



Ten Good Reasons to Shop Locally this Christmas

Many of us dread this time of year. Unless you're the most organized person on earth and have done your Christmas shopping by Halloween, the sudden realization that we are only a few weeks from Christmas Day can send us into a flat spin.

Luckily, we live in an area with many independent businesses and shops. Listed below are ten good reasons why we should support our local businesses this Christmas.

1. It's less stressful to shop locally! Shopping locally is much nicer than battling the Christmas crowds at a large shopping complex. Shopping locally removes the stress of city one-way systems, the car park queues and playing human dodgems, it also removes the pressure of waiting for that it-should-have-arrived-two-days-ago gift ordered online!

2. Your spending will boost the local economy. Research on spending by local authorities shows that for every dollar spent with a small or medium-sized business 60% stayed in the local economy, compared to 40% with a larger business. Small businesses are vital for national economic recovery and growth, and are leading the way in innovation and new job creation. They serve the needs of the local economy and many provide services to larger businesses, helping your local community and beyond!

By spending money with local businesses, you are paying a friend or neighbor's salary. Small Businesses integrate into the local community and tailor their services and products accordingly; therefore, it is unlikely that a small business is going to move to a different city or country, therefore keeping jobs in your community.

3. It's the ethical choice. When you shop at local butchers, bakers, farm shops and green grocers, it is likely that a high percentage of the produce has had a short 'field-to-fork' journey. Along with supporting local farmers, it means the food is likely to contain more nutrients and have less packaging.

4. You'll be supporting local entrepreneurs. Local independent shops often sell locally-produced items which aren't available elsewhere: quirky one-off items, often by local artists and designers, food producers and growers, so you're buying products unique to the area. This helps preserve the community's distinction and creates more jobs locally, as well.

5. You'll find unique gifts. Independent shops have shopped around, selected an inventory of products and brought them to your doorstep. This often includes items you might not find at national chain stores.

If you're struggling to find that unique gift, the chances are that the shop assistant can go above and beyond to help you make the right choice, and you can almost guarantee that no one else will have bought the same!

6. You're likely to get better service. Local business owners do what they do because they are passionate about their products and typically take more time to get to know their customers. They'll often go the extra mile to help you and to ensure you're a satisfied customer.

7. You can get good advice. Shopping at a local business means you're more likely get an expert opinion about the products that you're purchasing. Local business owners are well informed about their products and know what they are selling. They must be experts in their field to compete. Ask them questions and get advice about products.

8. You can help build communities. Local businesses often host events, from charity spin-a-thons to craft workshops with local artists. Christmas fairs and craft markets often include local voluntary organizations and charities.

9. You can get a good deal. Independent retailers can use their discretion to reward regular custom, and it can mean you get discounts on the items you want to buy, rather than being tempted by multi-buy offers in the big chains. It is very likely that businesses will be doing special promotions and discounts; therefore, you could save some money AND support your local traders at the same time! Prices on the internet are not always the cheapest - especially as Christmas Day approaches. What's more, you'll not have to pay for postage.

10. You can find 'something completely different'. Away from the High Street and shops, there are lots of local businesses offering something completely different this year. From nights away on a boat, to stand up paddle boarding lessons, family photographs to dance lessons, consider giving an original gift that supports a local business.

Napoleon once called us "a nation of shopkeepers" hoping to insult us. However, it's a big part of our national identity and is something to be proud of. Small businesses have endured the Blitz, 3-day weeks and the recent economic down turn and despite these hardships they continue to innovate, grow and assume 'business as usual'. Let's avoid having a 'clone street' with the same shops as everywhere else and support our local businesses this Christmas!



Much to Celebrate

I have fond memories growing up during the Holidays. My mom would decorate the house, bake goodies, and build the anticipation for the special day's arrival. We celebrated every major holiday, but Christmas was perhaps my favorite. She went all out! The colors and smells would create an environment that would turn even the heart of the Grinch himself. As I got older the excitement for Santa to arrive would be replaced with the focus of another person's coming. This was first declared to me through the Peanuts cartoon special that came on ABC just days before December 24th. Each of the characters, including Snoopy and Charlie Brown, would participate in the annual telling of the Christmas story. At age 14, I asked Jesus to be my personal Lord and Savior. I learned more of the importance of the Nativity as I grew in my newfound faith.

The Advent weeks leading up to Christmas would stir in my heart an emphasis on hope, love, joy, and peace as I would celebrate my Savior's birth. *"The virgin will conceive and give birth to a son, and they will call him Immanuel" - which means "God with us".* Matthew 1:23 *"She will give birth to a son, and you are to give him the name Jesus, because he will save his people from their sins."* Matthew 1:21.

Although, I still love all the decorations, food, and family gatherings, and dare I say football; the focus we all need to have is on the reason for the season—Jesus' birth.

Recently I had a conversation that reminded me that not everyone appreciates the holiday season. For some, the memories are too painful and they would rather retreat to a quiet place away from all. For others, they feel that consumerism has robbed their joy all together. With the pressure to buy the perfect gifts, the financial struggles that many of us are experiencing, and the relationship challenges, celebrating seems out of the question for year 2017.

May I suggest that Jesus came for the reason to bring hope to those who feel hopeless. He came to love those who are lonely and are plagued with a painful past. He came to give peace to the anxious heart. And, finally, He came to restore joy that brings a new perspective of His provision and faithfulness.

May Jesus fill your hearts with His presence as we celebrate the Christmas season.

