

HIGH POINTS



GOOD NEWS FOR THE WILLAMETTE VALLEY

NOVEMBER 2017 • FREE



Honoring our Women Veterans as this Year's Grand Marshalls

On November 11th at 11am it will all begin! Join us as the streets of Albany will be lined with over 40,000 cheering spectators who come together each year, rain or shine to simply offer their appreciation to the men and women who have served our country. The route leads down Lyon Street and loops through downtown Albany. Visitors start lining the streets early, bringing chairs to stake out their favorite spots. We welcome all! The parade is held on Veterans Day every year and begins at 11 a.m.

Grand Marshal's for this year's parade follow the theme of "Honoring our Women Veterans". A line up of women veterans who served during WW II, Korea, Vietnam, Gulf wars to present day. Rosie the Riveters who keep the home fires burning and the industrial world moving will join us as well.

A simply, yet profound tradition begun so long ago. To bring our veterans together and honor them in the largest way possible with standing ovations as they pass by. Join with us, this Veterans Day as we honor all generations of veterans.

What would a parade be without bands, youth groups, horses and businesses all marching or riding in the parade supporting our veterans and offering their own personal and heartfelt salutes while thanking our

veterans for their service!

The streets of Albany begin to fill up several hours prior to the start of the parade. Businesses open early, groups offer hot coffee and hot chocolate along the parade route all waiting for the unmistakable sound of the over 400 + motorcycles beginning their steady pace to start off the parade. Followed by well over 200 separate parade entries.

Prior to the parade, please join us for the annual Veterans Day Memorial Service at Timber Linn Memorial Park. Linn Co. Veterans Memorial is from 8:30am - 9:15am and will include guest speakers, laying of wreaths, 234th "Oregon's Own" Army Band, 21 Gun Salute, Echo Taps and Color Guard by Linn Benton Young Marines. Coffee is generously provided by Dutch Bros.

Veteran of the Year banquet will be held at the Linn Co. Fair and Expo, 3700 Knox Butte Rd SE, Albany on Friday, November 10th. This will be an evening where veterans are honored and friends reconnect. Open to the public. Tickets \$27.50 each, \$30 at the door.

For more information about Albany's Veterans Day Parade, visit the Albany Veterans Commemoration Association's Facebook page or visit them at www.albanyveteransdayparade.org



Double Your Donation with Rich's Sewing and Vacuum

Rich's Sewing and Vacuum is sponsoring a local donation drive running November 13th, 2017-December 9th, 2017. This community drive will benefit families in need who are associated with Family Tree Relief Nursery in Albany. Family Tree Relief Nursery is a child abuse and neglect prevention program offering free services to families in need with children under the age of six. Some of the services provided are therapeutic classrooms and nursery, outreach program and respite, home visitation, parent education and support, and helping with personal care needs.

Many local businesses from Albany and the surrounding area will be sponsoring drop off locations for needed items. The following businesses will be accepting donations during business hours: Rich's Sewing and Vacuum 2306 Heritage Way Albany, The Quilt Loft 405 1st Ave Albany, Sugar Vibes Donuts 756 S Main St Lebanon and Corvallis Outlet Store 934 NW Kings Blvd Corvallis. Each location will have a designated barrel wrapped by Adron Lee Graphics. Print advertising will be sponsored by Dahled Up Construction. By collecting donations for families in need, it is making it possible for more families and children to stay together as a family unit.

ITEMS NEEDED ARE:

- Shampoo
- Soap
- Deodorant
- Toothpaste
- Shaving cream
- Baby wipes
- Surface cleaner
- Conditioner
- Wash cloths
- Toothbrush
- Razors
- Feminine products
- Laundry soap
- Large size diapers (4,5,6)

The best part of this drive is that Rich's Sewing and Vacuum will match all donations! Rich's Sewing and Vacuum is implementing no restrictions or limits to the amount they are willing to match. If you have considered giving in any way this holiday season, this drive will be the most impactful way for you to assist the community due to your donation being doubled. Points for Profit participants will receive two million points for each donation!

For details about the donation drive, tune in to Valley Talk on KGAL, November 13th, 2017 at 9:00am. Daniel Rich from Rich's Sewing and Vacuum and Martina Robinson from Family Tree Relief Nursery will be answering questions and promoting this big event. For further questions contact Rich's Sewing and Vacuum in Albany at 541-926-4842.



Good Times Fun Events for November 2017

November brings cold nights, . 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/>
 - Corvallis** - Sat and Wed 9AM-1pm, First St. Downtown, <http://locallygrown.org/home/>
- ALBANY DOWNTOWN UNWRAPPED**-Nov 2, 5pm, Historic Downtown Albany, 541-928-2469, www.albanydowntown.com
- TASTE OF ALBANY** Nov 2, 5-8:30pm, Mid-Willamette Valley YMCA, 3201 Pacific Blvd SW, 541-926-4488 ext. 106, www.ymcaalbany.org
- OLD FASHIONED CHRISTMAS STORE**-Nov 2-5, Th-Sa 9am-6pm, Su 10am-4pm, Riverside Community Hall, 35283 Riverside Drive, Albany 541-979-7600
- FRIENDS OF THE ALBANY LIBRARY ANNUAL BOOK SALE** -Nov 3-4, Fr 9am-7pm, Sa 9am-5pm, Linn County Fair & Expo Center, 3700 Knox Butte Rd, 541-928-4656
- FILL YOUR PANTRY CORVALLIS**-Nov 5, noon-3pm, Guerber Hall, Benton County Fairgrounds, 110 SW 53rd, Corvallis, 541-602-2666, www.tenriversfoodweb.org
- THE LYONS GARDEN CLUB**- Nov 8, 1 pm in the Lyons Fire Department Conference room. Hostesses will be Valorie Baxter and Jeannie Brundridge. The guest speaker will be Therese Sprauer from Brooks Garden Peonies. She will give a presentation on how to divide and care for peonies and will bring some plants to sell. Nominations for 2018 officers will be held and plans for 2018 agenda and garden club book will be open for discussion. The Garden Club is open to the public. Dues are \$12.00 per year which includes a yearly activity club book, name badge and garden club patch, dues are payable the 1st of January each year.

