

HIGH POINTS



GOOD NEWS FOR THE WILLAMETTE VALLEY

MARCH 2018 • FREE



Third Prom Dress Pop-Up Held April 7 at Heritage Mall

"My daughter wouldn't be going to prom if you hadn't opened this," a thankful mother told West Albany High School senior Caroline Richards two years ago after the first Prom Dress Pop-Up store at Heritage Mall. The first two events have been a "huge success," according to Richards, and she is excited to make the third annual Prom Dress Pop-Up store even bigger and better, moving to a bigger space in the mall next to Christopher & Banks. The one-day-only sale will take place on Saturday, April 7 from 10am-6pm.

Richards, along with her mother Alyson Richards, came up with the idea for My Best Friend's Closet after hearing some of her high school friends mention they were not going to prom because they could not afford a dress. A 2015 survey by Visa Inc. found that American teens spend close to \$1,000 per person on prom. Having several prom dresses herself that she had worn one time and put away in her closet, Caroline had the

idea to collect those once-used dresses and re-distribute them to students who wanted to go to prom but may not be able to spend much money.

In 2016 My Best Friend's Closet collected 250 dresses for the sale, with more than 50 being purchased by local high school girls during the event. In 2017, there were more than 450 dresses available, with more than 150 being purchased during the event. Every dress at the pop-up store will be available for purchase for \$10. There will also be a limited number of shoes and accessories available for purchase.

With the event expanding so quickly, the demand for dresses has grown greatly over the last two years. New and gently used formal dress donations are currently being accepted at the Heritage Mall management office and West End Boutique inside the mall. Points for Profit members will receive two million points per item donated. My Best Friend's Closet operates under

the umbrella of the non-profit Altrusa International of Albany, so all donations are tax-deductible. Proceeds from the sale are used for the purchase and cleaning of dresses for future events.

The support for the event has been enormous. Grand & Benedict's donated hangers, racks, mirrors and rack covers; Richard's Cleaners donated 10 dress cleanings per month throughout the year; ReStyle decorated the storefront window and Boda Furniture supplied chairs and love seats to furnish the store. In addition, last year My Best Friend's Closet received a grant from Arbonne Charitable Foundation to use towards additional dress cleanings, event costs and to purchase new dresses to supplement the donations.

The Prom Dress Pop-Up store is open to all high school girls in Linn and Benton Counties with a valid student ID.





Fun Events for March 2018

- March is a time of new growth and a changing of the season. Make sure to check out all these fun and exciting events happening in the Mid-valley.
- 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
 - ALBANY CIVIC THEATER “SYLVIA”** March 1-3, Thur-Sat 7:30pm, Albany Civic Theater, 111 First Ave SW, \$, 541-967-8140, www.albanycivic.org
 - SWEET HOME RANGER DISTRICT HIKES “WINTER SNOW SHOE ON THE SANTIAM PASS”** March 2, Fri 9am, Sweet Home Ranger District4431 Hwy 20, Sweet Home, 541-367-5168
 - 4TH ANNUAL POLLINATOR CONFERENCE** March 3, Sat Linn County Expo Center,3700 Knox Butte Rd, 541-926-4314 www.LinnMasterGardeners.com
 - SWEET HOME MUD FEST** March 3, Sat 9am-3pm, Sweet Home, please go to www.themud.com for info on tickets.
 - LINN COUNTY FLEA MARKET** March 3, Sat 7:30am-2:30pm, Linn County Expo Center, 3700 Knox Butte Rd, Albany, 541-619-5708, \$, www.linncountyfleamarket.com
 - FAIRMONT GRANGE MONTHLY MARKET-** March 4, Sun 1-4pm-Fairmount Grange Hall in North Albany. Lots of vendors to shop from. Come Shop Small.
 - ALBANY SENIOR CENTER MOVIE MATINEES “BATTLE OF THE SEXES”** March 9, Fri 12:30pm, Albany Senior Center, 489 Water Ave NW, 541-917-7760, free, www.cityofalbany.net
 - BUILD LEBANON TRAILS “MARCH OF THE MUNCHKINS & CHEADLE LAKE PADDLE”** March 10, Sat 9am, Cheadle Lake, Weirch Dr, Lebanon, 541-409-1302, www.BuildLebanonTrails.com
 - ALBANY WOMEN’S CONNECTION-** March 14, 10am, the location is the Phoenix Inn and Suites, 3410 Spicer Road SE, in Albany. Wendy Kirbey from the Albany Carousel will discuss the origins of the Carousel and how creating it became a community effort. The inspirational speaker is Candy Weatherly who will provide a humorous glimpse into the life of a woman with a well-protected “comfort zone”

- who was driven by a need to be perfect. Jacopetti’s Catering provides the delicious brunch and cost is \$11.00 inclusive. Reservations are required by March 9 by calling Suzanne at 541-327-3798 or texting Mary Ann at 541-905-3829.
- LYONS GARDEN CLUB** March 14, 1 pm in the Lyons Fire Department Conference room, at 1114 Main St., Lyons. Hostesses will be Judy Keillor and Celeste Rush. Guest Speaker will be Ellen Egan of Egan Gardens in Salem on container planting and hanging baskets. Ellen usually brings along plants to sell, so be prepared to make your purchases. The public is invited to the meetings, for more information or if you wish to join the Garden Club contact President John Hollensteiner at 503-508-5913 or Vice President Cheryl Cappelletti at 503-767-3348. Dues for the year are \$12 per year and include an activity book and name badge. Activities include guest speakers, yearly garden trip/tour and lunch out; potluck picnics or lunches; exchange of plants and gardening ideas. Dessert and drinks are served at the meetings, along with door prizes.
- ALBANY SENIOR CENTER “ST. PATRICK’S DAY CELEBRATION”** March 15, Thur 12pm, Albany Senior Center, 489 Water Ave NW, \$, 541-917-7760, www.cityofalbany.net
- COOKING WITH CLASS-** March 15, 6:30pm-Santiam Wedding and Event Hall. Come make 4 spice blends and take them home in Tupperware. Cost is \$20. 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
- MIXOLOGY MADNESS** March 17, Sat, Historic Downtown Albany, 541-928-2469, 21 and over, www.albanydowntown.com
- LINN COUNTY HISTORICAL SOCIETY “YOUR GRANDMOTHER’S COOK BOOK”** March 18 Sun 2pm, Lakeside Center, Mennonite Village, 2180 54th St, Albany, 541-926-4680
- MIDVALLEY PTSA (PARENT-TEACHER-STUDENT-ASSOCIATION) DINNER/MEETING** March 20, beginning at 6 PM at Elmer’s Restaurant, 2802 Santiam Highway SE, Albany. Come join the discussion about the

- Anti-Bullying Task Force sponsored by Greater Albany Public Schools and how it ties into PTA’s mission To Make Every Child’s Potential a Reality. For more information, contact midvalleyptsa@gmail.com.
- ALBANY SENIOR CENTER MOVIE MATINEES “ONLY THE BRAVE”** March 23, Fr 12:30pm, Albany Senior Center, 489 Water Ave NW, 541-917-7760, free, www.cityofalbany.net
- ALBANY CIVIC THEATER “PRIDE & PREJUDICE”** March 23-24 Fr & Sa 7:30pm, Albany Civic Theater, 111 First Ave SW, \$, 541-967-8140, www.albanycivic.org
- SANTIAM HOSPITAL AUXILIARY** March 28-30, annual Easter Tulip Sale, from 9 am to 3 pm or while supply lasts, come early for the best selection. The tulips will sell for \$5 per bunch of 10 and come in an array of colors. Sale will be held in the Santiam Hospital Foyer, 1401 N. 10th Ave., Stayton; Santiam Medical Clinic, 280 S. 1st Ave., Mill City and Mehama Ace Hardware, 11267 Grove St., Mehama. Proceeds will help support the Auxiliary Scholarship Program and also make it possible for the Auxiliary to purchase requested supplies and equipment for the various hospital departments. For more information contact President Pat Spaeth at 503-769-3381 or Vice President Mary Lou Hazelwood, 503-769-5685.
- ALBANY CIVIC THEATER “PRIDE & PREJUDICE”** March 30-31 Fr & Sa 7:30pm, Albany Civic Theater, 111 First Ave SW, \$,541-967-8140, www.albanycivic.org
- ANNUAL ALBANY EASTER EGG HUNT** March 31, Sa 10am-noon, Monteith Park, 489 Water St. 541-990-2194 www.albanydowntown.com
- POINTS FOR PROFIT MEETING** March 27th 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

Welcome Spring!

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.

Publishers	InSpirit Marketing, Inc.
Advertising Sales Team	Lauralee Beck Wenona Given
Staff Writers	Lauralee Beck Wenona Given Karen Rogers
Graphic Designers.....	Bobbi Dickerson J’Aime Salisbury
Contact us at.....	541-791-2901

InSpirit Marketing Inc. is located in historic downtown Albany inside of Two Rivers Market.

The opinions, beliefs and viewpoints expressed by the various authors and columnists of High Points may not necessarily reflect the opinions, beliefs and viewpoints of High Points or InSpirit Marketing, Inc.



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

HERITAGE MALL

[f](#)
[t](#)
[i](#)
[g](#)
[+](#)

www.HeritageMall.com

Located at 14th & Geary in Albany



ALBANY ANIMAL HOSPITAL

Compassionate, Affordable, Quality Care

MYASIS (MAGGOTS) IN DOGS, CATS AND CHICKENS

If you have a pet that spends most of it’s time outdoors, please check them regularly for any signs of illness or injury. Any type of wound or hot spots that may not be clearly obvious can change quickly and can become infected. Any wound that bleeds or contains pus and smells, can attract flies. Being outdoors with an open wound means your pet is exposed to flies and in turn, maggots, which will happily eat their way through your animals body, causing discomfort, illness and possibly death. This typically is more of a concern in warmer weather and warm climates, but can occur any time of year, especially if animals are being neglected and not examined regularly. *Be a responsible pet owner!*



629 Madison St SE
Albany, OR 97321
(541) 926-8817
albanyanimalhospital.com

 Find us on: **facebook.**

Emergency Services
(For established clients only)

Office Hours:
M,T,Th 9a - 6p
W, Fr 9a - 5p
Alt Sat 9a - 12p

BE SURE TO CHECK THE LUCKY NUMBER BOARD IN YOUR STORE!

