

HIGH POINTS

GOOD NEWS FOR THE WILLAMETTE VALLEY

FEBRUARY 2018 • FREE



Local Business Gives Back to the Community with Every Sale

In 2017, one of Hertz Car Sales Northwest's goals was to have more involvement in the community. They created a working partnership with Points for Profit by connecting with local non-profit organizations. Through this partnership, Hertz was able to raise money and give back to our local community by donating \$100 from every car sold. This is cause marketing at its best.

In July and September, Hertz hosted offsite sales located at Linn Co. Community Credit Union and both SafeHaven Humane Society and The Mid Valley PTSA were sponsored. These events were a huge success and raised quite a bit of money for each group.

As the holidays approached their community outreach continued with the spirit of giving. November arrived and Hertz collected funds from vehicles purchased to set aside and contribute to American Legion Post 10 for their annual Christmas Party for children that provides free lunch and a Christmas

present from Santa. The employees of Hertz filled several bags of toys and loved the opportunity to help bless so many families.

The momentum of joy continued into December when Hertz joined together with the Toys for Tots and Oregon Community Credit Union. During this event, for any vehicle purchased, a bike was donated to a child, and any vehicle that was financed through OCCU, was matched with an additional bike. With the excitement from our staff and help of Points for Profit spreading the news, 27 bikes were waiting under the tree Christmas morning for children in our community.

"All of us at Hertz, would like to say thank you for making 2017 an incredible year of giving. We look forward to 2018 and honoring our pledge of giving back to our local community of non-profit organizations who have given us so much." Jamie Mogle, General Manager of Hertz Car expressed.



Grass Skirts, Hawaiian Shirts at Award Banquet and Auction

We are all starting to get antsy for Spring and Summer, so this is a way to kickstart that sunshine feeling! The 16th Annual Points for Profit Awards and Auction sponsored by Pinnacle Partners: Bi-Mart, CoEnergy Propane and Michelle Moreford with County Insurance will be held at the Linn County Expo Center on Thursday March 1st. The theme this year is Hawaiian Luau so expect to see lots of grass skirts and Hawaiian shirts. The doors will open at 5pm for silent auction viewing and bidding and dinner will start at 5:30pm. Jacopetti's Catering will be serving an authentic Hawaiian meal to stay with the night's theme.

Cash Awards will be given to local non-profit organizations that are part of the Points for Profit family. Annually, 30 local non-profit organizations compete for cash prizes by saving receipts from participating businesses. This night is designed to showcase all that these wonderful organizations do for our community.

The cash awards would not be possible without the 80+ Points for Profit business sponsors from our community that have been chosen because of their expertise, excellence and integrity. Top honors will be given to those businesses that have gone above and beyond this year and are voted on by the Points for Profit Community. Honors will be given for Home-based, Small, Medium and Large Business of the Year.

The silent auction has hundreds of items to bid including a very popular dessert auction. The Live Auction will showcase the best in the bunch!

All are welcome to join the fun! Tickets are \$30 each or two for \$50 and can be purchased by calling 541-791-2901 or emailing info@pointsforprofit.org

Points for Profit: Shop Locally, Serve Locally, Sustain Locally.





Fun Events for February 2018

- February brings the first of spring’s flowers. Make sure you check out all the activities going on this month.
- CHILD EVANGELISM FELLOWSHIP GOOD NEWS CLUBS** are scheduled at various locations in Albany, Halsey, Lebanon, Crabtree, Harrisburg and Brownsville. Get more information by calling: 541-258-7150
 - THE BIG SHOW OF LITTLE ART**-Jan 30-24,-Calapooia Gallery 222 W 1st Ave, Albany, call 541-745-7533 or www.gallerycalapooia.com for more details
 - GALLERY CALAPOOIA ARTISTS RECEPTION**-Feb 2, Fri, 6-8pm,-Gallery Calapooia, 222 1st Ave W, 541-971-5701, www.gallerycalapooia.com
 - WILLAMETTE QUILT FESTIVAL**-Feb 2-3-Rich’s Sewing & Vacuum would like to welcome you to the first Willamette Valley Quilt Festival. We can hardly contain our excitement as we get ready for this event. Pfaff, Bernina, Babylock, and other manufactures will have demos and displays to check out. The main stage will have presentations hourly during the fair. Classes on new techniques and new tools & toys.
 - CUPID’S COWBOY CHALLENGE ROUGH STOCK RODEO**-Feb 3, Sat-Linn County Expo Center, 3700 Knox Butte Rd, Albany, 541-895-5335, www.lcfairexpo.com
 - ANNUAL GREATER ALBANY ROTARY CRAB FEST**-Feb 3, Sat, noon to 8pm-Calapooia Brewery, 140 Hill St SE, \$, 541-740-1466, www.greateralbanyrotaryclub.com
 - CITY OF ALBANY “FUN IN THE PARK, WINTER SERIES, EXPLOREGON”**-Feb 3, Sat, 10am-noon-Sunrise Elementary, 730 SE 19th St., free, 541-917-7777, www.cityofalbany.net
 - FAIRMONT GRANGE MONTHLY MARKET**- Feb 4, 1-4pm-Fairmount Grange Hall in North Albany. Lots of vendors to shop from. Come Shop Small.
 - STAYTON RED HAT STRUTTERS**-Feb 7, noon-luncheon at The Red Apple, 333 N. 2nd. Ave., Stayton. Hostesses will be Betty Heald (503-767-4123) and Betty Trevena (503-743-2029), please contact them to make your reservation, lunch will be ordered off the regular menu. No February birthdays. Since it will be Valentine’s Day

