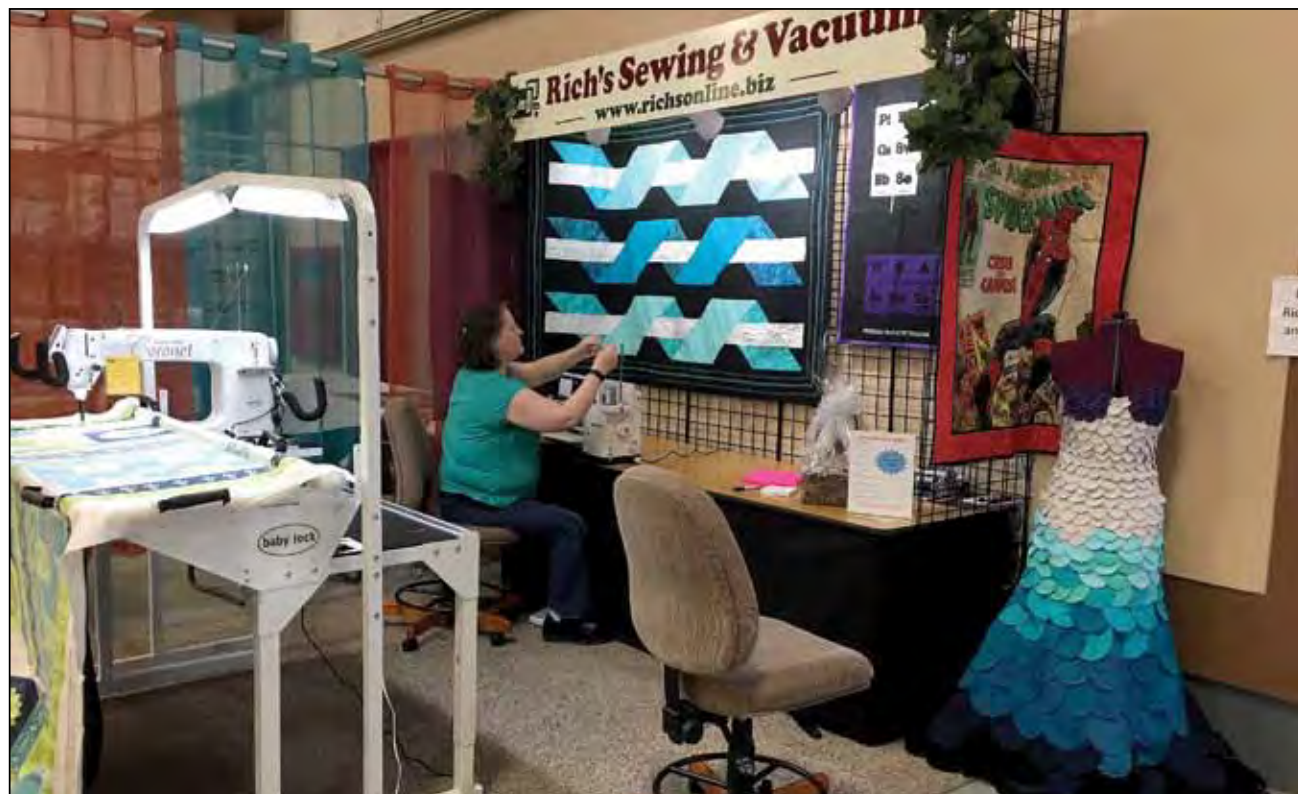


HIGH POINTS



GOOD NEWS FOR THE WILLAMETTE VALLEY

JANUARY 2018 • FREE



First Annual Willamette Valley Quilt Festival

Rich's Sewing and Vacuum and Bolts to Blocks bring you the first ever Willamette Valley Quilt Festival. The Festival will be held February 2nd-3rd, 2018 at the Linn County Fair and Expo Center 3700 Knox Butte Rd E Albany, Oregon.

The event will be two full days about everything sewing. Throughout the weekend there will be many opportunities to learn, create and of course sew. There will be two classrooms each day, one with long arms and the other with domestic machines hosting hands-on classes. In these classes you can learn about new tools and techniques or meet the featured quilter Corrine Woodward.

On the main stage there will be hourly demonstrations and lectures by national and local experts. There will also be World War I Quilt Turning that will be demonstrating period accurate quilts.

The show welcomes more than 45 national and local vendors, so there will be lots to see. Be sure to come early and stay all day or weekend.

A few national vendors attending will be big names Babylock, Bernina, Pfaff, Elna, Sew Steady, Westalee Rulers, Accuquilt and Kimberbell Designs. Some local booths to check out will be Rich's Sewing and

Vacuum, Bolts to Blocks, Cotton Patch, Ladies of Liberty Mercantile and Pacific Rim. There will be multiple factory educators from major sewing brands including nationally famous sewing educator Cathy Brown.

Local caterer, Affair Catering will be serving a taste worthy menu both days for a quick bite to eat. There will also be many opportunities to win from the hourly door prizes provided by vendors. Admission is \$7 at the door, cash, debit, credit and check will be accepted. With a donation of three canned food items for FISH the price drops to just \$5. An estimated 300-350 quilts will be on display by local artists.

The show will be judged by local professional quilter Carol Arndt, owner of Ladies of Liberty Mercantile, Diane Bishop and owner of the Quilt Loft, Karen Roberts. There will be prizes for all categories of quilts. Grand prize being a brand-new sewing machine valued at \$3000. For more information on the Quilt contest or to download entry forms, visit www.willamettevalleyquiltfestival.com.

Points for Profit family, don't forget you get five million points per person for attending this show since one of our own business partners is presenting! Have fun!



Dancin' the Night Away

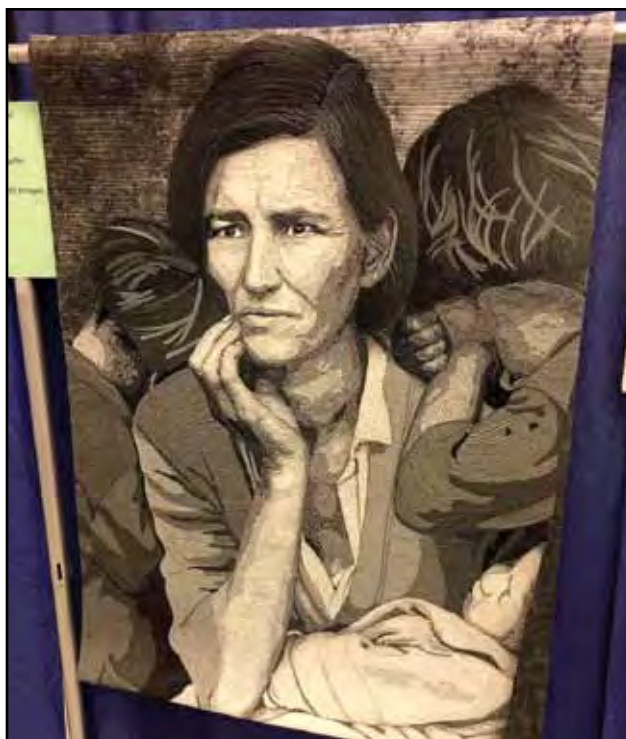
Are you looking for something fun and exciting to do the last weekend of January? Have you always want to see Square Dancers but didn't know where to go to see them? Look No More. The Oregon Federation of Square and Round Dancers are having their Oregon State Mid Winter Festival at the Linn County Expo Center January 26-28. There will be a demonstration dance at the Heritage Mall food court stage at 11am. Opening ceremonies are Friday night at 7pm. Dancing on Sat and Sunday throughout both days. Everyone is invited to come and watch, no charge for spectators. Come enjoy the fun and see what you have been missing.

