

# HIGH POINTS



GOOD NEWS FOR THE WILLAMETTE VALLEY

JUNE 2017 • FREE



## Greater Albany Council PTA Expands

A metamorphosis is happening in Albany and Linn County. Greater Albany Council PTA is expanding its outreach beyond the families served by Greater Albany Public Schools to encompass all of Linn County and its neighboring communities.

Greater Albany Council PTA is now MidValley PTSA (Parent-Teacher-Student-Association).

The addition of the “S” in PTA is to encourage student participation, particularly at the high school level. MidValley PTSA plans to mentor students about volunteerism, not just the planning and helping at events, but the “business” of volunteer associations, particularly in the world of the requirements of the IRS and Oregon Department of Justice in regard to non-profit status. A Membership Scholarship account is being set up to assist students to become members and have a vote in the activities of MidValley PTSA.

By becoming a more visible and stronger resource, MidValley PTSA can expand its outreach to better inform parents, families, school and community members about the benefits of PTA as a voice for all children. This will include working with and supporting other local agencies such as CASA, LBCC Family Connections and Jackson Street Shelter. MidValley PTSA’s agenda also includes providing connections to such PTA resources as Reflections Arts Program, Connect for Respect, Healthy Lifestyles and Family Reading Experience.

MidValley PTSA is affiliated with Oregon PTA and National PTA. Meetings are held on the third Tuesday of odd numbered months at Elmer’s Restaurant in Albany. Contact the Unit at [midvalleyptsa@gmail.com](mailto:midvalleyptsa@gmail.com) or visit them on Facebook.

National PTA® comprises millions of families, students, teachers, administrators, and business and community leaders devoted to the educational success of children and the promotion of family engagement in schools. PTA is a registered 501(c)(3) nonprofit association that prides itself on being a powerful voice for all children, a relevant resource for families and communities, and a strong advocate for public education. Membership in PTA is open to anyone who wants to be involved and support PTA’s overall purpose to make every child’s potential a reality by engaging and empowering families and communities to advocate for all children.



## Graduation at Last

“Graduation is getting a diploma or academic degree or the ceremony that is sometimes associated with it, in which students become graduates. Before the graduation, candidates are referred to as graduands. The date of graduation is often called graduation day. The graduation ceremony itself is also called commencement, convocation or invocation.” Wikipedia. Graduation is a time of anticipation and excitement and a representation of years of hard work. Many view high school graduation as a step into adulthood. I can still remember bits and piece of my own ceremony from 20 years ago. I just knew I was all grown up and couldn’t wait to get started on “what I wanted to be.” The excitement of having finally finished what seemed to be a giant step and the nervousness of the next step.

Each journey is different and as unique as the person themselves, trying to compare journeys is not fair to anyone. We each get to walk our story and not someone else’s. If you are a graduate this year take a little time to enjoy the moment. Store up the fun memories, remember to share them with others, if you journal be sure to right them down. Let your picture be taken, gather with friends and family. We do not get to know when our story is done. Memories and pictures are what is left behind. Take the time to say thank you to teachers and staff at your school. You might need them to write a recommendation letter in a few months or the next year.

If you are a parent, grandparent, family member or friend I encourage you to show your support of your graduate. If they want a photo with you in it, smile and join in. If you are gift shopping look to the boxes in the middle of this paper for fabulous local business that help local non-profits. Save your receipt or a copy and donate it to one of the non-profits listed on page 8 of this issue.

We tip our hats to you the graduate and wish you the greatest success in whatever road you chose to travel!

Santiam Christian High School  
June 3rd

East Linn Christian High School  
June 3rd

Lebanon High School  
June 6th

West Albany High School  
June 8th

Sweet Home High School  
June 9th

Corvallis High Schools  
June 12th

Crescent Valley High School  
June 12th

South Albany High School  
June 13th

Linn Benton Community College  
June 15th

Oregon State University  
June 17th





# Fun Events for June 2017

Sunshine is finally here! Check out all the fun indoor and outdoor activities for the 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 Thursday during the month. They often play at local events and functions. If you ever played a musical instrument, no matter what skill level, they want to hear from you. Call: 541-207-5231 or 541-745-7951 for details.
- 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](http://www.brownsville-farmersmarket.com)
  - Corvallis- Saturday and Wednesday 9AM-1pm, First St. Downtown, <http://locallygrown.org/home/>
  - Lebanon- 2-6pm Corner of Grant and Main, <http://lebanondowntownfarmersmarket.org/>
- ALBANY CIVIC THEATER “SWEENEY TODD”** June 1-3 Th,Fr & Sa 7:30pm, Albany Civic Theater, 111 First Ave SW, 541-967-8140, [www.albanycivic.org](http://www.albanycivic.org)
- 108TH ANNUAL STRAWBERRY FESTIVAL** June 1-4, Cheadle Lake Park, Hwy 20 & Weirich Dr, Lebanon, 541-258-7164 [www.lebanonstrawberryfestival.info](http://www.lebanonstrawberryfestival.info)
- 2017 ALBANY AREA CHAMBER ANNUAL GOLF TOURNAMENT** June 2, 7am-1pm, Albany Golf & Event Center, 155 Springhill Dr NW, 541-1517, [www.albanychamber.com](http://www.albanychamber.com)
- LEBANON GARDEN CLUB FLOWER SHOW, QUILTS & ART** June 2-3, Fri 1-4:30pm, Sat 12-4:30pm, IOOF Hall, 20 East Ash St, Lebanon, 541-521-5677, [www.lebanongardenclub.com](http://www.lebanongardenclub.com)
- MIDVALLEY PTSA (PARENT-TEACHER-STUDENT-ASSOCIATION)** -Albany Burgerville Community Partnership June 6, 5:00 to 8:00 p.m. ALL PROCEEDS WILL GO DIRECTLY TO THE LINN COUNTY WALK TO END ALZHEIMER’S! Door prize drawings at quarter past and quarter ‘til the hour. Help make every child in the greater Albany and Linn County area reach their potential. Contact [ptaalbany@gmail.com](mailto:ptaalbany@gmail.com) for more information and to learn about PTA.
- STAYTON RED HAT STRUTTERS** June 7, Noon, Almost Home Restaurant, 3310 Market St. NE, Salem, Oregon. Hostesses will be Valerie Baxter and Jeannie Brundidge, contact them to make your reservation at 503-900-0051 or 503-999-2262. The Red Hat Strutters meet on the 1st Wednesday of each month. The meeting and luncheon are open to the public just contact the hostess for the month to make