You Could Win One of these Prizes in March!

1 IN 10 MEMBERS WILL WIN EVERY WEEK ON...

LUCKY NUMBER TUESDAY!





BI-MART

YOUR MEMBERSHIP DISCOUNT STORE

SALEM • KEIZER • STAYTON • WOODBURN • MONMOUTH
ALBANY • CORVALLIS • LEBANON • SWEET HOME

Open Mon-Fri 9am-8pm, Sat 9am-6pm, Sun 10am-6pm
Visit us on bimart.com & Facebook @BiMart.Membership.Discount.Stores

Ramblings From the Kitchen of Karen Rogers

Good Ole' Apple Pie

BY KAREN ROGERS

This month will be a double whammy, pie crust and filling variations! Last January, when Points for Profit had its banquet and dessert auction, these two pies did very well, indeed.

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

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



Since everyone knows I am a fruit snob, my choice of apples may surprise you; Golden Delicious. They hold their shape and cook up well. You will need five good sized apples. Peel, core and cut up into a large bowl. Sprinkle 1 tsp lemon juice over and mix well. For a cranberry -apple pie, add 3/4C sweetened dried cranberries and mix well. For a plain pie just continue. Add a big pinch of cinnamon, a small pinch of nutmeg and 1 tbsp quick-cooking tapioca. Mix and add 1 to 1 ½ C sugar or Splenda and mix again. I prefer tapioca as it gives a clearer, cleaner thickness that isn’t starchy. Set aside.

Roll the rounds of crust between two sheets of parchment paper to desired thickness and place one in a 9” pie plate. Put in one- half the filling. Place 1 tbsp butter in the middle of the filling and cover it with the rest of the

Apple Pie continued on page 14

March Word Search by Rolie the Puzzlemaster

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

- APPLIQUE

BEADING

BUSTLE

CAPE

CREPE

DIAMONDS

EMBROIDERY
- FLORAL

GATHERED

GEMS

GLOVES

HAT

LACE

LINEN
- MUFF

NECKLINE

PASTEL

PEARLS

RIBBON

VELET

FIRST SIGNS OF SPRING!

Elmer's®

breakfast • lunch • dinner

CLUBHOUSE OMELET

New

FEATURED

ENTREES

HAVE

ARRIVED!

SPRINGTIME BENEDICT

2802 SANTIAM HWY, ALBANY

(541) 928-4227

Find us on

f

YouTube

Instagram

Twitter

#iheartelmers

www.eatatelmers.com

Nite Owl Special

Wednesdays 8pm-11 pm &

Thursdays 10pm-12am

\$1 a Game • \$1 Shoe Rental

Linn Lanes Bowling Center

2250 S Main Road • Lebanon • 541-451-3900

Like Us on Facebook

GET DELIVERY FROM OVER

30+ LOCAL RESTAURANTS

AVAILABLE IN ALBANY, CORVALLIS, SALEM, KEIZER & LEBANON.

Munchys Delivery.com

Google play

Download on the App Store

1-888-35-MUNCH

www.MunchysDelivery.com

1-888-356-(8624)

H & H

TREE SERVICE LLC

Nick Hansen | Nicholas Hansen

503.837.9120 | 503.881.4094

H.HTreeServicellc@gmail.com

CCB#215767

Bonded and Insured

SHINGLES!!

Everyone who has had chickenpox (Varicella Zoster) is at risk for a future outbreak of shingles (Herpes Zoster). As one recovers from chickenpox, the virus retreats into nerve cells and lays dormant, until triggered; often after age sixty or following a stressful event (illness, injury, surgery, cancer, etc.) The re-awakening of the chickenpox virus causes shingles.

Initially, shingles symptoms can be vague: unexplained tenderness, tingling, or a burning sensation in a localized area of the body. However, a few days later the tell-tale rash of clustered blisters appears. Seek medical attention immediately. Prompt treatment of shingles with an oral antiviral medication can improve recovery time and reduce the probability of long term complications.

A typical shingles outbreak lasts from 2-6 weeks. During this time the blisters will open and ooze, then crust over. The involved area may be very painful, itchy, burning, or prickly. Avoid scratching and keep blisters clean to avoid secondary infection. Shingles cannot be contracted by airborne transmission. However, if a person who has not had chickenpox (or been vaccinated against them) was exposed to fluid from the blisters; they could contract chickenpox. Therefore, it is wise to avoid contact with infants, pregnant mothers, and those with no

history of chickenpox or vaccination while the rash is present.

Occasionally, the symptoms associated with shingles continue after the outbreak has resolved. This condition is called post herpetic neuralgia (PHN) and may persist for years. Neuralgia is a term used to describe intense pain that follows the course of a nerve

path. This type of pain is difficult to treat and can greatly affect one's ability to live independently. Rapid initiation of antiviral drug therapy is the best way to reduce the risk of developing PHN.

The chickenpox virus remains in our bodies for life, making it possible to have more than one outbreak of shingles. People who have already had shingles can still benefit from a shingles shot. Shingles vaccines are designed to fortify the immune system, so it will vigorously attack the chickenpox virus if it ventures out of its hiding spot. There are now two vaccines available: Zostavax (original vaccine which is 60% effective) and the newest, Shingrix (over 90% effective). People who received Zostavax should be revaccinated with Shingrix to take advantage of the improved efficacy.

Rice's Pharmacy carries a variety of vaccines, including those recommended for foreign travel, please call for more information!



PAMELA BECKER, RPH
RICE'S PHARMACY & GIFTS
A "PILL BOX PHARMACY"

The Mouth-Body Connection

Do you know that your oral health says a lot about your overall health? We all have bacteria in our mouths, but the level of "bad bacteria" in a person's mouth can affect the entire body. Your mouth provides clues to help identify or solve health problems.

Here are a few examples of body clues: saliva or unusual breath odors can signify uncontrolled diabetes; the presence of sexually transmitted diseases can be confirmed by inspecting a patient's mouth. The University of Minnesota researchers proved the unmistakable connection between the mouth and the heart. Studies show that patients who have gum disease have higher rates of coronary artery disease, diabetes, and stroke than those with healthy gums. Gum disease is the number one cause of tooth loss in the United States.

The connection between the mouth and the body also is affected by our eating habits. Did you know that there

are people in the world who have never brushed or flossed, yet have no cavities or gum disease? The American diet of processed foods and sugary treats is destroying our teeth and health. Enjoy a better smile, fresh breath and improved health by consuming fruits, vegetables, and calcium-rich foods. Drink water and avoid too much sugar, flour, alcohol, and caffeine.

The steps you take to improve your oral health can have a positive effect on your overall health. It's an exciting time in dentistry; new techniques

and materials are making dental care more attractive, functional and long-lasting. Our team will help with the right options, and you'll receive a double return on your investment with improved oral and physical health. Your body is the only one you'll ever have; we're delighted to help you treat it well. Call us today to ensure your health for the future!



KIM KUTSCH AND GREG RENYER
KUTSCH & RENYER DENTISTRY
541-928-9299



Rice's
Pharmacy & Gift
Celebrate St. Patrick's Day!
March 17th
Designer Greetings cards always 50% off
New Season Arrivals!
* Purses * Puzzles
* Sachets * Bath Soaks
910 NW Kings Blvd. 541.752.7760

Cadwell Realty Group is a proud participant in Homes for Heroes and we believe Service Deserves its Rewards!

CADWELL REALTY GROUP
RESIDENTIAL & COMMERCIAL REAL ESTATE

WITH BRANCHES IN ALBANY, CORVALLIS, LEBANON & SUNRIVER

ALBANY OFFICE
226 NW HICKORY ST
ALBANY, OR 97321
541-791-7946

CORVALLIS OFFICE
2105 NW FILLMORE AVE.
CORVALLIS, OR 97330
541-791-7946

LEBANON OFFICE
2475 2ND STREET
LEBANON, OR 97355
541-791-7946

SUNRIVER/BEND OFFICE
56825 VENTURE LANE,
SUITE 108
SUNRIVER, OR 97707
541-306-4806

WWW.CADWELLREALTYGROUP.COM

Pizza Hut
Dine-In, Carryout & Delivery

Albany 2215 14th Ave SE 541-926-1643	Florence 1940 Hwy 101 541-997-7770
Corvallis 2575 NW Kings Blvd 541-753-1240	Lebanon 3190 S. Santiam Hwy 541-259-4888
Eugene 579 E. Broadway 3577 W. 11th Ave 2870 Willamette St 541-686-1166 541-344-4141 541-686-1600	Salem 3302 Commercial St SE 503-364-7286
	Springfield 140 S. 32nd St 541-741-8000

Woodburn
1425 Mt. Hood 503-982-3333

Carryout & Delivery

Eugene 1930 River Rd 541-688-1800	Salem 560 Wallace Rd NW 503-363-2100
Keizer 4492 River Rd North 503-390-9400	3052 Lancaster Dr NE 503-399-8000

Large 3-Topping Pizza, Large 1-Topping Stuffed Crust Pizza, 8 Bone-Out Wings & 2-Liter Pepsi **\$29.99**

Offer Expires April 30th, 2018. One coupon per person. Not valid with any other offers. Additional charge for extra cheese, Original Pan Pizza and Stuffed Crust. Valid on Dine-In, Carryout or Delivery where available. Limited delivery area. Delivery charge may apply.

River's Edge DAY SPA
A Full Service Day Spa

Spa Services:
• Hair
• Nails
• Waxing
• Massage
• Keratin Hair Treatments

Clinical & MediSpa Services
• Stem Cell Treatments
• IPL/Light Therapy
• Scar Reversal Treatment
• Peels
• Age Spot Removal
• Oxygen Skin Treatments
• Body Sculpting
• Permanent Hair Removal
• Botox® & Restylane® Alternatives

Classic Set Eyelash Extensions
New Client Special \$149
Call to book with with Megan 541-223-8132
Coupon required. One coupon per person/household, must mention coupon at time of booking, good with participating providers. Present at time of service. New clients only please. Exp. 3-31-18.

Cut & Color Special
Starting at \$80
Call to book with with Megan 541-223-8132
Coupon required. One coupon per person/household, must mention coupon at time of booking, good with participating providers. Present at time of service. New clients only please. Exp. 3-31-18.