- decorate your hats, exchange valentine’s if you wish and if you have a favorite Valentine story come prepared to share it. Hostess for March will be Jean Evett. The public and anyone interested in joining the group are invited to attend, just contact the hostesses for February to make a reservation.
- ALBANY SENIOR CENTER MOVIE MATINEES “KEDI”** Feb 9, Fri, 12:30pm-Albany Senior Center, 489 Water Ave NW, 541-917-7760, free, www.cityofalbany.net
 - MID VALLEY HOMESCHOOL CONFERENCE** Feb 10, Sat-River Center, 3000 S. Santiam Hwy, Lebanon, 541-570-5508, \$ midvalleyhomeschoolconference.com
 - CHILDREN’S PERFORMING ARTS SERIES “ANIMAL ENCOUNTERS”** Feb 10, Sat, 10am-Linn Benton Community College Forum, 6500 Pacific Ave SW, free, 541-917-7777, www.cityofalbany.net
 - 10 4TH ANNUAL SWEET HOME SWEETHEART RUN**-Feb 10, Sat 10am-noon-Sankey Park, 877 14th Ave, Sweet Home, 541-367-8113, www.shsweetheartrun.weebly.com
 - ALBANY WOMEN’S CONNECTION**-Feb 14, 10am,-Valentine’s Day fashion show presented by Roz & Ali of Corvallis (formerly the Dress Barn). We meet each month at the Phoenix Inn Suites, 3410 Spicer Rd SE in Albany and our delicious brunch is provided by Jacopetti’s Catering, for an inclusive cost of \$12.00. Our speaker is Pat Smith who spent years searching for love until unexpectedly, love found her. You will enjoy her humorous story and inspirational message. Please RSVP by Friday, February 9 by calling Suzanne at 541-327-3798 or texting Mary Ann at 541-905-3829.
 - ALBANY CIVIC THEATER “SYLVIA”**-Feb 16-17, Fri & Sat 7:30pm-Albany Civic Theater, 111 First Ave SW, \$, 541-967-8140, www.albanycivic.org
 - LEBANON BRIDAL SHOW**-Feb 18, Sun, Noon to 5pm-14th Annual Lebanon Bridal Show. Held at Santiam Wedding and Event Hall, you get to visit with local wedding professionals at this small quaint show. A select number of wedding vendors will be available for booking to help you create your perfect wedding day. Donations

- of canned food will be accepted for a local soup kitchen. Door Prizes! For more info: 541-259-4255
- ALBANY SENIOR CENTER MOVIE MATINEES “AMERICAN MADE”**- Feb 23, Fri, 12:30pm-Albany Senior Center, 489 Water Ave NW, 541-917-7760, free, www.cityofalbany.net
 - COOKING WITH CLASS**- Feb 23, 6:30pm-Santiam Wedding and Event Hall. Come learn how to grill in the microwave. Additional food demonstrations will be happening. Come see what’s new in Tupperware. Bring a friend for five extra drawing tickets. RSVP so there are enough prizes for everyone. Wenona-541-760-2718 or Wenona.given@gmail.com
 - COVERED BRIDGE CLUSTER AKC DOG SHOW** – Feb 23-26, Fri-Mon-Linn County Expo Center, 3700 Knox Butte Rd, Albany, 503-394-3693, www.lcfairexpo.com
 - ALBANY CIVIC THEATER “SYLVIA”**-Feb 23-25, Fri & Sat 7:30pm, Su 2:30pm-Albany Civic Theater, 111 First Ave SW, \$, 541-967-8140, www.albanycivic.org
 - CHILDREN’S PERFORMING ARTS SERIES “GLOBAL ART OF DANCE HULA”** Feb 24, Sat, 10am-Linn Benton Community College Forum, 6500 Pacific Ave SW, free, 541-917-7777, www.cityofalbany.net
 - POINTS FOR PROFIT MEETING NONE IN FEBRUARY.** Join us instead at our Annual Awards Night, Dinner and Auction on March 1st. Held at Linn County Fair and Expo. Open to public. Dinner tickets \$30per person RSVP required. Doors open at 5pm. For more details email info@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 Valentine's Day!

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

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Ramblings From the Kitchen of Karen Rogers

BY KAREN ROGERS

Poor little Upside-down Cake, cares you've got and woe,
Because, little Upside-down Cake, you're not sure how you go!
Sad little Upside-down Cake, your worries never stop,
Are you standing on your bottom or sitting on your top?

Where do you go today to find deep-seated, soul-satisfying comfort? Why to food, of course! Comfort Food is the most perfect descriptive phrase for the thing that brings fond memories, soothes your taste buds and feeds the very soul.

A quest for the quintessential comfort food, Pineapple Upside-down Cake is in order. Where do you find it? Nowhere!! Name one restaurant, bakery or supermarket where you can tie into a decent piece of old fashioned, Grandma approved PUS-DC.

However, it is a piece of cake to make it in your own kitchen. I use a 9X13 inch Pyrex pan, but any other type pan will work well. Spray your pan with non-stick spray and line it with parchment paper cut to fit the bottom only. This is important because it will keep the good stuff from sticking to the pan. Drain two 20-ounce cans of sliced pineapple. Melt 1/3C butter and set aside. Preheat the oven to 350 degrees (325 for Pyrex pans). Sprinkle 3/4C packed brown sugar evenly over the parchment paper and drizzle the butter

evenly over the sugar. Evenly space the pineapple over the sugar-use whole rings for large servings and cut the rings in half to extend the batch for smaller servings. You will have pineapple left over. Place a maraschino cherry in each pineapple center. Set aside and prepare the batter.