- a reservation and get more information. The only rules are if you are 50 or over you should wear a red hat and purple clothing and if you are under 50 you wear a pink hat and lavender clothing. The only exception is if it is your birthday month you wear a purple hat and red clothing. There are no dues, if you do not have email a donation could be made for postage so you can receive notification of meetings and activities. We have members from Stayton, Aumsville, Scio, Salem, Sublimity, Turner and Mill City, ages range from 47 to 90+. Activities include luncheons, games, secret sisters, celebrate birthdays, etc.
- VETS HELPING VETS HQ DINNER, DANCE AND AUCTION** June 9, 6-11pm at the American Legion Post 10-Albany \$40 per couple or \$25 each at the door. Seating limited, contact their office for reservations. (541)791-4357
- DOWNTOWN ARTS & MUSIC FESTIVAL** June 10, Spend the day in Downtown Albany taking in art and listening to the sweet sound of music. The art and music will be provided by local students and professionals, so you can look forward to a wide variety of genres.
- CYCLE OREGON JOYRIDE** June 10, women’s-only event taking place at Stoller Family Estate vineyard in the Dundee Hills near Dayton OR. Joyride features short, medium and long routes suitable for all riders. Locally sourced food, tasty wine, great music, and fully stocked rest areas are all part of the experience. For more information contact Steve Schulz, Executive Director, Cycle Oregon (503)287-0405 ext.101 [steve@cycleoregon.com](http://steve@cycleoregon.com)
- LEBANON CHAMBER CLASSIC CAR CRUZ’N** June 10, 7am, Cheadle Lake, Hwy 20 & Werich Rd, Lebanon, \$, 541-258-7164, [www.lebanon-chamber.org](http://www.lebanon-chamber.org)
- ALBANY REGIONAL MUSEUM “HISTORY BITES AT NOON”** June 14 We 12-1pm, Albany Regional Museum, 136 Lyon St, 541-967-7122 [www.armuseum.com](http://www.armuseum.com)
- ALBANY WOMEN’S CONNECTIONS** June 14, the second Wednesday of the month, is when the Albany Women’s Connection usually meets, however, the group is on hiatus for June, July and August. Please mark your calendars for Wednesday, September 13, 2017 when the group will re-convene with another inspiring and fun program. For further information, please contact Sharon at 541-760-6720. RSVP information will be provided in August. Thanks for your continued support and please save the date--September 13!
- LYONS GARDEN CLUB** June 14 at 1 pm in the Lyons Fire Department conference room at 1114 Main St., Lyons. This will be the last meeting for the summer, meetings will resume on September 13. Hostesses will be Margie Forrest and Jean Newham. The group will be celebrating a June birthday for Valerie Baxter. All meetings are open to the public and potential new members. Activities for the club include special speakers on garden topics, annual garden tour, picnic, no host holiday potlucks, summer picnic, plant exchanges, community

- projects, discussions of garden problems and hints, etc. For more information please contact President John Hollensteiner at 503-508-5913, or Cheryl Cappelletti 503-767-3348
- LINN COUNTY PIONEER PICNIC** June 16-18, Pioneer Park, Brownsville, 541-466-5656, [www.historicbrownsville.com](http://www.historicbrownsville.com)
- “THROUGH THE GARDEN GATE” ALBANY GARDEN TOUR** June 17, 10am-4pm, Various locations in Albany, \$, [www.linnmastergardener.com](http://www.linnmastergardener.com)
- HERITAGE MALL KID’S CLUB** June 17, 11am-12:30pm, Paw Patrol Kids under 12 are invited to come make their own “Pup Tags”, crafts, games, music, prizes and more!
- DOWNTOWN ALBANY CRAZY DAZE** July 20-22, You don’t want to miss Crazy Daze. Downtown Albany’s oldest event! Originally called Bargain Days in 1898, the name was changed to Crazy Daze after WWII. Merchants will be setting out their merchandise on the sidewalks throughout Downtown, offering them at crazy reduced prices! Merchandise changes daily so you might want to come down all 3 days. So, grab your sunscreen or a hat and stroll our sidewalks for crazy deals and crazy delicious food at our fabulous Downtown eateries!
- CASCADIA CAVE** June 22, 9am-5pm, Sweet Home Ranger Station, 4431 Hwy 20, Sweet Home, Reservations Required, Call 541-367-5168, [www.recreation.gov](http://www.recreation.gov)
- GORDON MEADOWS** June 23, 9am-5pm, Sweet Home Ranger Station, 4431 Hwy 20, Sweet Home, Reservations Required, Call 541-367-5168, [www.recreation.gov](http://www.recreation.gov)
- ALBANY CIVIC THEATER “RED, WHITE & TUNA”** June 23-24, 30, 7:30pm, Albany Civic Theater, 111 First Ave SW, 541-967-8140, [www.albanycivic.org](http://www.albanycivic.org)
- AMERICAN LEGION POST 51 “ALL YOU CAN EAT BREAKFAST”** June 25, 8am-11am, American Legion Post 51, 480 E. Main St, Lebanon, 541-259-14824
- 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](http://www.pointsforprofit.org) or call: 541-791-2901. Shop locally, serve locally, sustain locally.