- OLD FASHIONED CHRISTMAS STORE** -Nov 9-12, Th-Sa 9am-6pm, Su 10am-4pm, Riverside Community Hall, 35283 Riverside Drive, Albany 541-979-7600
- A PATRIOTIC POPS CONCERT**-Nov 11-4pm, held in Lebanon High School Auditorium. Admission is free. Donations accepted. Proceeds benefit the Lebanon High School music department.
- ALBANY VETERANS DAY BREAKFAST** -Nov 11, 6:30 -9:30am, West Albany High School Cafeteria, 1130 SW Queen Ave., 541-967-7208
- ALBANY VETERANS DAY PARADE**-Nov 11 10am, Historic Downtown Albany, 541-928-2469, www.albanydowntown.com
- DEAN CROUSER**-Nov 14th, 11am-2pm - Renowned Oregon artist will have a meet-n-greet & in-store signing at Rice's Pharmacy & Gift, 910 NW Kings Blvd, Corvallis.
- TASTE OF TUPPERWARE**-Nov 14, 6:30pm-American Legion Post 10. Come see what's new in Tupperware. Learn how to make candy and other Holiday favorites. Bring a friend for extra drawing tickets. RSVP so there are enough prizes for everyone. Wenona-541-760-2718, Wenona.given@gmail.com
- ALBANY WOMEN'S CONNECTION**-Wed, Nov15, at 10:00 a.m. The location is the Phoenix Inn Suites. Alice Burris from Flowers N' More will demonstrate making the season special with holiday arrangements. Our speaker is Jeanie Prentice who will share how going blind for a season caused her to appreciate the importance of sight and how her blindness "opened her eyes." Jacopetti's Catering Service serves a delicious brunch and the cost is \$12. inclusive. RSVP by calling Suzanne at 541-327-3798.
- GIRLS' NIGHT OUT: HOLIDAY EDITION**-Nov 16, 5-9pm Enjoy a holiday night out with the girls including a free bag at check in, gift with purchase, exclusive discounts, scavenger hunt, photo booth, sexy Santa, hot chocolate bar and more. Heritage Mall in Albany
- OLD FASHIONED CHRISTMAS STORE**-Nov 16-18, 9am-6pm, Riverside Community Hall, 35283 Riverside

Drive, Albany 541-979-7600

- ACADEMY OF WONDER**-Nov 17th 3-5pm by Melissa & Doug Toys at Rice's Pharmacy & Gift in Corvallis. Open to kids ages 3-8 years old by RSVP only. Please call 541-752-7760 to reserve your spot. Child must be accompanied by an adult. Limited to first 25 kids.
- SANTA WELCOME PARADE**-Nov 18, 10am Welcome Santa into the Heritage Mall with style! Join the parade of costumed characters as they usher in Jolly Old St. Nicholas for the season.
- HERITAGE MALL KIDS' CLUB**-Nov 18, 11am-12:30pm
- HORSE-DRAWN CARRIAGE RIDES**- Nov 18, 10am-2pm at the Heritage Mall
- THANKSGIVING LUNCHEON**-Nov 21, 12 noon, Albany Senior Center, - 489 Water St, 541-917-7760, www.cityofalbany.net
- OREGON MID-VALLEY ROAD RACE**-Nov 23, 7am, North Albany Village, 541-497-1512, www.omroadrace.org
- SHOP SMALL SATURDAY**-Nov 25, 9am-5pm, Historic Downtown Albany, 541-928-2469, www.albanydowntown.com
- HORSE-DRAWN CARRIAGE RIDES**- Nov 24, 10am-2pm at the Heritage Mall
- POINTS FOR PROFIT MEETING** November 28th 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.

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 Thanksgiving!

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

Pumpkin Pie

BY KAREN ROGERS

What would Thanksgiving be without Pumpkin Pie? Every cook has their own pet recipe and mine is based on Mom’s, with some minor variations.

My Uncle Bud was a fabulous cook, and one of my inspirations in the kitchen, but he was a failure at pie crust! His exposure to pie was limited to his visits to our house. He could consume an entire pumpkin pie on top of a complete Thanksgiving Dinner! And he would use any excuse to finagle one more piece.

There was a Memorable Day that he almost pulled it off. As the pie was served, he naturally got the first piece and we all waited for the expression of total bliss that usually appeared. This time, he appeared uncomfortable. He rolled the pie around as if tasting it carefully. He didn’t say anything, but looked rather mournful as if it wasn’t quite right. Mom began to panic, as this had never happened before. At last he gulped it down. Then he told Mom he’d be glad to dispose of the rest of it so no one else would be disappointed.

Dad and I were on to him and quickly commandeered our pieces

before she began to believe him. Some people are shameless when it comes to pumpkin pie!

Make your favorite plain pie crust and set aside.

In a large bowl combine all these ingredients and mix well: 1 C firmly packed brown sugar, 1 tsp salt, 1 tsp cinnamon, ½ tsp nutmeg, ½ tsp ginger, ¼ tsp cloves and ¼ tsp allspice.

Open one can of evaporated milk (fat-free works well) and scald it in a saucepan. Set aside.

Add to the spice mix 4 egg yolks and 1 whole egg and mix well. In a pinch, you can use 3 whole eggs, but I prefer the yolks. Add 1 small (15 ounce) can of pumpkin and mix well. Add the scalded milk, mix, and pour into an unbaked pie shell. Bake at 425 degrees for 15 minutes, and then lower the heat to 350 for about 30 more minutes, just until the filling is set and a skewer comes out clean.