In a large mixer bowl beat 1/2C room temperature butter or shortening with 1 1/2C sugar about five minutes or until it becomes very light and fluffy, scraping the bowl at least three times. Add two eggs, one at a time, beating well each time. Scrape down bowl and add 1 tsp salt, 2 1/2 tsp baking powder and 2 tsp vanilla, and mix well. Scrape the bowl and add 2C flour, sifted, alternately with 1 1/2C milk, scraping and beating for about one minute. Pour the batter evenly over the prepared pan and bake about 45 minutes or until done in the center, 200 degrees on a thermometer.

Set on rack and let cool for at least thirty minutes. Loosen the sides of the cake from the pan with a knife and place a large platter or baking sheet over the cake and turn it over. Carefully lift off the parchment paper. Serve warm or cold.

A note from Rick: This MUST be served with whipped cream. NOT "topping" or stuff from aerosol cans. Real heavy cream beaten stiff with powdered sugar or Splenda for sweetening.

So, dig in and enjoy! What doesn't go to the coronary arteries will migrate directly to the hips, but your taste buds will be happy. Comfort rules!

February Word Search by Rolie the Puzzlemaster

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

AGENT	EQUITY	LOAN
BINDER	FINANCING	LOCATION
BROKER	FORECLOSE	MARKET
BUILDER	HOLD	MORTGAGE
CLOSING	INSPECTION	PLOT
CONTRACT	INTEREST	REALTOR
DEFAULT	LIEN	



Points for Profit members receive 2 million points per donated item!

Prom Dress Pop-Up

Donate new and gently used prom dresses, accessories and shoes.

Linn and Benton County high school students will have the opportunity to purchase dresses and accessories at the Prom Pop-Up Store in April for only \$10 each.

Prom is an important milestone and memory in our lives. Heritage Mall has partnered with My Best Friend's Closet to help make prom more accessible and affordable for area students and you can help!

Donations are being accepted at West End Boutique and the Mall Management Office.

www.heritagemall.com/events

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The Perfect Valentine's Day Gift!

February is American Heart Month. Heart disease is responsible for one in four deaths in the U.S.; making it the leading cause of death for both men and women. Given this profound statistic, it is reasonable to assume one will be present during a cardiac event at some point in life. Whether as the victim, or as a bystander; will you know what to do?

A CPR (cardio-pulmonary resuscitation) class makes a heart-felt Valentine's Day gift. Classes offered by the American Red Cross or the American Heart Association are reasonably priced and only take a few hours to complete.

A heart attack is precipitated by a lack of oxygen to the cardiac muscle. When the blood circulation through the heart is impaired, oxygen is not being delivered to the cardiac cells, leading to cell injury and death. Heart attack symptoms can include: chest pain that may radiate to the neck, jaw, or arms, shortness of breath, extreme weakness, lightheadedness,

loss of consciousness, nausea or vomiting, "cold" sweats, and a rapid or irregular heartbeat. If you or someone in your proximity is experiencing chest discomfort in combination with any other symptom listed for more than five minutes, call 911. Time is of the essence; waiting to "see if things

improve" is unwise. Should an individual with heart attack symptoms lose consciousness before emergency responders arrive, one must begin CPR. CPR is a means of manually restoring blood circulation to the heart and brain until emergency medical support arrives. If you have not taken a CPR class, the 911 operator can give you instructions on how to proceed. One need not worry about doing it wrong, doing nothing will do more harm. Prompt initiation of CPR DOUBLES a person's chances of surviving a heart attack. Celebrate American Heart Month by learning to perform CPR. Someone's life may depend on it!



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Children's Dental Health Month is Here

February is National Children's Dental Health Month! From infancy to adolescence, your child's smile will be the brightest with healthy habits.

INFANCY

When should I start cleaning my baby's teeth? Start cleaning your baby's mouth as soon your child is born. Before your baby's teeth begin to emerge, clean the gums by lying him in your lap and gently rubbing a piece of gauze or damp washcloth along the baby's upper and lower gums. When the primary teeth begin to peek through, use a toothbrush specially designed for a baby's mouth. Toothpaste really isn't necessary; but if you do, use a "starter" toothpaste that does not contain fluoride.

TODDLERS/CHILDREN

When should I start using fluoride toothpaste for my child? If your child can spit, start using toothpaste. Fluoride is safe and necessary for keeping teeth strong, but only at appropriate levels. The American Academy of Pediatric Dentistry recommends using fluoride

by age 3. Apply a pea-sized amount of toothpaste on the brush. Younger children may accidentally swallow toothpaste in excessive amounts, which can actually discolor their teeth. Remember, even if your water is fluoridated, you still should use a fluoride toothpaste.

ADOLESCENCE/TEENAGERS

My child plays sports. Does he need a mouth guard? Yes! Mouth guards are absolutely necessary when playing sports. The appliance usually covers the upper teeth and protects your child from broken teeth, cut lips, and other oral damage. If your child wears braces or other fixed appliances, like a bridge, we may recommend a guard for the lower teeth as well. Ask our team about customized mouth guards. Studies have shown a direct corollary between good habits formed in childhood and healthy grownups. Make sure the whole family visits the dentist twice a year to maintain good oral health. You and your child will enjoy a lifetime of healthy smiles.



