

HIGH POINTS



GOOD NEWS FOR THE WILLAMETTE VALLEY

OCTOBER 2017 • FREE



Heritage Mall Welcomes the 7th Annual Samaritan Living Well Expo

Get ready to spend the day at the Heritage Mall in Albany for the 7th Annual Samaritan Living Well Expo presented by Bi-Mart and Monarch Medical Weight Loss Centers, 10am until 4pm on Saturday, October 21st. More than 60 vendors will line the interior of the mall. The show offers a chance to ask questions and see demonstrations of dozens of products and services. There will also be over \$2,000 in door prizes, gift bags to the first 500, chair massages and a chance to collect millions of points for your favorite participating Points for Profit non-profit organization. Samaritan Health Services will be on hand to offer health screenings and vital information on how to keep your family healthy and Monarch Medical Weight Loss Centers will be there to help with being fit.

This year, the Co-Energy Main Stage is back all day in the mall's food court. A continuous array of entertainers

ranging from dance to dramatics, magicians to musicians and even a tea room style fashion show by LuLaRoe and Ruby Ribbon will run through all hours of the event.

The Albany Animal Hospital Pet Zone will have kittens and cats from KATA and representatives from SafeHaven. Stop by the Albany Animal Hospital table and meet "Finn" the Great Dane and spin the wheel for prizes that include free minty chews from Bi-Mart and more for your pet!

Kids will love the Kutsch & Renyer Kid Zone with free face painting, balloon animals, live Caricature Artist, interactive games, bounce house fun and vendors just for them!

Back this year, a major feature will be the updated "Hall of Honor" presented by Cadwell Realty featuring updated photos and biographies of all those military

members who have given their lives in recent conflicts. The wall will stay in place through October.

Heritage Mall continues to expand with many new stores so you can bring the entire family to shop, grab a bite and have a great time! Organizer InSpirit Marketing's Lauralee Beck says, "This year's event will be the biggest and best yet by offering something for every member of the family. We are excited and honored to be able to bring so many wonderful vendors back to this event. Living well is about being healthy and happy and our hope is all feel welcome!"

For more information on the Samaritan Living Well Expo presented by Bi-Mart and Monarch Medical Weight Loss Centers or to reserve a space call: 541-791-2901.



KUTSCH & RENYER KIDS ZONE





Good Times

Fun Events for October 2017

- October brings cooler nights and pretty leaves. Lots of indoor activities coming up to check out with your friends and family.
- 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.
 - 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/>
 - GARDENING IN THE PACIFIC NORTHWEST, BROWNBAG SERIES**-Wednesdays noon-1pm, Lebanon LBCC Center, 44 Industrial Way, Lebanon, 541-967-3871, www.extension.oregonstate.edu/linn
 - AMERICAN LEGION AUXILIARY UNIT 10 RUMMAGE SALE**-Fri-Sat Sept 29-30th, 1215 Pacific Blvd SE Albany OR 97321. 9:00 am to 3:00 pm. Donations accepted on 27th and 28th from 9:00 to 1:00 pm. For more information call Bobbi at 541-730-2143
 - WVP'S LINN COUNTY FALL HOME AND REMODELING SHOW** Fri-Sun Sept 29-Oct 1st, Linn County Fair and Expo Center. Free Admission, 503-364-1716, www.wvpevents.com
 - LINN COUNTY FLEA MARKET**-Saturday, September 30th-7:30am-2:30pm, Linn County Fair & Expo Center, 3700 Knox Butte Rd, 541-926-4314, www.linncountyflea.com
 - MARRIAGE SEMINAR**- Saturday, September 30th - 8:45am to noon @ Brownsville 1st Assembly of God Church. FREE Mini Marriage Seminar (for married couples only). Beach Boardwalk theme. Breakfast, lunch & child care provided. Must RSVP by Sat, Sept 23rd (by phone or text) to Lorraine Harvuot at 541-905-3103.
 - STAYTON RED HAT STRUTTERS**-Wed, Oct 4 -noon for lunch at Sierra Mexican Restaurant, 302 North Santiam Highway, Gates. Alice Wilson and Jenny Lou Polk will be hostesses, please call to make your reservations at 503-871-6840 or 503-897-2681. Public is always welcome
 - "OCTOBERFEST" AT BROOKDALE** Wednesday October 5th 5:30pm, Brookdale Heritage Plaza, 1560 Davidson St. SE, \$, 541-917-7777, www.cityofalbany.net
 - 2017 SOROPTIMIST WALK FOR THE CAUSE** Sat, Oct 7- 9am, Linn County Courthouse, 4th Ave SW, 541-791-3034
 - RASANI BODY, MIND & SPIRIT FAIR**-Sat-Sun, Oct 7-8 -10am-5pm, Linn County Fair & Expo Center, 3700 Knox Butte Rd, 541-990-7301, www.rasanifair.com