Love in Christ,
Kevin Ferguson



Good

Times

Fun Events for December 2017

December brings Holiday fun, family and friends gathering. Check out these fun Holiday activates to do 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
- HERITAGE MALL EVENTS**
 - Photos with Santa – Now thru Dec. 24
 - Storytime with Santa –Dec. 5, 12 & 19, 10am
 - Pet Photos with Santa – Dec. 3 & 10, 5-7pm; Dec. 17, 6-8pm
 - Horse-Drawn Carriage Rides-Sunday, Dec. 3, 12-2pm; Sunday, Dec. 17, 12-4pm; Monday-Friday, Dec. 18-22, 11am-1pm
- PASTEKA CHRISTMAS LIGHTS DISPLAY**-Nov. 24-Jan. 1, 5-10pm-Benton County Fairgrounds. Drive thru Christmas Display with a spectacle of figures, lights and music.
- ALBANY NIGHT TIME MAGIC**- Dec. 1-31, evenings-Drive through the 3 Historic Districts with homes lit up with white lights. 541-928-0911, www.albanyvisitors.com
- CHRISTMAS STORYBOOK LAND**-Dec. 1-15, Mon-Thurs 6:30-8:30pm, Fri 2-8:30pm, Sat and Sun 10-8:30pm, Linn County Fair & Expo Center 3700 Knox Butte Rd, 541-926-4314 www.christmasstorybookland.org
- KEIZER MIRACLE OF CHRISTMAS LIGHTS DISPLAY**-Dec. 1-26, 6-10pm- Don't forget your canned food or cash donation to benefit the Marion Polk Food Share. The donation tent is located on Mistwood Drive, about 1/3 of the way through the route. Directions: From I-5 North/South take exit 260 toward Keizer. Head west on Chemawa Rd which will turn into Lock Haven. You will turn right (north) onto 14th Ave to head into the Gubser neighborhood. Look for the snowcap signs that have been placed to guide you through the route.
- WINTER'S EVE CORVALLIS**-Dec. 1, 5-9:30pm- Madison Ave, Downtown Corvallis, \$, 541-754-1513
- CHRISTMAS SHOW SPONSORED BY LAFTA**-Dec. 1-2, 7pm both days and 2pm on Sat-Join us for the performance, intermission and annual sing a long! Ugliest Sweater Contest!! Intermission goodies include: hot chocolate, wassail, Tim Tam Slams and sweet treats for a sweet price. Lebanon High School Auditorium Admission: \$5 per person, \$10 per family. Contact-lafta.board@gmail.com for more details.
- SWEET HOME SINGING CHRISTMAS TREE**-Dec. 1-3, Fri-Sat 7:30pm, Sun 3pm- "The Love of Christmas" Sweet Home High School, 1641 Long St, Sweet Home, 541-367-4824
- TOWN & COUNTRY CHRISTMAS BAZAAR**-Dec. 1-3, Fri-

- 12-8pm, Sat 10am-6pm, Sun 10am-4pm-Linn County Fair &Expo Center, 3700 Knox Butte Rd, 541-926-4314, wwwlcfairexpo.com
- TASTE OF TUPPERWARE**-Dec. 5, 6:30pm-American Legion Post 10. Come see what's new in Tupperware. Learn how to make Holiday favorite and new recipes using Tupperware. Bring a friend for extra drawing tickets. RSVP so there are enough prizes for everyone. Wenona-541-760-2718 or Wenona.given@gmail.com
- HOLIDAYS IN THE PARK**-Dec. 2, 2-7pm- Santa's Workshop is the theme for The Twilight Parade and Holidays in the Park. Ralston Park in Lebanon will be lite up with lights and decorations from different businesses throughout the town. there will be vendors, music and Santa Claus. The twilight parade starts just as it gets dark.
- DOWNTOWN TWICE AROUND PARADE & COMMUNITY TREE LIGHTING**-Dec. 3, 5pm-Historic Downtown Albany, 541-928-2469, www.albanydowntown.com
- FAIRMONT GRANGE MONTHLY MARKET**-Dec. 3, 1-4pm- Fairmount Grange Hall in North Albany
- STAYTON RED HAT STRUTTERS** - Dec. 6, 1pm- Christmas luncheon (note new time) at Santiam Grill at Santiam Golf Club in the Sunroom, 8724 Golf Club Rd. SE, Aumsville. Hostesses will be Valorie Baxter, 503-900-0051 and Margie Forrest 503-859-3119. Contact them to make your reservation. There will be a Christmas Gift Exchange for those that want to participate, bring a Christmas wrapped gift for \$10 or less. Remember to wear your red or purple hats and name badges as the Sargent of Arms will collect \$1 from you if not. Those funds will be given to a community program for those that need help. If you are interested in joining the Red Hat group you are welcome to come to the luncheon, just call the hostesses to make a reservation.
- SANTIAM HOSPITAL AUXILIARY**- Dec. 6-9, 9am to 3pm- poinsettia sale. Time to purchase your Christmas poinsettias! Santiam Hospital Auxiliary members will be selling the large size poinsettias on Dec. 6, 7 & 8 in the foyer of Santiam Hospital from 9 am to 3 pm all three days or until sold out. Plants are \$15 each and come in a variety of solid and variegated colors, such are red, pink, salmon, white, burgundy and variegated. For more information or to pre-order contact: Char Bartosz 503-749-2910 or for Mill City area call Susan Schwarz 503-798-0489.
- COMMUNITY CHRISTMAS CONCERT**-Dec. 7, 7pm-Corvallis OSU LaSells Stewart Center, 875 SW 26th St, 541-757-1761
- THE NUTCRACKER**-Dec. 7-9, Fri-Sat 7:00, Sat 2pm-Russel Tripp Auditorium. Presented by Legacy Ballet and LBCC.
- SILVER CREEK FALLS 40TH ANNUAL CHRISTMAS FESTIVAL**-Dec. 9, 10am-4pm-Make a wreath, gingerbread house, cards and ornaments. Enjoy storytelling and music as you relax by