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Protecting Propane Tanks in The Winter

Winter is here, this means winterizing your different outdoor appliances, bringing plants inside and preparing for the freezing temperatures. When propane is exposed to extreme heat and extreme cold the pressure in your tank gets higher with heat and lower with cold.

Propane tanks can freeze up while in use. Usually it is a sign the regulator is feeding the propane too quickly, or there is a high level of humidity. It may be alarming to notice the tank is freezing up, but it is not dangerous. However, it can leave you without propane until the tank is unfrozen. In very cold conditions, there may not be enough vapor pressure in your tank to keep your system/appliance working properly. The colder it is outside, the lower the pressure will be in your tank.

HERE ARE SOME WAYS YOU CAN AVOID PRESSURE ISSUES WITH YOUR PROPANE TANKS IN THE COLD

- Keep your tank full by filling it up when it gets to 20% full.
- Never attempt to cover up your

tank. This will merely insulate the propane inside the tank from the natural heat of the daytime sun, possibly making the problem worse

- For the same reason, don't let snow build up on your tank because it will keep it colder than the outside temperature.

Never use an open flame or electrical device in the vicinity of a propane tank. Accidents involving "heating" a tank to boost pressure are not uncommon.

If you have done a vehicle conversion on your car or truck you might notice in the winter that there is no warm up time or trying to get diesel or gas engines to start in freezing temperatures. Propane powered engines are able to warm up quickly and start every time. Propane prices won't spike in the winter when you purchase through CoEnergy's pre-buy program.

At CoEnergy Propane we can talk to you about a propane conversion in your truck or car and see if it is a right fit. We love propane conversions and our whole fleet of vehicles has been converted to propane power.



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Are Essential Oils Good for Your Fur Family?

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

We recently received a call from someone asking if it's true that essential oils are poisonous to cats.

It turns out that some essential oils are in fact poisonous to cats and dogs. The reason for this is that dogs and cats are lacking in liver enzymes that metabolize and inactivate toxins found in these oils.

Eucalyptus oil is particularly poisonous. According to the ASPCA symptoms include difficulty breathing, uncoordinated gait, drooling, muscle

tremors, pawing at the face and mouth, burns on the lips, gums, tongue and skin. Other essential oils that are potentially toxic to cats include the citrus oils, basil, cassia, cinnamon, clove, fennel, oregano, melaleuca (tea tree), peppermint, thyme and wintergreen oils.

These oils should never be applied topically or orally to a cat. Diffusers should be used with caution and not be located in rooms where cats eat their food. If you have recently handled these oils it is a good idea to thoroughly wash your hands before snuggling with your kitty just to be safe.

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Bridal Show

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12 noon to 5 pm

Visit local wedding professionals in this small quaint Lebanon Bridal Show. A select number of wedding vendors will be available for booking to help you create your perfect wedding day.

Donations of canned food will be accepted for the local soup kitchen.

Door Prizes

Website: www.santiamplace.com

Like us on Facebook: Lebanon Bridal Show

Birth Trauma – Part I

This is a very disturbing topic and one which most parents are very unfamiliar with. Traumatic Birth Syndrome (TBS) estimated to be the 6th leading cause of infant death, is mostly under reported and misdiagnosed. Birth is a very normal biological process. It does not require “management” as a disease, yet it is treated in the manner of a sickness. Both pregnancy and birth have special significance to a pediatrics chiropractor as often a pregnant mom and child are exposed to harmful routine practices which are poorly researched and effects not well documented. Most parents simply trust their doctor and that’s it. This blind, simplistic view can be life-threatening to an infant.

My concern, when dealing with pregnancy, is the status of mom=s spine and nervous system so that she can maintain a healthy pregnancy, have a good, uneventful delivery, and have a healthy baby. Briefly; often Vertebral Subluxations affect the mother’s spine, changing the physiology of pregnancy, and affecting the baby in-utero. How, you ask? An interference in the function of mom’s

nervous system will affect the way the baby rotates and turns in the womb for an example. It will also affect baby’s nutrition and hence growth. These factors can lead to what is called **In-Utero Constraint**. A situation where, in the last trimester of pregnancy, the baby is trapped in a precarious position from which it is unable to free itself. This can lead to serious consequences during birth. I feel very strongly that all pregnant moms should have a check-up with a pediatrics chiropractor to help them and their babies through pregnancy and delivery.

I have mentioned Alcohol consumption by mom and its effect on the development of the baby’s nervous system in a previous column. I did not mention smoking. Although a pregnant mom may not smoke, she and her baby may be exposed to the toxic effects of second-hand smoke at work, home, etc. The fetus can be the receiver of second hand smoke and evidence suggests low birth weight, as well as body malformations can be the result.

As well, many women take over-

Birth Trauma continued on page 11



DR. NICHOLAS R. BROWN,
TIMBER LINN
CHIROPRACTIC
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CENTER

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Who is Miele? Why Do I Want One?

Miele has been an independent family-owned company since its establishment in 1899 and is equally committed to its owners, employees, customers, suppliers, environment and society. The company focus is on manufacturing domestic appliances for the kitchen, the laundry room and for floor care.

The strategic vision is to become the most favored brand of the industry in all relevant markets. Miele offers products to its customers that set the standards for durability, performance, ease of use, energy efficiency, design and service. This corresponds to the guiding principle “Immer Besser” which the founders Carl Miele and Reinhard Zinkann printed on their first machines- and which characterized Miele to this day.