Now in its 58th year the Oregon State Mid-Winter Festival began in Eugene in 1960. Eugene was the home for the first 44 years from 1960-2004. The Linn County Fair and Expo Center has been their home since 2005. They have found there is plenty of room for everyone.

How many dancers could you possibly see? Oh just 1000 to 1400 dancers from all over the state of Oregon, plus California, Idaho, and many other states. In addition to International groups from Canada. There will be Square, Round and Clogging Dancers throughout the weekend, creating a full program for all ages from Friday evening until Sunday afternoon.

Oregon Federation of Square and Round Dancers Mid-Winter Festival would like to thank Bi-mart, Points for Profit, Matteson Photography, American Legion Post 10 and the City of Albany, for their generous support.

For more information on Square Dancing please visit our Federation website www.squaredance.gen.or.us, or by email to Seddings8@gmail.com, or telephone 541-405-4363.





Good Times Fun Events for January 2018

- January brings a new year and new possibilities. There are still things to see and do even when the weather is not so pleasant outside.
- 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
 - STAYTON RED HAT STRUTTERS**-Jan 3, noon- ring in the New Year at the Covered Bridge Café, 510 N. 3rd Ave., Stayton. Lunch will be ordered off the regular menu. They will help Ruth Case celebrate her birthday. Margie Forrest and Jeannie Brundidge will hostess the lunch. Call 503-859-3119 or 503-999-2262 to make your reservations. The public is invited but call to make a reservation, or if you want more information call the hostesses.
 - GALLERY CALAPOOIA ARTISTS RECEPTION**-Jan 5, 6-8pm- Gallery Calapooia, 222 1st Ave W, 541-971-5701, www.gallerycalapooia.com
 - MILD TO WILD MOTORSPORTS SWAP MEET**-Jan 5- Linn County Expo Center, 3700 Knox Butte Rd, 503-394-3070 www.lcfairexpo.com
 - FAIRMONT GRANGE MONTHLY MARKET**- Jan 7,1-4pm-Fairmount Grange Hall in North Albany
 - GET ORGANIZED WITH TUPPERWARE**-Jan 9th, 6:30pm-American Legion Post 10. Come see what's new in Tupperware. Learn about legos for ladies and enjoy some 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
 - ALBANY WOMEN'S CONNECTION**-Jan 10, 10am-The location for the month of January only is Hope Church Youth Center, 2817 Santiam Hwy SE, Albany, Oregon, 97322. Kenneth Wainwright from Samurai Growers Supply will present winter and indoor gardening tips. The inspirational speaker is DeAnn Chambers who will talk about the fact that when we think we know the perfect beginning and ending of our lives, we often discover that the middle doesn't match. Her answer may surprise you! Jacopetti's Catering provides the delicious brunch and cost is \$12.00. inclusive . RSVP is required by Friday, January 5th by calling Suzanne at 541-327-3798 or texting Mary Ann at 541-905-3829. We will meet back at the Phoenix Inn and Suites in February.

- THE LYONS GARDEN CLUB**-Jan 10, 1pm- meeting at the Lyons Fire Department Conference room. Hostess will be Jean Evett. Program for the meeting will be on Succulents and Air Plants presented by Danielle Exner and Mary Haley. Diane Hyde will also talk and show how to start geraniums and is also knowledgeable on sedums and succulents. The meeting is open to the public. The club dues are \$12 and are to be paid at the January meeting, paid members will receive their new yearly activity booklet. New officers were elected for the 2018 year. President is John Hollensteiner; Vice President, Cheryl Cappelletti; Secretary/Treasurer, Judy Keillor; Recording Secretary, Margie Forrest; Historian, Jean Evett. If you would like to join the club or want more information, please contact President John Hollensteiner at 503-508-5913.
- ALBANY CIVIC THEATER "THE THREE MUSKETEERS"**-Jan 12-13, 7:30pm- Albany Civic Theater, 111 First Ave SW, \$, 541-967-8140, www.albanycivic.org
- MIDVALLEY PTSA**-Jan 16,6pm-Dinner/meeting begins at 6 p.m. at Elmer's Restaurant, 2802 Santiam Highway SE, Albany. If you are interested in helping make every child's potential a reality, come and join the conversation! Questions? Contact midvalleypotsa@gmail.com
- SANTIAM HOSPITAL AUXILIARY**-Jan 18,1 pm-meeting in the Conference Room on the main floor of the hospital. Lunch will be served at 12:30 pm prior to the meeting. There will be a report on the Poinsettia Sale held in December and plans for the upcoming year fundraisers. The public is invited to all the Auxiliary meetings. If you are interested in joining the Auxiliary or want more information contact President Pat Spaeth at 503-769-3381.
- ALBANY CIVIC THEATER "THE THREE MUSKETEERS"**- Jan 19-21, Fr , Sa 7:30pm, Su 2:30pm-Albany Civic Theater, 111 First Ave SW, \$, 541-967-8140, www.albanycivic.org
- TYEE'S 24TH ANNUAL CRAB, OYSTER & WINE DINNER-JAN 20, 6PM**- Valley Catering, Adair Clubhouse, 6097 NE Ebony Ln. Corvallis, 541-753-8754, \$, www.tyeewine.com
- ALBANY BRIDAL SHOW**-Jan 21, 1-5pm- Albany Golf & Events Center, 155 Country Club Rd, \$, 541-401-9276, www.albanybridalshow.net

- LINN COUNTY HISTORICAL SOCIETY "LEVI SCOTT REMINISCENCE"**-Jan 21, 2pm- Lakeside Center, Mennonite Village, 2180 54th St, Albany, 541-926-4680,
- ALBANY CIVIC THEATER "THE THREE MUSKETEERS"**-Jan 25-27, 7:30pm- Albany Civic Theater, 111 First Ave SW, \$, 541-967-8140, www.albanycivic.org
- MID WINTER SQUARE DANCE FESTIVAL**-Jan 26-28 -Linn County Expo Center, 3700 Knox Butte Rd, 541-405-4363 www.midwinterfestival.com
- MERCY HOUSE INTERNATIONAL, INC.**-Feb 2, 5-9pm- presents its 6th Annual Fashion Show & Gala at Hope Church in Albany. The address is 2817 Santiam Hwy (in the Family Center). Dinner is provided by Frank Smith of Capitol Coffee and there will be live, silent and dessert auctions with a large number of items available for bidding. Entertainment will be provided by Oregon Spirit, an all-women acapella group. Tickets are \$30 each, two for \$50. Since one in four women will experience domestic violence in their lifetime, we invite you to partner with Mercy House in providing safety, hope and restoration to women and their children who are at risk. Your attendance will be appreciated! How can you help? — By attending this event, purchasing auction items with your generous bid, or volunteering at the event. For more information and to purchase tickets, please call 1st Hand Seconds Unique Boutique at 541-928-6909, or visit the Boutique at 415 1st Avenue West in downtown Albany. To learn more about Mercy House, visit the website at www.1sthandseconds.org.
- POINTS FOR PROFIT MEETING** Jan 30th 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 New Year!