- the fireplace with a cup of hot chocolate at the South Falls Lodge. \$5 per vehicle day use fee.
- A HOLIDAY FAIR**-Dec. 10, 9am-3pm, Fairmont Grange, 835 NW North Albany Rd, 541-981-3241
- 37TH ANNUAL CHRISTMAS PARLOUR TOUR**-Dec. 10, 2-7pm- Historic Downtown Albany, 541-928-0911, www.albanyvisitors.com
- THE LYONS GARDEN CLUB**- Dec. 13, noon- annual Christmas potluck in the conference room of the Lyons Fire Department. The event is hosted by club officers. Bring your favorite hot dish, dessert, or salad to share with members. There will be a gift exchange for those that want to participate. Bring a wrapped gift for \$10 or less for the exchange. If you are interested in joining the Garden Club or just want to attend the luncheon the public is invited, just bring your dish to share and a wrapped gift to participate. Contact President John Hollensteiner 503-508-5913 or Vice President Cheryl Cappelletti 503-767-3348 for more information about the garden club.
- HORSE-DRAWN CARRIAGE RIDES**- Dec. 14, 6-9pm-Kings Plaza shopping center. Twelve Days of Christmas Sale. Multi store sale, see back page of paper for additional details.
- HOLIDAY BANQUET**-Dec. 14, 12 noon- Albany Senior Center, 489 Water St, 541-917-7760, \$ www.cityofalbany.net
- HERITAGE MALL KIDS' CLUB**– Dec. 16, 11am-12:30pm-with The Grinch & Cindy Lou Who
- WHITESPIRES "IT'S IN THE EYES" CHRISTMAS PLAY**-Dec. 17, 5pm-Whitespires Church, 510 SW 5th, 541-928-0911
- WHITESPIRES CHRISTMAS EVE SING-A-LONG**-Dec. 24, 7-8pm, Whitespires Church, 510 SW 5th Ave, Albany, 541-928-2469, www.albanydowntown.com
- NEW YEAR'S EVE HOOF & HOLLER BULL RIDING AND DANCE**-Dec. 31, 7:30pm-1am, Linn County Fair & Expo Center, 3700 Knox Butte Rd, Albany, 541-895-5335, www.hoofnholler.com
- POINTS FOR PROFIT MEETING** Dec. 19 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

Merry Christmas!

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

Orange Sour Cream Rolls

BY KAREN ROGERS

Deck the halls! And batten the hatches while you're at it, the Spirit of the Christmas Present rears its head.

Lovely Norman Rockwell images burst into our vision- apple cheeked Grandmas with endless batches of cookies, cherubic children with candy canes and iconic Santas belting late night colas.

We all would love to remember happy surfeited holidays oozing good will. Reality however is always with us in the form of cranky children, kitchen disasters, and nasty weather right at shopping time.

This recipe will help-it's easy to make, infinitely adaptable and totally satisfying. The sour cream dough can be shaped as desired and many fillings can be used.

In large mixer bowl proof 1one package yeast in ¼ C warm water until very foamy. Melt 6 tbsps butter and set aside. Add to the yeast mix two eggs, ¼ C sugar, ½ C sour cream and the cooled butter, Mix, and add one C flour and 1 tsp salt and mix again. Add 2 more cups of flour to make soft dough.

Let rise to double. Make the filling in a small bowl by mixing ¾ C sugar, ¾ C packed coconut and one to two tsps grated orange rind. The rind tends to clump, so make sure it's evenly distributed.

Turn the risen dough out and divide in two. Form each into a 12-inch round circle and brush each with one tbsps melted butter. Spread half of the topping evenly over each. Cut into eight wedges and roll up like crescent rolls. Place pin-wheel style in a greased and parchment paper lined 9-inch round pan. Let rise again.

While the dough is rising make the topping and let cool. Combine in a saucepan, ½ C sugar, ½ C sour cream, ¼ C butter and ¼ C orange juice. Bring to a boil and cook three minutes. Set aside to cool.

When the rolls are doubled, bake at 350 degrees for about 30 minutes or 200 degrees on an instant read thermometer. Cool on wire racks and when cool to touch, pour the topping over.

You can cut the rolls into 12 wedges to extend the batch and place two

Rolls continued on page 5

December Word Search by Rolie the Puzzlemaster

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ANGELS	ELVES	PRESENTS
BELLS	HANUKKAH	REINDEER
CANDY CANE	JESUS	SANTA CLAUS
CHRISTMAS	LIGHTS	SLEIGH
CHRISTMAS TREE	NATIVITY SET	SNOW
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Twinkle Twinkle Little Star!

The Holiday- time travel and gathering is in full swing. The season of sharing (germs) has begun! How will you protect yourself this winter?

Get a flu shot. People who get flu shots have some protection; even in years when the vaccine is not a perfect fit for the circulating flu virus.

Some protection is always better than none! Individuals over 65yrs of age or with chronic health conditions (i.e. diabetes, lung disease, heart disease, etc.); may also benefit from vaccines for pneumonia.