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

## Happy Fathers Day

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

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

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

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Ramblings From the Kitchen of Karen Rogers

Coconut Custard

BY KAREN ROGERS

These elegant little custards are wonderful at any temperature; hot, cold or in-between. They’re easy to make and even easier to consume!

Pre heat the oven to 350 degrees and toast 2/3 C packed coconut until lightly browned. Be sure to watch this like a hawk, as it can burn in one second and stink to high Heaven. Set a timer and stir it every four minutes until done. Let cool and divide evenly among 4-8 greased ramekins or custard cups, the size can vary — if you like bigger ones, use larger cups.

In a saucepan heat 1 C plus 2 tbsp. heavy cream and 1 C plus 2 tbsp. milk just until scalded, small bubbles will form around the edge of the pan. Remove from the heat.

Beat 3 egg yolks with 1 whole egg and add ½ -3/4 C sugar or Splenda, ½

tsp vanilla and ½ tsp coconut extract and a large pinch of salt. Slowly add the cream, beating well, and carefully pour into the prepared cups. Place the cups well apart in a large 9 X 13



inch pan and carefully pour boiling water around them and place in the oven. Bake about 30 minutes until just set. Cool to room temperature then chill well. Or just eat them as is, depending on your appetite.

These are delicious plain, but go for the gusto when serving guests and top with sweetened whipped cream.

Of course, if you don’t like coconut, just omit it and boost the vanilla to 1 tsp.

My daughter, Catherine, has always been a toasted coconut fiend — while the coconut was cooling she would prowl through the kitchen like a Great White shark, circling and sneaking pinches!

June 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

- |         |         |          |
|---------|---------|----------|
| ALFALFA | DRY     | HOUSE    |
| BALER   | FARMER  | IRRIGATE |
| BALES   | FIELD   | LOADER   |
| BARN    | GRASS   | LOFT     |
| CLOVER  | HAY     | RAKE     |
| COWS    | HELPERS | ROUND    |
| CUTTING | HORSES  |          |

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| <b>Corvallis</b><br>2575 NW Kings Blvd                                     | 541-753-1240                                 | <b>Salem</b><br>3302 Commercial St SE                     | 503-364-7286                 |
| <b>Eugene</b><br>579 E. Broadway<br>3577 W. 11th Ave<br>2870 Willamette St | 541-686-1166<br>541-344-4141<br>541-686-1600 | <b>Springfield</b><br>140 S. 32nd St                      | 541-741-8000                 |
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Vaccination; for Health or Profit? Part I

Vaccination is a very contentious issue. Nothing in science is seen with more religious fervour and zeal. As a chiropractor who deals mainly with children, and as a father of three wonderful, unvaccinated, healthy kids, I have great trepidation concerning this subject. Why am I doing this? Two reasons. First, I have special Certification and Fellowship in pediatrics, have taught at our College, am involved in research, have published research papers, lecture internationally, and write for two national magazines. Second, and most important, my ethics. The information released to parents by health departments is very one sided- there is yet another side that most parents do not hear but should, before they decide to vaccinate their children.

Vaccination has been likened to a medical “sacrament” by the late Dr. Robert Mendelson, an outspoken North American pediatrician who has labelled himself as a “medical heretic.” Vaccination: the word itself conjures happy, smiling children lining



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

up to receive their “shot” to keep them ”safe and healthy.” Millions of parents blindly subject their children to this ritual for it apparently bestows “protection” from bugs “out there.” More and more parents, however, along with the scientific and medical community, are beginning to question not only the validity of this protection, but also its efficacy and its risks.

If you are one who subscribes to the scientific prove-it-to-me-first, random, double-blind, scientific model, you are in for quite a shock! The theory of vaccination, and it is only a theory, has never been thoroughly tested and proven. Yet it is a theory that many hold very dear to their hearts. Most of this fervour is the direct result of massive marketing campaigns by the pharmaceutical and medical industry. As a matter of fact, any research being done on vaccines is funded by the drug industry and there is virtually no research done on vaccine hazards. Any studies that have been done

Vaccination continued on page 14

Ah-Choose Relief!

June is the peak allergy season for many Oregonians. Fortunately, there are several non-prescription options to alleviate sneezing, itchy eyes and runny noses.

Seasonal allergies are caused by plant pollen. The surface of a pollen granule is covered in Velcro-like hooks, which cling to tissues; precipitating a series of inflammatory reactions and ultimately the symptoms associated with allergies. The goal of treatment is to interrupt or prevent the inflammatory process.

