

HIGH POINTS



GOOD NEWS FOR THE WILLAMETTE VALLEY

JULY 2017 • FREE



American Legion Auxiliary Unit 10 in the Community

Proud participants in Points for Profit for over ten years, the American Legion Auxiliary Unit 10's mission is the spirit of service. It supports the American Legion and to honor the sacrifice of those who serve by enhancing the lives of our Veterans, Military and their families both at home and abroad. For God and Country we advocate for Veterans, educate our citizens, mentor youth and promote patriotism, good citizenship, peace and security.

Girls State took place earlier this month and the cost to high school students selected from WAHS, SAHS, Scio High School and Jefferson High School was \$250 each. The money Points for Profit awarded ALA Unit 10 this year let them sponsor three students who did not have the resources to cover it themselves. ALA Unit 10 and the American Legion Post 10 are working hard to increase their awards so they may give more students the opportunity to attend this program.

At Girl' State they participate in a variety of "mock government" situations from campaigning and elections on up to city, county and state government offices. The participants get to meet a variety of current office holders and this year they were met by Governor Kate Brown. This program also focuses on how laws and legislature can affect Veterans, their families and organizations that seek to support them.

ALA Unit 10 also support our Veterans in a variety of other events like Christmas Cheer and Gift Shops. Additionally, Ice Cream Socials (the next one is 7/16/2017), providing quilts, bibs and shopping bags at the VA Home plus the Stand Down in Lebanon. Many of these activities are paid for with proceeds from the Auxiliary's rummage sales. Make sure to set aside your donations of new or gently used items for the rummage sale. The next one will be the end of September this year.

For more information please call Bobbi Peebler at 541-730-2143 and tell them you want to help the Auxiliary so they can connect you and see how you might get involved!



The Most Fun You'll Have!

Music.....Food.....and a Whole lot of Fun. It's the most fun you've had since.... last fair. What a true theme. Hold on to your hats, put on your sunscreen and come join the fun at Linn County Fair 2017, happening July 12-15th. Mainstage concerts start at 8:30. Wednesday night features Kristy Lee Cook, Thursday night is John Michael Montgomery, Friday is Steve Augeri of Journey, and Saturday is Wynonna and the Big House. All shows at the courtyard main stage are free with your fair admission. Limited reserved seating is available at the front of the stage for an additional charge.

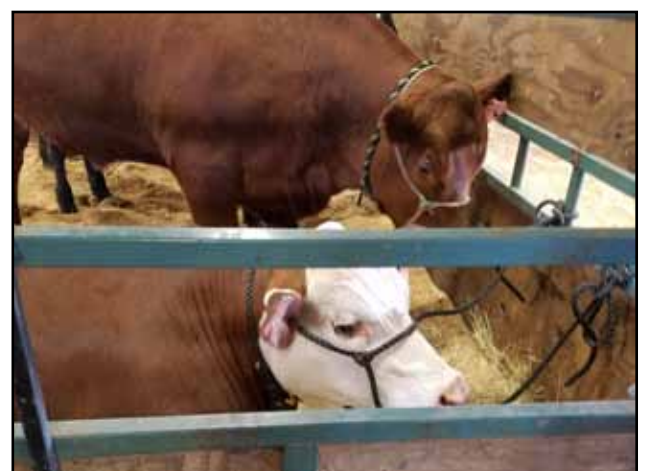
Fair is not just about the music. A wide array of food vendors are sure to tickle the taste buds of anyone attending. Make sure to spend some time in the animal barns, touring the vendors and fair exhibits. Don't miss the fun in the Red Canoe Credit Union Familyland with inflatable fun zone, gold panning, wild reptiles, petting zoo, barnyard adventure, pony rides and play with gravity motorcycle show.

The Calapooia arena is home to the Cowboy Blender Friday at 6:30pm and Wild N' Wooly on Saturday at 6:00. On Thursday Seniors have a bingo that starts at 11am and Ice cream social at 2pm. Don't miss out on the Car Show in the Park on Saturday at 10am. There promises to be plenty of other entertainment throughout the four

days of fair.

Fair admission tickets are \$7 for adults, \$5 for seniors, and 12 and under are free (sponsored by Boshart Trucking). Parking is \$5. Wednesday is Military Day, free for all Military members with ID. Thursday is Senior Day 60+ admission is free. Thursday is also buy one get one free on carnival ride bracelets. Friday is Family Day. Advanced concert reserve seating tickets are available on-line at linncountyfair.com, as well as season passes. Through July 11th you can purchase 50% off general admission tickets, and discount carnival wrist bands at Albany Coastal store. More information can be found at www.linncountyfair.com.

It's A Coloring Contest Show us the artist in you! To enter come by the Arts Crafts and Hobbies display, near the concessions stand in the Willamette Expo Center to color a picture. **Contest will be judged Sunday morning July 16th. Deadline for entry is Saturday, July 15th.** The top three entries from each age group (ages 3-5, 6-10, 11-13) will win fun prizes.