The company focuses exclusively on the Miele brand and its consistent positioning in the premium segment. Miele stands for long term thinking and planning, continuity of values and goals, good relationships with customers and suppliers, as well as an employee-oriented corporate and leadership culture.

Since being founded in 1899 Miele has followed its “Forever Better” brand promise. This means: Miele will do all that they can to be “forever better” than their competitors and “forever better” than they already are. For Miele

customers, this means the peace of mind of knowing that choosing Miele is a good decision-and probably the decision of a lifetime.

For more than 100 years: it has been a proven adage that you can trust Miele and rely on their appliances. Miele is the only manufacturer in their branch of industry to test their products to the equivalent of 20 years of use. Once a Miele, always a Miele: Miele customers around the world remain loyal to Miele and recommend Miele to others.

Looking to the future, they promise not to entertain any compromises when it comes to quality and durability. Interested in trying out one of Miele’s top vacuums? Stop by Rich’s Sewing and Vacuum in Albany and check out the new exclusive Miele show room in Linn County. Come see what top quality and durability feels like. Visit Rich’s Sewing and Vacuum at 2306 Heritage Way SE Albany, or 97322 or call 541-926-4842.



On February 17, PTA celebrates the legacy and work of its founders to better the lives of every child in education, health and safety. As it has for 121 years, PTA continues to take action to change the world for all children.

Happy Birthday PTA!

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**Gallery Calapooia
Artists Reception**
Friday, February 2 • 6-8pm
Gallery Calapooia
222 1st Ave W

**Cupid’s Cowboy Challenge
Rough Stock Rodeo**
Saturday, February 3
Linn County Expo Center
3700 Knox Butte Rd, Albany

**Annual Greater Albany
Rotary Crab Fest**
Saturday, February 3 • noon to 8pm
Calapooia Brewery, 140 Hill St SE, S

**Children’s Performing Arts
Series “Animal Encounters”**
Saturday, February 10 • 10am, Linn
Benton Community College Forum,
6500 Pacific Ave SW, free

**Covered Bridge Cluster AKC
Dog Show**
Friday-Monday, February 23-26
Linn County 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

Points FOR Profit®



Welcome S.E.T. Drywall

S.E.T. Drywall is a third-generation drywall family. We welcome them to the Points for Profit family of businesses! Introducing Sean Taylor, owner of S.E.T. Drywall.

I started in drywall in 1999/2000 working for my father's company. I spent over a decade working residential homes then decided to join the Drywallers' Union in 2011. After six years in the union, I decided to start my own company and put the values and skills I was raised with into my business. "You're only as good as your last job." and "People always remember the bad you did before the good, so leave them no doubt." These were the words my father taught me.

I always do my best because the next job isn't guaranteed, these are words I live by. Thought it isn't always easy, we strive to do our best each and every project. I have always enjoyed being my own boss and/or the foreman of a drywall crew. Those experiences have helped me to decide to

start my own business.

Having my wife help me with the office side has allowed me to devote my time to what I do best, drywall. We have been fortunate enough to find several builders and private customers who work as hard as us to work for.

I will always be the guy who loves doing small jobs or houses. No job too big or too small is something I hold dear. My dream is to continue building off the success and momentum we have gained and continue to do the best we can at a reasonable price. I will always be honest and straightforward for anyone who needs drywall.

I have come to realize I can't be everywhere at once, but I will always do my best to take care of every customer who calls on me. What started as a dream has turned into a reality and we are only just begun.

Sean Taylor S.E.T Drywall

OUR NEXT POINTS FOR PROFIT MEETING IS OUR ANNUAL AWARDS BANQUET AND AUCTION WHICH WILL BE ON MARCH 1, 2018. For more information visit pointsforprofit.org.

What is

Points for Profit®

Willamette Valley

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SUSTAIN LOCALLY

pointsforprofit.org

Participating Non-Profit Organizations

- 1st Hand Second's – Unique Boutique (Mercy House Internation, Inc.)
- American Legion Auxiliary Unit 10
- American Legion Auxiliary Unit 184
- Better Kids Club
- BSA Troop/Crew 322
- Cascade School, Lebanon
- Child Evangelism Fellowship
- Dala's Blue Angels
- K-9 for Kira
- Kitty Angel Team Adoption (KATA)
- L.A.F.T.A.
- LHS Performing Arts
- Lebanon Pregnancy Alternative Center
- Lebanon Soup Kitchen
- Life-Line Baby Boutique
- Linn County Animal Rescue
- MidValley Parent Teacher Student Association (PTSA)
- Oregon 4-H State Shooting Sports
- Oregon Federation of Square and Round Dance Clubs/Mid-Winter Festival
- Oregon Women for Agriculture
- Safe Haven Humane Society
- Scroggins Mill
- Serving Our Neighbors
- St. Edward's Youth
- Vets Helping Vets HQ
- Wake the World

St. Edward Youth



Saint Edward Youth, a long-time Points for Profit participant, is a place for youth to grow in knowledge of the Catholic faith. They also develop friendship among peers, receive help and guidance from mentors. They help each other through questioning, difficulties and learn to encounter Jesus. There's time to be silly with games, fun events, and laughter not just time to learn about Jesus, the Sacraments, and prayer.

Some of the events the youth participate include:

- CALLED Middle School youth rally in December
- RISE UP High School youth rally coming up March 10th
- Higher Calling Ropes Camp in Yamhill in August
- Bowling party at the end of the school year
- "You're Amazing!" Youth Rally
- Service mission trips to various locations
- Immersion experience into homeless situation in Portland
- Just 5 Days mission trip
- Ignite Your Torch NW

- Steubenville NW Conferences
- Preparation for the Sacrament of Confirmation


Currently the Middle School SET (Saint Edward Teens) is going through the Alpha Youth Film Series and the High School is going through the YOU Series and current events topics.

