. You should never lay large pieces of mirror or glass flat in the back of a pickup truck. A local glass shop is best suited look over the location of the mirrors in your home then safely deliver and install them. The cleanest look is to install them with low profile "J" shaped channels and mirror mastic adhesive. They can be set side-by-side and give the wall a monumental reflective look.

Smith Glass has locations in Albany and Corvallis to serve you. Call them today or visit their showrooms. You can also visit the website at www.smith-glass.com . Smith Glass, on the cutting edge since 1945.



BRYAN SMITH,
 SMITH
 GLASS
 541-926-4446

Body Contouring continued from page 6

and allows the body to re-establish the elasticity of connective tissue. The procedure is far superior to options available in the past and results amazing and are noninvasive.

New programs and options that go way beyond what has been offered before are taking things to an all new level this year with body contouring, slimming, and lifting treatments. Whether you are simply wishing to reverse cellulite or you are looking to contour and lift those areas that may need more work. We have programs that can be customized for your needs.

With your goals and needs in mind we will customize a program for you. Treatments vary in time depending on what areas you wish to improve. Length of treatment is 30 minutes to 1 ½ hours. For those who wish to add a boost to their programs. The new body treatments are very relaxing and will leave you looking and feeling great inside and out.

As a special add on you can complete any of the options by adding a targeted eye treatment. Imagine turning back the clock a bit more for those who may be concerned with aging or damage to the eye area. Ask about adding our newest intensive eye treatment combo to your appointment. This relaxing and extremely effective treatment has flown to the top of our most popular and effective new treatments in the anti-aging department. In around 40 minutes we can show you the results many have been raving about.

Please call Lindie @ 541-602-0711 to schedule a treatment or consultation. Mention High Points or Points for Profit and we will start you off with a \$50 discount toward your treatment program to thank those of you supporting the non-profit organizations in our area.

Affirmation continued from page 11

The second truth comes from the last part of Hebrews 1:3, *"...After he had provided purification for sins, he sat down at the right hand of the Majesty in heaven."*

Jesus provided for my most desperate need by sacrificing His life, which was sinless (Hebrews 4:15b). That need was forgiveness of sins, due to being totally depraved and separated from a holy God (Is. 59:2). Jesus, the Lamb of God, paid my penalty on the cross. Jesus is the hope-giver to a sinful and lost world.

Jesus was raised, and He ascended to sit at the right hand of God; therefore, Jesus is alive!

Jesus is my King and Lord. He is all authority. He has commanded that I live a Great Commandment, Great Commission, Great Commitment lifestyle. This commandment has given me purpose and reason to live for Him.

Jesus as High Priest is interested in my life. I can approach the throne of grace with confidence, knowing He satisfies all my deepest needs. Those needs include acceptance, significance, belonging, LOVE. Jesus extends mercy and grace in my daily life (Hebrews 4:16).

The praise of man is temporal, but the Word of God is eternal. John Piper makes this statement, "We have scarcely begun to see all of God that the Scriptures give us to see, and what we have not yet seen is exceedingly glorious." Hebrews 12:2 instructs us to fix our eyes on Jesus the author and perfecter of our faith. We don't need the praise of man for approval, nor do we need to please man for acceptance; rather, we need to fix our eyes on Jesus which will give us a view of Glory.

In Christ,
 Kevin Ferguson

The greatest

KSHO
AM 920
Unforgettable

hits from the 50's through today.

WWW.KSHO.NET

TIMOTHY BALDWIN
Furniture Consultant and
Comfort Expert
Rife's Home Furniture

the products that are sold at our stores. It is more important to us as a family-owned company to give our customers the opportunity to make a competent decision on their purchases rather than to make the sale.

Here at Rife's Home Furniture we hope to give you the best services possible, an enjoyable experience, and information to assist in making your home a more comfortable environment for you and your family. I hope that you give us a chance to live up to our creed. We are determined to be the best at what we do, and have the lowest prices in the industry. We value your opinions and criticisms. Please feel free to visit us on our face book or our web site at rifeshomefurnitureonline.com. Much thanks and God bless.

to yours. A Realtor with a great marketing plan is extremely important, as well as deep local knowledge. Choose someone who can present you with a detailed market analysis, don't just go with the one who tells you they can sell your home for the highest price.