Good Times Fun Events for July 2017

July brings fireworks, fairs and more! Don’t miss out on all the fun indoor and outdoor activities this 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** - Sat 9am-1pm, City Hall Parking Lot, <http://locallygrown.org/home/>
 - Brownsville** - Thur 3-7pm, Main & Park St, Brownsville www.brownsville-farmersmarket.com
 - Corvallis** - Sat and Wed 9AM-1pm, First St. Downtown, <http://locallygrown.org/home/>
 - Lebanon** - Thur 2-6pm Corner of Grant and Main, <http://lebanondowntownfarmersmarket.org/>
- ALBANY CIVIC THEATER “RED, WHITE & TUNA”** July 1,2,6-8th, Thur-Sat 7:30pm, Sun 2:30 Albany Civic Theater, 111 First Ave SW, 541-967-8140, www.albanycivic.org
- RIVER RHYTHMS** Monteith River Park, 541-917-7777, www.riverrhythms.org
 - “Pablo Cruise” -6th, Thur, 5:30-9pm,
 - “Matt Nathanson”-20th, Thur, 5:30-9pm
 - “The Young Dubliners”-27th, Thur, 5:30-9pm
- SUMMER SOUNDS** Monteith Park, 541-917-7777, www.albanysummersounds.org
 - “Cherry Poppin’ Daddies”- 10th, Mon, 7pm,
 - “The Junebugs”- 17th, Mon, 7pm
 - “Catch A Wave”- 24th, Mon, 7pm
 - “Norman Sylvester”-31st, Mon, 7pm
- MOVIES AT MONTEITH** Monteith Park, 541-928-2469, www.albanydowntown.com
 - “Dr. Strange” 21st Fri 7pm
 - “Zootopia” 28th Fri 7pm
- BROWNSVILLE BREAKFAST & FIREWORKS IN THE PARK**-4th, Tue, Pioneer Park, Brownsville, www.historicbrownsville.com
- LEBANON STAR SPANGLED CELEBRATION** 4th, Tue, 6-10pm, Cheadle Lake, Hwy 20 & Weirich Dr, 541-990-0240 www.lebanoncommunityfoundation.com
- STAYTON RED HAT STRUTTERS** 5th luncheon at the Original

Roadhouse Grill on 481 Lancaster Dr. NE, Salem at noon. Hostess will be Marcia Johnson, call 503-581-3472 for reservation. Members who participated will reveal their Secret Sisters at the meeting and draw names for new Secret Sister person for the months of July, August and September. Meetings are open to the public, if you are interested in joining or want more information please contact Marcia Johnson. The group will be celebrating Liala Baylie’s birthday at the luncheon.

- ALBANY DOWNTOWN “CRAZY DAYS”** 6-8 Th, Fr & Sa, Downtown Albany, 541-928-2469, www.albanydowntown.com
- CYCLE OREGON** -Weekender 7-9th, a two-day bike bash that’s great for groups of friends, families, or anyone who likes to ride! Starting in McMinnville, OR on the campus of Linfield College, this ride explores the great roads, farms, forests and hills southwest of town on day one and the beautiful wine country southeast of town on day two. WEEKENDER riders choose between three different length routes each day and then camp under the stars or crash in the dorms after a night of good food and rockin’ live music at the beer garden.
- SWEET HOME SINGING CHRISTMAS TREE “ARTS AND CRAFTS SHOW”** 8th, 9am-4pm, Sweet Home High School, 1641 Long St, Sweet Home, 541-367-4824
- ALBANY REGIONAL MUSEUM “HISTORY BITES AT NOON”** 12th, Wed, 12-1pm, Albany Regional Museum, 136 Lyon St, 541-967-7122 www.armuseum.com
- LINN COUNTY FAIR** 12-15th, Wed-Sat, Linn County Fair & Expo Center, 3700 Knox Butte Rd, 541-926-4314, www.linncountyfair.com
- HERITAGE MALL-COOL KIDS MOVE** 15th, Sat, 11am-12:30pm. To help fight childhood obesity and promote an active, healthy lifestyle, Heritage Mall is holding its second annual COOL KIDS Move event. Kids will rotate through “stations”, each with a different physical activity to complete from jumping jacks, relay races, agility courses and more. After the completion of each station their activity passport will be stamped. Completed passports will be redeemed at the end of the event for a free day pass to the Mid-Willamette Family YMCA.
- RICE’S PHARMACY & GIFT** 18th, Tues, 11am, Melissa & Doug Official Toy Testing Event, for kids 3-8 years with parent, RSVP required, Rice’s Pharmacy & Gift, 910 NW Kings Blvd, Corvallis, 541-752-7760.
- MIDVALLEY PTSA (PARENT-TEACHER-STUDENT-ASSOCIATION)** 19th, Wed, 1-3 p.m. at the Food Court of the Heritage Mall, Albany. High school and middle school students are invited to a Sippin’ Social. Learn about becoming part of a community team to create and sponsor events to benefit kids and families while learning about the “business” of volunteer (non-profit) organizations. Questions? Email midvalleyptsa@gmail.com