Chocolate Anti-Aging Facial \$85
Call to book with with Lindie 541-602-0711
Coupon required. One coupon per person/household, must mention coupon at time of booking, good with participating providers. Present at time of service. New clients only please. Exp. 3-31-18.

Complimentary Consultations available with Lindie
1235 Pacific Blvd SE • Albany • (541) 791-2800

Did You Know?

Did you know Propane is a by-product of natural gas processing and crude oil refining with almost equal amounts of production derived from each of these sources. Most of the propane consumed in the United States is produced in North America.

PRODUCTION

Propane is produced from liquid components recovered during natural gas processing. These components include ethane, methane, propane, and butane, as well as heavier hydrocarbons. Propane and butane, along with other

gases, are also produced during crude oil refining.

DISTRIBUTION

Propane is shipped from its point of production to bulk distribution terminals via pipeline, railroad, barge, truck, or tanker ship. Distributors fill trucks at the terminals and distribute propane to end users, including retail fuel sites like CoEnergy Propane.

Propane is a great alternative fuel source to gas & diesel. Propane never need fuel stabilizers or goes bad.

By using propane, you are saving money in the long run!



**CoEnergy
Propane**

**541-738-6733
www.coenergy.net**

Apple Pie continued from page 3

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

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

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

Part B Premium for Medicare Beneficiaries for 2018

PART 1

If you are born in 1953 and turning 65 in 2018, your Part B premium will be \$134 per month per Medicare's web site, www.medicare.gov. For individuals or couples with higher income you will pay more. Medicare has a look back period and reviews your income according to your 2016 tax return. If your income is equal to or greater than \$85,000 as an individual and/or \$170,000 for a couple. Part B premiums can increase by 35% up to 80% of the base premium \$134.00 per month.

In 2017 Social Security Administration created a publication (16 pages long) titled "Medicare Premiums" Rules for Higher-Income Beneficiaries". In the publication it states that "the law" requires an adjustment to your monthly Medicare Part B (Medical insurance) and Medicare prescription drug coverage premiums. It states that this only affects less than 5% of people with Medicare, so most people don't pay a higher premium. For those who pay the higher income, Social Security Administration calls the amount "income-related monthly adjustment" amount.

How does this work: according to the publication the Part B helps pay for your

doctors' services and outpatient care? It also covers other medical services, such as physical and occupational therapy,

and some home health care. For most beneficiaries, the government pays a substantial portion—about 75%—of the Part B premium and the beneficiary pays the remaining 25% percent. If you're higher-income beneficiary, you'll

pay a larger percentage of the total cost of Part B based on the income you report to the Internal Revenue Service (IRS). You'll pay monthly Part B premiums equal to 35%, 50%, 65%, or 80% of the total cost, depending on what you report to the IRS.

Medicare prescription drug coverage helps pay for your prescription drugs. For most beneficiaries, the government pays a major portion of the total costs for this coverage and the beneficiary pays the rest. Prescription drug plan costs vary depending on the plan, and whether you get Extra Help with your portion of the Medicare prescription drug coverage costs.

If you're a higher-income beneficiary with Medicare prescription drug coverage, you'll pay monthly premiums plus an additional amount, which is based on what you report to the IRS. Because individual



DONNA R. GREEN
NORTHWEST FINANCIAL SERVICES

541-757-7701

Part B continued on page 15

Please Join Us

Oregon Women for Agriculture

Oregon Agriculture

GOOD THINGS ARE GROWING

31st Annual

Auction and Dinner

Saturday, April 21, 2018

Linn County Fair and Expo Center

A Night of Friends, Food and Fun:

*Grilled Oysters and Appetizers

*Dinner includes—Barbecued pork, baron of beef, grilled lamb and all the trimmings

*Silent and Oral Auctions; Pick-A-Prize; Rifle Raffle; Heads or Tails; and Grand Prize Drawing

Tickets \$50 Advance and \$60 at the door

For Information and Registration:

www.owaonline.org

BROWERS' BOOKSTORE

Monday - Saturday 9:30a - 6p

Love books? Welcome Home!

BUY - SELL - TRADE

- Paperback exchange
- Used books of all varieties
- Antiquarian books
- We love to buy old books

121 NW 4th St., Corvallis - 541.758.1121 1425 Pacific Blvd. SE, Albany - 541.926.2612

Jacopetti's CATERING

Proverbs 3:5 & 6

- Homestyle Cooking
- Food with Great Flavor
- Personal Touch Menu Planning
- Quality Service
- Vegetarian Options
- Competitive Pricing

We love to cook for you!

Albany, OR 97321
Tel: 541-926-9660
Email: debbie@jacopettis.com
www.jacopettis.com

Willamette Valley Rentals LLC

TARA DRONGESEN
PROPERTY MANAGER

OFFICE 541.929.2345
1322 MAIN ST
PO BOX 997
PHILOMATH, OR 97370

FAX 541.929.2469
TARAWVPM@GMAIL.COM
AFTER HOURS/MAINT. EMERGENCY
541.974.7501

Birth Trauma – Part II

Traumatic Birth Syndrome (TBS) accounts for 85-95% of health problems chiropractors see even in adults.

Unbelievably, this is a huge problem, which is largely misdiagnosed and under reported.

During the process of delivery, there is tremendous stress placed on the head and neck of the baby and often this stress causes Vertebral Subluxations of the very delicate spinal bones of the infant. This, in turn, affects the spinal cord and parts of the nervous system of the baby and can produce a myriad of health problems. These can appear seemingly unrelated to the process of delivery and can affect your child months or years later. Subluxations associated with birth trauma can cause SIDS, hyperactivity, chronic ear infections, lowered resistance, asthma, bed-wetting, loss of focus in school, Colitis, and a multitude of others including “signs of central motor impairment.” According to Dr. Gutmann, a German specialist, A “spinal check-up after birth should be obligatory.” In fact, some hospitals in Australia are having chiropractic doctors check the infant spine immediately after delivery to ensure a healthy spine and nervous system, free from subluxations. This is a good thing!



WHY IS THIS SO IMPORTANT YOU ASK?

Your child’s spine is her/his lifeline.

DR. NICHOLAS R. BROWN,
TIMBER LINN
CHIROPRACTIC
& WELLNESS
CENTER

541-967-8060

Running through it is the spinal cord containing billions of nerves that send vital messages and information from the brain to every part of the body and back again.

Yes, we all have our own internal

Internet! If none of these messages are interrupted, your child should have optimal function and the best of health! If, however, there is an interference with this “information highway,” — a vertebral subluxation, the messages sent by the brain will not reach the part of the body they are intended to reach. As a result, the body begins to work improperly. Chiropractors call this “malfunction.” It can be a serious threat to health. This interference will also affect your baby’s immune system, lower body resistance and leave your child prey to various “bugs” and infections.

Therefore it is so important to have children and babies checked by a chiropractor for the presence of subluxations affecting their nervous system.

In part III, I will outline routine

Birth Trauma continued on page 15

Ten Surefire Ways to Avoid Common DIY Mistakes


Ask people who have completed do-it-yourself projects and they’ll tell you that the projects took at least twice and much time and three times the money they thought they would. The basic reason is that DIY’ers usually make a lot of mistakes that end up making home improvement projects more expensive and time-consuming.

Here are ten surefire ways to avoid the top DIY home improvement mistakes in the future and ensure success.


- 1. Take out the required permits** — it’s amazing how many DIY’ers skip this step. Sure, it takes time, and it means you have to deal with the government, but it’s actually in your best interest to make sure get the required home improvement permits. The folks in the permitting office will make sure the project is done correctly and that you stay safe in the process. Also, for some projects, you’ll need proof that you have a permit or your insurance company won’t cover the improvement. You’ll probably need a permit for any project larger than wallpapering and painting. If you’re unsure, call your local building department and ask.
- 2. Have all the tools and materials you need available before you start your project** — starting a job without the necessary tools and supplies will slow down the job and delay your progress. And make sure you buy quality tools. They’re a wise investment.

- 3. Prepare the job site for material deliveries** — when your suppliers deliver materials, you’ll want to make sure the job site is ready to accept them. You don’t want your materials exposed to the weather while you are working and you want to have a storage area to prevent theft.
- 4. Don’t skimp on materials** — for example, don’t use 1/4-inch drywall for building walls. Use at least 5/8-inch; and 3/4-inch works well for a good sound barrier. Use 3/4-inch plywood for sub-floors. It creates a much stronger floor.
- 5. Prepare the walls for painting** — clean the walls, sand them and patch any holes before you paint. Use a coat of primer or stain blocker if you’re trying to cover over oil-based paint, stains or peeling paint, or if you’re painting a lighter color over a darker color.
- 6. Use the correct paint** — use flat paint ceilings. Interior paints should have at least an eggshell or satin finish so you can scrub it. For outdoor decks, use a linseed-oil-based stain to drive the pigment into the wood and preserve it.
- 7. Keep safe while working** — you don’t want to end up in the emergency room. Wear safety goggles when using power tools or working with drywall or wood. Wear a hard hat when you’re working under other people on scaffolding, and open some windows

Ten Surefire Ways continued on page 15



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!

www.oregonpta.org - midvalleyptsa@gmail.com
like us on Facebook

754 Main St., Lebanon
(Old Nancy’s Floral)

1302 Long St., Sweet Home



541.405.4069
We’re on Facebook
sugaryvibes.com
sugaryvibesdonutco@gmail.com

donuts:

- classic
- modern
- flavor infused
- gluten free



drinks:

- coffee
- espresso
- cold brew coffee
- nitro coffee

Open daily 6am - 1pm or until SOLD OUT



SMITH GLASS

**133 Lyon St. N.
Albany, OR 97321
(541) 926-4446**

**544 SW 4th St
Corvallis OR 97333
(541) 753-9175**

www.smith-glass.com



Linn County Flea Market
Saturday, March 3 • 7:30-2:30pm
Linn County Expo Center
3700 Knox Butte Rd, Albany

Sweet Home Mud Fest
Saturday, March 3 • 9-3pm
Sweet Home. Please go to
www.themud.com for
information on tickets.