If you are interested in helping the youth at Saint Edward Church, there are three simple ways to help:

- Pray for them, that they would experience an encounter with Jesus, especially Sundays.
- Donate cans and bottles to help fundraise for the summer events.
- Donate your receipts from sponsor business and bonus points for Points for Profit. See pointsforprofit.org for a list of business sponsors.

Saint Edward's Teens meets the first, third and fifth Sundays between October and May from 6-8PM at St. Edward Church at 100 S. Main St. in Lebanon, next to the Library.

Sixth through 12th graders are welcome to join in the fun, fellowship, and faith sharing!



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Hugh Hewitt
Voice of Reason
3pm - 6pm



Jim Bohannon
The Militant Moderate
8pm - 10pm



Harley & McNamara
Red Eye Radio
11pm - 3am



Bill Bennett
Morning in America
3am - 5am

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Pray Without Ceasing

In Christ, Kevin Ferguson

One way to always keep our eyes on Him is to be in constant prayer. If we're always praying to God about everything in our lives, our eyes won't waiver, nor will our hearts. One thing I'm certain of, this joyous amazing adventure Dee and I are on, while at times unsettling, it's a blast when you just give the reins entirely over to God, keep in constant communication with Him and just enjoy the ride! Pray without ceasing brethren and watch how God responds!



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Trending New Payroll Laws for 2018

The New Year often brings changes to our tax laws and the many laws related to payroll and employment law are no different. I will cover just a few of the highlights for your reference.

- Through news and social media channels today we are constantly hearing of new harassment allegations in and out of the workplace. Proactive employers are realizing they need to look for better ways to prevent sexual harassment in the workplace. Employers must ensure their employees know that any and all reports will be addressed and harassment of any kind will not be tolerated. Training is a preventative step that should be considered, but accountability is an absolute requirement.
- Employers should be aware that funding for wage and hour investigations and enforcement actions has been increased to address all violations in our workplaces.
- Oregon has a salary history ban in effect. This law prohibits employers from inquiring about a candidate's current or previous wages or salary. This is intended to decrease pay disparity.



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

- The state of Oregon has implemented predictive-scheduling requirements for certain employers in retail, food service, and hospitality. This law requires employers to provide advance notice on schedules and limit the conditions in which an employer can make last-minute changes to the schedule.
 - Beginning on Jan. 1, 2018, the standard mileage rates for the use of a car (also vans, pickups or panel trucks) will be:
 - 54.5 cents for every mile of business travel driven, up 1 cent from the rate for 2017.
 - 18 cents per mile driven for medical or moving purposes, up 1 cent from the rate for 2017.
 - 14 cents per mile driven in service of charitable organizations.
- Taxpayers always have the option of calculating the actual costs of using their vehicle rather than using the standard mileage rates.
- Payroll and employment laws are complex and when you are cited for being out of compliance, the penalties can be significant. Be sure you have the right information to stay in compliance.

Five Great Tips to Make Your Goals Your Reality

Goals are a great tool for motivation. But if you don't use them correctly, they can also be a source of frustration. Goals are only empowering if they are used properly. So how do you make a goal into something that is a benefit for you?

Goal-setting strategies are important especially for to help you create the type of success you desire and deserve. Here are five goal-setting techniques to help you realize them.

- 1. Balance Your Goals:** In your life you will have personal development goals, personal finance goals and things goals. Don't neglect any of them. It is ok to want things, but don't forget to balance those pursuits with your own growth as a person. These goals are important so be clear about all of them and make them real for you.
- 2. Plan Actions from Your Goals:** Goals are not items for your to do list. Your goal is what you are striving for. Plan specific actions that lead you towards those goals. Use the goals to provide your compass for those actions. When you plan actions for the day you can easily tell if they're going to be effective if you have clear goals to compare them against.
- 3. Share Your Goals:** If you were an archer, would you keep it a secret that your goal is to hit the bull's-eye? Too many keep their goals a secret. Share your goals with people who will support and encourage your aims.
- 4. Write Down Your Goals:** Make your goals real by recording them. Put copies of your goals on index cards and keep copies in the car and in the bathroom and review them regularly. Make them the center of your focus. Don't just set them and then ignore them. Your goals are like a compass to tell you which way to go. The exciting part is that you get to choose the alignment of your compass.
- 5. Don't Give Up:** Your goals and the actions you take to get them are different things. Don't be afraid to try something, fail and try something else. Take effective and massive action to meet your goals and understand that any true goals will take many steps to achieve. Sometimes you will make a misstep, but that doesn't mean there's anything wrong with the goal. Everyone makes mistakes, but it's only those who abandon their goals who don't achieve them.

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The Gift of Touch this Valentine's

If you're like many, then from time to time you forget about certain holidays. No not the big ones like Christmas, New Years or the Fourth of July (when is that again?). But sometimes we (men in particular) tend to forget about Valentine's Day. As you all know this is the day that you celebrate with that somebody special. Well this year whether you have forgotten or not I have a great idea for a Valentine's Day gift that will not only be fun but it will be good for your health.

If you know anything about River's Edge Salon and Day Spa then you know that aside from helping you look your best, we want you to feel and be your best, so massage is a big part of our overall services for you!