- ALBANY BURGERSVILLE COMMUNITY PARTNERSHIP WITH MIDVALLEY PTSA (PARENT TEACHER STUDENT ASSOCIATION)** Tues, Oct 10-5 to 8 p.m. Door prize drawings at quarter 'til and quarter past the hour. Proceeds from purchases go towards programs and events for the benefit of students, youth and families in urban and rural Linn County and other surrounding communities-Midvalleyptsa@gmail.com or on Facebook.
- ALBANY WOMEN'S CONNECTION-ANNUAL HARVEST SALE**- Wed, Oct 11th 10am. If you enjoy shopping, please join the Albany Women's Connection for our annual harvest sale. The event begins at 10:00 a.m. at the Phoenix Inn, 3410 Spicer Drive SE, in Albany. Many items will be available for purchase including garden items, homemade goodies, crafts, white elephant items, books and much more. Our speaker is Laura Loffredo who was an innkeeper for many years in Chicago and will share her story about guests from around the world. The brunch is catered by Jacopetti's and cost is \$12.00 inclusive. Reservations are required by calling Suzanne at 541-327-3798 or emailing awc_reservations@yahoo.com.
- PREGNANCY ALTERNATIVES CENTER-ANNUAL FALL BANQUET**-Thurs, Oct 12th 6:30pm, The River Center, Lebanon. Rsvp at fortheone.org, or call 541-258-3500.
- SANTIAM HOSPITAL AUXILIARY**-Thurs, Oct 12 "Town & Country Fashion Show" held at the Stayton Community Center, doors open at 5:45pm, food and program begin at 6:00pm. Fashions will be presented by Georgia Faye of Stayton; Marketplace at The Grove of Stayton and Christopher and Banks of Salem and modeled by ladies of the community. Tickets are \$20 per person and must be purchased in advance. For more information or to purchase tickets contact: Mary Lou Hazelwood 503-769-5686 or Char Bartosz 503-749-2910.
- OREGON MENNONITE FESTIVAL** Sat, Oct 14-7:30am-2pm, Linn County Fair and Expo Center, 3700 Knox Butte Rd, 541-928-7232, www.oregonfestivalforworldrelief.com
- TEA IN THE HISTORIC CHARLES AND MARTHA BROWN HOUSE**-Sat, Oct 14-1pm. 425 N. First Ave., Stayton. A fundraiser for restoration of the house. Quiche, tea sandwiches, scones and pastries on linens and china. Program about Victorian teas followed by a period clothing fashion show. Tickets are \$20 in advance....no sales at the door. Purchase on line at www.brownhouse.org "Buy Tickets" button. Further info 503-769-8860.
- LINN COUNTY HISTORICAL SOCIETY "LEWIS & CLARK -THE ARMY STORY"**-Sun, Oct 15-2pm, Mennonite Village, Lakeside Center, 3353 Columbus St SE, Albany, 541-926-4680
- TROLLEY OF TERROR!**-Fri -Sat, Oct 20-21-6, 7, 8, 9pm, Monteith House Museum, 518 2nd St SW, Reservations required, 541-928-0911, www.albanyvisitors.com
- WVP'S SALEM HOME AND REMODELING SHOW**-Fri-Sun, Oct

- 20-22. Oregon State Fairgrounds, for more information call 503-364-1716, www.wvpevents.com See full page ad on page 15 of this issue.
- BOO BOOGIE BASH ROUGH STOCK RODEO**- Sat, Oct 21 7-9pm, Linn County Fair & Expo Center, 3700 Knox Butte Rd, Albany, \$, 541-895-5335 www.wildwesteventsinc.com
- SAMARITAN LIVING WELL EXPO PRESENTED BY BI-MART AND MONARCH MEDICAL WEIGHT LOSS CENTERS**-Sat, Oct 21st-10am-4pm, Held at the Heritage Mall-Albany Or. Bags of deals and goodies for the first 500 people. Lots of vendors, entertainment all day on the Co-Energy Main stage. The Kutsch & Renyer Kids Zone and Albany Animal Hospital Pet Zone are back this year with lots of fun for everyone in the family! Bring the whole family. Check in to get your signature sheet to collect Points for Profit Points and be entered in the prize drawings. See ad on back page for more information.
- RUNAWAY PUMPKIN HALF MARATHON & 8K**-Sat, Oct 21, 9am-12noon, Cheadle Lake, Werich Dr, Lebanon, 541-848-3978 www.runawaypumpkinhalf.org
- MID-VALLEY PTSA** -Tues-Thur, Oct 24-26-Scholastic Book Fair at Clover Ridge Elementary School, 2953 Clover Ridge Road NE. During Conference times after school on Tuesday and Wednesday, October 24 and 25 from 3:45 to 7:30 and on Thursday, October 26 all day from 9 to 4. ALL proceeds from the Book Fair will purchase books for students and classrooms.
- POINTS FOR PROFIT MEETING** Oct 24th at the American Legion Post 10-Albany, OR. 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.
- TROLLEY OF TERROR**-Fri- Sat, Oct 27-28- 6,7,8,9pm, Monteith House Museum, 518 2nd St SW, Reservations required, 541-928-0911, www.albanyvisitors.com
- ALBANY DOWNTOWN TRICK OR TREAT AND COSTUME CONTEST**-Sat, Oct 28-10am-1pm, Historic Downtown Albany, 541-928-2469, www.albanydowntown.com
- ZOMBIE ZOUP RUN**-Sat, Oct 28-10am, Jim Riggs Community Center, 880 18th Ave, Sweet Home, 541-367-5128, www.zombiezouprun.weebly.com
- "GLOW" PRESENTED BY HOPE CHURCH**-Tues, Oct 31-5:30-8:30 pm, Hope Church, 2817 Santiam Hwy SE, Free, 541-697-4673, www.hope.church

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 Halloween!

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

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Ramblings From the Kitchen of Karen Rogers

Good Ole' Apple Pie

BY KAREN ROGERS

This month will be a double whammy, pie crust and filling variations!

First, we need to make the crust. To measure the flour, "scoop and sweep", scoop the flour in the cup and sweep with the side of your hand. Place 2 C flour in a mixing bowl. Cut in 2/3 C butter or shortening until the mixture resembles crumbs.

Now comes the surprise ingredient. Measure 4 Tbsp vodka and 2 Tbsp water in a cup. Add 1 Tbsp sugar and 1 Tsp salt and stir until dissolved. Dissolving the sugar and salt prevents brown spots on the baked crust. Since vodka contains alcohol, it does not activate the gluten in the flour as much as plain water does, but it moistens the dough. This makes the crust much easier to roll out and the vodka evaporates in the baking heat. Pour a little over half of the water mix over the crumbs and mix with a fork, adding liquid as needed to make a medium dough. Shape into two disks,

dust with flour and set aside while you prepare the filling.