Albany Senior Center
“St. Patrick’s Day Celebration”
Thursday, March 15 • noon
Albany Senior Center
489 Water Ave NW

Mixology Madness
Saturday, March 17
Historic Downtown Albany,
21 and over

Albany Civic Theater
“Pride & Prejudice”
Friday-Saturday, March 23-24
& March 30-31 • 7:30 pm
Albany Civic Theater
111 First Ave SW

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



Points_{FOR}Profit®



POINTS FOR PROFIT MEETING is March 27, 2018 from 6-8pm at the American Legion Post 10-Albany. A catered meal will be available. Dinner starts serving at 5:30pm. To reserve dinner please RSVP by noon on March 26, 2018 to info@pointsforprofit.org or call (541) 791-2901. For more information visit pointsforprofit.org.



There's Something New in the Air!

Long-time Points for Profit member Eads Broadcasting Corporation (KGAL/KSHO Radio) has built a brand new FM station at 94.1 on the dial. The call letters and the programming are the same as KSHO 920AM. Owner and General Manager Charlie Eads commented "I'm excited to offer our programming on the FM dial. Now our listeners and advertisers have access to six different outlets; two AM's, one FM and three streaming stations." The original station at 920 AM went on the air in 1950. The KSHO programming has evolved over the years and now is an eclectic mix of pop and rock favorites including some current music, oldies, standards, a little country and some surprises. They call it "The Best Music" and people seem to agree. Eads Broadcasting is locally owned and proudly independent. It is increasingly rare in commercial broadcasting to find a local owner working every day at the station. Charlie and Mary Eads and their employees work hard to keep the programming local and relevant. Listeners are encouraged to make suggestions, get involved and help shape their local radio stations.

The programming and other aspects of KGAL AM & FM are still developing. The music is being adjusted and additions are being made every

day. The web sites are being updated as well to make sure all the information is correct. Both KSHO AM and FM are on the air 24 hours a day, 7 days a week. Mornings are hosted by the energetic Andrew Jaye. Then long-time broadcast veteran Jeff McMahon takes over for mid-days. Christina Kelly plays the best music in afternoon drive and then syndicated host Delilah is on 7 days a week from 7PM to midnight. In addition to more of the best music Delilah offers feel-good advice and observations. She has a big, faithful audience that never misses a show.

Advertisers are benefitting from the FM and so far without paying a dime more than they were already paying. "The investment was substantial and regular expenses are up" said Eads, "but at least through the first quarter of 2018 we plan to keep ad rates exactly where they are. We are always looking for ways to add value for our advertisers and this is a BIG added value."

Eads Broadcasting is proud to offer music on KSHO 920AM and 94.1 FM, News, Talk and Sports on Smart Talk KGAL 1580 AM plus KSHO on the Internet at www.ksho.net, KGAL at www.kgal.com and the full-time sports talk station The Action Stream at www.willamettevalleysports.com. Give them a listen!

What

is

Points_{for}Profit®

Willamette Valley

SHOP LOCALLY • SERVE LOCALLY
SUSTAIN LOCALLY

pointsforprofit.org

Participating Non-Profit Organizations

- 1st Hand Second's – Unique Boutique (Mercy House Internation, Inc.)
- Albany Rifle and Pistol Club
- American Legion Auxiliary Unit 10
- American Legion Auxiliary Unit 184
- BSA Pack/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
- Serving Our Neighbors
- St. Edward's Youth
- Vets Helping Vets HQ

LHS Performing Arts



Lebanon High School Performing Arts is comprised of the band, choir, and theatre programs at Lebanon High School. Each program is dedicated to encouraging and supporting educational activities for performing arts students, and fostering appreciation of fine arts in the community of Lebanon.

The band program at LHS is currently under the direction of Aaron Smith, who conducts two Jazz Band classes, Concert Band, Wind Ensemble, and Percussion Ensemble. The bands stay busy throughout the year from athletic events and parades to concerts and competitions. They are currently preparing for festival competitions, and are focused on making it to State this year!

Musical Theatre recently wrapped up its production of James and the Giant Peach in January, and is gearing up for rehearsals of their yet to be announced spring musical. Anneke Vander Haak and Kevin Wong co-teach the Musical Theatre class which has grown to include over 70 students. The class works on a small musical in the fall/winter, and performs a full-scale musical in the spring. The students in the class are involved in all aspects of the performances from costumes and props to lighting and promotion.

Kevin Wong also teaches all the choir classes at LHS. Mixed Chorus is a beginning to intermediate level choir designed to provide instruction in basic vocal technique all students with an interest in singing. Concert Choir is designed for intermediate to advanced vocal music students who are interested in refining their vocal and musical skills. Chamber Choir is for advanced vocal music students and requires an audition. The choirs perform at concerts throughout the year, and at various events in the community.

You can find more information about the LHS Performing Arts programs by visiting their Facebook pages, or by emailing the directors. Volunteers are always welcome.

- UPCOMING EVENTS:**
- 3/1Festival Preview Concert (Band)
 - 3/20Extravabandza: Seven Oak Exchange Concert (Band)
 - 3/21High School Choral Festival (Choir)
 - 4/26Spring Concert (Band)
 - 5/12Grant Johnson Memorial Concert (Band)
 - 5/17-5/19 ..Spring Musical (Musical Theatre)



KSHO

94.1 FM-920 AM

The Best Music

www.ksho.net



541-926-8683

Albany, OR

The Mid-Valley's News, Information and Entertainment Source!