Cool on a wire rack and serve at room temperature for best flavor, whipped cream, NEVER a substitute, is optional. Refrigerate leftovers, if there are any. And don’t turn your back on the pie if there are Uncles around.

November Word Search by Rolie the Puzzlemaster

B	F	W	S	E	V	A	E	L	W	H	T	O	P	A	Z	O	V	U
W	P	S	L	B	K	R	F	O	R	A	N	G	E	X	X	L	C	F
S	S	E	R	P	E	L	P	P	A	X	Y	D	V	M	B	E	F	D
F	E	G	C	P	A	R	A	D	E	L	C	A	D	U	Q	K	P	U
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U	H	P	L	A	I	D	F	Y	I	R	Y	V	L	A	I	O	C	K
Z	F	O	S	C	O	R	P	I	O	I	S	I	Y	N	Q	R	A	F
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- APPLE PRESS
BLACK FRIDAY
CHRYSANTHEMUM
CORNUCOPIA
ELECTION DAY
FALL
FAMILY
- HARVEST
LEAVES
NOVEMBER
ORANGE
PARADE
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FEEDS 32

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- 6 ORDERS OF BREADSTICKS OR CINNAMON STICKS

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FEEDS 48

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PRICES SUBJECT TO CHANGE

Is the Grass Always Greener?

Marijuana has been legalized for medicinal use in 29 of the U.S. states. Seven states, including Oregon, have passed broader legislation legalizing recreational marijuana use. This article is not intended to encourage or discourage marijuana usage; but to bring forward thoughts on how the changes in marijuana’s legal status may impact medical treatment.

In 1970 the U.S. Congress placed marijuana on the DEA schedule I. Other drugs on this schedule include: heroin, LSD, ecstasy, etc. Drugs earn a schedule I designation if they: have a high abuse potential, have no medical benefit, have a lack of safety for use. Schedule I drugs are not generally available to be studied by medical researchers.

Anecdotal evidence for medical benefit and safety associated with marijuana use for certain conditions has propelled changes in state laws governing marijuana usage. The relaxation of state laws opens the door to credible scientific research of this very complex plant. Early research indicates marijuana contains a variety of useful compounds that are separate from the euphoric compound, THC.

Historically, we are at a perplexing crossroad: medical marijuana has been legalized by some states, however

it is still considered as a schedule I, federally. Many clinics, hospitals, pharmacies, etc. receive federal funds (Medicare!), so the traditional medical community still “tiptoes” around the medical marijuana issue. Frankly, this puts patients at risk; people are free to use marijuana

to self-treat, but may not feel free to seek advice from traditional practitioners or pharmacists. The state of Oregon recognizes this issue and does not require providers to promote marijuana, but strongly encourages them to be well-educated on the topic.

Baby-Boomers! What is being sold in dispensaries today is not the marijuana of your youth (nor are you a “youth” anymore). Ask for your primary care provider’s opinion about introducing marijuana to your regimen; there is no legal risk in doing so. While they may be uncomfortable advocating for marijuana usage, they should be able to share concerns as they relate to your personal medical history. Pharmacists can investigate possible drug interactions that may occur with marijuana use. Consider the side effects as you would with any other drug; marijuana is not a good choice for some.

The times they are a-changing! Rice’s Pharmacy encourages patients to ask questions — stop in soon!



PAMELA BECKER, RPH
RICE’S PHARMACY & GIFTS
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Baby Talk – Part III

You may be surprised to learn that Chiropractic care is essential for pregnant moms. Aside from the relief it can offer from the discomforts sometimes associated with pregnancy, such as constipation, leg cramps, nausea, back and neck pain, etc., its main focus, however, is not pain.



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

This will reduce the risk of problems associated with pregnancy — miscarriage, placenta previa, etc. The biggest benefit of course, is having a healthy baby. A pediatric chiropractor will also perform regular monthly pre-natal exams to monitor your pregnancy. This includes an

examination and palpation(feeling) of the uterus in order to determine the presence of In-Utero Constraint and see if the baby is in a breech position. This is very important. In-utero constraint occurs usually in the last trimester of pregnancy when “you’re all baby.” In other words, the baby has reached a size where movement is very restricted and it can get “stuck” in an awkward position in the uterus. This situation can not only create stress on the spine and nervous system but can lead to the creation of scoliosis (spinal curvatures), as well as other spinal abnormalities. All in all, a situation best avoided.

I invite you to have yourself checked. Chiropractic is very safe and effective. It is also the world’s best kept secret. Please call me today.

CHIROPRACTIC IS BASED ON FOUR VERY PROFOUND PRINCIPLES;

- 1. That the body is a self-healing and self-regulating mechanism; in other words, it is designed to heal itself.
- 2. That the nervous system is the master control system of the body
- 3. Any interference in the function of the nervous system must then result in a malfunction in the body.
- 4. My task is to eliminate that interference so that the body can function normally.

Applied to pregnancy, this is of utmost importance to the developing fetus. I feel that in order to have a normal pregnancy, mom’s nervous system must function with no interference; especially where it controls the uterus and placenta.



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Diabetes and Your Mouth

The Centers for Disease Control (CDC) reports that 115 million American adults suffer from Diabetes or prediabetes.

That's one in three Americans at risk for chronic health related conditions.

Diabetes effects your entire health, including your mouth, and may cause no pain whatsoever. Be on the lookout for these symptoms:

Cavities: Sugary, starchy foods create plaque on your teeth, which in turn erodes the tooth's enamel. Decay risks increase for Diabetics.

Early Gum Disease – Gingivitis: If the plaque is not removed, it hardens into tartar; leading to redness, bleeding and inflammation. If you bleed at all when gently brushing or flossing, you have excess oral bacteria.