A simple way to thwart pollen’s effect is to create a barrier, or rinse granules away from tissues. Apply saline gel or petroleum jelly to nasal passages and on eye lid margins (not in eye) to trap pollen before it can come in contact with tissue. One may also use saline eye drops, nasal spray, or neti pots to wash pollen away from sensitive tissues several times a day. Remember to shower before bedtime to wash pollen from your skin and hair. Pollen may collect on pillowcases, so change them often.

Medication is an option when physical methods do not provide adequate relief. There are two categories of allergy medicine available over the counter: antihistamines and corticosteroids.

Antihistamines have been used to treat allergy symptoms for over 60 years. As

their name suggests, these agents block the histamine-mediated inflammatory response. Antihistamines generally begin to provide relief within a few hours. First generation antihistamines (i.e. diphenhydramine, chlorpheniramine) cause drowsiness and must be taken about every 6 hours. Second generation antihistamines (i.e. fexofenadine, cetirizine, loratadine) are not very sedating and have up to 24 hours duration. Most antihistamines do not have significant drug interaction issues, but there are exceptions; consult with a pharmacist before adding something new to your regimen.

The FDA recently approved a variety of corticosteroid nasal sprays for over the counter sale. Sprayed into the nostrils; these products interrupt the histamine-mediated inflammatory pathway and five additional pathways, as well! The corticosteroid sprays reach peak effect after several days and should be used consistently for best relief. They exhibit limited systemic absorption and thus have very few side effects or interaction risk.

Severe allergy sufferers can combine all three remedies (physical, antihistamine, and corticosteroid) safely.

Need help selecting a seasonal allergy treatment? A Rice’s Pharmacist would be happy to assist you!



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# No Dental Insurance? There's a Solution.

If your employer doesn't offer dental benefits as part of a comprehensive healthcare plan, there are ways to maintain and protect your healthy smile.

One affordable alternative is a KeySmile Membership, which is likely available at your local dental office. KeySmile Plans allow patients to choose from a variety of monthly subscription options with an emphasis on preventive (rather than restorative) care. KeySmile is a direct membership plan that puts treatment planning back in the hands of patients and their dentists.

In the 1960's, dental insurance was introduced as an employer sponsored benefit to offset some of the costs of regular dental maintenance; most limited to \$1,000-\$2,000 per year. Over time, plans expanded to include reimbursement on restoration — fillings, crowns, and more.

Now, traditional dental insurance plans restrict patients and doctors to the bare minimum of care; with waiting periods, exclusions and loopholes designed to reduce annual payouts. Dental professionals have been fighting against the insurance companies' control over many day-to-day patient decisions. Often, patients believe that if a therapy or

procedure is not covered by their benefit plan, it is not medically necessary—which could not be further from the truth.



KIM KUTSCH AND GREG RENYER  
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Dental membership plans allow both patients and providers to choose a tier of service that most reflects a patient's individual dental need. An Adult Membership includes all regular exams and X-rays, one emergency exam and a healthy discount on all other procedures (including cosmetic ones). Patients can save upwards of \$350 a year in costs with membership plans, with no waiting or caps on spending. There are also KeySmile plans that include regular periodontal maintenance.

**KEYSMILE PLANS ARE IDEAL FOR:**

- Patients with immediate treatment needs
- Patients without current dental insurance
- Retirees on a fixed income
- Families on a budget
- Entrepreneurs and small business owners
- Recent graduates without insurance
- Children without preventive coverage

Ask your dental professional if there is a membership plan available in your office, and if one is right for your family.

# Six Ways to Use Propane this Summer

Propane is a very versatile source of energy and will save you a lot of money in the long run. Let CoEnergy Propane help you begin converting your home and vehicles. Here is a list of different ways to use propane this summer. Propane is great for fireplaces, water heaters, patio heaters and more.

**Fireplace** – along with home heating systems, propane can power your fireplaces as well. They are easy to maintain and clean up. Any gas fireplace can quickly and easily be converted to propane, inside or outside.

**Water heating** – although the upfront costs are considerably more, propane water heaters typically use 50% less energy, making the long-term savings worth the short-term investment. Compared with an electric model, a propane water heater can save you 60% on your energy bills.

**Pool and spa heating** – join the millions around the world that already use propane to heat their swimming pools, spas, hot tubs, saunas, whirlpools, and patio.

**Lawn care** – many lawn care fleets (lawn mowers, trimmers, leaf blowers, etc.) have switched to propane to lower fuel emissions and costs, while increasing performance.

According to propane.com, you can apply to receive \$1,000 per qualifying new mower purchase or \$500 per qualifying mower conversion while funds last.

**Gas grills** – propane is used to power most grills sold in the United States. Propane can also be used to power mobile home and RV appliances, generators, and greenhouse heaters.

**Gas lighting** – give your landscape an old-fashioned look with outdoor gas lights. Propane is cheaper and better for the environment than electricity, and are ideal for more rural areas, where electricity is sparse or not available.

CoEnergy Propane is your local propane resource. Call them today at 541-738-6733, visit their website at coenergy.net or check out the showroom at 2505 Pacific Blvd. in Albany.



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# Calling all Quilters

In recent years, quilting has taken over other genres of sewing such as garment sewing or embroidery in popularity. Quilts can range from a basic and traditional nine patch to a thread painted portrait.