Local News

Jeff McMahon



Mary Eads



Bill Diamond

KGAL

SmartTalk 1580

www.kgal.com



Mike Mason



www.KGAL.com







Dennis Prager
Clarity Over Agreement
10am - Noon



Michael Medved
Your Cultural Crusader
Noon - 3pm



Joe Pags
Living the Dream
3pm - 6pm



John Batchelor
Breaking News Tonight
6pm - 8pm



Harley & McNamara
Red Eye Radio
11pm - 3am

KGAL

SmartTalk 1580

www.kgal.com

Albany, OR

(541) 926-8683

CBS RADIO



Jim Bohannon
The Militant Moderate
8pm - 10pm



Hugh Hewitt
Voice of Reason
3am - 5am



Steve Kathan



Cami McCormick



Dave Ross



Pam Coulter



Dave Barrett



Sam Litzinger

PLEASE SUPPORT OUR PARTNERS

<div><div><p>BIGFOOT Bites Burgers and More</p><p>541-248-2555</p></div><div><p>BURGERSVILLE</p><p>541-926-0669</p></div><div><p>Qdoba MEXICAN GRILL</p><p>541-757-2800</p></div><div><p>Pita Pit</p><p>541-230-1241</p></div><div><p>TAQUERIA ALONZO Albany and Corvallis</p><p>541-812-1311 541-207-3602</p></div><div><p>TAQUERIA DOS ARBOLITOS Lebanon</p><p>541-258-5798</p></div></div> <tr><td colspan="6"><div><p>Elmer's BREAKFAST • LUNCH • DINNER</p><p>541-928-4227</p></div></td></tr> <tr><td colspan="6"><div><p>GREAT DINING</p></div></td></tr> <tr><td colspan="2">Appliances</td><td colspan="2">Automotive Sales</td><td colspan="2">Automotive Service</td></tr> <tr><td colspan="2"><div><p>sears HOMETOWN STORE</p><p>Located in Heritage Mall Phone (541) 981-2503 SearsHometownStores.com</p></div></td><td colspan="2"><div><p>Hertz Car Sales</p><p>541-791-5339 www.hertzalbany.com</p></div></td><td colspan="2"><div><p>Hertz Car Wash Car Care Center</p><p>541-791-5339 www.hertzalbany.com</p></div></td></tr> <tr><td colspan="2"><div><p>It Works! INDEPENDENT DISTRIBUTOR <i>That Crazy Wrap Thing</i> Mary Ann Honeyman 541-409-2594 mhoneyman.myitworks.com</p></div></td><td colspan="2"><div><p>Points FOR Profit</p></div></td><td colspan="2"><div><p>BROWSERS' BOOKSTORE</p><p>121 NW 4th St., Corvallis 541.758.1121 1425 Pacific Blvd. SE, Albany 541.926.2612</p></div></td></tr> <tr><td colspan="2">Body Contouring/ Healthy Living</td><td colspan="2">Bookstore</td><td colspan="2">Bookstore</td></tr> <tr><td colspan="2">Bowling</td><td colspan="2">Catering</td><td colspan="2">Celluar Accessories/Repair</td></tr> <tr><td colspan="2"><div><p>Linn Lanes</p><p>2250 South Main Road Lebanon, OR 97355 (541) 451-3900</p></div></td><td colspan="2"><div><p>Jacopetti's CATERING</p><p>541-926-9660 jacopettis.com</p></div></td><td colspan="2"><div><p>spin ware</p><p>1879 14th Ave SE Albany, Oregon (541) 570-5696</p></div></td></tr> <tr><td colspan="2"><div><p>Timber Linn Chiropractic & Wellness Center</p><p>2216 9th Avenue SE Albany 541-967-8060 timberlinnchiropractic.com</p></div></td><td colspan="2"><div><p>Willamette Valley Christian Supply <i>Connecting you to all your ministry resource needs</i> Right next to Rice's Pharmacy in the King's Plaza in Corvallis (541)754-9295 Willamettevalleychristiansupply.com</p></div></td><td colspan="2"><div><p>BUTLER COMPUTERS & SERVICES LLC</p><p>541-791-6220</p></div></td></tr> <tr><td colspan="2">Chiropractor</td><td colspan="2">Christian Retail</td><td colspan="2">Computer/Tech</td></tr> <tr><td colspan="2">Construction (General)</td><td colspan="2">Dance School</td><td colspan="2">Dental</td></tr> <tr><td colspan="2"><div><p>Dahled Up CONSTRUCTION</p><p>CCB# 210201</p><p>541-220-5091</p></div></td><td colspan="2"><div><p>Cascade Performing Arts</p><p>800 Harrison St, Lebanon, OR 97355 (541) 258-2572 http://cpac.weebly.com</p></div></td><td colspan="2"><div><p>Kutsch Renyer FAMILY & COSMETIC DENTISTRY</p><p>2200 14th Ave • Albany www.kandrsmiles.com 541-928-9299</p></div></td></tr> <tr><td colspan="2"><div><p>VICKIE'S DJ & DANCE</p><p>541.926.1159</p><p>DJ & MC Services, Dance Lessons for weddings & parties, MC Equipment and Light Kits</p></div></td><td colspan="2"><div><p>SUGAR VIBES</p><p>Lebanon • Sweet Home 541.405.4069 sugaryvibesdonutco@gmail.com</p></div></td><td colspan="2"><div><p>S.E.T. Drywall</p><p>Sean Taylor 503-884-1011</p></div></td></tr> <tr><td colspan="2">DJ Services</td><td colspan="2">Donuts</td><td colspan="2">Drywall</td></tr> <tr><td colspan="2">Dryer Lint Cleaning</td><td colspan="2">EMF Services</td><td colspan="2">Employment Agency</td></tr> <tr><td colspan="2"><div><p>DRYERVENT WIZARD <i>get the lint out</i></p><p>TheValleyDryerVent.com Call 541-971-4433 to schedule service</p></div></td><td colspan="2"><div><p>Juuva TRANSFORM YOUR LIFE™ <i>featuring Anion Emitters & Cation Shields</i> James Autry 503-515-5647 www.KTG.Juuva.biz</p></div></td><td colspan="2"><div><p>ALL STAR LABOR & STAFFING</p><p>Locations to serve you in Albany, Bend, Eugene, Portland and Salem 541-791-7928</p></div></td></tr> <tr><td colspan="2"><div><p>LINN COUNTY EXPO CENTER</p><p>541-926-4314 www.lcfairexpo.com</p></div></td><td colspan="2"><div><p>Wilco FARM STORES</p><p>www.wilco.coop</p></div></td><td colspan="2"><div><p>Munchys Delivery.com</p><p>munchysdelivery.com 888-35-MUNCH (6-8624)</p></div></td></tr> <tr><td colspan="2">Event Center/Venue</td><td colspan="2">Feed Store/Farm Supply</td><td colspan="2">Food Delivery</td></tr> <tr><td colspan="2">Furniture</td><td colspan="2">Garden Center</td><td colspan="2">Gift Baskets</td></tr> <tr><td colspan="2"><div><p>Rife's HOME FURNITURE</p><p>(541) 248-3916 1884 Fescue St S.E. Albany</p></div></td><td colspan="2"><div><p>Wilco FARM STORES</p><p>www.wilco.coop</p></div></td><td colspan="2"><div><p>Berlee's Fancies gifts and gift baskets (541) 905-2800 http://berleesfancies.com</p></div></td></tr> <tr><td colspan="2"><div><p>Expressions In Bloom</p><p>541-752-5666 www.inbloom.com</p></div></td><td colspan="2"><div><p>Rice's Pharmacy & Gift</p><p>910 NW Kings Corvallis 541.752.7760 We Deliver! rices-pharmacy.com</p></div></td><td colspan="2"><div><p>SMITH GLASS</p><p>(541) 926-4446 www.smith-glass.com</p></div></td></tr> <tr><td colspan="2">Gifts/Flowers</td><td colspan="2">Gifts</td><td colspan="2">Glass (Home & Auto)</td></tr> <tr><td colspan="2"><div><p>Lillycake</p><p>650-995-3458</p></div></td><td colspan="2"><div><p>Points FOR Profit</p></div></td><td colspan="2"><div><p>XTREME GFX</p><p>505 Main St SE Albany (541) 926-9727</p></div></td></tr> <tr><td colspan="2"><div><p>ANYTIME FITNESS.</p><p>671 Main Street Lebanon, OR 97355 (541) 451-2111</p></div></td><td colspan="2"><div><p>NORTHWEST FINANCIAL INSURANCE GROUP Health/Life/Medicare Insurance</p><p>Donna Green 541-286-6443 donna@nw-financial.com</p></div></td><td colspan="2"><div><p>TIP Don't forget out monthly meetings are the last Tuesday of every month!</p></div></td></tr> <tr><td colspan="2">Gym</td><td colspan="2">Health/Medicare Insurance</td><td colspan="2">Health/Medicare Insurance</td></tr>		<div><p>Elmer's BREAKFAST • LUNCH • DINNER</p><p>541-928-4227</p></div>						<div><p>GREAT DINING</p></div>						Appliances		Automotive Sales		Automotive Service		<div><p>sears HOMETOWN STORE</p><p>Located in Heritage Mall Phone (541) 981-2503 SearsHometownStores.com</p></div>		<div><p>Hertz Car Sales</p><p>541-791-5339 www.hertzalbany.com</p></div>		<div><p>Hertz Car Wash Car Care Center</p><p>541-791-5339 www.hertzalbany.com</p></div>		<div><p>It Works! INDEPENDENT DISTRIBUTOR <i>That Crazy Wrap Thing</i> Mary Ann Honeyman 541-409-2594 mhoneyman.myitworks.com</p></div>		<div><p>Points FOR Profit</p></div>		<div><p>BROWSERS' BOOKSTORE</p><p>121 NW 4th St., Corvallis 541.758.1121 1425 Pacific Blvd. SE, Albany 541.926.2612</p></div>		Body Contouring/ Healthy Living		Bookstore		Bookstore		Bowling		Catering		Celluar Accessories/Repair		<div><p>Linn Lanes</p><p>2250 South Main Road Lebanon, OR 97355 (541) 451-3900</p></div>		<div><p>Jacopetti's CATERING</p><p>541-926-9660 jacopettis.com</p></div>		<div><p>spin ware</p><p>1879 14th Ave SE Albany, Oregon (541) 570-5696</p></div>		<div><p>Timber Linn Chiropractic & Wellness Center</p><p>2216 9th Avenue SE Albany 541-967-8060 timberlinnchiropractic.com</p></div>		<div><p>Willamette Valley Christian Supply <i>Connecting you to all your ministry resource needs</i> Right next to Rice's Pharmacy in the King's Plaza in Corvallis (541)754-9295 Willamettevalleychristiansupply.com</p></div>		<div><p>BUTLER COMPUTERS & SERVICES LLC</p><p>541-791-6220</p></div>		Chiropractor		Christian Retail		Computer/Tech		Construction (General)		Dance School		Dental		<div><p>Dahled Up CONSTRUCTION</p><p>CCB# 210201</p><p>541-220-5091</p></div>		<div><p>Cascade Performing Arts</p><p>800 Harrison St, Lebanon, OR 97355 (541) 258-2572 http://cpac.weebly.com</p></div>		<div><p>Kutsch Renyer FAMILY & COSMETIC DENTISTRY</p><p>2200 14th Ave • Albany www.kandrsmiles.com 541-928-9299</p></div>		<div><p>VICKIE'S DJ & DANCE</p><p>541.926.1159</p><p>DJ & MC Services, Dance Lessons for weddings & parties, MC Equipment and Light Kits</p></div>		<div><p>SUGAR VIBES</p><p>Lebanon • Sweet Home 541.405.4069 sugaryvibesdonutco@gmail.com</p></div>		<div><p>S.E.T. Drywall</p><p>Sean Taylor 503-884-1011</p></div>		DJ Services		Donuts		Drywall		Dryer Lint Cleaning		EMF Services		Employment Agency		<div><p>DRYERVENT WIZARD <i>get the lint out</i></p><p>TheValleyDryerVent.com Call 541-971-4433 to schedule service</p></div>		<div><p>Juuva TRANSFORM YOUR LIFE™ <i>featuring Anion Emitters & Cation Shields</i> James Autry 503-515-5647 www.KTG.Juuva.biz</p></div>		<div><p>ALL STAR LABOR & STAFFING</p><p>Locations to serve you in Albany, Bend, Eugene, Portland and Salem 541-791-7928</p></div>		<div><p>LINN COUNTY EXPO CENTER</p><p>541-926-4314 www.lcfairexpo.com</p></div>		<div><p>Wilco FARM STORES</p><p>www.wilco.coop</p></div>		<div><p>Munchys Delivery.com</p><p>munchysdelivery.com 888-35-MUNCH (6-8624)</p></div>		Event Center/Venue		Feed Store/Farm Supply		Food Delivery		Furniture		Garden Center		Gift Baskets		<div><p>Rife's HOME FURNITURE</p><p>(541) 248-3916 1884 Fescue St S.E. Albany</p></div>		<div><p>Wilco FARM STORES</p><p>www.wilco.coop</p></div>		<div><p>Berlee's Fancies gifts and gift baskets (541) 905-2800 http://berleesfancies.com</p></div>		<div><p>Expressions In Bloom</p><p>541-752-5666 www.inbloom.com</p></div>		<div><p>Rice's Pharmacy & Gift</p><p>910 NW Kings Corvallis 541.752.7760 We Deliver! rices-pharmacy.com</p></div>		<div><p>SMITH GLASS</p><p>(541) 926-4446 www.smith-glass.com</p></div>		Gifts/Flowers		Gifts		Glass (Home & Auto)		<div><p>Lillycake</p><p>650-995-3458</p></div>		<div><p>Points FOR Profit</p></div>		<div><p>XTREME GFX</p><p>505 Main St SE Albany (541) 926-9727</p></div>		<div><p>ANYTIME FITNESS.</p><p>671 Main Street Lebanon, OR 97355 (541) 451-2111</p></div>		<div><p>NORTHWEST FINANCIAL INSURANCE GROUP Health/Life/Medicare Insurance</p><p>Donna Green 541-286-6443 donna@nw-financial.com</p></div>		<div><p>TIP Don't forget out monthly meetings are the last Tuesday of every month!</p></div>		Gym		Health/Medicare Insurance		Health/Medicare Insurance	
<div><p>Elmer's BREAKFAST • LUNCH • DINNER</p><p>541-928-4227</p></div>																																																																																																																																																							
<div><p>GREAT DINING</p></div>																																																																																																																																																							
Appliances		Automotive Sales		Automotive Service																																																																																																																																																			
<div><p>sears HOMETOWN STORE</p><p>Located in Heritage Mall Phone (541) 981-2503 SearsHometownStores.com</p></div>		<div><p>Hertz Car Sales</p><p>541-791-5339 www.hertzalbany.com</p></div>		<div><p>Hertz Car Wash Car Care Center</p><p>541-791-5339 www.hertzalbany.com</p></div>																																																																																																																																																			
<div><p>It Works! INDEPENDENT DISTRIBUTOR <i>That Crazy Wrap Thing</i> Mary Ann Honeyman 541-409-2594 mhoneyman.myitworks.com</p></div>		<div><p>Points FOR Profit</p></div>		<div><p>BROWSERS' BOOKSTORE</p><p>121 NW 4th St., Corvallis 541.758.1121 1425 Pacific Blvd. SE, Albany 541.926.2612</p></div>																																																																																																																																																			
Body Contouring/ Healthy Living		Bookstore		Bookstore																																																																																																																																																			
Bowling		Catering		Celluar Accessories/Repair																																																																																																																																																			
<div><p>Linn Lanes</p><p>2250 South Main Road Lebanon, OR 97355 (541) 451-3900</p></div>		<div><p>Jacopetti's CATERING</p><p>541-926-9660 jacopettis.com</p></div>		<div><p>spin ware</p><p>1879 14th Ave SE Albany, Oregon (541) 570-5696</p></div>																																																																																																																																																			
<div><p>Timber Linn Chiropractic & Wellness Center</p><p>2216 9th Avenue SE Albany 541-967-8060 timberlinnchiropractic.com</p></div>		<div><p>Willamette Valley Christian Supply <i>Connecting you to all your ministry resource needs</i> Right next to Rice's Pharmacy in the King's Plaza in Corvallis (541)754-9295 Willamettevalleychristiansupply.com</p></div>		<div><p>BUTLER COMPUTERS & SERVICES LLC</p><p>541-791-6220</p></div>																																																																																																																																																			
Chiropractor		Christian Retail		Computer/Tech																																																																																																																																																			
Construction (General)		Dance School		Dental																																																																																																																																																			
<div><p>Dahled Up CONSTRUCTION</p><p>CCB# 210201</p><p>541-220-5091</p></div>		<div><p>Cascade Performing Arts</p><p>800 Harrison St, Lebanon, OR 97355 (541) 258-2572 http://cpac.weebly.com</p></div>		<div><p>Kutsch Renyer FAMILY & COSMETIC DENTISTRY</p><p>2200 14th Ave • Albany www.kandrsmiles.com 541-928-9299</p></div>																																																																																																																																																			
<div><p>VICKIE'S DJ & DANCE</p><p>541.926.1159</p><p>DJ & MC Services, Dance Lessons for weddings & parties, MC Equipment and Light Kits</p></div>		<div><p>SUGAR VIBES</p><p>Lebanon • Sweet Home 541.405.4069 sugaryvibesdonutco@gmail.com</p></div>		<div><p>S.E.T. Drywall</p><p>Sean Taylor 503-884-1011</p></div>																																																																																																																																																			
DJ Services		Donuts		Drywall																																																																																																																																																			
Dryer Lint Cleaning		EMF Services		Employment Agency																																																																																																																																																			
<div><p>DRYERVENT WIZARD <i>get the lint out</i></p><p>TheValleyDryerVent.com Call 541-971-4433 to schedule service</p></div>		<div><p>Juuva TRANSFORM YOUR LIFE™ <i>featuring Anion Emitters & Cation Shields</i> James Autry 503-515-5647 www.KTG.Juuva.biz</p></div>		<div><p>ALL STAR LABOR & STAFFING</p><p>Locations to serve you in Albany, Bend, Eugene, Portland and Salem 541-791-7928</p></div>																																																																																																																																																			
<div><p>LINN COUNTY EXPO CENTER</p><p>541-926-4314 www.lcfairexpo.com</p></div>		<div><p>Wilco FARM STORES</p><p>www.wilco.coop</p></div>		<div><p>Munchys Delivery.com</p><p>munchysdelivery.com 888-35-MUNCH (6-8624)</p></div>																																																																																																																																																			
Event Center/Venue		Feed Store/Farm Supply		Food Delivery																																																																																																																																																			
Furniture		Garden Center		Gift Baskets																																																																																																																																																			
<div><p>Rife's HOME FURNITURE</p><p>(541) 248-3916 1884 Fescue St S.E. Albany</p></div>		<div><p>Wilco FARM STORES</p><p>www.wilco.coop</p></div>		<div><p>Berlee's Fancies gifts and gift baskets (541) 905-2800 http://berleesfancies.com</p></div>																																																																																																																																																			
<div><p>Expressions In Bloom</p><p>541-752-5666 www.inbloom.com</p></div>		<div><p>Rice's Pharmacy & Gift</p><p>910 NW Kings Corvallis 541.752.7760 We Deliver! rices-pharmacy.com</p></div>		<div><p>SMITH GLASS</p><p>(541) 926-4446 www.smith-glass.com</p></div>																																																																																																																																																			
Gifts/Flowers		Gifts		Glass (Home & Auto)																																																																																																																																																			
<div><p>Lillycake</p><p>650-995-3458</p></div>		<div><p>Points FOR Profit</p></div>		<div><p>XTREME GFX</p><p>505 Main St SE Albany (541) 926-9727</p></div>																																																																																																																																																			
<div><p>ANYTIME FITNESS.</p><p>671 Main Street Lebanon, OR 97355 (541) 451-2111</p></div>		<div><p>NORTHWEST FINANCIAL INSURANCE GROUP Health/Life/Medicare Insurance</p><p>Donna Green 541-286-6443 donna@nw-financial.com</p></div>		<div><p>TIP Don't forget out monthly meetings are the last Tuesday of every month!</p></div>																																																																																																																																																			
Gym		Health/Medicare Insurance		Health/Medicare Insurance																																																																																																																																																			