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

BY KAREN ROGERS

After all the excesses of the holiday season, this is a good time to try out some simpler recipes. Soul-food goes good right about now. Simple sausage and peppers are easy, spicy and delicious, BUT, make sure they're fully cooked! At a picnic a few years ago we were treated to pork sausages cooked on a barbecue. They were placed, raw, on the grill, turned twice and served up. Probably about five minutes total cooking time. They were nicely browned, but cool and pink on the inside. We ate lots of the accompanying onions and peppers on our buns. Amazing how under-done meat can create instant vegans.

Meat must be properly cooked, especially pork and poultry; that's why I run around at picnics of my own with a maniacal gleam in my eyes and an instant-read thermometer in hand. I check every piece of chicken, every sausage and even the cold salads. Hot food must be hot and cold food must be cold. In my long life as a cook, no one has ever had any problems unless they over ate! I firmly believe that every person should own at least one instant-



read thermometer. Italian sausages are available in mild or hot and choice depends on your heat tolerance. In a sauté pan place the sausages and add ½ inch warm water. Cook them over medium heat, turning frequently until the water is evaporated and some fat is rendered, about 20 minutes. Remove the sausages to a baking pan and place in a 350 degree oven while you cook the veggies. Pour off some of the fat and add one huge sliced onion and two sliced bell peppers. Color doesn't really matter, but one should be green, a red one adds a bit of sweetness. Cook, stirring frequently until softened and add one large clove of garlic, finely minced and a good pinch of oregano; cook for a few minutes then return the sausages to the pan and cook for about five more minutes. Serve with crusty bread or rolls.

If you're cooking on a barbecue, poach the sausages as described and brown on the grill, the peppers and onions can be cooked in a skillet and warmed while the sausages brown. Being safe with meat is the best bet and your handy-dandy thermometer is your and your guest's best friend.

January Word Search by Rolie the Puzzlemaster

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ACID	CALORIE	MICROSCOPE
ARTERY	CELL	MOON
ASTRONOMY	CHEMISTRY	OZONE
ATOM	FLASK	PHYSICS
BASE	HEAT	PRISM
BEAKER	LIGHT	TAXONOMY
BIOLOGY	MASS	

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• 24 BONE-OUT WINGS

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\$60

FEEDS 32

• 8 ONE TOPPING PIZZAS OR FAMILY-SIZE PASTAS

• 48 BONE-OUT WINGS

• 6 ORDERS OF BREADSTICKS OR CINNAMON STICKS

\$120

FEEDS 48

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Happy New You!

The beginning of a new year is often the inspiration for making improvements in our lives. Weight reduction is a popular resolution associated with many health benefits: lower blood pressure, glucose levels, and heart strain, it can also improve chronic back or joint pain and mobility. (this is not an all-inclusive list!)

Health care providers encourage weight loss by means of increasing one’s activity level, while reducing caloric intake. This formula (unless taken to extremes), provides a healthy, gradual, sustainable, weight loss. Unfortunately, many are looking for an instant transformation. The promise of “losing weight without dieting or exercise” offered by weight-loss supplement advertisers is very enticing. The products are sold over the counter (OTC), so they must be safe, right?

Products that are sold over the counter as dietary supplements do not fall under the jurisdiction of the FDA. As a result, weight-loss supplements do not have the same scrutiny or labeling requirements as pain, cold, or allergy remedies. For instance; a company that makes a pain reliever, must be able to demonstrate to the FDA that their product does, in fact, relieve pain

as claimed. They must also list side effects and warnings on the packaging of the drug. Supplement manufacturers

do not have to meet these standards. Weight-loss supplements commonly contain a combination of a diuretic agent and a stimulant. Diuretics cause the body to lose water; resulting in a quick 1-2lb

weight loss, (Wow! This stuff really works!) Stimulants create a slight elevation in the metabolic rate and may also curb the appetite by making the stomach feel a bit jittery. Increasing one’s metabolic rate means you burn more calories; so initially, there may be some weight loss despite maintaining the same food intake. However, this effect is short lived. The body adjusts to the supplement, the metabolic rate drops, the weight loss stops.

Diuretics and/or stimulants can have a serious impact on a variety of health conditions. Problems may arise by the direct effect of these agents on the body and through interactions of these products with prescription medications. Diet and exercise is the way to a happy, healthy, new you!

The staff of Rice’s Pharmacy wishes everyone a happy and healthy New Year!



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A New Year – A Healthy, Beautiful Smile

It’s a New Year! Push your oral health to the top of the priority list.

- Brush at least twice a day - with the right toothbrush. Those who brush after each meal (or snacks) tend to have the fewest dental problems. Softer bristles are more effective without risking injury to gums or enamel. A manual toothbrush can be as efficient as a battery-powered one, but sonic action vibrates off more plaque and debris. Kids respond positively to brushing with a spinning brush, and usually brush longer.
- Put in the time. You need to brush for a full two-minutes. Many electric toothbrushes have a timer and vibration to alert you to move to each quadrant of your mouth – upper and lower, left and right. The bristles should be placed diagonally at the gumline, with focus on each individual tooth. Brush your tongue and the roof of your mouth for fresh breath.
- Give up your old brush. Frayed,

ragged bristles don’t protect your teeth. Replace your toothbrush every three months, and always

after the flu, cold or other viral infection. Bacteria remaining on the bristles can leading to re-infection.

- Chose the right product. Fluoridated pastes strengthen enamel’s defenses against sugar and

acid. To avoid swallowing, young children should use a pea-sized dollop. A paste that tastes and feels the best to you, whether gel or paste, wintergreen or spearmint, will work best.

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Ever Considered a Propane-Fueled Vertical Smoker?

A long night spent tending the fires might make you question your decision (not to mention your sanity) to go old-school—it sure seemed a good idea when you bought that wood- or charcoal-burning offset barrel smoker. Hey, what’s so wrong with the “set it and forget it” philosophy, you wonder as you grope to silence your 2 a.m. alarm?

If you desire a less demanding mistress (or a good night’s sleep) and have a couple hundred dollars to spend, consider a propane-fueled vertical smoker. These convenient, easy-to-use smokers deliver a lot of bang for the buck whether you’re new to smoking or have many long smoke sessions under your belt.