5) Know Your Market. An important decision to make is deciding if you plan to buy another home, and whether to sell your home first or make an offer on a new home before listing yours. A knowledgeable Realtor can help you estimate how long it will take you to find a home and how fast homes are selling in your market. If you choose not to sell your home first, you may want to consult with a lender to see how you can finance the transition from one home to another.

By choosing to prepare for the spring as a homeowner, you will find yourself ready to move fast when a buyer comes your way!

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

Approximately eighty five percent or our patients have some degree of periodontal disease by the age of three. The process starts with the formation of plaque, which is a film of bacteria and saliva that forms on the enamel of teeth. If the film sets for long enough on the tooth it begins to react with minerals naturally found in our saliva and form rock hard tartar. As tartar forms oxygen levels drop near the surface of the tooth and this favors the growth of anaerobic bacteria that are more harmful. The bacteria and tartar begin to move under the gum line causing gingivitis. This becomes evident as swelling and reddening along the gum line with bleeding often observed with just minor mechanical irritation. Seeing blood more frequently on chew toys can be a clue to the onset of periodontal disease in dogs. Once bacteria move under gums they start to break down the ligaments and alveolar bone that hold the teeth in their sockets. Seventy percent of a tooth lives under the gum line. As this degradation takes place toxins and bacteria can leach into the blood and cause inflammation in the kidneys as well as damage to the valves of the heart.

Feeding dry kibble helps reduce the rate of plaque formation but is in no way a substitute for brushing. Imagine if we gave up brushing our own teeth in favor of only eating crunchy

food. Brushing is the ideal way to get rid of plaque before it has a chance to mineralize into tartar and eventually move under the gums. This takes time and training. Ideally twice a day is best but I can tell the difference between a dog that has its teeth brushed every other day and a dog that doesn't get its teeth brushed at all. It's easier to start training a young dog to accept a toothbrush. Use a brush with extra soft bristles. The first step is just getting them used to having their mouths manipulated. Gently using your finger or a piece of gauze to wipe the teeth in the same manner you will be using the toothbrush. After a couple of weeks of doing this daily to twice daily you should introduce the toothbrush. After your dog accepts the toothbrush you can introduce pet friendly toothpaste. Pet toothpaste comes in a variety of flavors and some have enzymes that help kill bacteria. Do not use toothpaste intended for people because the fluoride will make them ill. When brushing try to focus on the outside of the upper teeth. Use elliptical motions angled at forty-five degrees toward the gums. Try to get in ten to 15 tight elliptical motions in before moving to the next area. Do not worry about brushing the insides of the teeth. Just focus on the outsides. If your pet refuses to accept a brush due to sensitive gums there are dental wipes that can be used to help remove plaque. If your dog already has moderate to severe periodontal disease

Dental Disease continued on page 14

Albany Wine Walk
Friday, May 5 • 4-8pm
Historic Downtown Albany

Brownsville
“Carriage Me Back”
Saturday- Sunday, May 6-7
Historic Downtown
Brownsville \$, Reservations
suggested

Deluxe Brewing
“Vintage Bicycle Show”
 Saturday, May 6 • noon to 5pm
 635 NE Water St, Albany

Albany Art & Jazz Festival
Saturday, May 13 • 10am-4pm
Historic Downtown Albany

Linn County Lamb & Wool Fair
Friday-Sunday, May 19-21
Scio Lamb Fairground

**Mid-Valley Coin, Currency
& Token Show**
Saturday-Sunday, May 27-28
10am-4pm
Linn County Fair
and Expo Center,
3700 Knox Butte Rd

**For more information on
these and other events call
541-928-0911 or visit
[www.albanyvisitors.com/
albany-events/events](http://www.albanyvisitors.com/albany-events/events)**



**Support your
Power of Produce
kids' club in Albany!**



Saturdays

9 am to 1 pm

Albany: 4th & Ellsworth
Corvallis: 1st & Jackson

Wednesdays

9 am to 1 pm
Corvallis: 1st & Jackson



April 15-Nov.22



Teachers –
You instruct, nurture and support our children,
giving them the tools to make their future strong.