PLEASE SUPPORT OUR PARTNERS

Heating and AC	Home Shows	Insurance (Auto/Home/Life)	Kitchen Accessories	Legal Service Plans	
 www.elements-hvac.com 971.283.6606	 www.wvpevents.com	 AUTO HOME LIFE BUSINESS RETIREMENT Michelle Morford Financial Representative Albany, OR 97322 (541)928-1929 http://www.countryfinancial.com/michelle.morford	Tupperware Independent Consultant Wenona Given 541-760-2718 wenona.given@gmail.com	 Janice Jackola Independent Associate 541-905-7223	
Malls	Marketing	Media	Medical Weight Management		
	 541.967.8238 www.hertiagemall.com	 250 Broadablin SW Suite 230 Albany, OR 97321 541-791-2901	TIP Did you know you can save copies of your receipts at any of the P4P business to help your non-profit?	   willamettevalleysports.com	 866-731-5673 Monarchmedical.net
Merchant Services	Office Supply-Retail	Outdoor Building Cleaning	Outlet Store	Payroll	
 Sam Rice Independent Merchant Brokers, LLC 877-460-4747	 that was easy.™ www.staples.com	 503-990-4790	 541-207-3394 934 NW Kings Blvd. www.corvallisoutletstore.com	 Complete Business Solutions (541) 220-0070 info@complete-business-solutions.biz www.complete-business-solutions.biz	
Pharmacy	Printing	Propane Service/Supplies	Property Management	Real Estate	Retail
 www.bimart.com	 1105 Santiam Rd. SE • Albany 541-928-2675 Fax 541-928-0352 Email: info@moreinkalbany.com www.moreinkalbany.com Hours 8-6 Monday - Friday	 www.coenergy.net 541-738-6733	<i>Willamette Valley Rentals, LLC</i> 117 South Ninth Street Philomath, OR 97370 (541) 929-4609 www.wvpm.net	 RESIDENTIAL & COMMERCIAL REAL ESTATE 541-791-7946 VALLEYOREGONHOMES.COM	 Northwest Grown... Employee Owned! www.bimart.com
Salon/Spa	Sewing & Vacuum	Shapewear	Skin Care	Speciality Apparel/ Emboridery	Sporting Goods
 1235 Pacific Blvd SE Albany (541) 791-2800	 2306 Heritage Way SE Albany (541) 926-4842 3770 Market St. NE Salem (503) 371-6837 www.richsonline.biz	 Lauralee Beck 541-990-2324 Pam Nervino 541-409-4543	 Beth Eddings 541-981-9213 Karen Keller 541-401-5731 Independent Consultants	 696 Main Street Lebanon 541-259-4545 nwapparelandgraphics.com	 Northwest Grown... Employee Owned! www.bimart.com
Theatre	Tire Center	Tree Service	Trophies/Awards	Veterinarian	
 321 SW 2 ND AVE. ALBANY (541) 926-7499 ALBANYPIX.COM	 1315 SE Pacific Blvd. Albany, OR 97321 541.967.TIRE (8473) 838 Main Street Philomath, OR 97370 541.929.TIRE (8473) beggstire.com	  503-837-9120 503-881-4094	 (541) 926-0301	 629 Madison St Se Albany, OR 97321 (541) 926-8817 albanyanimalhospital.com	
Video Production	Web Printing	Wedding/Events/Rentals	Weight Loss/Nutrition	Wireless Service Provider	
 541-791-2901	TIP Did you know your P4P non-profit can work with us for a "drive" at any meeting?	 oregon web press 541.926.3000 oregonwebpress.com 263 29th Ave. SW Albany, OR 97322	 Wedding & Event Rental Hall 139 Main St. • Lebanon (541) 259-4255 www.SantiamPlace.com The Special Place for your Event!	 Independent Consultant Debbie Grenz 541-990-6096 reliving4him.reliv.com	 Located in Heritage Mall 541-248-3904

Offended?

Recently I flew back to Harrisburg, PA. This trip began with an abrupt change in flight schedule due to snow in Chicago. I ended up flying from PDX to San Francisco. I then caught a red-eye and landed in Boston. From Boston, I went to Dulles Airport and then into Harrisburg, PA. This was a very long trip. I found myself frustrated at little inconveniences. I was one of the last to enter the plane and the last to depart. It was in Boston that my mood began to shift to being just annoyed by the long lines for food and the wait for my next flight. When I arrived to the Hotel I quickly went to my room to settle in before dinner and pending meetings. It was then that I learned that our guest speaker, Ann Graham Lotz, was not going to make it due to being sick. I was now frustrated and questioning why I went in the first place. Little did I know, God was orchestrating a message I needed to hear.

One of the areas I need to grow in, is not becoming offended over every little issue. When I get offended I often will take whatever the issue is personally. I then become quick to judge and sometimes get angry. This pattern needs a spiritual overhaul. God thought so as well.

The backup speaker, Brant Hansen, I believe was actually God's first pick. He has written a book about being "Unoffendable". He writes, "What if Christians were the most unoffendable people on the planet? And he offers a life changing idea: "righteous anger" is a myth, and giving up our "right" to be offended can be one of the most healthy, simplifying, relaxing, refreshing, stress-relieving, encouraging things we can do."