Advanced Gum Disease – Periodontitis: When left untreated early gum disease progresses. Not only will you experience the symptoms of early gum disease, but the following:

- Chronic, pervasive bad breath
- Recession: gum tissue pulls away from the teeth
- Loose or shifting teeth, leading to complete tooth mobility
- Changes in bite relationship
- Lesions and pus between teeth and

gums

CARING FOR YOUR TEETH



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• **Visit your dentist.** Regular cleanings and exams will prevent problems and maintain your health – and your smile. Preventive care is far less expensive than restoration, so be sure you are on track with routine

visits.

- **Brush twice a day, and floss.** Removing plaque buildup on and between your teeth eradicates bacteria. This is essential for Diabetics.
- **Healthy diet.** Avoid foods that cause spikes in blood sugar levels, especially candy, cookies, and soda. Eat foods with low glycemic index, like beans, dark green leafy vegetables, and whole grains.
- **Don't smoke.** If you smoke and have diabetes, your risks for gum disease and other conditions increase. Ask your dentist about kicking the habit.

Diabetes has many complications, but with careful management and a commitment to good oral health, you can keep its effects in check.

Benton County Police Department Runs on Propane!

Did you know that Benton County Police Department has converted most of their patrol vehicles over to propane and CoEnergy Propane has done the conversions? Sheriff Scott Jackson has announced that most of his department's patrol vehicles will be refitted with a dual fuel system, allowing them to run on either conventional gas or propane. We have worked to convert the police vehicles over the last couple years and this has offered a cost effective and more efficient solution for Benton County Police Department.

The Benton County commissioners authorized spending up to \$84,000 on the conversion of the sheriff's several Ford Crown Victorias and Chevy Tahoes, one Ford Expedition, an F-150 pickup and a Ford van. The vehicles will use gasoline to start up and immediately switch to propane. If they run out of propane for any reason, they'll switch back to gasoline. Overall, the sheriff's office expects to save \$15,000 a year in fuel expenses.

Propane prices stay low for many reasons, one being that propane is an American made product and that

means that it avoids the price hikes that traditional gas experiences. CoEnergy propane also offers pre-buy programs for the winter when propane prices can spike. This program allows you to buy propane ahead of time and keep the same price throughout.

Propane results in less CO2 and other exhaust gases and this is a great move for the Benton County Police Force as it means that they are doing their part in helping protect the environment. Propane provides the force vehicles with the same power in their vehicles

such as power, range and reliability. The beauty of a propane conversion is that you can always switch over to the gasoline reserve.

CoEnergy Propane is proud to have been able to do these conversions for the Benton County and all of our personal CoEnergy vehicles also run on propane. If you are interested in a propane conversion for your car, give us a call. We would love to give you an estimate and help you to understand the process.



CoEnergy Propane

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Cellulite and Inch Loss

Cellulite refers to the dimpled or orange peel appearance on the thighs, buttocks, hips, and other areas. Cellulite is more sensitive than normal skin and can feel cold to the touch. It may appear whiter than the rest of the skin.

Hard cellulite, which is found in active women, such as dancers or athletes, is the hardest to reduce because it attaches to the muscle. Soft cellulite on the other hand is more noticeable but easier to reduce.

Cellulite develops when the skin sends down anchoring connective tissue to the muscle. In between this connective tissue and muscle are fat deposits. When the fat deposits become hard and large they push against the connective tissue and stretch it, which therefore creates the outward appearance of lumps and bumps. This can be caused by a number of things poor circulation, lack of exercise, poor lymphatic system drainage, food allergies, eating foods high in preservatives, yo-yo dieting, too much sun, lack of water, genetics, pregnancy, aging, smoking, tension and stress, and medication.

Primarily women develop cellulite because there connective tissue is

composed of x-shaped bands. These bands bind the skin to deeper tissues such as fascia or muscle. The part that is attached to the skin traps the fat, and the fat ends up pushing on the skin creating the lump and bump effect. Most cellulite develops in girls around the age of 14 and increases through the years due to the thinning

and redistribution of the subcutaneous skin.

Men rarely develop cellulite because their connective tissue is perpendicular, which heads the collection of fat build up.

Around 80% of western women believe they have cellulite. Even if a person has only 15% body fat, that person can have cellulite. Toxins and fat that have built up in the body are a large part of cellulite, and can affect women of any weight, size, or body structure. Sadly, liposuction does not permanently get rid of cellulite.

Any cellulite program should include stimulation of the body's elimination functions, increasing the body's circulation and metabolism process, support in the reduction of excess fluid retention, and re-establish



LINDIE M. TRUEX,
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Cellulite continued on page 15

Reality Check On Your Capabilities as a Pet Owner

Thanksgiving and fall smells fill the air, Christmas is just around the corner and the time when many families chose pets as the perfect Christmas gift! Bringing a pet into your home is a big decision that should not be made without much research and planning.

People often fall for the trap of impulse buying. Impulse buying or buying something based on a whim at a certain moment is devoid of careful thought and weighing of consequences. It really wouldn't matter much if this sort of caprice is used for buying items like clothes every once in a while. After all, why deprive yourself of buying something just for the sheer joy of having it particularly if you are spending within your means. However, buying a pet which is a living thing requires a more responsible decision from the buyer.

When you get a pet and bring it into your home, your primary concerns should center on the aspect of its care. A pet is not something you buy and then leave to let it attend to itself. They require time and attention which you as an owner are responsible for. You will be a better owner if you choose a pet based on your lifestyle and level of

commitment. Dogs have so many breeds that your choice for pet should be more specific. Different breeds have different sizes, temperament, needs and skills. A big, large dog who has exceptional hunting skills may not find a small apartment suitable as a living environment. You will soon find out that a dog that is not happy with his conditions may not be a good companion but a destructive nuisance.