Besides being a great date (yes couple's massage is available) massage can be good for your relationship and your body. When done properly massage can decrease blood pressure, decrease stress, improve a person's feelings of well-being and self worth. From the day each of us are born we all crave human contact. Babies won't

thrive if they don't receive the gift of touch. As we mature we still rely on touch for emotional health and security.



LINDIE M. TRUEX,
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Meaningful touch can enhance any type of relationship. Business relationships are often forged with a form of touch we are all familiar with: a handshake. At a wedding one of the first official acts the bride and groom perform is a form of touch: a kiss. You know a date is going well because of a simple gesture: holding hands. Massage therapy conveys a message of caring and healing.

So, call River's Edge today to book a massage for your loved one, for yourself or just get a gift certificate if you don't know the time. We love Valentine's Day at Rivers Edge Salon and Day Spa and can offer your sweetie many gifts that will make him or her feel loved! Call us today at (541) 791-2800 or stop by the salon at 1235 Pacific Blvd SE in Albany. Happy Valentine's!

Call River's Edge Day Spa today at (541) 602-5527 and begin the new year looking and feeling your best!

Selling Your Home?

Your home is on the market. You have been juggling the calls from prospective buyers (and their agents), you have set up the showings and maybe done an open house on a Sunday to make the home accessible. Now the call/email comes in that an agent that has been working with a buyer for six months wants to submit an offer. The first question they ask is if you are willing to work with a buyer's agent. As a seller you must realize that many buyers choose to work with an agent and as an agent for a buyer that person is working pro-bono (for free) until that client closes on a house. They may have shown them ten+ houses and they are invested both in time, financially and mentally that agent has a bond with the buyer and that buyer trusts their opinion.

The agent has now submitted his buyer's offer to you. It is a multi-page legal document with terms, conditions and timelines that the agent will be diligent to work on his client's behalf for. There will be things like earnest money, financing provisions, inspections timelines and closing dates. In many cases a person buying



JASON NUNN,
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a home may be selling a home to be able to afford the purchase of your home. There are different types of lending that vary from a cash offer to low down FHA loans, what is what and how those different scenarios benefit or hinder you being able to sell in a timely manner are things to consider.

You are able to come to an agreement with what you feel is a reasonable deal for you. The state of Oregon requires seller to disclose certain items about the home as part of the sales process. You will need to work through that with the agent to verify you do not leave yourself open to possible liability down the road. Now the buyer has scheduled a home inspection and that will be happening within the first week or so of that acceptance. The home inspector will be evaluating the overall condition of the home. He will be looking at the roof, siding, paint, wiring and basically making sure that the home is in good condition and if something is needed to be corrected he will be writing up a report and recommending what should

Selling Your Home continued on page 15

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Home Decorating Ideas for Different Furniture Styles

Have you ever thought about the many different furniture styles available? You've probably watched a TV program where they showed people how to update an entire room of your house; let's say the living room or bedroom. There are rustic, Italian, modern antique...just to name a few. Do you know really what do these styles mean? We go deep into the different styles, which are the most demanded around the globe. Let's start:

ANTIQUE:

Antique furniture styles are characterized by European interior houses designs. What is very important to point up is the fact of antique furniture is commonly made to be used, not displayed. This makes of antique designs look boring or without further interesting additions, such as fancy details.

EUROPEAN FURNITURE:

This style of furniture can be roughly split in 3 main branches: Italian, English and French. We begin by the Italian, because it is becoming very popular over the last decade for US citizens. Why? because the Italian style offer a

wide range of materials to choose from, from wood up to marble, stone or fabric. Furniture pieces into the Italian furniture are ornate as well as large, sometimes using Roman sculpture and architecture. We go then to the French style. If you like crowd decorating prices of furniture, French is yours. It often includes designs, elaborated and perhaps handcrafted with detailed carvings, with highly ornate patterns.

FANCY DETAILS WITH ENGLISH FURNITURE:

The English furniture has been always made of woods, including principally walnut, oak or mahogany. This style is very close to the American rustic one, due to its fancy details and the use of natural colors. The predominant color used on these pieces of furniture used to be is dark or natural colors. However, it depends on the era you base the English decoration. In the current world, there exist so many styles, materials and furniture designs, and it is evolving year after year. All type of influences comes up every day on furniture designers,



Decorating Ideas continued on page 15

Are French Doors for You?

French doors bring in natural light and provide a functional and traditional elegance to any home. When used on the inside, they make a great transition between rooms by providing a sense of privacy yet maintaining the feeling of openness. If you're considering adding French doors there are a few things to consider.

French doors have two panels that either swing in or swing out. The arrangement of your furniture and the layout of your room will play a large role in determining which style works best. If you have chairs or sofas in the path of travel, then an out-swing door would be a better choice. However, both doors don't have to open at the same time. A door with a fixed panel on one side will still provide the traditional look of a French door and may allow the door to swing in.

In the past, exterior French doors were notoriously poor when it came to weatherization and security.

However, today's newer doors have multiple areas of weather-stripping and usually come with insulated glass, so they are as energy efficient as a sliding patio door. Keep in mind, unless you have an awning or significant overhang, in-swing doors have the potential to bring moisture into the home when opened during rainy weather. And, for security, most doors come with a "three-point lock" with rods that penetrate the head and sill as well as a deadbolt that locks both panels together. For warmer days screens are available that mount to the jambs and pull out like a mini blind. You can open the doors and keep the bugs away! So, if you have a deck or garden area you love to visit on warm mornings or you need a spacious entry for parties, or if you simply want to create a quiet interior space for reading or study, French doors may be for you.