The typical cabinet-style gas smoker looks a bit like a small gym locker. Some models are squatter, reminiscent of vintage safes—the kind you see in old Westerns. (One company, Camp Chef, exploits the resemblance with its boxy Smoke Vault.)

Most gas smokers use same simple design. At the bottom is a gas burner connected to the propane tank, or in rare cases, to a natural gas line. (Most models are not natural gas line-compatible, although Camp Chef—see above—sells a conversion kit for the Smoke Vault.)

Above the burner is a tray or pan for the

sawdust, smoking chips, or wood chunks.

Between that and the smoking chamber is a water pan to keep the atmosphere moist during long cooks.

One or more chimneys or adjustable dampers at the top of the unit vent the smoke.

If you are using your smoker for the first time, read the manufacturer’s instructions. (Just do it, okay?) Season it and burn off any manufacturing oils or residue by doing a “dry run” before piling food on the shelves.

FOLLOW THESE SIMPLE STEPS:

- Fill the water pan with water, cider, or beer—you might want to line it with foil first for easier clean-up.
- Connect the propane tank to the smoker and open the valve. With the door open, light the burner following the manufacturer’s instructions. Note: If the burner doesn’t light immediately, turn it off and shut off the gas supply. Let the gas clear before making another attempt.
- Once the flame is established, set the controller to the desired temperature—usually 225 to 250 degrees for low and slow barbecuing. (The thermostats on some models might be calibrated to low, medium, and high. Check the manual that came with your smoker to see what temperatures the settings correspond to.)
- Preheat for 10 to 15 minutes, or until the temperature is steady, adjusting the vents or chimney damper as needed.
- Add the wood chunks, chips, or sawdust to the tray or pan above the burner. Continue preheating until smoke billows from the chimney or dampers.
- Arrange the food to be smoked on the shelves or hang from the hooks provided.

- Periodically replenish the water and wood as needed. Make sure the gas flame hasn’t gone out, or a dangerous gas build-up could occur.
- When the food is smoked to your liking, remove it. Turn off the flame and disconnect the gas tank. Clean once the smoker has cooled down.

ADVANTAGES OF THE VERTICAL PROPANE SMOKER:

- Vertical propane smokers are relatively inexpensive, \$250 or less, though more money—up to \$500—will buy sturdier construction and more smoking capacity.
- In theory, these smokers are portable due to their reliance on propane. They can be transported to campsites or fishing camps. Some even run on the 14-ounce canisters you use to fuel your blowtorch. If using a full-size propane tank, remember it will weigh 20 pounds when topped off.
- Compared to offset barrel smokers, propane smokers have a small footprint—perfect if you have limited outdoor space.
- Propane burns cleanly and efficiently, meaning you’ll avoid soot deposits on your food.
- Smoking temperatures are easy to maintain, and with much less labor than what’s required by a wood- or charcoal-burning smoker.
- Most models feature push-button ignition.

DRAWBACKS:


- Some widely available brands are poorly constructed using thin-gauge metals. They leak smoke and do not perform well in cold or windy weather conditions due to a lack of insulation. Resourceful barbecues have learned to seal gaps, adjust ill-fitting doors, and cover their smokers with welding blankets to conserve heat. (Even if buying locally, it’s wise to check customer reviews of specific products on Amazon.com or post a query on our Barbecue Board.)

- Widthwise, some models are too narrow to accommodate a full rack of ribs or a large brisket or pork loin roast, meaning the meat might have to be halved or trimmed to fit.
- Inevitably, you’ll sometimes have to switch out propane tanks during a long cook. Always start with a full one and have a back-up in reserve.

Even though propane smokers are modestly priced, you still want to get your money’s worth.

BUYING CONSIDERATIONS:

- Assess the quality of construction, as smokers in the lower price ranges are often thin-gauge and flimsy. Decide what shortcomings you can live with or improve with modifications.
- For stability, especially if wind is a factor, look for a smoker with sturdy, splayed legs (preferably with wheels attached, if portability is important).
- Temperatures ranging from 100 to 500 degrees can be achieved in some propane smokers, giving them exceptional versatility: you can cold smoke salmon, dry jerky, braise lamb shanks, or roast a prime rib.
- Separate doors for the lower part of the cooking cabinet and the cooking chamber enable you to easily check on the flame or replenish water or smoking fuel without losing smoke or heat. Make sure they seal tightly.
- Buy the largest smoker you can afford if you routinely cook for crowds. Buy a smaller smoker if portability is important.
- Adjustable height shelving is a plus, especially when smoking beef shoulder clod or a large turkey.
- How much assembly is required? Are replacement parts available? What kind of a warranty does the unit have?
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Good Stuff

Eating Right

Eating right is certainly in the news these days. From fads like the South Beach Diet to the front-page image of the First Lady planting an organic vegetable garden on the White House lawn, Americans are beginning to pay closer attention to their eating habits. Staggering reports of the epidemic of obesity are flooding the scientific community and serve as fodder for TV shows like *The Biggest Loser*. One in five children in the U.S. are obese today.

Some steps are being taken to correct this. 2010's Healthy, Hunger-Free Kids Act includes federally mandated guidelines to improve nutritional standards in schools in order to promote better food choices among students. Many states like New York have recently earmarked millions of dollars in state funds to boost school meal reimbursements. It is now well recognized that poor nutrition affects cardiovascular health and is linked to the rising rates of type 2 diabetes and cancer. But poor nutrition also directly affects the way our children learn.

WHY WE EAT

While choosing what we eat is certainly critical to our cognitive health, a truly holistic understanding of eating goes much further, considering how we eat, where we eat, when we eat and why we eat. So: Why do we eat?

I pose this question to children all the time, and they giggle and stumble around for answers like “we eat so we can grow.” But we are not just machines requiring the right set of nutrients as basic fuel to keep going. We are living organisms, not automobiles! In a recent workshop, I asked participants to describe the taste of a blueberry. No one could get far past the fact that they're sweet and blue. While scientists might accurately analyze all the phyto-nutrients in a blueberry, this tells us

very little about the actual experience of eating one.

Eating is a deeply personal encounter.

It conveys something about ourselves at a particular moment in time. It feeds our memory and points directly to who we are, to our mood and temperament. Eating reflects our basic sanity because it is how we make contact

with the world—how we exchange with the world. Our hunger to grow and know the world is not just physical, but intellectual and spiritual. Eating is how we become the world.

In Chinese medicine, the “spleen/stomach network” is considered central to our being. It corresponds to the ground we live on, the good earth, which supplies all that we need to grow. But the spleen is home to our thoughts, as well. We gather information from the world in all different forms. As we take it in, it gets sorted. Some is integrated into our being, and some is eliminated. This gathering, sorting, integrating and eliminating is a cognitive process. It represents how we learn. Our immune system (with which we learn to identify the world), digestive system (which tastes the world), and neurologic system (which perceives the world) are interconnected aspects of information processing. The body does not know these are separate systems. They only seem separate to us because there are immunologists, gastroenterologists and neurologists. As a field of medicine, the study of this cognitive network might be more accurately described as neuro-immuno-gastroenterology.