- “BLUE STAR DEDICATION”** 20th, Thur, 10am, Edward C Allworth Veteran’s Home, 600 N 5th St, Lebanon, 541-401-2336, www.gardenclub.org
- HISTORY THROUGH HEADSTONES TOUR** 26th We 7pm-dusk, Riverside Cemetery on Broadway St SW, 541-967-7122 www.armuseum.com
- MENNONITE VILLAGE “70TH ANNIVERSARY & OLDER AMERICANS DAY”** 28th, Fri, 8am-1pm, Mennonite Village, 2525 47th Ave SE, 541-704-4247, www.mennonitevillage.org
- SUMMER INTERIOR HOME TOUR** 29th Sa 11am-5pm, Historic Albany, 541-928-0911, www.albanyvisitors.com
- GARLAND NURSERY “ART & WINE IN THE GARDEN”** 29-30th, Sat & Sun, 10am-4pm, Garland Nursery, 5470 NE Hwy 20, Corvallis, 541-759-6601, www.garlandnursery.com
- LEBANON FIRST ASSEMBLY OF GOD “OLD CAR SUNDAY & BBQ”** 30th Sun, 8am, Lebanon First Assembly of God, 726 W. Oak Street, Lebanon, 541-259-1265, www.firstassemblylebanonoregon.com
- ALBANY WOMEN’S CONNECTIONS**-Please mark your calendars for Wed, 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.
- LYONS GARDEN CLUB** -no meetings in July and August for their summer hiatus. Meetings will resume on September 13 at the home of Sue Sutton in Lyons at noon for a potluck picnic and to visit Sue’s beautiful rose gardens. The club is always looking for guest speakers on any garden subject, or places that would welcome the group for one of their field trips. If you would be interested in being a speaker or have a place that would be good to visit please contact Cheryl Cappelletti, Vice President, at 503-767-3348 with information. Jean Evett former Secretary of the Lyons Garden Club is putting together a scrapbook of the Lyons Garden Club, if anyone has photos, news items, or information on the club please contact her at 503-859-2563. The group was first formed in Stayton many years ago, so any of that information would be valuable to the Garden Club.
- 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 Independence 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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Advertising Sales Team	Lauralee Beck Wenona Given Sharon Hails
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Contact us at.....	541-791-2901

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Ramblings From the Kitchen of Karen Rogers

Porkolt and Spatzle

BY KAREN ROGERS

This is a stew of Middle European ancestry, and is easy to prepare and tastes great, it is a bit different from our usual meat and potato based ones!

I like to buy paprika in small batches from a specialty shop that has a high product turnover so the spice is fresh. Depending on your heat tolerance, make sure it's not a hot paprika because some can really pack a punch! And you can experiment with some smoked varieties.

Cook 2 diced medium onions in 4 tbsp. butter until lightly browned. Add 1 large clove garlic, minced and cook about 1 minute, do not let it brown. Remove the pan from the heat and stir in 1 ½ tbsp. paprika and mix well. Return to a low heat and stir in 2 lbs. of pork, cut in 1 inch cubes and ½ C chicken broth. Cover and simmer about

30 minutes. While the stew is simmering, bring a large pan of water to boil with 1 tsp salt. In a large bowl beat 2 eggs with 2/3 C milk and beat in ½ tsp salt and 2 C flour and mix well. Drop the batter into the boiling water by a small scoop or spoon but be sure to dip the spoon in the water before it goes into the batter!! They are done when they rise to the surface. Pour melted butter over them.

Stir in 2 large tomatoes, peeled, seeded and chopped and 2 tbsp tomato paste, stir, cover and simmer 15 minutes. Add 1 large green pepper, seeded and sliced into strips, cover and simmer another 15 minutes. Add 1 tbsp minced parsley and salt and pepper to taste and serve it forth! This is wonderful over fresh noodles or spätzle dumplings and you taste buds will celebrate!



July Word Search by Rolie the Puzzlemaster

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

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| ALFALFA | DRY | HOUSE |
| BALER | FARMER | IRRIGATE |
| BALES | FIELD | LOADER |
| BARN | GRASS | LOFT |
| CLOVER | HAY | RAKE |
| COWS | HELPERS | ROUND |
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Florence 1940 Hwy 101 541-997-7770	Woodburn 1425 Mt. Hood 503-982-3333
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	

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Vaccination; for Health or Profit? Part II

Vaccination is based on essentially “fooling” the immune system: A “weakened” or killed virus is introduced into the body in the hope that it will stimulate the body to produce defense agents called antibodies which will then be able to protect the individual when the real thing comes along.

Unfortunately, vaccination is plagued with many problems; immunity is not lasting, many people have serious complications, virtually no follow through on vaccine consequences, conflicts of interest, financial gain, just to name a few.

If the theory of vaccination was successful there would be no need for “boosters.” Research has found that the body has specific “lines of defense”; ways of handling an invading “bug”. These are your skin and mucous lining, your antibodies, and your white blood cells. All of these need to be mobilized in a very exact sequence in order for your defense system to be most effective. Vaccination by-passes this sequence and as a result, does not give lasting immunity. That is one of the reasons why “boosters” are needed. Consider

this: Alaska recently experienced a severe outbreak of measles — all cases occurring in a single high-school, and all among students already vaccinated against measles. As a result, the new CDC policy is that all students should now receive TWO doses of the measles vaccine. Brilliant!

Many parents, as well as the scientific community, are becoming uneasy regarding Vaccination. There is increasing evidence that vaccination shots actually impair the Function of the immune system.

According to Howard Weiner, a Harvard immunologist, vaccination actually “skews” the activity of the immune system. He feels that a child’s immune system needs to be “exercised”, otherwise a child may be more susceptible to serious health problems later in life.

The childhood diseases, such as measles, mumps, chickenpox, etc., actually exercise a child’s immature immune system. In adults, these diseases can be serious, but in a child, they actually play a very important



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Vaccination continued on page 14

Keep Your Cool!

Summer activities like camping, canning, and lighting fireworks greatly increase the likelihood of an accidental burn. Knowing the proper initial response to a burn can significantly reduce long term complications and save lives.