The thing quilters dislike most about quilting is the cutting. The majority of quilts are made of small precisely cut fabric pieces that are cut and sewn back together to create a design or pattern. The cutting is time consuming and can cause a significant amount of fatigue. Cutting is often done with a rotary cutter and straight edge. This system leaves much available to human error.

Accuquilt, a company that has been around for decades has come to market with a solution to many of the problems quilters face. The solution is a dye based system that *cuts the fabric for you*. Accuquilt states on their website that their system is “safe, fast and 90% faster than a rotary cutter”.

On July 28th, 2017 Rich’s Sewing & Vacuum with host Robert Hafner (Vice President of Accuquilt) and his education team for an incredible introduction to their product. The event will be offered in two time slots 10AM-12PM and 1pm-3pm. The cost is just \$10.00. A gift for attending as well as refreshments will be provided. The event will be held at 2306 Heritage Way SE Albany, OR 97322. Any questions or requests to sign up can be directed to Rich’s Sewing & Vacuum at (541) 926-4842.



# Custom Skin Treatment Therapies

At River’s Edge, we customize our treatments matching you with the best fit to address your skin concerns. If you’re looking for younger, healthier looking skin, our facial treatments offer a gentle and safe alternative for treating acne, Rosacea and signs of aging.



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This facial therapy is a three-stage system for gentle, risk-free mechanical exfoliation, molecular penetration and healing micro-amp therapy to combat many skin challenges such as:

- Reduce Wrinkles • Reduce Acne Spots • Decrease Rosacea • Treats Inflammation • Increase Moisture Retention on the Skin • Beneficial for Tissue Healing • Increases the Extensibility of Collagen Tissue • Improves Skin Tone • Increases

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This treatment is a way to support facial tightening and contouring

- Number of treatments: Begin with 3-6 treatments
- Treatment Interval : once every week
- Treatment Time: 45 min plus. Many love this treatment and continue coming in every few weeks for maintenance following their initial series.

We’ve all used creams packed with ingredients on top of our skin to help make it look younger. Imagine a technology that can penetrate concentrated active anti-aging and skin firming ingredients through your skin down to the muscle? The treatment uses a current that takes that supports transporting your custom formula deeper for greater results. It supports contouring and lifting, fatty tissue of the face, jaw, and neck. It can also reduce the appearance of broken capillaries. There is almost no down time. Results begin immediately when doing a series and results last up to two months and there is NO pain.

Why is it unique? No discomfort, no down time, firmer tighter, and glowing skin. Or before a vacation when you want to look your best. This treatment is perfect for maintenance, or to prevention of future damage to the skin. This unique method is used to tighten, contour and tone face, jaw and/or neck.

How long does it take? Approximately 15 minutes, skin begins to tighten immediately. Skin may be pink or flushed looking for a short period similar to a flush after exercising or sitting in a sauna. Immediate tightening and contouring is seen, with full tightening effect occurring with a series. Lasting up to two months. Each time a treatment is done results build, with each treatment cumulative results take effect.

Please call or text 541-602-0711 today. Mention this column for your free consultation.

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# Points FOR Profit®



**POINTS FOR PROFIT MEETING** is June 27, 2017 from 6-8pm at the American Legion Post 10-Albany. Pita Pit will be catering, dinner starts serving at 5:30pm. To reserve dinner please RSVP by noon on June 26, 2017 to [info@pointsforprofit.org](mailto:info@pointsforprofit.org) or call (541) 791-2901. For more information visit [pointsforprofit.org](http://pointsforprofit.org).



## Step Back in Time

We welcome you to the Points for Profit Time Machine where you will step into a time of long ago. This time machine won't take you into the future but well into the past.

Points for Profits is excited to welcome Cronies Vintage and Antique Emporium to our family of business sponsors. Cronies features old familiars and unique pieces from around the world. It is one of those special stores that lift your spirits with fond memories of time gone by. You will love the trip through the menagerie of times gone by of carefully selected merchandise just for your journey to the past.

Owner, Mary Artz has done an outstanding

job of selecting, organizing and displaying all the enticing and exciting items in her shop. You will find something for everyone at Cronies! There is a plethora of the unique and wonderful with samplings from different genres including but not limited to Americana/Military collectables, jewelry, furniture, dish and flatware, crystal, paintings, clothing and so much more.

There isn't a sign out yet but you can find them at 211 2nd Ave SW across the street from Novak's in beautiful downtown Albany. Take a moment to stop in and welcome Mary and her staff to downtown Albany and to the Points for Profit family! If you can't make it in, give them a call at (541) 760-1941.

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[pointsforprofit.org](http://pointsforprofit.org)



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## The Story of Lillycake

The story of Lillycake is a simple one. I grew up baking with my mom in our tiny house for an average of 15 people at any given time. I had a passion for baking so naturally, as I started having children of my own, I taught them how to bake. It was one of our favorite pastimes.

When my middle child was about one year old we noticed that he was a little bit different. His doctor said that he had ADHD and that we should think about medication right away. Well, that didn't sound like something that we wanted to do so we worked very hard on teaching him right and wrong behaviors. After many years, we've had a lot of success. When he hit the third grade it seemed like he had hit a wall. I remembered reading something about the benefits of going gluten-free and its effect in resolving some behavioral issues in children. We thought "what do we have to lose by trying it?" It was amazing — within the first few weeks we could already see a big difference. And low and behold, my headaches have gone away! It has been amazing and I'll never go back to gluten again!