A pet's negative behavior is not the animal's sole fault, since it is unable to talk or communicate as humans do. Their only way of communicating is through its behavior. Another thing is that humans do the choosing and not vice versa. An educated human choice based on proper information will go a long way in ensuring a better relationship between humans and pets.

You are off to a good start in choosing once you determine for yourself the reason why you want a pet. If you are able to answer this question, chances are, you know what sort of pet you are looking for. A dog may be the best choice for a person who wants a companion and spends a lot of time at home. A cat may be

Reality Check continued on page 15

Piglet noticed that even though he had a Very Small Heart, it could hold a rather large amount of Gratitude.

A.A. Milne,
Winnie the Pooh
E.H. Shepard, Illustrator

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Welcome Munchys Deliveries

BY RICHARD DUNCAN

I've always loved the idea of being my own boss; especially, when I got my first job working at KFC during high school. I never really knew what I wanted to do when I was younger; besides the typical thinking when we're all children. When I was a young child, I wanted to be a veterinarian because I love animals and had a few animals growing up as a child. When I got to college, I started out wanting to become a dental hygienist. I decided that looking in mouths all day probably wasn't going to be my thing I would have loved my whole life. I quickly decided to change my studies to the medical field and become a nurse. About a term, or two, from being able to transition from finishing my prerequisites to the nursing program, my wife and I were expecting our son. After taking a break from school to help raise our son, I decided that nursing wasn't for me and I wanted to pursue becoming my own boss.

I started thinking of different business ideas that wasn't around quite yet. I knew the business had to be something that people could actually use and make their day to day lives easier. I first thought, "hey we live in Oregon where it rains ¾ of the year. Why not open a coffee shop?" I realized that there was a coffee

shop just about every couple blocks in Oregon. So, I kept thinking... and one day I thought to myself, when deciding what to have delivered, "I wish there were more choices than just pizza and Chinese delivery." I decided that this was it. I needed to start a local food delivery service that can get people what they want to eat from more than just two different cuisines, and that helps promote different local restaurants in our local communities. I came across Munchy's Delivery, a Tampa Florida company, and they had great franchising opportunities. It was like this was just meant to be. After researching a business plan, Munchy's Delivery was born to the Willamette Valley. We now serve areas in Albany, Corvallis, Lebanon, Salem & Keizer. Visit them at <https://www.munchysdelivery.com/> or call to order 888-35-MUNCH (6-8624).

Editor's note: Great news Points for Profit family! THIS BUSINESS IS A DOUBLE DIP BUSINESS! Your non-profit will get to count the receipt twice when you use Munchies and order food from a Points for Profit restaurant. You will get to count the points as Munchys AND the restaurant! Shop locally. Serve locally. Sustain locally. Visit www.pointsforprofit.org for a list of all businesses.

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- American Legion Auxiliary Unit 184
- BSA Troop/Crew 404
- Candlelighters for Children with Cancer
- Cascade School, Lebanon
- C.H.A.N.C.E.
- Child Evangelism Fellowship
- Dala's Blue Angels
- Food by Design
- K-9 for Kira
- Kitty Angel Team Adoption (KATA)
- L.A.F.T.A.
- LHS Performing Arts
- Lebanon Optimists
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- Lebanon Soup Kitchen
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- MidValley Parent Teacher Student Association (PTSA)
- Oregon 4-H State Shooting Sports
- Oregon Federation of Square and Round Dance Clubs/Mid-Winter Festival
- Oregon Women for Agriculture
- Safe Haven Humane Society
- Scroggins Mill
- Serving Our Neighbors
- St. Edward's Youth
- Vets Helping Vets HQ
- Wake the World

Angels are Alive in Lebanon and Standing Against Child Abuse!

Dala's Blue Angels started in 2011 by a group of women and men from Lebanon. My heart just broke thinking about Tesslynn O'Cull's death (the 3-year-old was brutally beat and abused and later died in 1997). They found her so close to where we lived, and I thought to myself - how anyone could do that to a child. Chief Stevenson (Lebanon, Oregon Police Department) and I decided that Lebanon needed to be involved in Child Abuse Awareness month. This involved covering the town of Lebanon in blue ribbons.

However, we wanted to do something unusual so we started an event called "Walk a Mile for a Child". We dedicated our first year to Tesslynn so people could read and hear about what happened to know that child abuse is real and understand what we need to do to end abuse. Year two we dedicated to Karly (Karly Sheehan was three-years-old when she was beaten to death). Our community needs to shine a light on this issue as there are so many abuse

cases out there that go unreported and there are so many victims still that need our help to become survivors.

There are 26 Blue Angels in total, and when we place ribbons up and down our main streets in honor of Child Abuse Awareness Month, we are making a statement that we are not hiding child abuse anymore. April is just the month that we turn Lebanon blue, but we do not let them forget the rest of the year. There has not been one year that while I have been out tying ribbons and turning the city blue that someone has not stopped and hugged me to say, "thank you" for getting abuse out in the open. The Blue Angels do events year-round; parades, traffic patrol and more to raise money and awareness. We serve as a reminder of stopping abuse. In 2017 we could raise over \$20,000 for the ABC House in Albany.

To follow Dala's Blue Angels please like their page on Facebook. <https://www.facebook.com/DalasBlueAngels/>





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Three Important Questions

The number one complaint I receive from my clients is “I thought my insurance would pay for _____” (fill in the blank). Many people assume that insurance will pay for everything. As an agent I try to educate my clients ahead of time about what their plan does and does not cover but often reality does not sink in until a big bill arrives in the mail.

Based on real life situations some of my clients have found themselves in I have developed a list of three questions you should ask each time you visit your doctor if you want to avoid surprises when that bill comes in the mail.