Burn severity is classified by the number of tissue layers that are damaged. A first degree burn is the most superficial. The skin will be red, painful, and swollen. First degree burns can be treated at home provided they are: less than 3 inches in diameter, and are not located on the face, hands, groin, or over a joint. A second degree burn is more severe. The skin will appear to have red and white splotches with blisters present, and be painful. Third and fourth degree burns are the most serious and may include injury to muscle and fatty tissues. The skin is white or charred black, but may not be painful due to nerve damage in the area. Always seek immediate medical attention for any burn of second degree or higher, and first degree burns that fit the criterion above.

In the case of an uncomplicated first degree burn, quickly remove any jewelry that may be present before skin begins to swell. Bathe the burn in

cool water (do not use cold water or ice) for 15-20 minutes. Set a timer, this amount of time is longer than you think!

After 20 minutes of cooling, check to see if blisters have formed. If there are no blisters and the skin is not broken, apply aloe gel and wrap loosely with sterile gauze. Aloe has the unique ability to “absorb

heat” and provide moisture for wound healing. Avoid aloe gel that is sold in the sunscreen product section, it often contains alcohol, check the label!

These are common mistakes made when treating burns: Failure to bathe burn in cool water for a full 20 minutes. Proper cooling can stop a first degree burn from progressing to second degree. Applying butter or other greasy substance to a fresh burn. Oily products trap heat, which advances the burn damage/degree. Failure to seek prompt medical attention when warranted. Not getting help quickly may result in more extensive scarring, permanent loss of mobility, or death. Popping burn blisters. Opening a blister puts the injured tissue at risk for infection. Blisters should only be drained by medical professionals.

Rice’s Pharmacy has everything you need for your summer First Aid kit, stop in soon!



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Summer Dental Appointments

Summer is great for relaxing, catching up with friends and family, plus visiting your dentist! Yes, summer is the perfect time for a dental visit — especially if you have children.

BENEFITS TO SUMMER DENTAL APPOINTMENTS FOR CHILDREN:

No School – It's often hard to schedule an appointment during the school day, but without school, there will be less scheduling conflicts.

Treatment options – Need wisdom teeth removed or a follow-up appointment for additional treatment? It's easier plus can be more convenient to schedule procedures for your children, and you, during the summer.

IMPORTANCE OF ROUTINE DENTAL EXAMS

Even if your child meticulously brushes and flosses daily a professional cleaning twice a year is needed. It's true, brushing and flossing do remove plaque, a soft sticky substance, but tartar, a hard build-up that accumulates on teeth between dental visits, must be removed with specialized

dental tools. Regular exams allow dentists to see what's going on inside the mouth.

With regular exams, potential issues can be detected before you even become aware of the issue. In many cases, a problem caught early can be treated and perhaps cured; whereas, the same diagnosis made months later could require expensive procedures and time-consuming maintenance.

Generally, X-rays are taken along with the professional cleaning. Most dentist use digital X-rays which are basically a filmless capture of the images. With digital X-ray technology, dentists can expand and view your radiographs in greater detail, improving treatment planning. The best thing about digital, it minimizes your risk of exposure to radiation by up to 90%.

Nobody knows teeth and dental care like a dentist! It's easy, with the busyness of everyday life, to let things slide even something as important as dental care. So go ahead call 541-928-9299 to schedule your appointment and begin taking care of your beautiful smile.



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Tips to Enjoy Your Outdoor Area this Summer

We love to spend time in our outdoor space and know that your yard can easily become an extension of your home and living space. Here are a few tips to make your outdoor space ready for summer.

1. Eat outdoors. Whether you have a gourmet outdoor kitchen or just a simple grill, there's nothing like the taste of food cooked outside. It's a bonus when you can also eat outside too. Get in the habit of enjoying family dinners outside instead of heating up the kitchen.

2. Add some color. Filling your yard with colorful and fragrant flowers and bushes can really add to the enjoyment of your outdoor space. you can also purchase yard decorations, bright pillows and patio furniture to make the space pop. You can fill beds with beautiful plantings, or if you just want to add a touch of color here and there, simply head to your local nursery or Wilco for planters that are already filled. All you need to

do with those is place them where you want them and don't forget to water them!

3. Build a patio or deck. Don't have enough useable space to really enjoy your backyard? Consider installing a new patio or deck. There are plenty of materials to choose from and these structures can be built in just about any shape or size to meet your needs.

4. Add some water. Water is so relaxing to listen to, adding a water feature to your yard adds peace

and tranquility.

5. Stay warm. Adding a patio heater to your patio makes it that much more enticing to stay outside late. At Co-Energy Propane we offer a variety of different patio heaters and propane tanks. Come visit our showroom on Pacific Blvd. in Albany and they'll work with you to find the perfect outdoor space ideas.



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Rich's Sewing & Vacuum Expands Floor Care Offerings

After nearly doubling in size just six months ago Rich's recently captured more square footage specifically to expand floor care offerings. For years Rich's operated under the philosophy if the store staff wouldn't use it in their own home the product doesn't belong in the store.

This philosophy has led to only two brands of vacuum cleaners being offered at Rich's, Simplicity and Sebo. One being German manufactured the other American both products are repairable and built to last. Due to recent shift in the vacuum industry the demand for "throw away" vacuums like Dyson, Shark, Hoover, Dirt Devil and Eureka has demonically increased. Rich's decided to offer these low

priced options to provide variety to their customers. Starting July 1st, 2017 you will be able to compare not only quality vacuum cleaners but low priced alternatives as well. Five different flooring options including three types of carpet, hardwood and tile provided by Premiere Flooring Center of Lebanon will be available to test different vacuums. Built in vacuums will be added to the lineup with five models to choose from. Cleaning chemicals such as carpet shampoos, window cleaning solutions and spot removers will also be expanded. Visit Rich's today to see how they can help improve your indoor air quality and overall cleanliness of your home.