Thank you

Greater Albany Council
PTA
everychild. one voice.®

Teacher Appreciation Week
May 8 - 12

MidValley
PTSA
everychild-onevoice

www.oregonpta.org email: region3@oregonpta.org



Proverbs 3:5 & 6

- Homestyle Cooking
- Food with Great Flavor
- Personal Touch Menu Planning
- Quality Service
- Vegetarian Options
- Competitive Pricing

We love to cook for you!

Albany, OR 97321
Tel: 541-926-9660
Email: debbie@jacopettis.com
www.jacopettis.com

Infertility continued from page 4

moment:

As I mentioned, the function of the muscles of the fallopian tubes is to propel the egg from one end to the other, in order to meet the sperm. In cases of infertility, however, this does not take place. Why would the muscles that are designed and programmed to perform that very special function every month, decide suddenly that they simply won't do it? Well, the answer is quite simple — it is not their decision. The muscles of your body do not decide, on their own, what to do. They are literally ordered or not ordered to do their job. In cases of infertility, I have found that the muscles are simply not able to take the egg from one end of the fallopian tube to the other. In most cases, it is the fault of the nervous system, which controls that very function. In most cases I have found that the culprit is a vertebral subluxation, generally in the lower part of the spine, which interferes with the manner in which the Fallopian tubes would normally function. By correcting the subluxation, and allowing the nervous system to be then able to control the function of those Fallopian tubes normally, couples, I have found, can achieve pregnancy.

So, if you have been having difficulties in this area, Please call us — we would like to help!

Dental Disease continued from page 13

then a full cleaning by a veterinarian will be necessary to give you a clean surface to start with. Never attempt to clean a dog's teeth during the first week after a veterinary cleaning as gums are often too tender during this time.

Adjunctive methods of keeping teeth clean should be used in addition to brushing teeth. Dental chews are available to help "brush" the plaque off teeth. When shopping for dental treats look for the Veterinary Oral Health Council (VOHC) seal of approval. Water additives like AquaDent can be used in drinking bowls to help reduce the numbers of plaque causing bacteria. There are also special prescription dental diets that can dramatically reduce plaque formation. If you have any question whether or not your pet has dental disease and whether or not certain products are safe and effective please talk to your regular veterinarian.

Cadwell Realty Group is a proud participant in Homes for Heroes and we believe Service Deserves its Rewards!



Homes for Heroes
For every hero, there's a home.



CADWELL REALTY GROUP

RESIDENTIAL & COMMERCIAL
REAL ESTATE

WITH BRANCHES IN
ALBANY, CORVALLIS,
LEBANON & SUNRIVER

ALBANY OFFICE
226 NW HICKORY ST
ALBANY, OR 97321
541-791-7946

CORVALLIS OFFICE
2105 NW FILLMORE AVE.
CORVALLIS, OR 97330
541-791-7946

LEBANON OFFICE
2475 2ND STREET
LEBANON, OR 97355
541-791-7946

SUNRIVER/BEND OFFICE
56825 VENTURE LANE,
SUITE 108
SUNRIVER, OR 97707
541-306-4806

WWW.CADWELLREALTY
GROUP.COM



Voted 2014 Small Business of the Year
in Albany and in Lebanon!!

Military Tribute Truck

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

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



CoEnergy Propane
an affiliate of Central Electric Cooperative

We're not the biggest, but we are the best!

CoEnergy Propane has been providing superior service to our friends and neighbors since 2001. It's our duty as members of this community to be there when you need us. We give back to our customers by not only investing in the latest technology and equipment but help the local economy by keeping our prices affordable.

For more information call 800.510.5886, visit our website: www.CoEnergy.net or stop by one of our offices in Albany or Redmond.

Free Tank Set

Call our office for details!

Offer good thru April 30, 2017.



Supporting Those Who Serve!

Good Reviews

Jurgen

James Branch Cabell

Quick: what do Neil Gaiman, Zelda Fitzgerald, and H.L. Mencken all agree on? James Branch Cabell is their favorite author. Today, he is largely remembered for his comic fantasy epic *Jurgen*, which was banned immediately after its publication in 1919. After a two-year legal battle the book was finally rereleased and its popularity certainly did not suffer from the publicity surrounding the court case.