Since everyone knows I am a fruit snob my choice of apples may surprise you, Golden Delicious. They hold their shape and cook up well. You will need



5 good sized apples. Peel, core and cut up into a large bowl. Sprinkle 1 tsp lemon juice over and mix well. For a cranberry-apple pie, add ¾ C sweetened dried cranberries and mix well. For a plain pie just

continue. Add a big pinch of cinnamon, a small pinch of nutmeg and 1 Tbsp quick-cooking tapioca and mix. Add 1 to 1 ½ C sugar or Splenda and mix again. Set aside. I prefer tapioca as it gives a clearer, cleaner thickness that isn't starchy.

Roll the rounds of crust between two sheets of parchment paper to desired thickness and place one in a 9" pie plate. Put in half of the filling. Place 1 Tbsp of butter in the middle of the filling and cover it with the rest of the apples. Moisten the crust on the rim of the pie.

Apple Pie continued on page 12

October Word Search by Rolie the Puzzlemaster

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

BATS
BLACK CAT
BOO
CANDIED APPLES
CANDY
CANDY CORN
COSTUMES

GHOST
GOBLINS
HALLOWEEN
HAUNTED HOUSE
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\$60
FEEDS 32
• 8 ONE TOPPING PIZZAS OR FAMILY-SIZE PASTAS
• 48 BONE-OUT WINGS
• 6 ORDERS OF BREADSTICKS OR CINNAMON STICKS
\$120
FEEDS 48
• 12 ONE TOPPING PIZZAS OR FAMILY-SIZE PASTAS
• 72 BONE-OUT WINGS
• 10 ORDERS OF BREADSTICKS OR CINNAMON STICKS
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Are You Ready?

Natural disasters have been headlining the news of late: hurricanes, flooding, earthquakes, and forest fires. Many have been without power or forced to leave their homes on short notice. Public service announcements remind one to have extra food and water on hand, but it is important to plan for your medical needs as well.

Assemble an emergency supply kit and store it in a cool, dry, easily accessible area of your home. Follow government recommendations for the contents of the kit (food, water, tools, cash, etc.); then add a separate medication bag. This bag should contain seven days' worth of all routine medications taken by your household members (refrigerated medications should remain in refrigerator until needed). Enclose a medication list for each member including: member's name, birthdate, drug allergies, names of medications and how they are to be taken. It is prudent to include a photocopy of insurance cards, as well. Remember to periodically rotate the stock in your medication bag to insure drugs are in-date and at full potency when you need them.

Refrigerated medications require special consideration, so familiarize yourself with the manufacturers' instructions for storage. Many refrigerated drugs may be stored at room temperature

for a brief period without loss of potency. This information can be found on the insert included in the drug packaging, or ask a pharmacist to assist you. Have a small insulated bag (lunchbox size is great) in your emergency kit and keep a "Blue Ice"-type frozen pack in your freezer in the

event you need to evacuate and carry drugs with you.

It is important to note that drug potency may be more greatly affected by freezing than by warming. Never use dry ice to keep refrigerated items cold. It is too cold and will likely freeze your medication. When packing refrigerated drugs for transport; place freezer pack (ice cubes in a bag will do in a pinch), at the bottom of the bag. Next, layer crumpled paper, bubble wrap, or a small towel to create an air space (helps prevent freezing of drug), then add medications on top. Another layer of towel, bubble wrap, etc. may be placed over the medication layer, but do not add a second freezer-pack, again, to reduce risk of freezing.

If you have questions about how to prepare an emergency drug kit; the knowledgeable staff at Rice's Pharmacy is happy to assist you. Stop in soon!



PAMELA BECKER, RPH
RICE'S PHARMACY & GIFTS
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Baby Talk – Part II

I would like to address some of the taboos and misunderstandings often associated with moms being pregnant.

One of the biggest is this whole issue of weight gain. Moms all over the world secretly look in the mirror and cringe at the sight of the loss of their waist, their "fat" stomach, enlarged breasts, swollen feet, and the fact that they often carry drips of their lunch on their tee-shirt. Let me be emphatic here: You are not FAT, you are PREGNANT!! Huge difference! Swelling is a sign of a healthy pregnancy, not something that should be treated. Retention of fluids is healthy for mom and baby. It is also temporary. Just part of being pregnant!

A generation ago, weight gain was limited to 8-10 lbs. It was soon discovered that moms and babies were undernourished so the magic number became 24. This is no longer the case. Latest research

indicates that weight gain of 35 lbs or more on a high protein diet is healthy if it is well balanced, does not contain chemicals or preservatives and is limited in refined sugars.

The other issue revolves around salt. Moms are often told to restrict their salt intake. You should realize that Sodium (a part of salt) is very important in the production of extra blood volume. Very important for a growing baby and a lack

of can be disastrous. I recommend that you use salt "to taste" and no more. This is an easy way to listen to what your body is telling you.

Some other no-no's that you should be aware of when you're pregnant. Alcohol causes problems with the development of your baby's nervous system. Caffeine has been linked to birth defects and is found

in coffee, cola, black and green teas and chocolate (Boo). Also try to limit your preservative intake including aspartame (refer to my earlier issue of Kids-First); your baby will thank you later. Be very cautious using any type of drugs or medications. All have adverse effects on your baby. I should be emphatic here - all drugs cross the placental barrier and affect your baby. There is no such thing as a "safe drug."