1. Is this test preventive or diagnostic? After your yearly physical you receive a bill for \$500. You thought a yearly physical was preventive and covered at 100%. It is – the physical itself and some of the tests the doctor ran is considered preventive. But many common lab tests (such as vitamin D or thyroid) are diagnostic, not preventive. If you have not met your calendar year deductible, you may end up paying 100% of the cost of those tests. To avoid billing surprises, request a list of covered preventive procedures from your insurance company and find out how your plan covers diagnostic lab work. Always ask your doctor what tests are being ordered and why. You have the right to decline any test you do not wish to have

or pay for.

2. Does this test/procedure require pre-authorization? Your chiropractor recommends you get an MRI. You go to a stand-alone MRI lab and then submit the bill to your insurance company. They refuse to pay it. You thought MRIs were covered. They are, but only if pre-authorized by the insurance company. Most non-emergency advanced imaging tests and surgeries (think knee or back) require pre-authorization, which brings us to our last question...

3. Are all labs/doctors involved in-network? You go in for scheduled, pre-authorized surgery. Your surgeon and hospital are in-network (you checked!). Then you get a bill for over \$700 from the anesthesiologist. Your insurance company tells you he was out-of-network and that you are responsible for the charge. The hospital says that they are not responsible to make sure each individual doctor is in-network. Once again you must ask questions in advance. If a doctor or lab is out-of-network, ask if an in-network choice is available. By educating yourself ahead of time and asking questions along the way you will avoid billing surprises. An insurance agent can be an invaluable resource – another great reason to use the services of an insurance professional when choosing and enrolling in a medical plan.



DONNA R. GREEN
NORTHWEST FINANCIAL SERVICES
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Writing for God – Part II

This month part two in my series on writing a publishing a Christian book. Once you have finished your book, how will you get it to market. 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 must make as an author.

Regarding self-publishing versus traditional publishing. I lean toward traditional publishing. The reason is for the benefit of the author. With traditional publishing there is a higher accountability for editing, promotion, and exposure. The challenge with traditional publishing is the “NO” you may encounter due to the glut in the market I mentioned. I want to encourage you to not give up and be persistent and patient in the process.

Another benefit to traditional publishing is in distribution. Ingram, Send the Light, Anchor, and New Day are all distributions that do an excellent job in assisting book stores in getting most any title. For us in the Northwest, it is critical that your book is in the Ingram/Spring Arbor Roseburg, Oregon warehouse. One of the perks of having it in this warehouse for us in the Northwest is the ability to get the book next day or within a couple of days for the consumer. One of the big challenges with self-

publishing or a vanity press is the difficulty in getting titles in our stores at prices we can sell at. Many of the self-publishing groups require a certain amount down for the printing of the books, which the author keeps in their garage. The author then must sell them without the aid of a strong distribution chain. If the author only wants to give copies to friends and family, then a self-

publishing platform is the way to go. The plus in self-publishing with a group, like Create Space, is that you can buy in a small quantity.

Another downside to self-publishing would be centered on the need for editing. It is not uncommon to find misspellings in traditional publishing. This becomes critical for the self-publishing author. You must get many eyes on your work before sending it to press. I pray that you will take the necessary time to consider all the pros and cons in publishing before launching into your great adventure as an author.

Next month we will have the third installment in this series when we discuss “patience”. Meanwhile, stop by our store in the King’s Plaza shopping center in Corvallis if you would like to ask me questions or make a comment about this column. Remember, Willamette valley Christian Supply is a proud Points for Profit business partner so save your receipts.



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Does a Business Need an Inclement Weather Policy?

As winter approaches it is time to prepare for inclement weather here in the Pacific Northwest. After receiving many calls during the snow and ice we have experienced in our past winters I realized that many employers struggle with how to deal with closures or other issues related to inclement weather.

The question I heard again and again was, “am I obligated to pay employees during inclement weather if I close the business early or completely or if they are not able to make it into work?”

Although I can’t cover the topic completely, I can provide a broad overview of some basic information. The rules differ for exempt and nonexempt employees.

EXEMPT EMPLOYEES

The Fair Labor Standards Act, generally, requires employers to pay exempt employees on inclement weather days, if they close the office but the employee was ready able and willing to work. A full day of pay may be deducted from an exempt employee’s pay if the office is open and the employee misses work because

of the weather.

NONEXEMPT EMPLOYEES



BY CHERYL VAUN, COMPLETE BUSINESS SOLUTIONS
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Under the FLSA, employers are only required to pay nonexempt employees for actual hours worked. Thus, an employer is not required to pay nonexempt employees for non-working time, even

if the employee was scheduled to work and was sent home early.

ALL COMPANIES SHOULD HAVE AN INCLEMENT WEATHER POLICY THAT ADDRESSES:

- Definition of what constitutes an inclement weather day.
- How and when the company will notify employees of office closures and early closings related to inclement weather days.
- Whether and how exempt employees will be required to use paid time off during inclement weather;
- Guidelines for employees who are able to work from home (including how to report their time for non-exempt employees); and
- Instructions for employees who are unable to get to work safely.

7 Habits of a Powerful Leader – Part II

If you missed steps one through four, look in the October issue of Highpoints on page 12.

5. MAKE DAILY DECISIONS THAT ALIGN WITH YOUR VISION

Powerful leaders do not simply react to whatever is happening today. They take responsibility for their decisions and the consequences of those decisions – even for mistakes and failures. They can respond to today and create tomorrow. Powerful leaders have a vision and mission for their life, and can use the events of each day, whether positive or negative, to direct themselves toward that vision.

6. LET YOUR “YES” BE “YES” AND “NO” BE “NO”

Popular opinion or the pressure of others does not sway the language of powerful leaders. They know exactly what they want and how to communicate their desires. A powerful leader says, “I will. I do. I am.” Powerful leaders can say both “yes” and “no,” and mean it. Others can try to manipulate, charm and threaten, but their answer will stand.