Then one day my daughter asked if we could bake some cookies, and I had to tell her "no," because cookies had gluten in them. We all missed the time we spent baking together, so I had a new mission — to figure out how to keep gluten out of my house but get back in the kitchen together. I did a lot of research and started creating my own rice flower mix and it went from a bad texture to "yeah these aren't so bad!" As a couple of years passed, I've found a real challenge in gluten-free baking, and I love to bring cakes and things to parties and charity events.

People would say "are you sure these are gluten-free?" or "this can't be gluten free, gluten-free things are nasty". Then one day someone called me and offered me money for a cake, and I thought, "Wow, I could help my family with these cakes!"

I now have my very own licensed Gluten Free kitchen that has never had any gluten in it. Orders can be placed using my website <http://lillycake.com>, or calling (650) 995-3458.



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The Radiance of the Son

“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 longed 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 actually 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 this verse:

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!



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Medicare Eligibility and Enrollment Born in 1955 or Later?

You may have to work until you are 67 years old. Turning 65 years old meant you could get your full Social Security retirement benefits and Medicare Coverage at the same time. Then, Social Security Administration changed the full retirement age to 66 years old for people born from 1948 to 1954. For these people, Medicare will still begin at age 65 even though their full SSA retirement benefits age in 66.

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

If you want to retire once you reach age 65 and become eligible for Medicare, you will have to evaluate and determine if you can fully retire or if you will need to modify your plan for a year or two before taking SSA. Before you make a decision that will affect your life-long financial well-being, calculate your

current and long term financial needs. Use the retirement calculator for an estimate of your Social Security benefits that you can find at [www.ssa.gov](http://www.ssa.gov) web site.

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

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

If you have additional questions please call me, I will be happy to assist you.



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# Strategies for You to Pay Off Your Mortgage Early

The mortgage payment is typically one of the largest household monthly debts, making it difficult to put more of your income towards it. However, if you're interested in paying less towards interest, prepayment is a way to save money in the long term. Here are some realistic ways to pay off your mortgage at a faster pace.

- Make two payments per month. Pay half of your monthly payment every two weeks. This will add up to one extra monthly payment per year (count it on the calendar!).
- Funnel extra money directly to your mortgage. Did you get a bonus?

Were your commissions larger than you anticipated? Dump that into your mortgage!



**JASON NUNN,**  
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Take advantage of historically low interest rates by refinancing. You can use the extra money from the refinance to pay towards the principal.

Please talk with a trusted mortgage professional before committing to these ideas. Some loans have a "pre-payment penalty", so it is important that you consult with a professional first. This will allow you to make an informed decision about whether these tips will save you more money than you would pay in pre-payment penalties.



# Glass Deck Railings for Summer

With the arrival of summer, lots of us are spending more time outdoors on our patios and decks. If you have a deck with a stunning view or simply want to see your own landscaping then a glass deck railing may be the right choice. No doubt, you've seen these systems in hotels or at homes when you've stayed at the beach. Most obstructions are removed and they allow you to see the entire scenery – like having a window on your deck! Here are some pros and cons when considering glass railing system.

- Pros: They offer a clean and contemporary look compared to other materials. Wood supports and pickets are bulky and can detract from the overall style of the home. Glass railing is a fantastic wind break so you can rest comfortably when the sun is out even if there is a strong breeze. Lastly, the railings require little maintenance compared to other materials, except for cleaning the glass.
- Cons: Glass railing systems are

typically more expensive to construct than wood railings due to the initial cost of materials. Most decks are on upper floors of a house which can make cleaning the outside of the glass problematic. And, while rare, birds may only see a reflection of your surroundings and mistakenly fly into the glass. In almost every case, this hurts the birds more than the glass.

Residential railings are typically made from 1/4" tempered safety glass (or thicker) per code so they are unlikely to break under normal conditions. The best way to get an estimate on the cost of the railing is to sketch out a plan view of your deck and write down some dimensions. Take it to your local glass shop and they can prepare a cost including posts, fasteners, glass, and installation. 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](http://www.smith-glass.com). Smith Glass, on the cutting edge since 1945.



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# Shopping: Furniture Tips 101

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

- If possible always ask to see the underside of the furniture. Typically furniture manufacturers like to hide the components underneath if they are not built with solid wood or strong materials. Ask your salesman to turn the recliner over and inspect the construction of the merchandise. An honest salesman will be more than happy to tell you about their products durability.
- Ask about the fabrics. Is it durable, what is the warranty? How is it made? Where is it made? Most furniture fabrics are made with Polyester, linen, or acrylic. There is a new line of fabrics from Best Home Furniture that are made with a stain resistant material called Olefin Yarn. It gets its stain resistant properties from the dye process during manufacturing. No chemicals are used in the process of making these wonderful fabrics making them incredibly safe for your home and the environment.
- Ask if the furniture can be re stuffed. Most furniture will have zippers somewhere or access pockets to allow a technician to add more stuffing, if the furniture ever starts to sag or compact. Most furniture manufacturers use a crimped Polly fiber called Dacron, and

in some cases even going the extra mile for the environment and using recycled soda pop bottle plastic as part of their stuffing. If you are wondering what manufacture is doing this ask them to show you the stuffing you'll be able to recognize the slightly green spiraled tint to the plastic mixed in with the white Dacron stuffing.