One of the most common nuisances of pregnancy is "morning sickness". Most of this is caused by a lack of blood sugar known as hypoglycemia. After-all, you have not eaten since 7-8:00 pm the night before and your developing baby is literally feeding all night while you are asleep. Your blood sugar level is dangerously low and you feel sick. I ask my patients to have an energy bar or a snack high in protein, fructose and complex carbs late in the evening to



DR. NICHOLAS R. BROWN,
TIMBER LINN CHIROPRACTIC & WELLNESS CENTER
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Baby Talk continued on page 6

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October is Time to Use Your Benefits

Your family calendar is getting filled with school activities, sporting events and other fun adventures. Autumn is here, and before long it will be the holiday season and the year will be over. If your dental benefit plan is based on a calendar year, you want to use your benefits before they expire. Here's why:

Yearly Maximum – The amount your dental plan will pay for your dental work within one full year. The amount varies, but the average is \$1,000 per year, per person. The yearly maximum usually renews every year (on January 1st if your plan is on a calendar year). If you have unused benefits, these will not roll over.

Deductible – The amount you must pay out-of-pocket before your benefit company will pay for any dental services. The average deductible is around \$50 per year per person. Typically, a deductible applies toward dental restoration, not preventive services.

Premiums – Premiums are what you pay the benefits company for

your coverage. If you're paying dental insurance premiums every month, you need to use your benefits.



KIM KUTSCH AND GREG RENYER
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Dental Problems Can Get Worse – By delaying dental treatment, you're risking more extensive and expensive treatment down the road. A simple cavity could turn into a root canal later.

Don't have dental insurance? Consider cost effective dental membership plans, like Key Smile®. It includes bi-annual cleanings and discounts with no waiting or exclusions. Ask our staff for details.

Remember... Call us now to allow the most flexibility in meeting your scheduling needs before 2017 ends. If you have questions about your plan, or are unclear of the benefits available, please contact us. We're happy to help you understand services you need and those that may be available at no additional out-of-pocket expense.

How to Get Your Grill Ready for Winter

You may be a person that uses their grill all year long and that is perfectly okay but just in case you don't have a covered area for your grill or you simply don't grill during the winter here are some tips for how to protect your grill from the weather.

- Store your propane safely – Unlike with gasoline, propane fuel doesn't require any specific winterizing. Propane has the advantage of having an indefinite shelf life, so no stabilizers are required. Simply disconnect the tank from the grill after ensuring the valve is tightly closed, and store it outside, upright and covered. Never store a propane tank in your basement or garage — the safest place is outside in case of a leak. As with the burner and hoses, a simple piece of plastic taped over the inlet will ensure that nothing nests inside and blocks the propane flow.
- Get it cleaned. Grease and food residue will harden and be much more difficult to get off several months later. This can also attract mice and insects looking for a protected place to spend winter. The best thing to do after your last barbecue of the season is to heat up the grill to burn off any residue. Wash the grill of any remaining dirt and grime and if you use a chemical cleaner be sure to run the grill again on high to burn off any residue.

- Find an out-of-the way place in your garage or shed, or under a barbecue cover, for your grill to spend the winter months. If you've prepared your propane grill according to these winter storage tips, you should have no problem reassembling it in the spring when you're eager to start grilling again. Even if

you plan to grill all year long, going through the cleaning process is a good thing to do to keep your grill working great all year long. Taking care of your grill is worth it so that it is ready to use when you want to grill and so you can protect your

investment. Having your grill clean and ready to go is so nice when it comes time to cook something up.

CoEnergy Propane, founded in 2001, is a new local affiliate of Central Electric Cooperative. It is also an affiliate of CASCO Communications in the Mid-Willamette Valley. Casco Communications is locally owned by Consumers Power, Inc. and Pioneer Consolidated. Our sole business is to provide your home, business, or construction project with propane gas. Our staff has years of propane service experience. You will experience the same quality of service and safety you've come to expect from your Electric Cooperative for 60 years. We are Your Home Town Propane Service Provider.



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You may have heard it a thousand times yet here it goes again. Drink plenty of water each day. Shots of espresso and coffee do not count ladies and gentlemen! Sadly wine and martinis do not either. These are all beverages that deplete water and gasp... dehydrate our skin and can lead to aging of the skin!!! Drink those 8-10 glasses a day. In addition some experts believe aerated drinks, including soda water, encourage bloating and cellulite so please stick to pure water. Drinking water is needed to flush out toxins and replace the moisture we each loss daily.

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

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

warm in a non-compression, mummy style wrap. This is so relaxing and feels amazing! You will relax in the wrap for around 45 heavenly minutes. The solution acts to tone and tighten surface skin. Penetrating herbs boosts cellular activity in deeper layers restoring elasticity and firmness to skin tissues. Therapeutic effects of the aroma are a

pleasant added bonus. Many clients take a pleasant nap as the wrap encourages elimination of toxins through lymphatic cleansing.

After a treatment the solution continues to be absorbed, feels, and smells amazing. Drinking 3-4 liters of water during the 24 hours following treatment will flush toxins from the lymphatic system to assure that lost inches will remain lost. The herbs remain in the body and continue to work for three days. To increase inch loss during this time, continue to drink 3-4 liters of water each day for four days.

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



LINDIE M. TRUEX,
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Vacuuming Tips and Tricks

The vacuum is one of the most valuable tools a homeowner can own to help keep their floors clean. There are many different types of vacuum cleaners available on the market, all with their own set of pros and cons. Assuming you own a vacuum, here are some helpful and easy cleaning solutions to keep your house dust, germ and microscopic mite free.

ONCE IS NOT ENOUGH

To truly pull up the dust and hair on your floor, it is usually better to vacuum multiple times in the same area. On top of this, it would also be wise to go over the areas from multiple directions, as this will help pull up dirt and debris more effectively.

CREATE A SCHEDULE

Another important cleaning tip when vacuuming your home is to create a schedule. Whether you pick a certain day or month, following a regular schedule and sticking to that routine will help ensure that your floors are clean at all time.

CHANGE THE BAG/EMPTY THE CANISTER

Here's another obvious vacuuming tip - change the bag and/or empty the canister on a regular basis. You're going to have a hard time vacuuming your floors in an effective manner when the bag or canister is already full.