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Spa Etiquette

So, excited to be back and chat a bit about spa etiquette this month. I am often approached with questions regarding this subject. I will share a bit of feedback on the most frequently asked questions and include my thoughts and opinions with you all.

Dress comfortably and always try to remember for a pedicure bring or wear sandals or flip flops.

Arrival and Checking in: Plan to arrive a few minutes early. If you are running late you are out of luck and may lose valuable service time from your appointment. An example is if you are five minutes late to your 30-minute massage appointment. After checking in at the front desk and changing your therapist may only have time for a 15-20-minute massage before the next client arrives. Your fee is still the same therefore plan to arrive in plenty of time to check in, use restroom if needed, and be taken back to prepare for your service. You will want to enjoy each minute of your planned pampering time.

Rescheduling and Cancellations: Be aware of your salon or spas cancellation policies. Most require at least 24 hours notice for a change or a fee will be incurred for the full

amount of the appointment. If the spa can fill the appointment you will not be charged. Be aware that the spa still must pay the provider for there time if the appointment time you vacate cannot be filled.

Children: Generally, children are not appreciated and in some cases not allowed unless receiving a service. Imagine if you and


a friend have taken time out to relax and pamper yourselves with pedicures while catching up and enjoying a glass of wine. In comes a Mama with two rambunctious and lively little ones who love to speak in their preschool top notch outdoor voices. In the meantime, rifling through all the pretty shiny things they can find. Of course, a parent in most cases will do their best to corral and control the situation and yet it is quite distracting and much less relaxing for all in these circumstances.

I personally love little ones and enjoy time around them. However, I have seen the enjoyment of many clients during what was meant to be a relaxing visit to the spa grind to a fast halt due to this. Just Don't Do It!

Manners: Cell phones on vibrate or better yet disconnect for a bit! Utilize your time at the spa to relax and refill your soul.



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New Books Help Mountain View Elementary Students "Get Oregonized"

CORVALLIS, Ore., May 4, 2017 – Fourth grade students at Mountain View Elementary School will be learning about Oregon history, people, natural resources and agriculture out of new books thanks to the generosity of the Linn-Benton Chapter of Oregon Women for Agriculture.

Fourth grade teachers Katie Berg and Danielle Geissler applied for a grant and were selected among 15 applicants from Linn and Benton County Schools as the recipients of a class set of 30 *Get Oregonized* student history books as well as a teacher's guide.

Get Oregonized is a recently updated history book designed to help students understand and appreciate the rich history, people and natural resources that shaped the state of Oregon. The book includes maps, illustrations, graphs and historical photographs that complement the easy-to-read and understand text. Both Berg and Geissler were thrilled at the new addition to their teaching resources.

"It is wonderful to see the Linn-Benton Chapter of Oregon Women for Agriculture dedicated to the education of local students," says Jessica Jansen.

Jansen is the executive director of Oregon Agriculture in the Classroom, the non-profit organization who publishes the textbook. The Oregon Agriculture in the Classroom program is committed to teaching Oregon's youth about agriculture and natural resources so important to the Oregon economy and way of life. "School budgets are constantly dwindling and new resources like updated textbooks are often the first to go, says Jansen. "When community groups step up like this, the students are able to learn and teachers are able to teach with the best possible tools."

The Linn-Benton Chapter of Oregon Women for Agriculture is the local chapter of a state-wide group of women working together to communicate the story of today's agriculture. Funding for these textbooks was raised through the group's participation in Points for Profit, a local program that encourages non-profit supporters to shop local businesses.

More information about the textbook and information on how you can support this project can be found online at oregonaitc.org.

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Welcome Chris Craig Productions

Points for Profit extends a warm welcome to Chris Craig Productions. This is a locally owned media production company with experience from around the world in video, audio, photography, multimedia, presentations and animations. Chris Craig is amazing in helping his clients communicate complex concepts to their markets, investors, and employees. He recently produced new commercials for Points for Profit that are creative and really help showcase who and what Points for Profit is about. His videos, which clients distribute on their websites, YouTube and through social media, have made a huge impact on their businesses.

Video production is an ideal platform to teach your customers as well as a way to share information about

your business, your clients and your employees. You can tell your story with the passion only you have. Think about it for your business or your non-profit organization. The ability to target a video message to a very specific audience segment yields more sales, more satisfied customers and happier employees.

Chris and his family come to us from the San Francisco Bay Area. With family already in this area when he was looking at a change of pace for his family he looked no further than the Mid-Willamette Valley area. While spending time in the Bay Area to service his tech-business clients; Chris is looking to expand his chiental in the local area. Make sure to check out his work at chriscraig.com.