Jurgen was always one of those books that was "on my list" of books to read which are important to the history of literature, but that I'm not sure I'll like. Because Cabell is so seldom read these days, at least in comparison to his immense fame during his lifetime, I figured that I would find it dated, irrelevant, and dull.

It turns out that *Jurgen* is so strange, and has such a silly and satirical sense of humor (no wonder, then, that Terry Pratchett also cites Cabell as a favorite), that its outdated style can easily be cut through to make it an enjoyable book.

Our hero *Jurgen*, a poet-turned-pawnbroker is off on a magical quest to find the meaning of life, love, the universe, and all that kind of stuff. Mythical creatures, a panoply of gods, a handful of ghosts and other creatures all give him a different experience, but ultimately leave him unsatisfied. As he progresses through this fantasy universe, he also increases in stature,

going from pawnbroker through various stages to Emperor, Pope, and for one brief moment, even sitting on the throne of God.

Ah, yes, I should probably explain the legal action against the book. The suit claimed that the book was indecent. The scenes in question were chock-full of sexual double-entendres: never is there a single explicit word or action, and the entire scene could be read by an eight-year-old. Cabell's extensive use of double-entendre is quite impressive, but this is the kind of stuff teenagers giggle about, and is hardly indecent. Instead, the heart of what Prohibition-era America both loved and hated about this book was its religious parody.

Jurgen discovers that heaven was, in fact, brought into being by an old woman's fancy. The Christian God is not who He claims to be, and neither is the devil. This, then, was the true moral outrage surrounding the book. The fact that *Jurgen* feels a deep sense of hopelessness and spiritual dissatisfaction should have given the book's prosecutors relief—this is not the straightforward denouncement of religion they claim it is. Instead, it is one of those strange creations of literature: a humorous fantasy that makes you think.

Ultimately, it is *Jurgen*'s ridiculous ego and unstoppable optimism that drive the book. Parts of the book may be quite strange to modern readers, but *Jurgen* remains as entertaining and relevant as ever.



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



We invite you to discover Downtown Albany!



DOWNTOWN ALBANY

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

Success in Less Than Perfect Times

Every business experiences stressful times that can upset the balance in the workplace, which in turn also upsets the productivity and success of the business. When this happens, it is important to remember that it is still possible to work together to be successful during less than perfect times. When I see a workplace environment that has been affected in this way I am always reminded of the fable of the porcupine family.

It was the coldest winter ever in January. Many animals were dying. The porcupines realized that their situation was not good. So they decided to huddle together. By grouping together they would be covered, protected and stay warm. But it caused a curious problem. The quills of each porcupine began to wound the one next to them.

After a while it was decided that it would be better to distance themselves from each other. However, it was too cold and one by one they began to die



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



alone and frozen. So the remaining team of porcupines made a choice; either they accept the quills of their companions or succumb to death. Wisely they each made the decision to huddle back together. Though it wasn't easy, they learned to make it work and meet their goal to survive the winter in warmth.

Creating an overall sense of teamwork in your business, despite less than perfect people or circumstances, is possible. It requires commitment to building and maintaining a strong teamwork environment.

It seems appropriate to be reminded of the words of Henry Ford. "Coming together is a beginning, staying together is progress, and working together is success."

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

Thirty-One Gifts

Thirty-One Gifts was founded in 2003 with one simple goal in mind – to help women by giving them the opportunity to run their own successful business.

I have been a part of Thirty-One since November 2013. Because of Thirty-One I have met so many amazing women, I get to travel, I have beautiful and fun bags and jewelry for any and every need and I have been able to raise thousands of dollars for friends and family.

What is Thirty-One Gifts? We are a direct sales company made up of women, and a handful of men, who love and sell our product. We have a lot of variety! Large and small totes, totes for shopping, large and small thermals, travel and duffle bags, purses, wallets, jewelry, cards, pillows, canvas wall art and so much more! We just launched our bonus summer catalog. What makes our product even better? Many of our products can be personalized with initials, names or short phrases.