MOVE THE FURNITURE OCCASIONALLY

Larger items like furniture are usually fine to leave in place when vacuuming. After all, it wouldn't make sense to move everything in and around your house each week for a sufficient clean.

With these tips, cleaning your floors should be easy and fun. If you follow a regular schedule and make vacuuming a priority then your home will be free from problematic dust and debris. Also, remember, vacuuming is a great tool to not only keep your home clean, but also increase the lifespan of your floors and keep your home smelling fresh and clean.


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Baby Talk continued from page 4

level out their blood sugar until breakfast.

There are several things you can do to make your pregnancy the enjoyable experience it was meant to be. The first is having a chiropractic check-up to make sure your nervous system is functioning normally so that you have a good pregnancy and much easier labour and delivery. This has little to do with back pain but is crucial for optimal health. I feel this is a must in having a healthy pregnancy.

The use of herbs such as red raspberry leaves makes for a good uterine tonic and helps prevent miscarriage, anaemia and aids in fighting infection. Peppermint tea will help with digestion and nausea as well as ginger root. Other herbs such as Echinacea and camomile are very relaxing and should be taken as a hot tea. All these are available from your health food store.

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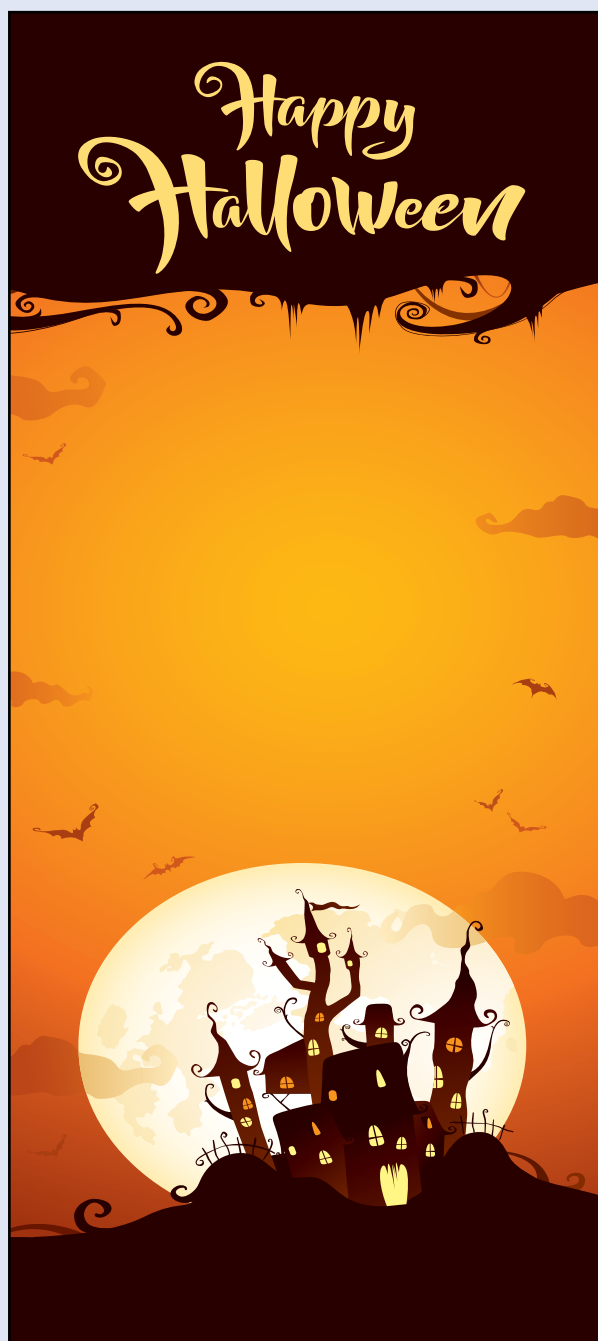


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integrate nutrition and medical counseling with education on the role of genes, physiology and environmental influences on your weight.

You will receive a personal portfolio and weekly Monarch patient guides that will help educate and motivate you toward your target weight. You will learn why your body stores fat and how you will permanently maintain a healthy weight.

Monarch will be on site at the 7th Annual Samaritan Living Well Expo presented by Bi-Mart and Monarch Weight Loss Centers on Saturday, October 21st at Heritage Mall so stop in and welcome them to the family! Monarch has offices in Eugene, Albany, Portland, and Roseburg. Call them today at 866-731-5673.



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Meet Timeless Tupperware

I started selling Tupperware over fifteen years ago. I joined for the discount on Modular Mates and to make enough money to cover my truck payment. I have had a lot of fun while selling Tupperware, no matter if I was a personal shopper or being a manager. I've made new friends, enjoyed free products, and made memories to last a life-time.

This past year I have been able to step back up to being a manager by adding several new people to my team. I enjoy helping my team members and others achieve success in their own businesses. The Tupperware products are still the same amazing pieces they have always been with the lifetime warranty. There are new products always being designed for consumers. Some of the newer products are the Microwave Pressure Cooker and the Micro

Grill Pan. The pressure cooker has been a wonderful addition to my kitchen this last summer. There are so many recipe options it's hard to say which is my favorite. Most recipes are 20-25 minutes in the microwave, let it rest for pressure to reduce and then serve. Tender meats, savory flavors all happen in a short amount of time.

We have added back my favorite type of event in this area; they are called the Taste of Tupperware. You get the opportunity to watch, taste and enjoy recipes prepared right in front of you. They are currently hosted in Albany, Corvallis and Lebanon. Rsvp's are needed to ensure there are enough prizes for the night. Come check out the new and amazing designs or even the trusted bowls and canisters.

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Receive Vision and Dental Care with a Medicare Advantage Plan

Going without routine dental and vision care is more common than you may think.