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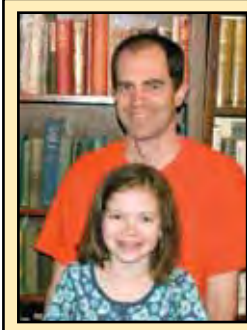
Bird Women

This past Christmas, I spent a week at my brother’s house in Colorado. Vacations usually mean more time to read, so I grabbed a few books. I had a few lying around in my “to be read” stacks, so I picked three: *The Crane Wife* by Patrick Ness, *Night at the Circus* by Angela Carter, and *Someone Comes to Town, Someone Leaves Town* by Cory Doctorow. All three were in my house for different reasons, but here’s the strange thing—all three are about women who are birds (sort of.)

Patrick Ness is the author of the popular teen trilogy *Chaos Walking*—cool kid alert: this will be released as a film in 2019, so get started reading now! His book *The Crane Wife* is a reworking of the classic Japanese folktale. I read this because my daughter was telling me to read *Chaos Walking*—rather than read three teen books, I figured reading one adult book would be a little more interesting (and less time consuming.) As it turns out, Ness can write!

His writing varies between a sort of magical realism, some fantasy, and utter rejection of that fantasy. The story centers around the relationship between a middle-aged man and his new girlfriend who mysteriously appears the day after he removes an arrow from a crane’s wing.

However, the most interesting elements of the story do not come from their relationship, but rather from his daughter,



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

who is in her twenties and having a rough time fitting in. The book is a little weird, but overall an interesting read. Angela Carter is one of those authors who’s been on my “to-be-read list” forever. I knew I

should read her, but never got around to doing so. Her book *Nights at the Circus* is about a trapeze artist who is famous throughout the world for her swan wings—are they real or fake? Does it matter? One of the great things about this book is the opening scene, where she is being interviewed by the reporter (who subsequently falls in love with her.) One might think that a trapeze artist with swan wings would be portrayed as a graceful, elegant woman...but Carter doesn’t go that route!

Unfortunately, I ran out of time during my vacation and didn’t get a chance to start Cory Doctorow’s bird-woman book. Doctorow is a big name in “literary science fiction” and I’ll get to it eventually.

I’m not sure what the connection is between women and birds. It’s an ancient relation, of course, from old myths like the crane wife, but it apparently remains relevant to a variety of modern authors.

Birth Trauma continued from page 6

the-counter medications and do not question their safety. The feeling seems to be that if it is not prescribed then it is “safe”. Let me be emphatic here. **All drugs affect your baby!** Most effects have not been researched yet. The safety of prescribed medications on the fetus has not been researched but it is well documented that in the adult population, properly prescribed medications are the **fourth leading cause of preventable death!**

Another concern is the use of routine procedures which can be life-threatening for the unborn child. **Amniocentesis** and **Chorionic Villi Sampling** for example, can lead to spontaneous fetal abortion in 0.5-1.5% of cases. Be careful out there!

I’ll continue next month.

Selling Your Home continued from page 13

be completed or is a point of discussion for the buyer....did I say you would be negotiating again. They will write up an addendum to repair, replace or accommodate with a price reduction specific items. You as the seller will need to determine if those items are legitimate or if they are items that you will not be willing to accommodate for the buyer.



Decorating Ideas continued from page 14

and changes in the technology of materials affect directly on the new home decorating ideas.

MODERN:

What we need to know about modern furniture is the clean lines that offers to the room itself. Modern styles for interior designs are often made of vinyl, plastic or chrome. These materials came up around the 50’s, and since then they have found a place into modern houses, as the standard.

RUSTIC:

This style is known because the using of natural materials. The pieces of furniture included into the rustic designs use to be handcrafted, with a strong cultural and regional touch in their pieces. Rustic style also brings to any home the feeling of begin more comfortable. It also reflects to be on most of their instances, casual tends, which makes it more personal than other styles.

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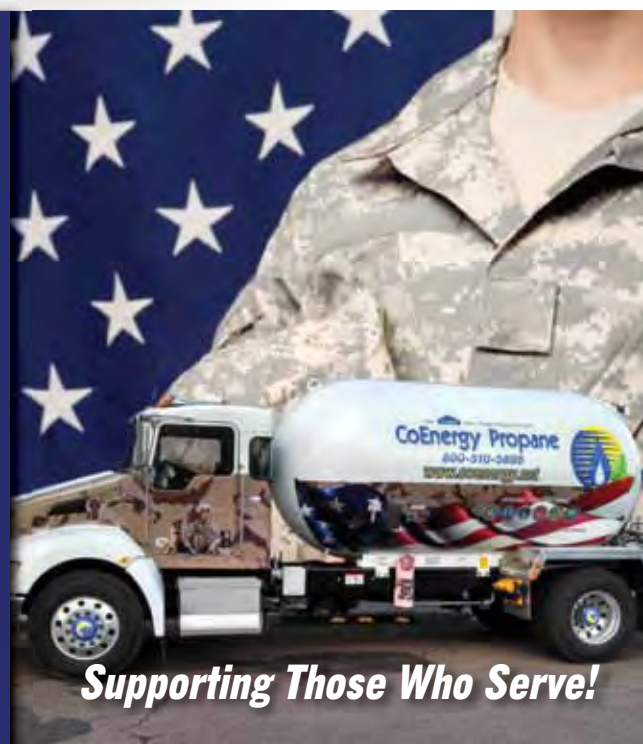
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