Germs can be passed through the air (someone coughing near you), or by contact with a contaminated food, surface, or person. If one sneezes/ coughs into their hand, everything they touch becomes a point of germ contact for another person. Learn to sneeze/ cough into the crook of your elbow. Did you know the flu virus can survive up to 24 hours on a hard surface? The Noro virus, which causes vomiting and diarrhea, is viable for up to 7 days on surfaces! Maintain some distance from people who are obviously sick. Keep hands away from your nose, mouth and eyes, to avoid introducing germs from

contaminated surfaces. Wash hands often, and always before eating or preparing food. A study conducted by Michigan State Univ. revealed that only 5% of the US population washes their hands properly (if at all!). Remember that statistic when you are in a public restroom. It is pointless to wash your hands, then touch any surface/door handle on your way out! Why do 95% of Americans fail the hygiene test? They do not wash long enough. It is important to lather up and scrub all surfaces (even under nails) for a least 20 seconds before rinsing, to effectively remove germs. Twenty seconds is about the amount of time it takes to sing “Twinkle, twinkle little star” or the “ABC” song. Note: one need not sing out loud. Staying healthy during the winter months can be a challenge. However, implementing the simple tips shared in this article will give you an advantage. The Rice’s Pharmacy staff wishes a Happy Holiday Season to all and we look forward to serving you in the New Year.



PAMELA BECKER, RPH
RICE’S PHARMACY & GIFTS
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Are You Poisoning Your Kids?

How many of you have felt uneasy over the amount of “diet” soft drinks your children are consuming each day? If your intuition has given you internal warnings, you are correct. As a chiropractor with a Fellowship in Pediatrics and involved with teaching internationally, I am very concerned with the increasing use of artificial sweeteners, especially by children. The most widely used of these is **ASPARTAME**, marketed as “NutraSweet”, “Equal”, and “Spoonful”. At a recent World Environmental Conference, the EPA (Environmental Protection Agency) announced that there was an increasing epidemic of Multiple Sclerosis and Systemic Lupus, among others, caused by a then unknown toxin. It was soon discovered that the toxin in question was Aspartame. When the temperature of Aspartame exceeds 86 degrees F., the wood alcohol (methanol) in Aspartame converts to formaldehyde and then to formic acid which then causes metabolic acidosis. If you think this is not a problem, think again. Body temperature hovers around 98.6 degrees, perfect conditions



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for aspartame to be converted to formaldehyde. This then affects the retina of the eye; not a pleasant side effect. Formaldehyde is grouped in the same drug class as cyanide and arsenic - deadly poisons. It is also used to embalm corpses and as a preservative in vaccines. It has no business being in your child.

Aspartame changes the brain’s chemistry and has been responsible for many neurological problems such as seizures, manic depression, rage, violence, etc. This methanol toxicity *mimics* Multiple Sclerosis; thus people were being diagnosed with MS in error. In the case of Systemic Lupus, it is becoming rampant especially among Diet Coke and Diet Pepsi drinkers. It is triggered by Aspartame. With continued use, it can be life threatening. When kids get off Aspartame, those with Systemic Lupus usually become asymptomatic but the disease cannot be reversed. Those diagnosed with MS (when in reality the disease is methanol toxicity), have noticed most of their symptoms

Poisoning continued on page 5

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- Propane Incentives:** Since propane

- is so environmentally friendly, there are rebates and other incentives from both state and federal programs!
- Propane Uses:** Although propane is used mostly for heating, this fuel is used for many other purposes as well. About 60 million people in the United States use propane for one reason or another. Find out all the other useful propane uses for your home or business:
 - Facts about Propane:** Propane is a nontoxic, colorless, and odorless gas (a chemical odorant is added to indicate the presence of a leak).
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 - Along with being environmentally friendly, propane is very efficient and cost-effective compared with other energy sources.
 - For homes, businesses, fleets, and farms, propane is a safe and cost-effective choice (propane will not cause damage to ecosystems and will only cause bodily harm if liquid propane contacts skin or if propane vapor is ignited after a spill. The U.S. government classifies propane as an approved clean fuel.

Contact us at (800) 510-5886 or e-mail us at info@CoEnergy.net.

Rolls continued from page 3

wedges in the center of the pin-wheel. This can be made a day ahead and the rolls can rise overnight in the refrigerator, just take them out about 45 minutes before baking. This rich dough can be made into cinnamon rolls, sticky buns or whatever shape or filling you prefer. They keep very well, depending on how voracious the appetites are. These are always well received at breakfast or gatherings; just try to look modest when the cheering starts! We wish you the happiest of Holidays and look forward to the New Year!

Poisoning continued from page 4

disappear. If your children are suffering from fibromyalgia symptoms, spasms, shooting pains, numbness in the legs, cramping, dizziness, headaches, joint pains, depression, anxiety attacks, slurred speech, blurred vision, or memory loss, they may be suffering from Aspartame Disease. This product is being promoted to children as a weight-loss sweetener. Nothing could be further from the truth. Aspartame makes one actually crave carbohydrates. Dr. Roberts, a diabetic specialist and a world expert on aspartame poisoning, stated at a Congressional hearing recently, that the average weight loss was 19 lbs. in people who got off this chemical. Dr. Blaylock, a neurosurgeon, said that it stimulates the brain causing brain damage of varying degrees. Why has this chemical not been taken off the market? Well...the manufacturer, funds the American Diabetes Association, the American Dietetic Assoc., Congress, and the Conference of the American College of Physicians. Need I say more? For safe and sweet alternatives to aspartame you can try Fructose, Stevia (Liquid form with no additives), Barley Malt, Honey, Dark Molasses, and Coconut sugar, all available at your local health food store. Let's take care of our kids!