- In 2012, the National Association of Dental Plans said the number of Americans without dental insurance was three times the number of those without health insurance.
- The U.S. Department of Health and Human Services estimates that 38 percent of seniors ages 65 and older have not visited a dentist in the past year.
- Prevent Blindness America says nearly half of all cases of blindness may be preventable through early interventions like routine vision screenings and dilated eye exams.



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Therefore, it's important that you compare plans carefully before making your selection. When considering dental and vision care coverage:

- Understand the benefits of any plan you are considering, including the services it covers, deductibles, exclusions and coverage limitations, and the annual maximum coverage.
- Examine the plan's network of dental, vision or hearing care providers. A large network may mean you can keep your current health care provider, plus use your coverage if you have an emergency while away from home.

Using network providers usually means you have lower out-of-pocket expenses.

DOES ORIGINAL MEDICARE COVER ROUTINE DENTAL AND VISION CARE?

No. Original Medicare does not cover routine dental and vision care, such as dental exams, eye exams or eyeglasses. However, some costs may be covered if you have an eye injury or a certain medical condition, such as diabetes or cataracts.

YOU MAY HAVE DENTAL AND VISION CARE COVERAGE OPTIONS

Many Medicare Advantage plans offer dental and vision care coverage. A Medicare Advantage plan provides Medicare Part A (hospital), Part B (medical/doctors), Part C (Medicare Advantage plan) and Part D (Prescription Drug coverage) and additional benefits like dental, vision, hearing and fitness/gym memberships.

COMPARE YOUR PLAN CHOICES BEFORE YOU BUY

Each Medicare Advantage plan sets its own costs (monthly premium) and any additional coverage benefits.

The online **Plan Finder** tool at Medicare.gov is one way to search for a Medicare Advantage plan. Just enter your zip code and the plan finder will give you a list of plans available in your area. Each plan will provide a summary of coverage and the costs associated with the plan. To find out about dental and vision may require you visit with a licensed agent or the plan's web site to view the Summary of Benefits. Select the plans that interest you and get a side-by-side comparison. You can compare up to 3 plans.

You can enroll in a Medicare Advantage plan when you first sign up for Medicare (turning 65, leaving employer group health plans) and each year during the Medicare Open Enrollment period, October 15th through December 7th.

Come see me, Donna Green, Northwest Financial Group LLC, to view the AARP Medicare Complete (a Medicare Advantage plan) through United Healthcare. They offer dental, vision, hearing (aids as low as \$330 each), fitness (gym memberships) and Over the Counter benefits – with \$50 credit each quarter to purchase vitamins and supplements, pain medication, oral health care products, and more. You can reach me at (541) 286-6443 or (541) 990-8089.

Writing for God

This is the first part of a 3-month series of columns that will explore how a Christian book makes it from the mind of an author all the way to a shelf in our store, Willamette Valley Christian Supply in Corvallis.

Authors want to glorify God with their written work while getting the book into many hands. I have several tips for the new author thinking



KEVIN FERGUSON,
WILLAMETTE VALLEY CHRISTIAN SUPPLY
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through how to do just that. The first step is to think through WHY you want to publish your book. Is there a topic that the Church, families, or individuals would benefit from? If it is fiction, will it be a fresh story that captures the reader's attention? By asking this question you will be able to begin a publishing journey that prayerfully will reach your desired destination. One of the challenges in the industry today is the glut of books showing up on our shelves. This reality leads us into the second point.

How will you publish the book? Will you use a traditional approach by sending your book to publishers for review? Will you use a vanity press or self-publishing platform for your book to be distributed? This is probably one of the biggest decisions you will encounter as an author. As a book store owner, I can share a couple thoughts that might be helpful in your new adventure.

In the next issue of High Points, I will continue this three-part series and discuss the benefits of trying to find a publisher over self-publishing your work. In the meantime, I invite you to stop by our store in the King's Plaza Shopping Center on Kings Boulevard in Corvallis. I would love to meet you and talk with you about your ideas for your book. Remember that we are part of the Points for Profit program and purchases can earn points for your favorite participating non-profit. See you next month.

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Final Quarter of the Fiscal Year

It doesn't seem possible that summer is already over, the kids are back in school and for the business owner you are now in the final quarter of 2017.

The last quarter of the year is probably the most important time of the year for your business. It not only determines how you will close out your business year financially but also sets the tone for the beginning of the coming year.

Having a 4th quarter review with your CPA is essential in making yearend processing go more smoothly for you. And what business owner do you know that isn't interested in making tax time easier?! Here are just a few of the important things that this review will accomplish.

- Review of your books year to date – leaving only the final 3 months to get ready for your CPA at the end of the year. This not only reduces your stress during the holidays but it also will leave you with more time at the beginning of the new year to focus on your business and not tax prep.

- Determine if you are on target with the estimated quarterly tax payments you have been making.

Will you need to pay more or less for the final estimated tax payment for the year?

- Last opportunity to determine if there are any large purchases for your business that could be beneficial to you at tax time.

This is also a good time to look at the business goals you aimed for at the beginning of 2017. A review of the goals you have succeeded in accomplishing already and how they affected your business may help you plan better for your business goals for the upcoming year. There is still time to accomplish some of the goals that you may not have accomplished yet this year.

If you have not done a 4th quarter review with your CPA in the past, try it this year. I know you will find that it will be very beneficial to you and your business.



BY CHERYL VAUN,
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7 Habits of a Powerful Leader (part 1)

In times of uncertainty, we look to our leaders to guide us. In order to be a true and powerful leader you must stick to your principles. If you heard someone described as a powerful leader, you might assume he or she would be the loudest person in the room, the one telling everyone else what to do. But powerful does not mean dominating. In fact, a controlling, dominating person is the very opposite of a powerful leader. So, what exactly makes a powerful leader and how do you become one? Here are the 7 essential habits of a powerful leader:



BY RAMONA MATHANY,
OWNER
ALL STAR
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those who know how to show respect, be responsible, and love well.