INDUSTRIALLY FED, SPIRITUALLY STARVED

If we take a minute to look at how we eat in America, we begin to see how it directly relates to the modern epidemics of childhood: obesity, allergies and ADHD. We eat as if we are in a race. This is the real purpose of “fast food.”

It's cheap and convenient, just like a roadside gas station is for your car. But, again, we are living organisms, not automobiles. The same kind of assembly-line mentality informs the way our children are force-fed information in school. We've been led to believe that education is a race, and that the fastest child is the smartest. But in my 22 years as a developmental pediatrician watching children grow, I've found that this simply isn't true. Sometimes the smartest kid turns out to be the one who took her time digesting the world. The current trends in standardized education have left us with a system that treats children as if they are USDA Grade A meat. The education of our children must be more than simply passing inspection! What's more, when we are not given the time to digest the material, whether it is food or academics, it stagnates.

Chinese medicine considers stagnation to be of grave significance. A healthy life is defined by the free flow of qi, that which animates our life. Stagnation represents the accumulation of “stuff” that drags health down. It's as if the body recognizes the need to slow down in order to work on unfinished business, even if it results in a pathological condition. This feeling of stagnation is not satisfying, because things are simply not moving properly. The lack of movement is boring, and boredom leads to the need for distractions—so we try to spice

up our lives. We try not to look at all that unfinished business accumulating within...which makes us agitated. We try to get things moving and shake up all that stagnation. This hyperactive state drives us to look for happiness somewhere else. TV ads capitalize on this, promising happiness with a Whopper or a Happy Meal. This leads to infatuations, bizarre cravings, impulsive eating and binge-buying. We feel like we deserve to be happy—we deserve that tub of ice cream, for having had to work under these conditions. And when we can't have what we think we deserve, we become hostile: Don't take a piece of my pie!

This state of agitation, distractibility and impulsivity defines Attention Deficit Disorder. The Chinese medicine classics say that accumulation causes an inflamed state, and this phlegm can “mist the mind.” We become confused, unable to think straight, and find it difficult to concentrate on one thing for very long. And so we take stimulants to try to wake ourselves up.

Likewise, the same vicious cycle leads to the accumulation of phlegm in our bodies; our neuro-immunodigestive system becomes confused, hostile and inflamed. In my practice, I see a host of chronic health problems in children that can be traced back to the phlegm of stagnation: ear infections, asthma, obesity, colitis and autoimmune

Eating Right continued on page 11

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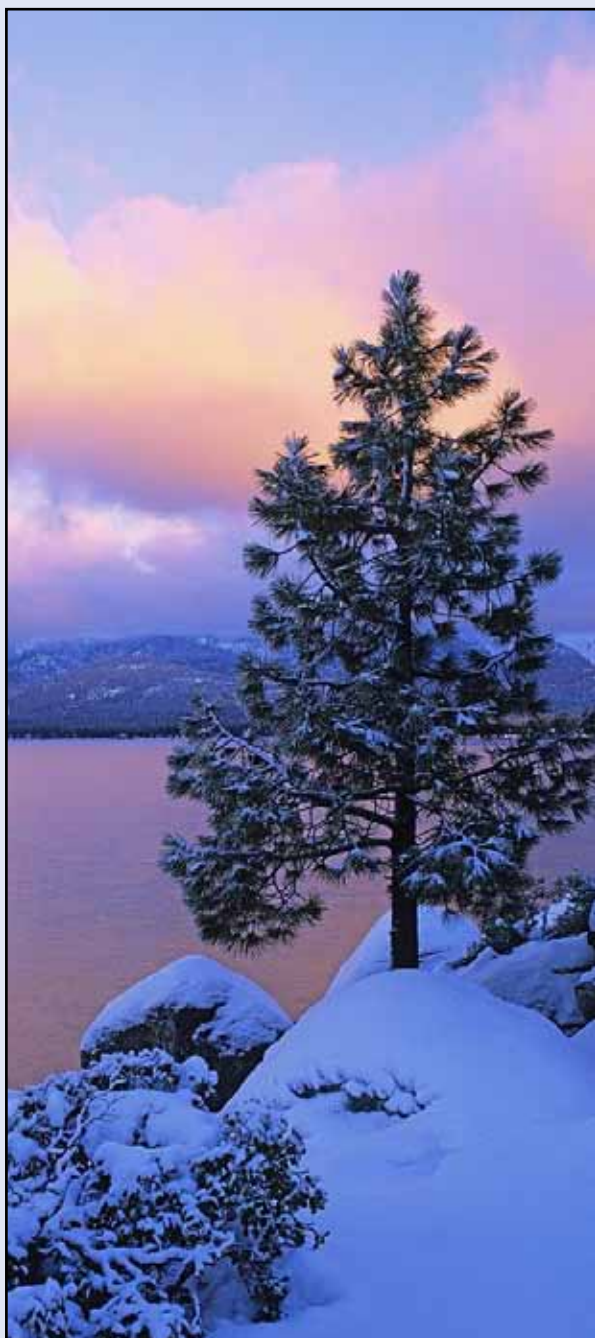
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H & H Tree Service joined the Points for Profit family of business sponsors in November. Nick and his family were highly recommended by Daniel Rich of Rich's Sew & Vac. We are honored to introduce H & H to the community as well! Welcome!

My name is Nick Hansen,

I grew up in Oregon, and arrived in the Willamette Valley back in 1995 working for a major line clearance company that was contracted through PGE. I fell in love with this area and made it my home raising my five children. I have always had a love for trees, and have professionally worked in the tree business for over forty years taking ongoing education along the way. H&H Tree Service LLC is a family owned and operated business with my son and wife working alongside of me. We developed this business with the idea that we wanted to be able to work with the homeowner and property owner on a more personal basis and be there for them to take care of their tree needs with integrity and honesty that sometimes gets lost with big companies. Its not about the dollar but about a longtime partnership

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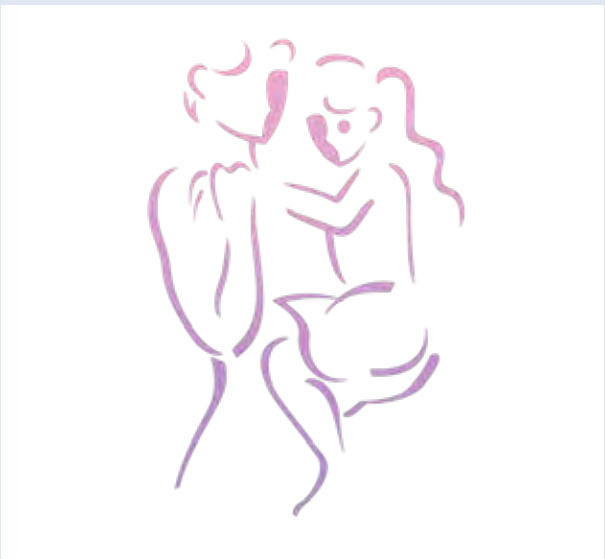
Points for Profit is pleased to share with you the ministry of one of our non-profits.