Turn the Clock Back On Your Smile

Did you know that your smile can be one of the first indicators of your age? Age expectancy continues to increase, along with dental technologies; your smile can remain beautiful for years to come. If you want to appear younger, more healthy and vibrant: start with your smile! As you age your lower front teeth tend to shift forward with each birthday. This can be minimized with the right dental solution. Missing teeth create the appearance of hollowness in the cheeks. You need strong gums to support your teeth. Periodontal disease, characterized by receding gums, wobbly teeth and deteriorating jaw bone, is the primary cause of tooth loss among older adults. Fortunately, gum disease is treatable at any age with a combination of advanced deep cleaning and antibiotics. In progressive cases, surgery may be required. The American Dental Association (ADA) found that bacteria in the mouth can create gum disease conditions in only 24 hours; regular, professional cleanings are essential.



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Clean, white teeth are the least expensive way to improve your looks with a “mini-facelift”. Along with daily brushing and flossing, you might consider a whitening treatment. Dental bleaches containing peroxide (available over the counter or through your dentist) will lighten your teeth a few shades, although the results are less dramatic in older teeth. Whitening toothpastes and rinses will temporarily lift superficial stains, but don't expect the effect to last. Before deciding on a bleaching method, it's a good idea to talk to your dentist. When visiting your dentist, remember to tell the staff if you're taking any new medications. Let the team know if you have changed dosage or frequency in medications used on a long-term basis. Your medical history is important because some drugs can cause dry mouth, resulting in tooth decay or disease. Smile – you look great for your age!



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Everyone Should Learn to Sew

Sewing has so many layers. Sewing by hand, home decor sewing, sewing for children/grandchildren, fashion/garment sewing, quilting, crafts, upcycling, and a lot of other sewing areas. All that to say, sewing is a useful skill that is worth learning.

The rewards of learning to sew outweigh the unfounded fears that cause people to shy away. If you commit to learning the skill of sewing, you will find people who are more than willing to share their knowledge. Here are a few reasons why everyone should learn to sew.

1. HOME DECOR

Around the home, sewing can be a real door opener. With an inexpensive sewing machine, you can take a builder’s grade home and turn it into something magazine worthy. And it doesn’t take a lot of skill or time either. If you can cut fabric and sew a straight line, then you can make throw pillows and curtains for every room in your house. With a little practice you can make a fabric covered headboard, recover dining room chairs, or make some custom kitchen towels. The sky’s the limit here, too.

2. KIDS

Sewing for kids. First, there is the obvious: sewing kid’s clothes. There

really isn’t much to making a simple gathered skirt for a little girl or a cute t-shirt for a boy. Both don’t require a lot of skill and your little one will really love them. Sew something simple like a pillow case and you can rock their little world.

3. ITS GREEN AND MONEY SAVING

If you’re concerned about the environment, then sewing should definitely be your thing. Sewing allows you to repurpose almost anything made from fabric. It’s no secret sewing can save you money. Knowing how to sew allows you to make simple repairs to garments. Hem your own jeans, sew on a button, or repair an open seam.

4. SENSE OF ACCOMPLISHMENT

The best reason for learning to sew is the sense of accomplishment that comes from creating something handmade. A piece of fabric, an hour or two of your time, and you can transform almost any room in your house.

Sewing gives you power over a limited decoration budget. It opens creativity when you sew a simple garment. Over time, sewing can save you money by providing a means for making gifts. And, it insures unlimited possibilities for repurposing almost anything made from fabric.

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We'd Like to Meet You!

Corvallis Outlet Store is locally owned and operated by two long time Corvallis families (with six charming children between them). In April 2014 we decided to combine our enthusiasm for keeping Corvallis residents shopping in Corvallis with a fun new concept in discount shopping by opening the Corvallis Outlet Store. This is how it works – we buy overstock, discontinued, returns, “pulls” and refurbished goods from major retailers around the country and sell them to you at deeply discounted prices.

This means fantastic prices on items you buy anyway or items you have always wanted but never wanted to pay full retail. We get our merchandise by the truck load which means huge discounts that we pass along to you! The best part? We don’t get to choose what comes on the truck, so every truck load is like Christmas! We might get toys, luggage, winter boots and camping equipment in one load and then

there might be beautiful watches, children and adult clothing, and more Kraft macaroni and cheese than you ever imagined on the next truck. Additionally, we get some of our overstock direct from the manufacturer and again...pass along our savings to you!

Good news is we JUST had a truck come in for your holiday shopping needs! Some great items. When you come into the store, it is almost like a treasure hunt! Our prices average 30-60% off retail. For your convenience, our price tags include the cost comparison information.

Visit our store in King’s Plaza in Corvallis or our website at <http://corvallisoutletstore.com> and join our “NEW LOAD ARRIVAL EMAIL LIST.” You can also “like us” on Facebook so you can be one of the first to know when a truck arrives and the first to stock up on new surprises.

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Welcome elements HVAC

Ever since I was a kid I loved taking things apart and would try to figure out how they worked then put them back together. I would try to build random “inventions” and tinker on lawn mowers. This passion for mechanics continued through high school and when combined with my interest in science became the fuel for my journey to becoming an HVAC technician. I truly get to enjoy my work.

I started out by going through a trade program to get a good understanding of all aspects of the industry. After working in the field with a couple of companies I took the leap to start working for myself. The goal at Elements HVAC is to provide quick, honest and affordable service to our community. Everyone deserves to be comfortable in their own home and we want to help make that a reality. As a small company we get to build stronger relationships with our customers and ultimately help them achieve true comfort in their home.

Many people don’t really understand what is involved in this industry. HVAC stands for Heating, Ventilation, Air Conditioning. Along with the basic heating and air conditioning, we work with gas piping, range and bath fans, and even indoor air quality products. We love to work with people on making their homes comfortable which can usually include the air quality of the home – not just the temperature. Indoor air quality

is something that many people don’t consider but it can be very important for those that suffer with allergies, asthma or other respiratory problems. There are options of adding high quality filters, dehumidification or humidification, or even UV purification lamps, to your central heating system. Oh, and don’t forget duct cleanings.