3. REFUSE TO BE A VICTIM

Life does not happen to powerful leaders. Powerful leaders make choices and decision to navigate proactively. They are not controlled or infected by their environment. Powerful

leaders refuse the play the victim by shifting responsibility for their choices onto others.

4. REQUIRE OTHERS AROUND YOU TO BE POWERFUL

When powerful leaders encounter a powerless person, they are not tempted to dive into any unhealthy emotional ties or attachments. They hear a victim's sob story and ask, "So what are you going to do about that? What have you tried? What else could you try?" These questions confront powerless people with their responsibility and their capacity to make choices and control themselves. This is the only option a powerful leader will offer to powerless people: become powerful, make choices, and control yourself.

Make sure to come back next month to read habits five thru seven.

1. DO NOT CONTROL OTHERS

Powerful leaders do not try to control, convince, or manipulate other people or their behaviors. They know it doesn't work, and it's not their job. Their job is to control themselves.

2. CREATE A RESPECTFUL ENVIRONMENT

Powerful leaders consciously and deliberately create the environment by showing respect. They deliberately set the standard for how they expect to be treated by the way they treat others. As they consistently act in responsible, respectful, and loving ways, it becomes clear that only people who can get close to them are

Apple Pie continued from page 3

Roll out the top crust as before and place over the filling. Trim the excess crust and crimp the edges. If you want a beautiful glaze, beat 1 egg yolk with 3 Tbsp heavy cream in a cup and brush lightly over the top crust. Cut ventilation holes in your favorite pattern and bake at 400 degrees until the filling is bubbly. Check for boiling point with an instant-read thermometer.

While the pie is baking, gather up the scraps and roll in the parchment to a neat square. Spread with jelly, or brush with butter and sprinkle with cinnamon sugar, roll up, cut in 1" pieces and bake until browned. These are roly-polys and are delicious.

Cool the pie on a wire rack as long as you can stand it. This is a very good time to go shopping. I suppose you COULD auction the pie to family members



Military Tribute Truck

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

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



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Oregon Mennonite Festival
Saturday, Oct. 14 • 7:30am-2pm,
Linn County Fair and Expo Center,
3700 Knox Butte Rd

Trolley of Terror!
Friday & Saturday, Oct. 20-21
6, 7, 8 and 9pm
Monteith House Museum
518 2nd St SW
Reservations required

**Runaway Pumpkin
Half Marathon & 8K**
Saturday, Oct. 21 • 9am-12noon,
Cheadle Lake, Werich Dr, Lebanon

**Boo Boogie Bash
Rough Stock Rodeo**
Saturday, Oct. 21 7-9pm
Linn County Fair & Expo Center,
3700 Knox Butte Rd, Albany,

**Albany Downtown Trick or
Treat and Costume Contest**
Saturday, Oct. 28 • 10am-1pm,
Historic Downtown Albany

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

ALBANY VISITORS ASSOCIATION

Scary Book Checklist

With Halloween coming up this month, it's a good time to catch up on your scary books!

Getting a background in any kind of writing always helps you appreciate modern books. Horror writing is easy in this regard because so much of the early stories were short stories.

Everyone should read both "The Tell-Tale Heart" and "The Pit and the Pendulum" by Edgar Allan Poe. Both stories have become entwined with modern literature and culture, and references to them are unavoidable.

Moving forward a few decades, you might try M.R. James who retold folktales of ghosts, magic, and witchcraft: "The Mezzotint" and "Count Magnus" are good places to start.

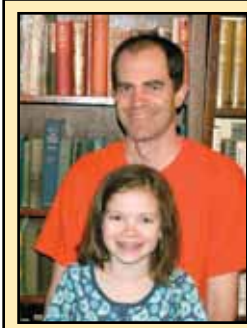
Henry James, a very respectable author nominated three times for the Nobel Prize, wrote "The Turn of the Screw" in 1898, which might be the most reprinted ghost story of all time. You can bet that virtually every author has read it, so you should, too!

As good of a writer as James is, the guy who is often regarded as the founder of the modern horror story, had an infamously strange writing style: H.P. Lovecraft. Although his contemporaries may have chuckled at Lovecraft's writing, no one doubted the impact the stories had. His dark imagination can best be seen in classics like "The Call of Cthulhu" and "The Dunwich Horror."

Until Lovecraft, horror stories were just

something in an author's toolbox, and quite a few authors told a ghost story or two. However, one influence Lovecraft had was

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



to create a separate genre (this was during the 1920s and 1930s: mysteries had already become their own genre, and science fiction was also in the process of separating from general fiction.)

An earlier follower of H.P. Lovecraft and one of the first

writers to stay strictly in these new genres was Robert Bloch, best remembered today as the author of Psycho. He wrote tons of short fiction, much of it science fiction, but his best horror short is probably the thriller "Yours Truly, Jack the Ripper."

Two women have to be mentioned before we skip to the (predictable) end. Daphne du Maurier's "The Birds" is a phenomenal story, and the basis for Alfred Hitchcock's film. Shirley Jackson's classic "The Lottery" is also a must-read, though the movie can be skipped.

There's not enough space to cover stories by all the authors who were known as "horror authors" except, of course, the big one: Stephen King. Probably no one in the history of literature has dominated any genre more than King has dominated horror. Although he's written some massive tomes, he is often at his best when writing short fiction. Among his enormous output of short stories (at least two hundred at last count), some of the scariest are "Children of the Corn," "Night Surf," and "The Monkey."

Screening for Hypertension and Elevated Protein in Urine

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

As our pets get older it becomes increasingly important to screen for early indicators of disease just as we do in people. Our dogs and cats can develop hypertension or begin to lose protein in their urine (proteinuria) long before they begin showing any outward signs of illness.