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Who do you follow? Part 1

Matthew 4:19

“Come, follow me,’ Jesus said, ‘and I will make you fishers of men.’ ”

I remember sitting in a cubical in the library of Multnomah School of the Bible when suddenly I was struck with what my purpose is as a Christian. I was reading a book on evangelism for one of my classes when, for the first time as a believer, I understood what a disciple of Christ really meant. I read those famous words that Jesus spoke in Matthew 4:19 as He called Peter, Andrew, James, and John, to follow Him. “Come, follow me,’ Jesus said, ‘and I will make you fishers of men.’ ” Jesus first calls them to COME. This decision would take faith on the part of ordinary fishermen. After all, where will they travel and live? Would they really leave their trade for a radical zealot they may or may not really know? What about their family, home, and all their needs? With mortgages, loans, job responsibilities, high family needs, and the many activities we are committed to, I wonder if we would say yes to Jesus. In Luke 5:1-11, Jesus shows the men that He can fill their nets to the point of breaking. Jesus asks us to come and He will provide all we need and more.

Jesus called - they obeyed, and He then said, ‘FOLLOW ME’. Jesus makes a commitment to pour His entire life

into twelve men called the disciples. In fact, that is what a Christian disciple is, a follower of Jesus. The disciples will begin a journey led by the best field guide. Their simple faith to follow will open a life full of danger, adventure, and true love. The disciples are about to encounter the Glory of God revealed through His Son. Jesus will teach the men time and time

again He is able to do the impossible. In fact, they will learn that He can feed the multitudes because He is the Bread of Life; that He is the Living Water, the only one that can satisfy our deepest desires; but perhaps most shocking for the disciples to learn was the truth that Jesus came for the purpose to forgive sins. “She will give birth to a son, and you are to give him the name Jesus, because he will save his people from their sins.” (Matt. 1:21) In Mark 2 the disciples see and hear that Jesus is claiming to be God when He communicates to the paralytic He will forgive his sins. Jesus healed spiritually and physically those He encountered. Ultimately this mission will lead Jesus to give His life on the cross as a sacrifice for the sins of the world.

Additional insight in next month’s column.



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Purchasing Options in a Busy Market

New Constructions vs. Existing Homes

If you are or have been considering purchasing a new home there are many things to consider. With interest rates still very buyer friendly matched with a shortage of homes to purchase buyers are finding themselves in a whirlwind. They are in a situation of hurrying to see properties, writing offers, being told there are now multiple offers and then not being able to secure that “perfect home”. With a wash, rinse and repeat of this situation some buyers have found themselves on the outside looking in so many times that they start give up hope. With existing homes you can be more specific of where you want to live for whatever the reason may be. If it is the school district, proximity to work, distance to older parents or just a neighborhood that has always had your heart.

Another option that is starting to surface more and more that not only will assist in balancing out the inventory but can actually work for a lot of buyers is to consider a new construction home. When looking at new construction the

buyer can become a part of the home. Being a part of the build on your own home can have great rewards and a sense of connection with the house that you made your home. The option of purchasing a new home can take that feeling of being at someone else’s mercy out of the equation. The costs are in front you for you to determine what you want and don’t want. Another advantage of purchasing a new home is that you have a full warranty on the home for specific times based on the different builders with a state requirement of one year from date of move in.

When considering existing vs. new construction realize and get educated. Typically you will see a new home have more expense comparative to what you might get in a comparative existing home. The term “expected life” should be a part of your consideration. If you are not able or you personally like less headaches and better peace of mind new



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Purchasing continued on page 14

Window Screens

With summer finally here, many of us are opening our windows to enjoy the warmer temperatures. As a result, more of us are paying attention to our window screens. Over the winter your screens collect dirt and dust from winter rains and storms. Sunlight causes fading and breaks down the fiberglass screen mesh over time causing them to develop holes that allow insects to gain access to your home. Here are a few tips for maintaining your screens.

Annually, it’s a great idea to remove your screens and give them a thorough, although careful, washing. Simply hosing the dirt off will make a big difference but a mild soapy water solution gently applied will really clean them up. Don’t scrub too hard or you will poke holes in the screen or cause it to come out of the frame at the edge. Once cleaned, allow them to air dry before putting them back in the windows.

If your screens are torn or have come loose from the edge of the frame,



BRYAN SMITH,
SMITH
GLASS

541-926-4446

replacing is often a DIY project but it does take a little know-how. Your home centers or local glass shops sell a variety of screen mesh for the project and you’ll need a special spline roller. Working through this project on your own can be time consuming so if you have more than 1 or 2 screens that need repairing, a local glass or screen shop may be your best bet since they are set up with tables and tools to do this efficiently.

If your screen frames themselves are bent or broken it is always more cost effective to replace them than repair. Bring in your old screen (even if it’s broken!) to make sure the new one will be an exact size and thickness and include any matching pulls or springs that allow you remove & re-install it.

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.

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Supporting Those Who Serve!

Three Steps to Arranging Home Décor Accessories

TIMOTHY BALDWIN
Rife's Home Furniture

One of the biggest home decorating dilemmas is how to arrange your accessories, whether it be a bookcase, shelf, or tabletop. Here is a three step system that will transform your boring or cluttered spaces into charming vignettes!

HARMONY AND CONTRAST

When arranging a space with accessories, one has to keep in mind that the most important thing to avoid here is boredom! This has a lot less to do with the objects you choose than how you choose to display them. To keep an arrangement from putting the neighbors down for their afternoon nap, remember to keep a balance of harmony (things that feel like they go together, like similar colors or styles) and contrast (things that spice things up by being different...smooth against texture, round against straight line, etc.) You want a bit of both in your arrangement. Perhaps you could create harmony by repeating a square shape or the color purple, and then add contrast by sitting a smooth candlestick next to a rough basket.