People tend to forget that their heating system needs to be checked on by a professional to make sure it’s safe. Annual tune ups are a great way to get a grasp on how your equipment is functioning which in turn prolongs the life of the equipment. To get the most out of a tune up you need more than a simple dusting and filter change. While filters are extremely important to check and replace they are only a small part of keeping your furnace functioning properly. We check every component to give you a full report of how everything is functioning. We can catch problematic parts before they fail which saves you a great deal of stress and money in the long run. Imagine never having an oil change or tire rotation on your car. Eventually you will cause major damage and make the car unsafe. A neglected furnace can produce and release carbon monoxide, leak natural gas or propane, or cause electrical fires. While they are usually out of sight, don’t let them be out of your mind.

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- Wake the World



LAFTA Helps Lebanon Public School's Performing Arts

LAFTA (Lebanon Association for Theatre Arts) was founded in 2009. Our sole purpose was to get a better sound system for the Lebanon High School auditorium. We had so much fun that we decided to do another and another!

Each year we focus on a new project in the auditorium. To date, here some of the items updated/purchased: a drum set, percussion instruments, painted the auditorium, new light system/board/program, new microphones, new speakers, built two storage areas in the back of the auditorium for set pieces and costumes, aisle/seat lights replaced, gutted the wood room/bought new tools and many smaller projects.

We also support the performing arts K-12 in the Lebanon Public Schools. Each year we give money to every band, choir and theatre teacher for use in their classrooms.

We are thrilled to be involved in supporting the new theatre program at Seven Oak Middle School.

We love the fact that 60+ kids are involved! The summer kids' camp and Seven Oak are a great foundation for LHS theatre!

Each year we host a summer kids' theatre camp for two weeks. The culminating activity is a musical they have worked on. Our biggest venture each year is the summer Broadway musical. We have a vocal director, choreographers, a live orchestra, costumers, make up, light design, set design, set builders, and the list goes on!

Other shows during the year are a comedy play in the spring or fall. Christmas festivities include a musical followed by an intermission that is sweet!! It features wassail, sweet treats and Tim Tam Slams! We close with a community sing a long and leave with a great Holiday spirit.

Depending on the program, we have ages 3 to 70+. Come join us on stage, back stage, or in the audience!!

For more info: lafta.board@gmail.com



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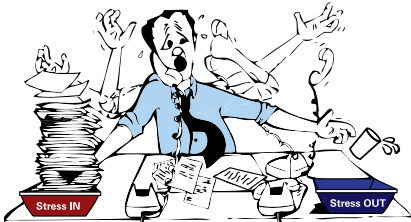
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“Persevering in Writing”

I have always been amazed at the number of books Max Lucado and other authors have written. I struggle with getting my articles into the High Points Paper each month. I really believe that writing is a mixture of talent, creativity, skills, and having a gift to convey a story or message that makes a difference. Owing Willamette Valley Christian Supply has been a true honor. I have learned much about business, working with vendors and companies, as well as publishers and authors.

On December 14th, from 6-9pm, the store will host a panel of authors discussing the topic of persevering in writing. This is a great opportunity to hear authors share about their challenges in a world that is losing its appreciation for good writing.

Writing itself requires perseverance. The process a person goes through to get a book published is long and tedious. Many become discouraged and quit while others might press on but not get a publisher to read their manuscript. Now imagine that a writer has finally published a book—the reality of the book landing on the shelf in your local bookstore is becoming more difficult in our current industry. Authors need to have creativity, stamina, and patience in order to complete their work. Consider what its like to secure a publisher that helps launch your first book and now wants another. This is why I’m truly amazed at the amount of books that some authors can produce. How do they do it? Do they have a team? How

do pastors that shepherd a congregation have the time to write a theological masterpiece? What about maintaining creativity in a series of fiction books without becoming the same over and over again? What if your novel has been rejected, what do you do? Do you throw in the towel? Do you try with another publisher?

We are so blessed to have a number of authors that will be speaking into this broad topic. Fan favorite, Karen Barnett, author of *The Road to Paradise*, Rebecca DeMarino, Brian Robbins, new authors Christina Nelson and Patricia Lee, and many more will be present at our event. They will be giving ideas, encouragement, and learned lessons that we hope will birth new writers in our Willamette Valley.

I’m excited to announce that during our event, many of our authors will be receiving awards for their hard work and perseverance. We will be presenting a number of awards during the evening: Book of the Year, Best Seller, Debut Book of the Year, Publisher of the Year, and the Classic Legacy Book Award. Come and see who will be our recipients for 2017.

This event will be on the same night as the plaza’s Points for Profit Christmas Block Party. This is a great time to find your gifts for those special loved ones. Perhaps a signed copy of one of our author’s books will be that gift. Please mark the date on your calendar and join us for an evening that I guarantee will be fun, educational, and worthwhile.

Writing for God – Part III

Authors want to glorify God with their written work while getting the book into as many hands as possible. This is the third installment on writing and publishing your book and then getting it distributed. Over the past two columns we have discussed self-publishing and the issues surrounding trying to find a publisher. In this final installment lets look at getting your book distributed to the public.

The third and last step in your journey is more about attitude than distribution. I can’t stress enough to an author to be patient, willing to be teachable, and get connected with other authors. O.C.W. (Oregon Christian Writers) is a great connection. I would highly recommend attending one of their local conferences for further research in your writing journey. I can share that many authors have been truly blessed with a network that has encouraged individuals to follow their dreams.