Performing a urinalysis also gives us additional information. If the urine is concentrated above a certain level we will know that the kidneys are functioning but your pet may not be drinking enough water. Glucose in the urine is indicative of diabetes, and sometimes we will diagnose a urinary tract infection even in animals that are not showing any clinical signs of urinary tract disease. If the urine lacks a certain degree of concentration it may indicate that the pet is in the early stages of kidney disease justifying the need to evaluate blood chemistries. Extremely dilute urine indicates that the patient is drinking excessively which can result from the presence of other diseases such as an

overactive adrenal system (Cushing's Syndrome).

Blood pressure is measured relatively easily with a Doppler monitor and a blood pressure cuff. This procedure is painless and noninvasive. A diagnosis of hypertension is made when the systolic blood pressure is above a certain level. Hypertension can be primary or secondary. In our pets hypertension is predominately secondary and occurs as a result of some other disease process such as kidney disease, Cushing's disease (overactive adrenals), and hyperthyroidism, especially in cats. Left untreated this condition will cause retinal detachment and blindness in cats and cause further damage to kidneys which will then worsen the hypertension.

We strongly emphasize the fact that hypertension and proteinuria are manageable conditions. With early intervention we can significantly slow the progress of these disease and reduce the chances of secondary damage through the use of inexpensive medications and modifications to diet.



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Join us for a two-hour ghost hunt of the historic Morning Star Grange Hall! Built in 1902, this amazingly spooky structure is home to multiple sightings and paranormal stories.

You will take part in a full scale paranormal investigation using equipment like you see on the paranormal TV shows.

Tickets are \$30 per person, of which, a portion goes to help preserve the historic status of the Hall. Call 541-220-5302 or go to www.albanyghosttours.weebly.com for info. Only 20 tickets per night are available. RESERVATIONS ARE REQUIRED!

FRIDAY, OCT. 13TH WILL BE A SPECIAL GHOST HUNT WITH SPECIAL GUEST INVESTIGATORS

Well-Kept Secrets in Home Decorating

When it comes to redecorating your home, many people would say perfection lies in the details. So, once you’ve selected your designer paints and custom fabrics and draperies and picked out high-end furnishings and artwork, take a moment to look around you.

There’s a good chance you may have overlooked some significant details throughout your home. Because they serve such an ordinary function, switches, outlets and dimmers are often overlooked details in home-remodeling projects. With the increased attention given to home lighting, a greater number of architects, builders and design consultants are adding designer-styled switches, outlets and dimmers to the redecorating equation.

These inexpensively priced products offer the perfect finishing touch to a newly redecorated room, adding benefits like convenience and energy savings, while enriching the home’s décor.

Rocker-style switches, for example, offer a contemporary, distinctive look for any room in your home. Some versions emit a soft luminescent glow that helps you find your way to them in darkened areas. Designer-style outlets are available in a variety of colors and textures that blend with most wall coverings.

With today’s rising energy costs on everyone’s mind, replacing your light switches with dimmers may seem frivolous, but a dimmer is apt to pay for itself in the energy it saves. A dimmer lets you adjust

lighting for the mood and ambience you want, while helping you reduce lighting usage by up to 30 percent. Many models now come with a preset switch that remembers the last selected brightness level. Dimmers are as easy to install as a light switch. They’re ideal for bedrooms, dining rooms, living rooms, dens, home theaters and elsewhere.

An occupancy sensor can easily replace a standard light switch and automatically turn lighting on when you enter a room and off when you leave. These devices feature designer styling instead of a clunky “scanning device” look. These sensors let you enjoy the magic of hands-free light when you enter the kitchen with an armful of packages.

Whatever you need to add a decorative touch to, designer-style wiring devices and wall plates are available in a wide choice of styles and colors to beautify your home’s décor.

Rife’s Home Furniture is the number one place to buy furniture in the Eugene, Springfield, Albany, Coos Bay, Corvallis, Roseburg, Oregon area. Rife’s features an excellent selection of living room furniture, bedroom furniture, dining room furniture, office furniture, entertainment centers, and mattresses for your home. At Rife’s Home Furniture they’re committed to giving you the best furniture shopping experience possible. They carry high quality furniture at affordable prices, and have an experienced sales staff who will help you every step of the way with your furniture or mattress purchase.



Glass Shelves

In recent columns, we’ve discussed using mirrors to create the impression of a larger living or dining room.

Using glass shelving, as opposed to traditional wood or metal, is another way to make a space feel larger and airier. It is especially useful in small spaces to make a room feel more open. In darker spaces, glass shelves brighten a room by allowing light to pass through and makes the room feel less cluttered. And, if you store books or pantry items on an upper shelf for example, a quick glance will tell you what’s on those shelves. No step ladder required!

Displaying art or other keepsakes on glass shelves allows them to take center stage and be seen from all angles. Using decorative glass containers for toiletries and storing them on glass shelves works great in bathrooms and especially small powder rooms where careful design considerations need to mesh with functionality. Kitchens are another outstanding place to incorporate glass shelving. Similar colored cups and plates create art on their own and are functional as well. However,

not every kitchen item lends itself to display so a good mixture of open and closed shelving makes the most sense.

How you hang the shelves is an important design element. The simplest way is to screw brackets to the wall like a traditional wood shelf but don’t be afraid to be creative. Brackets

are available that attach at the wall to give the glass a floating appearance. Hanging systems, like cables or wires deliver a sophisticated industrial look to any space.

For the best results, you should use tempered safety glass since it’s about four times stronger than regular glass and always get the edges polished. Polishing will remove the sharpness and gives you an elegant finishing touch. Most glass has a green look at the edge but if this bothers you, opt for a “low iron” glass that is virtually clear on the edge.

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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