7. CONSISTENTLY DEMONSTRATE WHO YOU SAY YOU ARE



BY RAMONA MATHANY, OWNER ALL STAR LABOR & STAFFING
541-791-7928

Powerful leaders can be who they say they are on a consistent basis. And because they know how to be themselves, they invite those around them to be themselves. Only powerful leaders can create a safe place to know and be known intimately. They say, “I can be me around you and you can be you around me. We do not need to control each other, and we don’t want to control each other.”

We all have room to grow in becoming powerful leaders. No matter what, know that every step on the journey to getting free and being a powerful leader in your own life is worth it. Choosing to say “yes!” to a life of responsibility will be one filled with adventure and joy. Do not let powerlessness and a victim mentality steal from you any longer. YOU can be powerful leader who can make powerful decisions implementing these seven traits.

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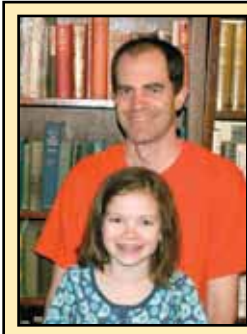
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An American Classic

Between Veteran’s Day and Thanksgiving, November is a great month for Americana. Perhaps the earliest American author who is still widely read today is Washington Irving. Now, you may be thinking, “Isn’t that the guy who wrote *Legend of Sleepy Hollow*?” That should have been for October’s issue.” Yes, I would always recommend rereading “Sleepy Hollow” but in that same book of short stories is the equally famous “Rip Van Winkle.” The important thing to note about Rip’s legendary nap is that he sleeps through the Revolutionary War. Before the nap, Rip was lazy and worthless, and was constantly hen-pecked by his wife. The town they live in is full of people who just sit around and talk. The setup we have, then is that Dame Van Winkle represents the British government, and Rip and the townspeople represent how the British saw the colonists. Although he falls asleep in a British colony, he wakes up in the new America. His wife has passed away—Rip is not overly burdened by this news—and the town is full of people who have suddenly

become busy and productive. Irving is portraying the fresh, new America as having been completely transformed by the Revolution, which indeed, it must have been. Washington Irving was born in 1783, so his early years must have been heavily influenced by the incredible hope and energy of the new nation. Although much of Irving’s writing pertains to American history—such as his five-volume biography of George Washington, and his ridiculous satire *The History of New York*, the work probably of most interest to Oregonians is *Astoria*. *Astoria* was written after extensive research and interviews with Astor himself. It is one of the greatest works of nonfiction that America has produced, and it just so happens to be about the early, if unsuccessful, attempt to establish an American trading post in Oregon. Irving was a born storyteller, and what might have been a dry history in some authors’ hands is a rollicking adventure spiced with humor in his. *Astoria* was widely read at the time (it was first published in 1836), and surely had some



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

Classic continued on page 15

Wintertime Hazards for Your Pets

BY DR. ERIC GLAZE,
Albany Animal Hospital
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Winter is coming so I thought I’d go through a quick refresher of some common wintertime hazards for our pets. First off, please bring pets inside when temperatures get too cold. It doesn’t have to be below freezing for dog and cats to get to get hypothermia. Their ears and toes are vulnerable to frost bite just like ours. Cats will sometimes seek out warmth near the engines of cars so make sure to bang on the hood or honk the horn of your car before starting it up to scare away a cat that may be seeking shelter from the weather. We see some nasty fan belt injuries on cats during the winter months for this reason. Please consider using “pet safe” antifreeze for your cat that uses the ingredient propylene glycol instead of ethylene glycol. Although propylene glycol is not really safe, at least it is not incredibly lethal. A cat that walks through a puddle of deadly ethylene glycol can ingest a lethal amount simply by grooming it’s feet. In addition, please be aware that certain de-icing compounds including salts can be very irritating to your pet’s paw pads. It’s a good idea to pay close attention to your dog’s feet during winter months. If they walk through an area that has been de-iced make sure to clean their feet when

you get home. Make sure that if you use a fireplace that it is pet proof. Pet’s can be attracted to the flicker of flames, including candles, so make sure that no open flames are left unattended. If you don’t already have a smoke detector that also detects carbon monoxide then please invest in one. Winter time is the season when carbon monoxide poisonings reach their peak. People who have gas powered devices like furnaces and stoves should definitely have these detectors. Small pets, especially pet birds, are very sensitive to this gas and can show symptoms including death long before we get sick, hence the term “the canary in the coal mine”. If you plan on having a live Christmas tree then please make sure your pets can’t get at the water at the base, especially if you add liquid fertilizers. Also avoid tinsel on trees if you have cats. When ingested tinsel can obstruct a cat’s intestines in a very nasty way. Also watch out for the ribbons and fancy string that are sometimes used to wrap presents, as these can obstruct a cat’s intestines too. Mistletoe and poinsettias are mild to moderately toxic to dogs and cats. Rarely is enough ingested to cause serious damage to a dog or cat but it is best to keep these plants out of reach. Hopefully the points listed here will help some pets avoid an emergency trip to the veterinarian this season.

Happy Veterans Day



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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Preparing to Sell Your Home? Part 1

In this market of a limited supply with a higher demand when to sell is less of an issue and more of a strategy. With overall statistics showing that more homes sell in Spring through summer it can be a benefit to put a home up for sale in the fall going into winter. Factors that play a part in this decision are what the current market conditions, what price point your home is set at, condition of the home and pricing it according to all the other factors.