SCALE AND SHAPE

Make sure that the items you are

using fit into their new homes scale... you don't want one tiny paperweight on a large kitchen table, and you want to steer clear of using a huge ceiling high arrangement of flowers on a tiny end table. Most people tend to use things that are too small for their surroundings however. If you have small accessories you would like to display, but need to give them more oomph in the arrangement, try grouping them on a plate or a fabric covered box. You can also give them height by perching them atop stacked books or baskets.

LAYER AND SOFTEN

Once you've chosen your objects for the space following the design principles above, now it's time to layer and soften. Start with a larger, taller piece slightly off center...this will be the defining piece in your arrangement. Now work to the outer edges in layers...Add a taller background layer, a middle sized medium height layer, and your tiniest objects in the front. Keep the eye moving up and down as it purveys the arrangement from left to right for interest. Add some fabric or twisted ribbon to soften the edges of the shelf or table, to bring in color, and to highlight certain objects.

Above all, keep trying new combinations of items until you find

Home Décor continued on page 14

Is Your Dog Afraid of Loud Noises?

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

As we move full swing into summer we are approaching a part of the season that many dog owners dread. The Fourth of July. There are a lot of people who have dogs that are afraid of loud noises who know exactly what I am talking about.

This is the time when our office starts getting the calls requesting tranquilizers for phobic dogs. There are some circumstances where a dog's irrational fear very well may lead to serious injury or property damage. One of our patients once broke through a sliding glass door, suffering serious lacerations, then ran out into the street and got hit by a car. When the stakes are that high we prescribe heavy medication, but in less extreme circumstances there may be some other options to consider.

One thing to realize is that just being nervous is not life-threatening, and a dog doesn't stand much of a chance of learning to cope with the fear if given mind altering drugs. Dogs with phobias of the vacuum cleaner or other noise making appliances can often lose their fear through a process of desensitization

by which they are exposed to ever increasing doses of the scary thing until they learn it is not a problem. There are actually CD's that can be purchased that allow owners to play fireworks or thunderstorm sounds while slowly increasing the volume. Desensitization is a gradual process which takes time and patience. This process is a little harder to control when the neighbors decide to randomly unleash their illegal arsenal in the weeks leading up to the 4th of July. We can help guide our dogs by ignoring their fearful behavior by either going about our business as usual, or engaging them in active play, thus demonstrating by our own actions that there is nothing for them to worry about. Punishing anxious behavior will only make the situation worse. Even less helpful is our natural tendency to comfort our distressed pets with affection. Petting them at the wrong time will only reinforce their anxious state.

There are a variety of non-drug options that can also be used to help calm anxious dogs. Dog Appeasing Pheromone or DAP is a synthetic version of a pheromone produced by a lactating dog that help her puppies feel relaxed and bonded to their

Loud Noises continued on page 14

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Vaccination continued from page 4

role. They teach a child’s nervous system how to fight off an infection on its own. This is a good thing! Vaccination, on the other hand, does not exercise the immune system in this manner and may leave your child susceptible to more serious complications later in life. As a matter of fact we are now seeing a dangerous shift in the age groups getting measles, for instance. Children under 1 are coming down with measles which means that they did not obtain proper immunity from their mother’s breast milk. Why? The answer is that those mothers did not have antibodies for measles.

If you, as a parent, feel that there is something inherently wrong with injecting your child with a foreign, gene-altering substance, your gut instinct is correct! Recent research indicates that vaccination is responsible for the increasing numbers of autoimmune diseases seen: Everything from diabetes, asthma, autism, AIDS, cancer, etc.

Come back for the final thoughts next month

Loud Noises continued from page 12

siblings and mother. DAP infused collars, sprays, and room diffusers may help give environmental cues that let a dog know that the situation is alright. Proquiet is a supplement with the active ingredient tryptophan, the amino acid found in turkey that makes us all sleepy during Thanksgiving. There is also a new prescription diet made by Royal Canin called CALM that has natural ingredients like tryptophan and specific milk proteins that can bring down the tension in anxiety prone pets.

Purchasing continued from page 13

homes will be just that “new”. That means the house won’t need painted, roofed, sided, appliances replaced...on and on and on the list goes. If you want that house in that specific neighborhood, location, house type, etc. just be aware that the cost of the deferred maintenance can come into play for you.

Moral of this story is don’t be afraid to look outside the box and weigh what works best for you and yours. Ultimately it will be your house and you will be given the keys to new home whether it is a first home, step up, downsizing or relocating.

Home Décor continued from page 13

an arrangement that works for you. Use things in unusual ways. Tuck flowers or a live plant into an arrangement that seems too static. Even professional designers will occasionally be surprised by trying things in a new way! Rife’s Home Furniture offers decorating services and ideas at no charge, just come in and ideas are free. They have a great selection of vignettes to see and maybe you will find the perfect piece for that bookshelf (or a new bookshelf) while you’re there.

Good Reviews

Recipes from the Vault

Old cookbooks can be a wonderful source of inspiration in the kitchen.

Cooking styles, methods, and ingredients change through the decades, and any cookbook is a snapshot of then-current trends.

Many of our customers enjoy browsing through cookbooks not only for recipes, but for the insight into the daily life of the past. For example: the rear cover of the cookbook that contains the recipe below, has a flap that says, “The Inside of this Cover is FOR MEN ONLY”, and when you open it up, there are two pages of instructions for carving meat, along with an introduction that starts, “Do they laugh when you start to carve? ... Or maybe you have never yielded to the pleadings of the little woman that you go through with the terrible ordeal at the table. But



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

actually it doesn’t need to be terrible at all. It’s quite easy.” I don’t think you’ll find anything like that in a modern cookbook!