- Always inquire about the warranty. Most furniture companies only grantee their merchandise for one year, and their warranties often are only good for manufacturing flaws and defects. They won't cover accidents that happen in your home such as stains or pet damage. I always recommend an extended warranty. Accidents happen in our homes unfortunately. An extended warranty will cover those accidents where the manufacture warranty will not. Check to see what the extended warranty will cover. It should cover punctures, rips, tares, and burns. If you can find one that covers pet damage that is a good warranty. Some will even give your money back at the end of the warranty period if you never make a claim. This is good is well.

I hope these tips help. If you have any further questions. I am available five days a week Tuesday-Saturday at 541-248-3916 or stop in at our store 1884 Fescue st. Albany Or. 97322. Right down the road from Home Depot. Thank you and God Bless.

# Obesity in Pets

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

According to the Association for Pet Obesity Prevention, fifty three percent of adult dogs and fifty five percent of adult cats are obese or overweight. When asked, twenty two percent of dog owners and fifteen percent of cat owners said their pet's weight was normal when it was overweight or obese. This means that there is a perception on the part of many owners that their pets are of normal weight when in fact they are too heavy. This new "normal" is often demonstrated when owners of healthy lean dogs are told by well-meaning friends and family members that they aren't feeding their pets enough.

Pets that are overweight or obese are more prone to a variety of health conditions. Medium to large breed dogs will often suffer from arthritis at a younger stage in life due to the excess load on their joints. We also see more ligament injuries in the knees of dogs who are overweight. Dogs that are prone to back injuries like dachshunds have a higher chance of rupturing their intervertebral discs when they are overweight. Dogs and cats that are overweight are also more prone to high blood pressure and kidney disease. Cats, like people,

are more prone to developing type two diabetes. This is especially true for sedentary overweight house cats. Cats are also more prone to develop a devastating disease known as fatty liver disease when they are overweight or obese. A well-known study known as the Purina Lifespan Study showed that obese dogs lived on average two years less than dogs with a lean body mass. The study also showed that dogs with an extra lean body mass lived on average ten percent longer. On a short coated dog the last rib space becomes visible when they are extra lean. Dogs that have two or more rib spaces visible are too thin.

To check if your dog or cat is too heavy you should feel over their ribs. This is especially true for medium to long coated pets whose rib spaces are never visible. The ribs should be easy to feel with only a small amount of subcutaneous fat between the skin and rib bones. The waist should be easy to see when viewing your pet from above and the abdomen should be tucked in when viewed from the side. A veterinarian is trained to evaluate your pets body condition and assign a body condition score. Some veterinarians will use measurements known as morphometrics to assign a more accurate score. They can then

**Obesity in Pets** continued on page 14



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Vaccination continued from page 4

do not extend for more than a two-week period. Why? There are billions of dollars at stake. What a shock! As a mater of fact, there is no system in Canada for reporting vaccine damage and for compensating children who have been damaged by vaccination.

In the U.S., any vaccine damage and adverse events are reported to VAERS (Vaccine Adverse Event Reporting System) which them handles such problems. Any damage in Canada is often conveniently dismissed as coincidental, and parents of vaccine-damaged children are made to feel guilty as though it is their fault their child “reacted badly” to a vaccine and is now brain damaged.

Too bad! I think most parents in our community would find something is very wrong with this. I agree. See you in two weeks for Part II

Obesity in Pets continued from page 13

come up with strategies to help your pet lose weight or maintain an ideal body weight. This can be done through a variety of strategies. Obviously feeding controlled amounts of food and increased exercise are key components to these strategies. There are also specially formulated diets that will allow you to feed less while satisfying all other nutritional requirements. Talk to your veterinarian if you are concerned about your pet’s weight.





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# Attention Book Collectors

The biggest event for Oregon book collectors is coming up! The eleventh annual Rose City Book and Paper Fair is the only event of its kind in Oregon. Fifty dealers, mostly from the Pacific Northwest, but also from across the nation, will be exhibiting their books this month in Portland.

One big misconception about book fairs is that there will only be over-priced books being offered by snooty dealers. Well, at this book fair, nothing can be further than the truth! Although there are valuable books there, many dealers offer very affordable books. In the Browsers’ Bookstore booth, even though we sell some of our most expensive books, our average selling price is still just \$15-20—which, if you think about it, is less than the price of a new hardcover. And we’re usually just a few steps away from a dealer who specializes in science fiction paperbacks—his average price is probably a lot closer to three dollars!

Everything from mystery novels to rare theology books to fun vintage postcards will be there. Browsers’ is going to bring up a good collection of books about Oregon history (including some rare books about Lewis Linn and Thomas Benton), a quirky group of ‘60s and ‘70s books about rock music, as well as a small but interesting selection

of books about mythology and legends, including one written by Oscar Wilde’s mother!



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

Other dealers will be bringing a wide variety of material: signed first editions of famous authors from John Steinbeck to Stephen King, vintage photographs, hard-to-find books on every subject, unusual manuscripts, decorative bindings, vintage children’s books, and lots of cool stuff. Keep in mind that every book in the fair has been hand-picked by the bookseller to be as appealing as possible.

Just as important as seeing interesting books is the opportunity to meet booksellers from a wide area. Every year, Browsers’ makes quite a few sales after the fair too as customers who take the time to tell us what kind of books they like to read and/or collect are often happily surprised when we have just the book they’ve been looking for back at the shop. So, if you do go, don’t be shy!