Did you know 1 in 4 women will experience domestic abuse in their lifetime. Domestic violence is the single most common source of injury to women, more than auto accidents, muggings, and rape by a stranger combined. Domestic violence is the number one cause of homelessness among families. Mercy House provides safety, hope, healing, & restoration for women & their children who are at risk.

Mercy House International, Inc. is a local 501(c)(3) Christ-centered, nonprofit ministry serving women and their children who are in crisis. **1st Hand Seconds Unique Boutique** and **Chic-ee Chic-ee Bridal Boutique** are the businesses which financially support the ministry. Their mission statement is "Mercy House International, Inc. is a Christ-centered, nonprofit ministry dedicated to the renewal of women and their children recovering from domestic abuse. We encourage the search for strength through a relationship with Jesus Christ, the Son of God. We believe that the healing hand of God will minister to and deliver them from bondage, to freedom into the Father's loving arms."










Since opening the doors to their first safe home on Christmas Day of 2013, Mercy House has provided a safe living space for a substantial number of women and their children. The goals of Mercy House are to provide hope, healing and restoration, by providing a safe environment, discipleship, and support classes; this is a six to twelve-month process. Success in the program is measured by ongoing and structured follow-up with women who have transitioned through Mercy House International as they begin a renewed life.

Referrals of women at risk are from many



sources, including churches, the court system, the Department of Human Services and law enforcement agencies, as well as from individuals. Mercy House provides safe accommodations and assistance to women and their children from any geographic area.

There are several ways you can support Mercy House International. One is shop at 1st Hand Seconds or Chic-ee Chic-ee Bridal Boutiques 415 1st Avenue West Albany, Oregon 97321. Additionally support can come in the form of: signing up for their newsletter, volunteering In the boutique(serving customers , visual displays, processing donations, price research), help at fundraising events(models, dressers & makeup artists, set-up & break-down, greeters & servers), and donate(gently used clothing, monetary gifts, special request items, and ongoing needs). Visit WWW.1sthandseconds.org and <https://www.facebook.com/1stHandSeconds/> for more information and hours.



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Once we are saved, we don't just float through our days hoping to catch God in a good mood when He is willing to answer prayer or provide for our needs. His word gives us many things we can do continually to set His hand in motion.

COVENANT PROMISES

Open your Bible to some of the verses where God states the promises He is willing to bestow on His children. For instance, Deuteronomy 28 is filled with blessings. What do you notice about how this chapter begins?

"Now it shall come to pass, IF you diligently obey the voice of the Lord your God..."

Then, at the end of the blessings section of this chapter (verse 13) what do we see again? "And the Lord shall make you the head and not the tail; you shall be above only and not be beneath, IF you heed the commandments of the Lord your God..."

If we do what God instructs us to do, then He will give us all He has promised to give. This if/then type of promise is called a covenant promise. It operates the same as when an attorney draws up a contract between two people. One party agrees to do a thing and - after it is done - a second party agrees to do something else. God empowers us to have control of certain circumstances by offering us these covenant promises or blessings.

YOU GO FIRST

God usually wants us to take the action He has laid out

in His word before we are rewarded. He empowers us to do what we should then rewards us once we have done it.

Luke chapter six holds other good examples of ways

God has empowered us. In verse 37, Jesus instructs, "Judge not and you shall not be judged. Condemn not and you shall not be condemned."

Verse 38 continues in the same way by saying, "Give and it will be given to you: good measure, pressed down, shaken together, running over; men shall give unto your bosom. For with the same measure you use, it shall be

measured back to you."

Again, we go first. If we give, we shall receive. Whatever measure we use to give to God, that's the same measure He will use to give to us. We have the control. We make the first move.

I Peter 3:7 shows yet another good example. "Husbands, likewise, dwell with [your wives] with understanding, giving honor to the wife, as to the weaker vessel, and as being heirs together of the grace of life, that your prayers may not be hindered."

When husbands treat their wives as God says they should, they give more power to their prayers. The husband's prayers are not hindered because of his actions. If he treats his wife in an ungodly manner, his prayer will be hindered. In this example, the husband has the power.

As you read through your Bible this week, make note of the times God empowers us. You may want to make a list or mark the verses in your Bible as you find them, so you can remember when to act and what to do to release God's best in your life. Many times, our actions are all that stand in the way of answered prayers. Is God waiting on you?



Habit continued from page 6

disorders. These manifestations of chronic inflammation did not exist to such a degree a century ago, or even 50 years ago. The inflamed state of autoimmunity is a spiritual crisis. When the mind-body remains in such a confused state, we no longer have time to recognize who we are. We are left with a Spiritual Deficit Disorder.

TAKING TIME

Correcting this vicious cycle begins at birth. I work with many mothers on that first day, counseling them about breastfeeding or bottle feeding. In that moment, there is a real opportunity to learn how to learn, how to digest the world calmly, attentively and with ease. Feeding a baby when she is crying is a common mistake. Moments of hunger are not a crime. Hunger is a way of waking up. We may naturally feel the urge to feed our child when she cries; feeding is a basic way we show our love. But it is vital to pause and consider the true reasons for eating. Babies feed much better when they are fully awake. They are less gassy and more likely to gain weight properly. They are actually learning to pay attention with their whole body mind. This is a simple yet profound lesson for us all to live by.

When you select information, whether food or academic, as a conscious process, you are determining which aspects of the external environment you will allow inside your body to operate on an unconscious level. This is the meaning of "mindful eating." We should take the lead from our babies. Whether we are stimulating our immune system, going to school, or sitting down at the dinner table as a family, taking time to digest is how we become truly sane in this world. Ultimately, time is the greatest alternative medicine. And taking time to digest the world is the ultimate spiritual practice.

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Driving Your Business Without Direction

Do you have an operating budget for your business? Maybe you aren't quite sure why, as a small business, you need one or just what an operating budget is. Or maybe you need to brush up on your budgeting skills in general.

Would you ever get in a car and drive somewhere you had never been without knowing where to go, or having some kind of directions? It's not likely unless you wanted to end up stranded and out of gas. An operating budget is simply directions for your business that will help you stay in business and gives you a strong financial foundation.

As a business owner an operating budget is an important tool in helping you manage your business. An operating budget helps you see into the future. It can guide decision making allowing a business owner to know if they need to cut costs or if they should prepare for growth. It is a major asset in the planning process for the foreseeable future as

well as an excellent tool for business owners to use when requesting an operating loan from the bank,

especially if that loan is meant to facilitate business growth.

An operating budget simply gives business owners and managers a financial map so

they make informed decisions on expenses necessary to operate and grow the business. They don't have to be tricky or difficult to understand.