HOW DO YOU GET YOUR HANDS ON OUR AMAZING PRODUCTS?

My favorite way is by having a party! Bring your friends together for a fun shopping experience plus amazing rewards! Check out the rewards online



or ask me. You can do a party face-to-face, catalog or online. Whatever works best for you and your friends. I love parties in spring and summer.

You can have parties in your yard or at a park.

You can also order anytime online through my website at www.mythirtyone.com/katieglaser or contact me and I can place the order for you.

Each month we have different "monthly special". These items range from 40%-70% off. If you want to stay up to date on our monthly specials along with any outlet sales just let me know.

Now until the end of the year I am donating my fist \$50 or 10%* (whichever is greater) of each party to Josh and Camille Bergh. My brother-in-law Josh was diagnosed with a brain tumor, a glioblastoma, on March 4th. It has rocked our family but with God's help we are getting through it together.

*Does not include other fundraisers.

WHO WANTS TO PARTY WITH ME?

Katie Boshart Glaser
Independent Director with Thirty-One Gifts
www.mythirtyone.com/katieglaser
katieboshartglaser@gmail.com
541-936-0688

SEARS IS STILL HERE IN YOUR NEIGHBORHOOD!

APPLIANCES

GET THE TOP 10 BRANDS AT THE LOWEST PRICES GUARANTEED. See store or sears.com for Price Match Policy details.

SAMSUNG Amana KitchenAid BOSCH LG Whirlpool FRIGIDAIRE MAYTAG GE

TOOLS, LAWN & GARDEN

CRAFTSMAN

MATTRESSES

Sealy Posturepedic S&F Serta iComfort Sleep System by Serta

FITNESS, OUTDOOR LIVING & MORE

HERITAGE MALL

OPEN HOUSE
May 25 • 4-7pm
Refreshments, Prizes & Great Deals!

sears
HOMETOWN STORE
LOCALLY OWNED AND OPERATED

VISIT YOUR LOCAL STORE AT:

Heritage Mall
2059 14th Ave SE #A103
Albany, Oregon 97322
541-981-2503

Monday-Friday 9:30 am to 7:00 pm | Saturday 9:30 am to 6:00 pm | Sunday 11:00 am to 4:00 pm

Family Weekend

Four stores at Kings' Plaza in Corvallis want to honor the Queens of our lives during Family Weekend! Bring Mom to Kings Plaza and let four stores show her and you a wonderful time!

There will be FREE horse and carriage rides.

The 1st 100 Moms in each store will receive a free carnation!

Rice's Pharmacy and Gifts, Willamette Valley Christian Supply, Taqueria Alonzo and Corvallis Outlet Store will be throwing the party of parties for Mom Saturday May 6th from 11am – 2pm!

The sales will run all weekend but the party and prizes and flowers and horse and carriage rides are 11am until 2pm. Bring your camera to capture Mom on that white carriage!



20% off Storewide

(excluding food and paper products)

Friday, May 5 - Saturday, May 6

CORVALLIS OUTLET STORE

Brands You Know. Prices You'll Love.



934 NW Kings Blvd. | Corvallis

541-207-3394 | www.corvallisoutletstore.com

Buy one, get one 1/2 off on books

from our Best Seller List and our New Release List

Now's the time to purchase the newest releases for MOM



Willamette Valley Christian Supply

Connecting you to all of your Ministry resource needs

This promotion cannot be combined with any other currently running promotions.

Rice's Pharmacy & Gift - Great gift ideas to help you celebrate the mom in your life

Rice's
Mother's Day Event
May 3-6

Firefly
Necklaces & Bracelets - 30% Off
Earrings - 20% Off

Thymes
20% Off

European Soaps
20% Off

Raffle Drawing!!
Fabulous Gift Baskets for Mom

Naked Bee
20% Off

Baggallini
20% Off

Free Shipping on orders placed May 3-6

541.752.7760
910 NW Kings Blvd

*Celebrate Family Weekend and
Cinco de Mayo with us!*



**May 4-6 receive
\$2 off any order
of \$10 or more**

**On May 5 from 11am-2 pm receive a
regular Chicken Burrito for only \$6**

TAQUERIA ALONZO