He states, "Drop your anger, let things go, embrace forgiveness, and choose to be unoffendable. The process he points out is self-centeredness yields to humility. Energy replaces weariness. Love others and you will flourish the way God intends you to.

"25 Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body. 26 "In your anger do not sin"[a]: Do not let the sun go down while you are still angry, 27 and do not give the devil a foothold. 28 Anyone who has been stealing must steal no longer, but must work, doing something useful with their own hands, that they may have something to share with those in need.

29 Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. 30 And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. 31 Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. 32 Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you." Ephesians 4:25-32

Brant Hansen is not suggesting we should avoid anger, but rather, embrace the anger with a solution that acts in a way that honors God. I need to hear this message. I often get angry and allow it to bubble over that results in saying things that hurt others. Are you easily offended? Do you

Offended? continued on page 15

Three Simple Keys to Getting Rid of Fear

Fear is your enemy — no other way to describe it. I'm not talking about that natural life preserving action along with a major boost of adrenalin that happens if a wild animal is coming at you. I'm talking about the fears people live with day in and day out.

Fear is your enemy. Someone once described fear as, "Sand in the machinery of life." Fear doesn't help you, it hinders you. Fear doesn't get you through an open door; it keeps you in the hallway. Fear never helps you put your best foot forward; it just keeps both of your feet in cement.

The psychology of today is, "Learn to live with your fears", "Embrace your fears", "It's normal to have fears — everybody does." It's true; lots of people do have fears. And there are people trying to learn how to live with their fears and embrace them. But if it's "normal" to have fears, then why would the Bible talk about being delivered from all your fears?

Think about it — if it's normal to have fears, and you had no fears, then you would be abnormal, right? Well why would God want you to be abnormal? He doesn't. He truly desires for you to be set free from all your fears.

There are many facets and aspects of fear. One of the big ones is fear of what others think of you. People do things, say things, and even buy things because of the fear that they have of what others

think. Many times, people join clubs or organizations because they are afraid that if they don't, others might think badly of them.

People say things and talk a certain way because they are afraid that they might not say the right thing in front of the right people. People purchase items because of fear not measuring up to those around them. And on and on it goes.

You don't have to live with fear. Here are three simple keys to getting rid of fear.

First, start by realizing that God truly loves you and that His love for you is unconditional. The Bible teaches that nothing can separate you from His love. Nothing. His love for you does not change, ever!

Second, ask God to help you to get rid of all your fears. He has promised to deliver you from all your fears. That is His desire for you — a life without fear.

Third, make decisions based on what is best for you, not how it may or may not appear to others. You'll never, ever be able to please everyone, so stop trying to. You'll never, ever be right in everybody's eyes, so stop trying to.

When you decide, ask yourself, "Why am I making this decision? Is it based on fear?" Make decisions based on what is right and best for your life, regardless of what others think.

You can live without fear.



MADE IN THE U.S.A





EUGENE
150 OAKWAY RD.
541.302.9328

SPRINGFIELD
1184 GATEWAY LOOP
541.868.1718

VALLEY RIVER CENTER
475 VALLEY RIVER CENTER
541.485.0170

ALBANY
1884 FESCUE ST. SE
541.248.3916

CORVALLIS
29789 HWY. 34 SW
541.758.2020

ROSEBURG
2455 W. HARVARD AVE.
541.671.2493

COOS BAY
187 S. 2ND ST.
541.266.7376

RIFESHOMEFURNITUREONLINE.COM





Smile Brighter
This Spring

New Patient Special
Dental Exam, Cleaning and Necessary X-Rays
Only \$140
Offer expires in 30 days.

Kim Kutsch, DMD and Greg Renyer, DMD
2200 14th Avenue SE - Albany
541-928-9299 kandrsmiles.com



Find us on:
facebook

No dental Insurance?
Ask About Our
Dental Membership Plan!



A Positive Tax Season for Your Business

The term tax season usually brings a collective groan from individuals and business owners alike. But alas it is here once again. And even for the most responsible and organized it brings a flurry of paper and stress.

If you use a CPA to prepare your taxes (and I suggest you do)... you still have that flurry of paper and information to pull together, because as I have mentioned in previous articles, tax professionals can't do their best for you if you can't provide them with good financial records.

Following are some tips that may help you prepare for this year...and will definitely assist you in being better prepared next year.

- If you don't use accounting software— start now (there are many options to choose from like QuickBooks). Cash flow management isn't possible without accurate bookkeeping and you need accounting software to get you there.
- Make sure you have recorded and kept all receipts and documentation for all business expenses. This

could include expenses like rent, insurance, office supplies, meals, entertainment, and gas mileage. Or larger purchases like equipment for your business.

TIP: Use calendars, appointment books, etc. where notes are made throughout the year

with information about expenses that supports why they would be considered a business expense. The IRS does actually consider these notes when performing audits.

I recently read an article in Forbes that illustrated tax rules in a more positive light for business owners.

“Keep in mind that tax rules are not just regulations to be followed; they are also a list of incentives to be used to your advantage... many tax rules are exemptions and allow for deductions.” In short they are incentives to encourage you to spend money on what you already want to or may even need to spend money on.

Consult an expert that understands and tracks of all the changes in tax rules and regulations. Working with a CPA will help you make the most of your potential “incentives”.



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

Be the First-Rate Version of Yourself



“Always be a first-rate version of yourself, instead of a second-rate version of somebody else”. This quote by the amazing Judy Garland resonates on a personal and professional level with everyone. For Judy Garland this meant that no matter the ups and downs in her life, at least she was her authentic self. This quote has been used time and time again for good reason as nothing good can come from pretending to be something that you're not. “Be yourself.” It's a vague adage, so what does it really mean, to be yourself? Is it as easy as it sounds? With the steps below, it can be.

DON'T GET STUCK IN THE PAST.

Let yourself grow without reminding yourself of past mistakes. You are not a victim of your circumstances, you don't need to cling to past mistakes. You should absolutely own them, but then allow yourself to forgive and move forward.

FIND HOW YOU DEFINE YOURSELF ON YOUR OWN TERMS.

Oscar Wilde once said: Be yourself; everyone else is already taken. It's a humorous quote but speaks of the truth. You can't be yourself if you don't know, understand, and accept yourself first. Take the time to see yourself for who you are, not what everyone expects you to be. This is not easy, and you may be self-conscious but when you surround yourself with people who are of like minds and who are also true to themselves, you will be accepted for who you are.

FIND YOUR TALENTS AND YOUR CAREER PATH.

When it comes to finding your career

path there are ways to find out what you are naturally drawn to. Everyone was born with talent, you just need to explore them. There are many personality tests that will help you see what sort of work you may be suited for. Just remember to take this with a grain of salt – no test can define you. Only you can do that.

DON'T PUT YOURSELF IN A BOX.

You are not just one thing with defined edges. You can be brought up with certain values that will make an undeniable impression on you such as your religion, culture, mentors, education and friends. As you figure out who your authentic self is, you can weigh these values and decide what belongs to you, what you want to own as your truth and what you feel in conflict with. It is okay to feel conflicted, it is all a part of you. You have wonderful dynamic edges that can contain all aspects of your beliefs and feelings. Just value what feels the truest to you and just keep doing the next right thing for you.

YOU ARE STRONGER THAN YOU KNOW.

If you are not focusing on who you are, and you are constantly comparing yourself to someone else, than you likely are holding on to resentment. If you want to be like someone else, then you will constantly disappoint yourself and hold unhealthy resentment that will only lead you to self-destruction. Start looking within for your strengths and good character. If you can accept yourself, then you can start to learn and grow into the person you were meant to be. You are meant to be YOU, the first-rate version!



CoEnergy Propane

an affiliate of Central Electric Cooperative

We're not the biggest, but we are the best!

CoEnergy Propane has been providing superior service to our friends and neighbors since 2001. It's our duty as members of this community to be there when you need us. We give back to our customers by not only investing in the latest technology and equipment but help the local economy by keeping our prices affordable.

For more information call 800.510.5886, visit our website: www.CoEnergy.net or stop by one of our offices in Albany or Redmond.

Free Tank Set

Call our office for details!

Offer good thru December 31, 2018.



Supporting Those Who Serve!

The Enchanted April

by Elizabeth von Arnim

Hollywood has always loved the costume-drama, and when the 1991 version of “Enchanted April” came out, I remember being a little bored with such things and so never watched it. Now that I’ve read the book, however, I might need to rethink that decision and check it out.

Elizabeth von Arnim’s novel is a comedic drama (if such a thing exists) centering around four London women who decide to take a month’s vacation in a castle in Italy. They are all strangers, and each has her own reason for wanting to get away for a while.

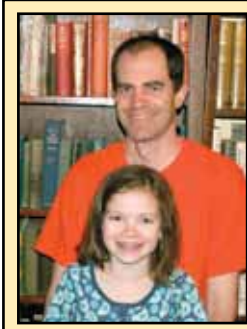
Written in 1922, this novel comes right after the first World War. Its hopefulness is stunning. This is the same year as T.S. Eliot’s pessimistic “The Waste Land”; within a few years, we would have the Lost Generation writers like Ernest Hemingway writing about their disillusionment; Erich Remarque’s devastating *All Quiet on the Western Front* portrays the difficulty of WWI vets coming back to a normal life and caring about anything; Thornton Wilder’s soul-searching *Bridge of San Luis Rey* won the Pulitzer Prize for 1928; and many more.

Taken against this backdrop, *The Enchanted April* provides not just hope

but also a light-heartedness that so many other authors had given up on. After the Great War, didn’t everyone just want to “get away from it all”? In some ways, this operates as a fantasy novel—an enchanted castle

in Italy where four women find four different resolutions to the love they are missing in their life.

If you’ve read some of my other reviews, you know that I love a good plot. The point of *Enchanted April*, however, is not the development of the plot, but of the characters. In this, and in its creation of a wonderful setting, it resembles another favorite of mine, *Cranford* by Mrs. Gaskell, which recently had a resurgence of interest because of a BBC television series. Absolutely nothing happens in *Cranford*, yet it is one of the most delightful novels one can read. *Enchanted April* falls into the same category, which is more stunning for having been written after the world’s most horrific war.