A great way to see worse case and best case financial scenarios is to put together conservative, moderate, and aggressive operating budgets and look at them side by side. This does wonders for planning business strategies and also serves as a motivator for setting goals for your business.

It is never too late to begin using an operating budget for your business. Start today and start driving your business in the right direction!



BY CHERYL VAUN,
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5 Things You Didn't Know About Working with Staffing Agencies

There's no question the staffing and recruitment industry is growing considerably, with millions of Americans employed on any given business day.

If you're an active job seeker or simply looking to expand your career prospects, connect with a staffing coordinator who can speed up and simplify your job search. Here are five reasons to consider working with a staffing agency:



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

- 1. Recent grads need real-world work experience.** While working with a staffing agency you are gaining valuable real-world experience that you can add to your resume.
- 2. Companies rely on staffing agencies.** As the business community embraces an "on-demand" workforce, more and more employers are turning to staffing firms who use emerging job search technologies alongside their human instincts to deliver the best-fit talent they are looking for.
- 3. Recruiters can be your career agent.** We all know wading through the online world of job listings, LinkedIn and social media can be complicated, time-consuming and frustrating. You don't have to go it alone. We have posted a couple examples of people who have "found a job every time they walked through the door" here at All Star Labor & Staffing. Both Terry and Ed worked consistently over a decade with us and

now have found themselves in a full-time, forever job that they are extremely happy with.

4. Not just for "temps"! Many people assume staffing agencies only offer temporary positions. Our staffing coordinators more often are asked to search for full-time, permanent and temporary-to-hire positions across a wide

range of industries. Even workers who begin working as a temporary employee are often hired permanently after proving their value. In fact, we have found that roughly 40 percent of companies we place temps at say many of the top talent in their company began as an All Star temporary worker.

5. It's FREE. There aren't many things you get for free these days, but working with a staffing company is one of them. There is no charge...no "fee"...to employees for our services. Getting registered is free and no money is taken from your paycheck other than what we are legally obligated to withhold (Taxes, Social Security, Worker Comp insurance, and Unemployment insurance).

With the many benefits a job seeker can access through a staffing firm, why wouldn't you work with one?

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O PIONEERS! by Willa Cather

For some reason, I read a classic novel every winter. This year, I chose a quick read: Willa Cather's famed first book of her Great Plains trilogy, *O Pioneers!* A gritty, tragic novel of Swedish and Bohemian immigrants trying to work the land of Nebraska, the book brings us through the hardships to a hopeful affirmation of the human (and American) spirit.

The book opens with a dying farmer in a wild country. Cather's descriptions of primitive Nebraska are powerful, and set the stage for one of the ideas of this book, which is that it is a novel of the land as much as the people who inhabit it. The dying man's oldest daughter, Alexandra Bergson, will be the one to take over the family farm. Through her intelligence, determination, and patience, the farm not only survives, but prospers.

Alexandra has three younger brothers: two of them are close to her age, and one quite younger. The two oldest may be strong of body, but

they lack Alexandra's intelligence or foresight. The youngest one is quite bright, and Alexandra acts as much a mother as a sister toward him. She sacrifices her opportunity for love in order to make the farm a success for the family and to provide young Emil every opportunity America can provide.

The plot revolves around two basic story lines. One of them follows a classically tragic route, but the other is ultimately a positive one, bringing out the power of the American dream. Much of Cather's writing is straightforward (she was a journalist prior to being a novelist), but the book sings with sections of excellent prose, and even her possibly-crazy mystical hermit character has a moment of beautiful clarity: "He best expressed his preference for his wild homestead by saying that his Bible seemed truer to him there. If one stood in the doorway of his cave, and looked off at the rough land, the smiling sky, the curly grass white in the hot sunlight;

O Pioneers continued on page 14



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

Canine Cognitive Disorder

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

In simple terms, canine cognitive disorder, also called canine cognitive dysfunction, is the dogs' version of Alzheimer's disease. While the diseases are not identical, the side effects are very similar. This disorder impacts dogs late in life, and usually comes on slowly and gradually. The brain, just like the rest of the body, starts to deteriorate with age. In some cases, the deterioration causes changes in the physical and chemical makeup of the brain, resulting in a decrease in your dog's cognitive function.

What do we mean when we say "cognitive function"? It encompasses all of the mental processes, such as perception, memory, awareness, and judgment. Cognitive dysfunction is sometimes described as a "foggy brain"—a state in which normal, everyday functions are no longer simple.

All senior dogs are at risk for canine cognitive disorder (CCD), and every dog is affected differently.

SOME OF THE MOST COMMON SIGNS OF CCD ARE:

- Behavior changes
- Reduced ability to see, hear, or taste
- Aimless wandering
- Difficulty maneuvering around

- familiar environments
- Confusion/disorientation
- Staring off into space
- Loss of housebreaking skills
- Barking
- Obsessive behaviors (licking, barking, etc.)
- Anxiety
- Inability to recognize familiar objects or people

Unfortunately, there is no single diagnostic test for CCD. Your veterinarian will perform a complete physical exam and take a thorough history of your pooch. They most likely will recommend diagnostic tests to confirm the cause of his symptoms. These diagnostic tests also serve as a preventive care screening, which can help to detect other diseases in their earlier stages. These tests often include blood work and urinalysis as well as checking the patient's blood pressure.

As in people there is no cure but symptoms can be reduced for a period of time. Drug therapy is a very popular way to treat canine cognitive dysfunction. These medications take time to kick in, but do help to improve your dog's cognitive function and increase her comfort and level of contentment. Other helpful steps can include antioxidant treatments, mental stimulation, and lifestyle modification.



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Next to veterinary care, teaching your new family member socialization skills is one of the most important things you can do for your pet.

- Puppies or kittens that are **not fully vaccinated** should **NOT** be exposed to unvaccinated animals or places they may have been (such as outdoor parks, sidewalks, restaurants, etc.).
- Create a socialization plan specifically for your dog or cat to prepare him or her for life in your household. Plan exposures to the animals, individuals, environments, activities and objects that will be part of his or her new life.

- Provide regular positive and diverse experiences to encourage your dog or cat to enjoy new experiences without becoming fearful or aggressive.
- Continue to reward your dog or cat for calm or playful responses to social interactions throughout his or her life.
- For dogs or cats with special behavioral needs, develop a plan with your veterinarian and/or another animal behavior expert.
- Well-managed puppy or kitten socialization classes are a good way to socialize your new pet within the sensitive period.



We recommend contacting SafeHaven Humane Society (Tangent) or Wonder Dogs (Philomath) for socialization training.

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Getting “The Look” for Less

Whether it’s an apartment, condo, or house, buying your first home can be exciting as well as expensive. After depleting your savings account purchasing your home, you might start to feel the pinch when it comes to furnishing it.