If you’re going to host a party this summer, why not toss in a “throwback” recipe? Here’s a strange one from 1949 sure to be a topic of conversation if

nothing else!

LIVER-HAM LOAF

- 1 pound sliced liver
- ½ pound sliced ham
- 2 tablespoons lard
- 1 small onion
- ½ cup dry bread crumbs
- 1 egg, beaten
- ½ teaspoon salt
- ½ teaspoon paprika
- 1 tablespoon chopped parsley
- ¾ cup milk

Cook liver in hot fat until lightly browned on each side, about 5 minutes. Grind liver, ham and onion. Add remaining ingredients and mix thoroughly. Pack in 5x9-inch loaf pan. Bake in slow oven for 1-1/2 hours. (Note: Liver is one of the best known sources of iron and Vitamin A. Include liver in the menu at least once a week.)



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- Make sure your pet is welcome at your destination, including stops along the way.
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- Make sure your pet has proper identification (Collar with ID tag and current information and/or micro chipped).
- Be sure to restrain your pet in the car (An appropriately fitting seat belt-type harness or in a carrier).
- Take adequate food and water, offering water at each stop and keeping it’s feeding schedule as normal as possible.
- Be sure to take your pet’s medication, including any preventatives (heartworm, flea and tick, etc.) that might be due while traveling.
- Make sure you know how you can find a veterinarian quickly, if there’s an emergency along the way to or after you’ve reached your destination.

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Oregon's July 1st Minimum Wage Increase

As everyone has heard by now Oregon will continue their series of minimum wage increases on July 1st. The series of rate increases will continue through July 1, 2022. In 2023 the minimum wage rate will begin to be indexed to inflation based on the Consumer Price Index (CPI) published by the United States Bureau of Labor Statistics.

Some are confused by how this series of rate increases will be applied throughout the state. Oregon BOLI

(Bureau of Labor & Industries) has released a chart to assist with the designations of the rates to the appropriate areas.

There are 3 rates, the standard rate, the Portland Metro rate which will apply to employers located in the urban growth boundary of Portland's metropolitan service district and the final rate that will apply within certain "nonurban" counties. Following is a summary of the scheduled minimum wage increases.



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

Date	Standard	Portland Metro	Nonurban counties
Jan. 1, 2016	\$9.25	\$9.25	\$9.25
July 1, 2016	\$9.75	\$9.75	\$9.50
July 1, 2017	\$10.25	\$11.25	\$10.00
July 1, 2018	\$10.75	\$12.00	\$10.50
July 1, 2019	\$11.25	\$12.50	\$11.00
July 1, 2020	\$12.00	\$13.25	\$11.50
July 1, 2021	\$12.75	\$14.00	\$12.00
July 1, 2022	\$13.50	\$14.75	\$12.50

The "Standard" rate applies to Linn & Benton County. The current minimum wage of \$9.75 will increase by .50¢ per hour to \$10.25 per hour on July 1st. The nonurban rate applies to the following counties: Baker, Coos, Crook, Curry, Douglas, Gilliam, Grant, Harney, Jefferson, Klamath, Lake, Malheur, Morrow, Sherman, Umatilla, Union, Wallowa, and Wheeler. With many opposing the mandated minimum wage increases the Department of Labor has stated that they are concerned that some employers may try to find a way to circumvent complying with the new law. But they warn that compliance audits will be performed to ensure compliance with the new law.

Where are all the Job Seekers?

Employers in Oregon and throughout the country are dealing with the same issue: Lack of quality employees. All it takes is a brief perusal of the Oregon Employment Department website, "Help Wanted" ads in local publications, and the "Now Hiring" signs on the myriad of businesses in need. Craigslist and Facebook have now been added to the recruiting arsenal being utilized by companies, staffing agencies included. We are seeing sign-on bonuses being used to entice candidates to apply. So, why the problem?

Therein lies the question. Companies are bumping wages, offering perks such as paid time off and benefit packages in order to remain competitive in a tight labor market. But even that doesn't seem to help. So, what can be done? Some possible suggestions:

- **Relax your hiring criteria** – Open your availability to those with less experience but great aptitude and attitude. Then make sure you have an effective training process.
- **Broaden your stance on criminal backgrounds** – Consider those with a criminal background. Most are highly motivated to make necessary changes in their lives and be a

productive member of our society.

- **Cast a WIDE net** – Consider out of area recruiting measures via web postings in neighboring counties and states.
- **Utilize a staffing agency for your probationary period** – Using an agency gives you the opportunity to "try before you buy" and relieves the hassle of rifling through piles of resumes and candidates you neither want nor need. If they are unsuccessful in finding a suitable candidate, there usually is no charge so there's little to no risk!

All Star Labor & Staffing partners with many companies throughout Oregon to assist with this conundrum. We develop creative recruiting measures to increase the candidate pool, and to entice a large number of applicants. And while "unqualified" candidates may be unqualified for a specific position, we can search our other customers to find a suitable environment for them. Questions? Feel free to contact your closest All Star Labor & Staffing branch through our website at www.allstarlabor.com and we will be happy to discuss how we might assist you in your recruiting and labor needs!



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