I have heard countless stories of authors that have been waiting five-plus years before their book was picked up by a respected

publisher. Karen Barnett from Albany, Oregon is one of those authors. Her perseverance and thankful attitude

has given her the edge in selling and distributing her books. I have sold over 140 copies of her book “Mistaken” in our store. Her books are published through Abbingtion Press. I just recently ordered two more copies of her new

book, “Out of the Ruins”, from Spring Arbor in Roseburg. The UPS truck is pulling up now with those copies as I write this. I ordered yesterday.

As a bookstore, we love the easy accessibility not to mention that the industry standard discount is applied. Perhaps one day I will receive that familiar box from the UPS truck that

has your heart and passion on paper. God bless you as you take a step in the direction of becoming an author that makes a difference for Christ.

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Retaining Your Best Employees – Why Should You Care?

Receiving panicked calls from employers when one or more of their key staff members have given their notice is not uncommon. The amount of work for a single position, until the vacancy is filled, can be staggering for a small workforce.

But often employers aren't thinking beyond the work that has to be done by someone else...or the training of a new staff member.

Studies estimating the cost of replacing employees estimate replacing a \$10/hour retail employee would cost \$3,328. For midrange positions the cost to replace a \$40k manager would be \$8,000.

Josh Bersin of Bersin by Deloitte outlined factors a business should consider when calculating the "real" cost of losing an employee.

- The cost of advertising, interviewing, screening, and hiring.
- Cost of onboarding new employee, including training and management time.
- Lost productivity—it may take a new employee one to two years to reach the productivity of an existing person.
- Lost engagement—other employees

who see high turnover tend to disengage and lose productivity.

- Customer service and errors—for example new employees take longer and are often less adept at solving problems.
- Training cost—for example, over two to three years, a business likely invests 10 to 20 percent of an employee's salary or

more in training

- Cultural impact—whenever someone leaves, others take time to ask why.

The new reality is that studies indicate that retention rates are very low and even "long term" employees do not stay at their jobs beyond the 5 year mark. Why? Most employees are not happy at their jobs. Many site mistreatment from employers and/or management, lack of appreciation for their contribution and the overlying attitude that all employees are replaceable.

The cost of replacing an employee should be seriously considered. It is simply good business to retain your best employees. Implement retention policies and your business will reap the rewards in many ways.



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

Top 5 Tips for Professional Success

Even if you're not in the customer service business, there are 5 easy ways to please your customers, your fellow co-workers and your boss: act like serving them is your first priority. Below we have compiled tips and pointers for pleasing your most valuable customers. Why did we do this? Because serving others really is serving yourself. If you can serve in the best interest of your job without putting your own personal issues before the task at hand, you can only succeed.



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

1. BE ACCESSIBLE

It doesn't matter whether you are dealing with your smallest or biggest client. If you always make the time to give them your full attention, no matter what – they will always bring you their business. With excellent customer service comes loyalty and referrals. When companies build relationships with their clients and suppliers, it's a huge competitive edge. This rule also applies to your co-workers. Be a helping hand, everyone needs someone or something and when it is your turn you will want to be treated with the same attention and care.

2. TAKE CARE TO REALLY LISTEN

People aren't impressed by what you know or what you can offer until they see that you care. And you can't possibly care

in any meaningful way unless you have some insight into what people are feeling and why. While you're paying attention to your customers and co-workers, make sure you take note of their mood as well. Sometimes serving others means taking into account what might be happening outside the work world.

3. BE EXPERTS IN YOUR FIELD

Aside from being flexible to changing needs, the most important thing a small business can do to differentiate itself is having deep expertise and knowledge about a particular customer segment or industry. If you can quickly help a customer because you simply know the answer to their problem, then they know you are the company they can look to for direction.

4. EVERYONE IS IN CUSTOMER SERVICE

Your customer-service team is your WHOLE team. Everyone who works in your company is on the frontline because they reflect the kind of business you want your customers to see. Your workers need to make sure customers are not just satisfied – but are genuinely happy to work with you. The most critical person to hire to serve with everyone's best interests at heart is your manager, since employee turnover is

Five Tips continued on page 13



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Sunday, Dec. 3; 5pm, Historic Downtown Albany

37th Annual Christmas Parlour Tour
Sunday, Dec. 10; 2-7pm, Historic Downtown Albany

New Year's Eve Hoof & Holler Bullriding and Dance
Saturday, Dec. 31; 7:30pm-1am, Linn County Fair & Expo Center, 3700 Knox Butte Rd, Albany

For more information on these and other events call 541-928-0911 or visit www.albanyvisitors.com/albany-events/events



Crazy Hobbies I Never Do

Some of the best-selling sections for us every year at Christmas are our Hobbies, Crafts, or specific History. Whether it’s raising chickens, knitting cute socks for babies, or the history of leeches in medicine, these kinds of books tend to be great for a person who is known to enjoy that specific interest or pastime.

At my house, however (and I suspect a good many people have a similar collection), is a shelf of cool books that I absolutely know I will never use, including:

- How to Carve Totem Poles
- Make Your Own Electric Guitar
- Making Rocking Horses
- Teacher’s Guide to Pendulums
- Thatch (yes, for thatched roofs)
- Techniques of Safe & Vault Manipulation
- How to Build Unicycles
- ...and so on

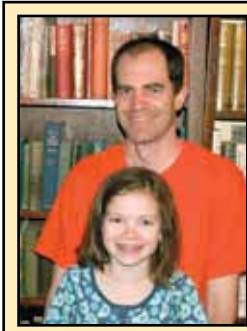
Let’s get one thing straight--I know I’m never going to thatch the roof of my house, and I’ll probably never even thatch the roof of my little garden shed.