HERE ARE SOME TIPS TO GET THE LOOK OF LUXURY WITHOUT THE PRICE TAG:

Be Resourceful. How do you find quality furniture without paying a high price? If you’re willing to put in some time, buying unfinished or used furniture to refinish can save you a lot of money and leave you with the same look for less.

Sniff Out Bargains. Hunt for fix-me-up furniture in attics, garage sales, and flea markets. Some of the best pieces could be hiding in a friend’s or relative’s attic. Keep in mind that finding the perfect piece may not be love at first sight. Look beyond the surface to see if there is potential for refurbishing. Rife’s Furniture has incredible sales all year long, just talk to one of the professionals to keep an eye out for the special pieces at the best value!

Transform Timeless Furniture.

Before you take home any piece of furniture, check for structural flaws such as cracks, loose joints, lifted veneer, warped surfaces, or uneven legs. If the integrity of the piece is still good, refinishing it can change the appearance from old and worn to beautiful and timeless.

Give Furniture a Facelift. Before

you can banish the old finish, you need to find out what you’re removing. Give it the cotton ball test. Dampen a cotton ball with acetone nail polish remover, then choose an inconspicuous test spot

and dab it with the cotton. If it sticks or the finish softens, you have a varnish, lacquer or shellac finish. Formby’s recommends using their Furniture Refinisher, which will gently dissolve this type of finish. If nothing happens when you dab the cotton ball, then the finish is most likely paint or polyurethane. Try Formby’s Paint & Poly Remover to lift and remove the old finish. After a light buffing with Paint & Poly Remover Wash, you’re ready to add a beautiful new finish.

Rub On the Finishing Touch.

Applying a finish is essential for protecting stripped, stained or bare wood from moisture and wear. Formby’s Tung Oil Finish imparts a warm, hand-rubbed luster to wood, enhancing its natural charm. By hand-rubbing Tung Oil into wood, you eliminate the potential for streaks, ensuring a beautiful, smooth finish. Tung Oil penetrates wood, protecting from the inside out.

Rife’s professional staff can work with you to select the perfect style for your home or office. Rife’s also offers great sales and selection. They are likely to have all you could need, and if they don’t, they can order it for you! Call them today at 541-248-3916



New Year’s Resolutions for Your Home


Many of us have resolutions for the new year. If you’re like me, hopefully this will be the year you finally get in shape and lose that 20 lbs.! Your house probably needs a few too. Here are 3 resolutions for your home in the new year.

First, make your home more energy efficient. Turning down your thermostat a few degrees will cut down on energy use and has the added benefit of saving you money on your power bill. Turning your water heater down to 120 degrees will help too. And, get your teenager to take a shorter shower. That resolution might be doomed for failure by February - but is worth a shot!

Consider upgrading your appliances or windows to more energy efficient products. Be sure to look for the Energy Star label and ask about any incentives that might be available through the Oregon Energy Trust.

Second, making your home safer for the new year should

be a priority. Check your smoke detectors and make sure they are up to date and have fresh batteries.



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It’s also a good idea to have a fire extinguisher on every level of your home. They don’t make the greatest decorations, so you may not want to display it, but you’ll be glad it’s there if you need it. Also, consider upgrading your carbon monoxide detector, especially if you can’t remember when you bought the last one. This is an area where an ounce of prevention is worth a pound of cure.

Lastly, resolving to update the curb appeal of your home can pay dividends down the road, especially if you are planning to sell your home soon. Check with your realtor for improvements that give you the most bang for the buck but new windows, new paint, updating or replacing your front door, and fresh landscaping are great places to investigate. In some cases, you can do this work yourself save a bundle.

Baby Talk continued from page 4

if one listened to the rapturous song of the lark, the drumming of the quail, the burr of the locust against that vast silence, one understood what Ivar meant.”

So much of the book remains relevant today, a century later—have we gone backward? Immigrants, instead of being viewed as the engine of American progress, are now painted as villains by our country’s leaders, and the so-called “Dreamers” might even be deported. Ivar’s view of a personal and connected religion is in danger of becoming lost in today’s politicized climate. And a story of a woman who makes her own way in a world of men seems to be ever-relevant, but maybe even more so considering today’s #metoo movement. Finding the links between our current society and a century-old work of literature about Nebraska pioneers is one of the things that make *classics*, well, classics. The stories remain relevant.



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Ten Reasons to Read to Your Child

We all know that learning to read is important, but as parents what do we do to facilitate this milestone?

Reading to your child has many benefits one of which is simply having time to snuggle together.

HERE ARE 10 REASONS TO READ TO YOUR CHILD.

1. When you read to your child, he/she will learn that reading is important to you, therefore reading will become important to him/her.
2. The more your child hears sounds, the better he/she will process these sounds into words. When a child is preschool/kindergarten age the listening word starts to become the written word.
3. Reading has a calming effect on a restless or fussy baby. Who doesn't want an easy way to calm a fussy baby?
4. Reading is a wonderful before bed routine. Studies have shown that a child will thrive in an atmosphere in which routines are present.
5. Reading will help to develop your child's imagination. Have you ever gotten lost in a good book? Your child can do the same while you are reading to him/her.
6. Reading will foster your child's ability to listen and pay attention.



- With all the problems we here about concerning attention spans this is a great way to avoid that.
7. Reading to a young child will teach him/her the correct way to hold a book and turn the pages.
 8. Reading to your child will develop in him/her the desire to become a reader.
 9. Teachers will thank you
 10. When a child is read a personalized story book, he/she will be able to recognize his/her name in print at an early age.

Isn't it exciting to think that you can have such an effect on your child's ability to read just by reading to him/her? You have the power to develop a life long joy of reading and learning in your child. WOW! Just read.

Body Contouring and Slimming Treatments

Finally, new technologies and options have finally arrived, and I cannot wait to share them with you! Yippee ladies, at last we even have more exciting things to look forward to as we start 2018!

At River's Edge Salon and Day Spa we have added to our arsenal of cellulite, slimming, and body contouring options this year. For those wishing to reduce and tone this year, these new programs are definitely worth it. This is not just another body wrap. New programs and options that go way beyond what has been offered before are taking things to an all new level this year with body contouring, slimming, and lifting treatments. Whether you are simply wishing to reverse cellulite or you are looking to contour and lift those areas that may need more work. We have programs that can be customized for your needs.

With your goals and needs in mind we will customize a program for you. Treatments vary in time depending on what areas you wish to improve. Length of treatment is 30 to 90

minutes. For those who wish to add a boost to their programs you will want to plan to arrive 30 minutes prior to the start of your appointment so that you can complete a session in the infrared sauna. The new body treatments are very relaxing and will leave you looking and feeling great inside and out.

As a special add on, you can complete any of the options by adding a targeted eye treatment. Imagine turning back the clock a bit more for those who may be concerned with aging or damage to the eye area. Ask about adding our newest intensive combination eye treatment combo to your appointment. This relaxing and extremely effective combination has flown to the top of our most popular and effective new treatments in the anti-aging department. In around 40 minutes we can show you the results many others have been raving about.

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