When looking to sell your home it is very important to do your best to remove “your” from the sentence. Once the decision has been made to sell it becomes a business transaction that you need to remove any and all of the personal ties, emotions and investments that added value from the equation. It is very important to team with the people that will put the property in the best position to effectively make the home appeal to the most people as possible, basically increasing your exposure to the

most buyers as possible. In today’s busy hustle and bustle lifestyle most people that are buying a home a teaming up with a real estate agent to help them find the home of their dreams. Most home buyers will be searching every day (and night) looking at all the various home search sites sending emails non-stop to their agents. You want your property to be one that they are asking about, you want that agent to be asking about scheduling a showing and ultimately you want to see an offer from that buyer.

It is always advisable to have a plan from start to finish. Being that the average person is not an expert at selling homes having the discussions beforehand can keep the “unknown” from being the issue and helps to manage the expectations. Make sure that you are prepared for the possible ups and downs, remembering the selling of the home can have many hurdles and being prepared will keep everyone on the same page.



JASON NUNN,
CADWELL
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Benefits of Acrylic Sheets

Acrylic sheets are an excellent alternative to glass in certain situations. Acrylic is sometimes known by the brand names Plexiglas, Lucite, or Acrylite. Polycarbonate is a heavier, stronger version of the typical acrylic sheet and is often called by the brand name Lexan. There are several applications where acrylic or polycarbonate may be a better choice than glass.

Impact resistance is one of the main advantages of acrylic. In most cases it qualifies by code as safety glazing for hazardous locations like doors or sidelights. Areas like playhouses, greenhouses, or sheds are excellent uses for acrylic.

It also weighs less than glass making it easier to handle and transport, especially if you have a large sheet. It is very easy to load an entire 4’0” x 8’0” acrylic sheet safely into the bed of a pickup. You will definitely not be successful doing this with glass. As a side note, polycarbonate is increasingly popular for bullet resistant applications for its lighter weight and lower cost when compared to glass in these situations.

Acrylic is great for home projects because it can be fabricated much

like wood. Table saws, jigsaws, and standard wood drill bits can all be used to shape and assemble projects.

Special care needs to be taken to keep it from cracking but if you practice drilling or cutting first with some scrap, you should have good results. Acrylic glue or cement is also available for joining corners

and works like a solvent to melt the acrylic together. Get some advice from a professional if you plan to go this route. Lining the pieces up together prior to gluing them is a key.

The main drawback to acrylic is that it scratches easily. Leave the paper masking on while doing any fabrication and until you are ready to install it. Plastic cleaners are available that will help minimize scratching but rubbing a soft cloth to remove dust will leave fine scratches. For these reasons, glass still works better for most pictures frames and display cases.

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A Color Chart: For Use Before You Decorate

As an interior designer, there are many tips they give their clients to aid them in making decisions of all kinds about the planning of their homes. Rife’s professionals really enjoy walking with people through all of the various decisions that need to be made. One of the hardest decisions that people have to make about their homes is color. Obviously, choosing the right colors for both the inside and the outside of a home can be an overwhelming series of decisions because you do not want to go wrong. A color chart may make the decisions easier.

A color chart is a great thing because it aids people in seeing colors they like and in being able to distinguish between certain shades from other shades. For example, if a person is sure that they want to decorate a particular room or part of their home in blue but they are not sure what shade of blue is best, a blue color chart can come in quite handy for choosing the best shade. A color chart can also be a great tool when people are trying to find colors that complement each other for rooms or areas of their home.

Color is one of the most vital aspects of a home, both on the inside and on the outside. Color gives identity and character to homes, and it is important

that we take our color decisions seriously. So select a variety of color charts and take a few days to ponder their choices. Rife’s Home Furniture professionals love helping people find the perfect color combinations that



reflect who they are and help them to accomplish the perfect atmospheres for their home.

So, if you are about to buy, build, sell a home or re-decorate your current home, then get to a paint shop and grab some color charts to study. Take the time to make decisions about colors before you move forward with other decisions about your home. You will be glad that you decided to use a color chart as a tool. It will make all of your choices much easier. Get the help of an interior designer if you can or talk with friends with a creative eye. Get some opinions from others, but ultimately you are the one to decide about the colors you will choose.

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Cellulite continued from page 6

the elasticity of connective tissue. Cellulite is a permanent change in the body. Although there is no cure for cellulite, there is a way to effectively fight it and ultimately reduce it. We have added new machines, equipment, and techniques of body sculpting to our clinic. In stimulating the body’s elimination functions, controlling excess fluid retention, controlling excess fluid retention by opening up the lymphatic system, and increasing circulation and metabolism. By getting the blood flowing hard lumps and bumps can be broken down and allows the body to re-establish the elasticity of connective tissue. The procedure is far superior to options available in the past and results amazing, and are non invasive, unlike liposuction.

Reality Check continued from page 6

good for someone likewise in need of a companion but doesn’t have much time for high-maintenance pets. Caring for a bird or fish can provide much fulfillment for those who don’t care much for outdoor physical exercises such as walking. Research will help you determine what breed of dog, cat, bird, fish or even a reptile will work best for you. Involving the other members of the family in choosing a pet will make it a lot easier for everybody to be involved in the pet’s care. A pet is bound to be an additional member of the family. Finding a perfect one will contribute greatly to shared experiences of each member of the whole family. So again before you make the final choice, determine whether you have the time, the money, the physical space and the willingness to provide for a pet’s care and development. Look at yourself and determine whether your physical condition will be equal to the obligations of a primary caretaker. Lastly, determine whether your personality and the animal’s temperament will make a good match. There is no question that bringing a pet into the family brings a great amount of love and joy and having a pet is also a big responsibility. Remember, pets can only be good as their owners.

Classic continued from page 13

influence on the pioneers and politicians who were then deciding the future of the Oregon country. Whether you read Irving for a taste of early America, or just for his delightful writing style, he is an author you can return to frequently—and not just at Halloween for the headless horseman!

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