However, I keep the book as a sort of concrete daydream--thatching is definitely beyond my daily skill set,

but it seems like something I could do. Reading about it (or carving rocking horses, picking locks, etc.) not only pushes the boundaries of what I know how to do, but also lets me fantasize a little about grand schemes that will never come to pass, but that are still fun

to imagine. The same is true of books about history, science, religion, or other areas of interest. I already have quite a few books in some of my main subjects. However, I also have random books that are intriguing enough to keep—my science shelf has a book on perpetual motion, my religion area has three biographies of an early Christian named Ulfila (now almost forgotten), my dictionaries include a lexicon of all the dirty words & references in Shakespeare, and so on. Yes, those three books might be on the periphery of what I’m more interested in, but I keep them because they expand my reading base a little.

The point being: when shopping for someone else (or for yourself), it’s okay to think outside the box. A little browsing time & some serendipity might be all you need for that perfect gift.



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

Urinary Tract Obstruction in the Male Cat

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

Both male and female cats can have periodic episodes of lower urinary tract disease. Signs of lower urinary tract disease are similar in both male and female cats and include; excessive grooming of the genitals, increased frequency of urination and in smaller volumes, straining to urinate, peeing outside the box, and sometimes blood tinged urine. The symptoms are the same regardless of the underlying cause.

Causes can include urinary crystals and or bladder stones, urinary tract infection and anatomical abnormalities. The most common cause of lower urinary tract disease symptoms in cats is the result of a condition known as idiopathic cystitis. Urinary tract infections rarely occur in cats between the ages of one and twelve years of age. Urinary crystals and bladder stones are slightly more common and can often be addressed through dietary modification. Anatomical abnormalities are extremely rare. Nearly two thirds of cats with episodes of urinary disease are due to idiopathic cystitis. This is a condition we don’t yet completely understand and will be the subject of a future article. The point is that males have much narrower urethras than

females and they can get plugged up if during episodes of lower urinary tract disease. Plugs are formed from combinations of blood, crystals and mucous. The most common location for a plug to get lodged is at the very end of the urethra which is at the tip of their penis. Once the plug is lodged the male cat has officially become blocked and his urine has nowhere to go. The bladder simply gets bigger and bigger. This is an extremely painful situation. If a male cat shows the above symptoms and becomes extremely painful, squats for long periods while producing little to no urine, and howls whenever his abdomen is touched then he needs to be seen by a vet immediately. The sooner they are unblocked the quicker they recover. If the condition persists they become increasingly lethargic while remaining extremely uncomfortable. The cardiovascular system begins to shut down and their body temperature drops as potassium that normally is excreted in the urine backs up into the blood. High levels of blood potassium can ultimately cause the heart to stop beating entirely. So, the sooner they are un-blocked the less time they must spend at the veterinary clinic recovering. Early intervention is key.

Five Tips continued from page 12

directly driven by manager turnover. You want someone who’ll stick around and truly believe in your company’s mission, because otherwise, it will be almost impossible to keep up with the hiring challenge.

5. SERVE BETTER THAN THE COMPETITION
A huge downfall is not knowing our competition You need to know what your competition does well and what they don’t

do well. You need to be able to differentiate yourself by compensating for what similar companies are not doing and what you do well. Become an expert in all areas of service including those that are gaps in the

industry you serve. After you know the competition, you simply have to do better for your customer than the competition would.



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Hosting for the Holidays?

The holidays are a time to gather with family and friends, where big meals are followed by lazy evenings spent talking around the fireplace or huddled in front of the TV. For those hosting, the holidays can also mean stress as you prepare your home for guests. We’ve laid out our essential furniture pieces for holiday hosts and hostesses below so that you can welcome loved ones into your home in style. From

tables that seat the whole family to sofa beds that transform your living room into a cozy guest sleeping area, we’ve got your holiday furniture needs covered.

Here are a few of our favorites, please call or come in and our dedicated staff will help you find the perfect piece to fit your budget and holiday plans. All of us at Rife’s Home Furniture wish you and yours a very Merry Christmas!



Home – For the Holidays

Each month in my column, I talk about fantastic ways to upgrade your home with glass. Together we’ve discussed glass shelving, replacement windows, mirrors, screens, and host of other topics. With the Christmas season upon us, I am hoping you will indulge a slight digression on my usual routine.

Some of my favorite memories from childhood revolve around being at my grandparents’ home during Christmas. I spent time with my cousins from out of town and we enjoyed playing together and opening presents. One of my grandmothers somehow even arranged to have Santa Claus call her home on Christmas Eve to talk with us kids. It was years before we finally realized Santa was secretly a relative of hers from Portland.

My grandparents’ homes were always places of warmth and joy, especially at this time of the year. And as a parent of older children, I often reflect on what they will tell their friends about their memories of Christmas at home and the time spent with family in snowy Central

Oregon or at the Oregon coast.

It strikes me how different the first Christmas “home” was compared to mine. There were no sleigh bells, no Christmas trees, no holly. The Bible tells us the “home” that day was hay-filled stable. A young man and woman welcomed the

Savior surrounded by farm animals. Undoubtedly it was a dirty, smelly, humble beginning - especially when compared to the power of Easter!

So, this season, I hope your home is filled with love and warmth that comes from spending time with family. I hope you’ll celebrate Jesus’ birth along with me and be thankful for the amazing gift of love He gave us. And I hope you’ll be reminded that we have incredible home in heaven that awaits us.

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