Fair dates are Friday, June 16 and Saturday June 17. It’s being held at the DoubleTree at the Lloyd Center in Portland. It is hosted by the Cascade Booksellers Association, and more information is available on their website ([cascadebooksellers.com](http://cascadebooksellers.com)) or on the Rose City Book and Paper Fair page on Facebook.



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# Mid-Year Review for Your Business

June has arrived and businesses are busy preparing to close second quarter of 2017. This is an excellent time of year to perform a financial check-up, particularly since you already should have filed your tax returns.

Here are some things you should consider.

**Review Your Taxes:** There is a wealth of information on your tax return that can help you review your financial situation. This applies to employees as well as employers. Once your taxes are done you may decide that adjusting the allowances on your W-4 may be in order based on how much you had to pay in or how much you will get in a refund.

A review of income and expenses included on your tax return could shed light on areas that indicate you need to make course corrections to assure your business ends up in a healthier tax position by years end. And a close review should reveal any obstacles that may prevent you from reaching your own business goals.

Taxes aren't just about reporting income and claiming deductions and credits. They also involve considerable planning during the year. As a business

hopefully you are using a CPA not only to file your taxes but as an advisor to your business. A good CPA can ensure that you are making more tax-savvy business decisions throughout the year that can save your business money and help it grow.

**Update your budget:** You should be reviewing your budget throughout the year to ensure that you are staying on target and meeting financial goals. After reviewing your taxes you may want to make some adjustments to your budget.

Remember your operating budget is your planning tool that will support and guide decision making providing insight to cut costs or prepare for growth. If you don't have one, it's never too late to get one in place.

Schedule your mid-year financial check-up on your calendar just as you would any other important meeting. Plan today for your mid-year financial review!

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



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

# 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 salespeople. 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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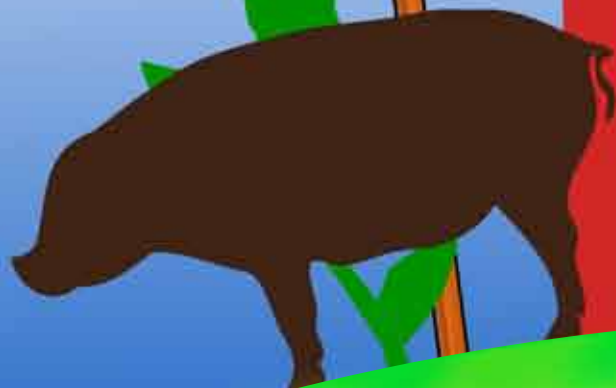
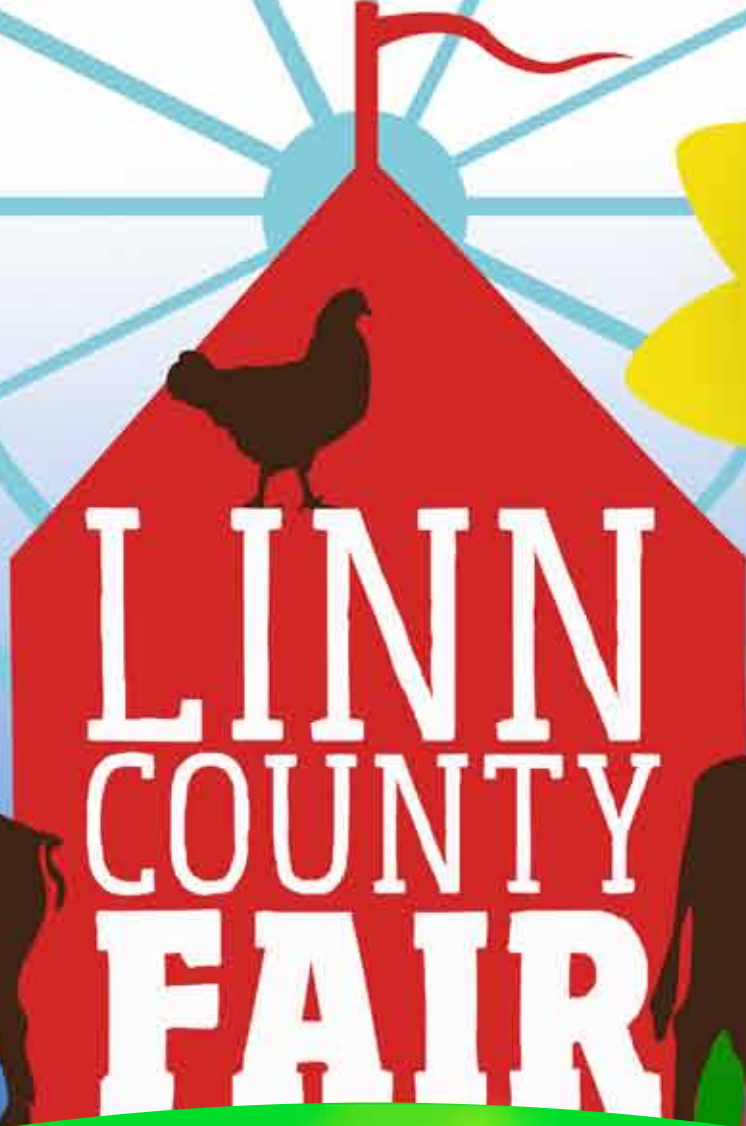
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