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

Poisonous Springtime Plants

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

Springtime is upon us, so I thought I’d list a few poisonous plants that can be toxic to our pets when ingested. Lilies are the most famous of the poisonous plants. The true lilies are extremely poisonous, particularly to cats. These include the Tiger, Day, Asiatic, Easter and Japanese Show lilies. Ingestion of just a few petals or leaves can cause sudden failure of a cat’s kidneys. Other lilies like the Peace, Peruvian, and Calla lilies are not nearly as toxic and may cause drooling from irritation of the oxalates contained within the plant.

Tulips and Hyacinth can also be very irritating due to their high concentration of alkaloids. Dogs may dig up the bulbs and sometimes ingest them. The irritation can be severe and result in profuse salivation, vomiting and diarrhea. Treatment is generally supportive, and most dogs recover just fine. The bulbs of Daffodils are slightly more poisonous and can result in severe vomiting and abdominal discomfort. Symptoms

of Daffodil ingestion can sometimes include cardiac arrhythmias and respiratory depression. These dogs should be seen by a veterinarian immediately.

Crocus plants are also poisonous. Crocus that bloom in the spring are much less toxic than the autumn blooming variety. Ingestion of Spring Crocus results in signs like tulip ingestion and are treated symptomatically. Ingestion of Autumn Crocus is much more serious and can result in gastrointestinal bleeding as well as liver and kidney damage.



Rounding out the list of springtime toxic plants is the Lily of the Valley. This plant contains toxins known as cardiac glycosides. The symptoms of ingestion include vomiting and diarrhea as well as a drop-in heart rate, severe arrhythmias and possibly seizures. Pets with any known exposure should be evaluated by a veterinarian.

I should note that we see very few cases of poisonous plant ingestion as most of these plants taste terrible. It’s just good for pet owners to be aware if, especially with regards to cats and lilies.

LOOK TO BI-MART FOR YOUR SPRING GARDENING SUPPLIES

for Less!



BI-MART

YOUR MEMBERSHIP DISCOUNT STORE

X Check the CHECK POINT for Bi-Mart Bonus Points!

SALEM • KEIZER • STAYTON • WOODBURN • MONMOUTH • ALBANY • CORVALLIS • LEBANON • SWEET HOME

Store Hours: Mon-Fri 9-8, Sat 9-6, Sun 10-6 Visit us online at www.bimart.com



Get up-to-the-minute information
LIKE US ON FACEBOOK!
@BiMart.Membership.Discount.Stores

What Makes a Great Sewing Room?

If you're an avid sewer, having a designated sewing room can be a great place to sew in peace, store your equipment, or get inspiration for projects. While sewing rooms can be highly individualized, good sewing

rooms are well organized. This requires giving some thought to your needs, your space, and your storage.

First off, you need to decide what room you are going to use. Offices or spare bedrooms are perfect for turning into sewing rooms. While it doesn't have to be large, make sure the space is large enough for a storage area and a sewing table or desk. If you do not have an entire room to devote to sewing, set aside an area in a room that is used for other things. A bedroom, office, family room, den or even a closet could have a sewing space in it. Just make sure whatever space you choose has easy access to electrical outlets.

Second, decide what equipment and furniture you want in your sewing room. A folding table or desk could work perfectly for a sewing table. You can also use a chest of drawers

or closet for storage. Consider what large items you would like in the room, such as an ironing board. If you'd like to include a cutting table, it needs to be accessible from multiple sides. You should also make sure the

table is high enough for you to stand without back pain. Don't forget to include a way to store trash, recycling and project scraps.

When it comes to storage you want to have easy access to the things you use regularly. For example, ironing board caddies that hang on the door are great space savers. A closet or cabinet can be used to store fabric out of direct sunlight to prevent fading. Pull-out storage keeps items hidden, but easy to access and file cabinets are nice for pattern organizing. If you want to really get fancy, visit a local sewing dealer and browse their specialty sewing cabinets and cutting tables. You can customize to your sewing needs which makes it fun. Then you will never want to leave your sewing room. Rich's Sewing and Vacuum 2306 Heritage Way SE Albany, OR 97322, QUESTIONS? Call 541-926-4842.



Are Sliding Patio Doors for You?

Last month, we discussed some of the benefits and drawbacks of using French doors in the design of your new home or remodel. They provide a classic, traditional look and allow you to move large objects in and out of your home. However, space considerations and furniture placement become major factors since most doors swing in. This month, let's look at sliding patio doors and some of their design considerations.

Usable space may be the most important element in choosing a sliding patio door instead of a hinged door. Sliding patio doors are great for small or narrow rooms where there isn't much space around them. They will still allow all the light to come in but without the headache of carefully determining furniture placement prior to installation. Most designers consider sliding patio doors to have a more contemporary look with their simple, narrow lines. Screens may seem like a minor consideration but sliding patio doors really shine over the hinged doors in this area. While screens for French doors are available, they have more moving parts and can be complicated to operate. If you don't like the year-round look of your sliding screen, simply remove it and store it in the garage for the winter. Re-install it when the weather warms up to keep

the bugs away and let in the cool summer breezes.

The most difficult decision regarding sliding patio doors may be deciding which way you want it to slide. You'll need to consider traffic flow through your house and basic furniture placement. Design options include

frame material, locking features, and glass. Frames are available in vinyl, fiberglass, and wood (with aluminum cladding on the exterior). Since sliding doors are usually on the back of your house, make sure the locking mechanism is solid. And, as always, be sure to get the latest in energy efficient insulated glass.

For more information on sliding patio doors please contact Smith Glass at 541-926-4446 or 541-753-9175 or visit their showrooms at 133 Lyon Street in Albany or 125 SW Hopkins Avenue in Corvallis. The Smith family are your neighbors, so you can trust them to offer the highest quality materials expertly installed at a fair price. If you'd like to schedule an appointment for a free estimate for windows or shower doors - or if you need a windshield for your car - you can get more information at www.smith-glass.com.



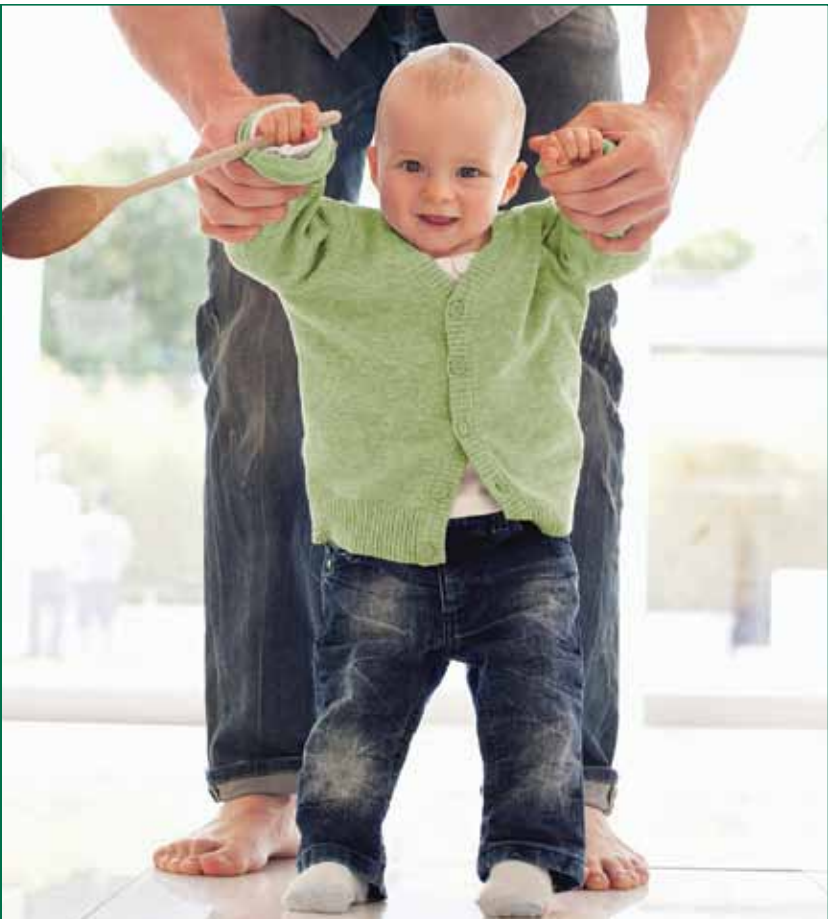
BRYAN SMITH,
SMITH GLASS

541-926-4446

Even the biggest goals start with simple steps

COUNTRY Financial® helps you take simple steps today with personalized insurance and financial services that can have a big impact on your family's future. When you're ready to start, we're ready to help.

#TakeSimpleSteps



Michelle Morford
1821 14th Ave SE
Albany, OR 97322
541-928-1929
michelle.morford@COUNTRYFinancial.com



AUTO | HOME | LIFE | BUSINESS | RETIREMENT

Auto, Home, and Commercial policies issued by COUNTRY Mutual Insurance Company®, COUNTRY Casualty Insurance Company®, or COUNTRY Preferred Insurance Company®. Life insurance policies issued by COUNTRY Life Insurance Company® and COUNTRY Investors Life Assurance Company®. Fixed Annuities issued by COUNTRY Investors Life Assurance Company®. All issuing companies are located in Bloomington, IL. 0118-645HO

Good Stuff

Take Time for You

This morning as my lovely canine friend, Toodle Gretchen, leaped onto my face and awakened me as she enthusiastically danced around, it reminded me to write to you. I told myself to take a deep breath in and then slowly let it out and my topic came to mind. Taking time out for ourselves and personal self care. A list so long of what we are and what we do everyday came to mind so long that my editors strict word limit simply will not allow me to list all of them. Careers, parenting, relationships, are core yet do not even begin to list or describe the obligations and drains to our energy and spirit.

Let’s think of the analogy of the full cup. The fuller our cup is the happier and more authentic we are. The more we have to give to life and those around us. Sadly the emptier the cup becomes the more harried and empty we become. Ultimately having less to give in every way in all we try to do.

With each time we “give” our cup becomes a little bit emptier. Every day many times a day maybe all day long we are “giving” from our cup. Soon as you lean over the rim what do you see? The bottom..... Gasp! You may ask yourself as I do at times... What now? Deadlines are approaching family is crying out for



LINDIE M. TRUEX,
RIVER’S EDGE
DAY SPA
541-791-2800

their needs to be met and you are simply empty.

Time to brew another cup boys and girls and it is up to you to grind the beans and brew it. No one else can do that for you. How?

Make time for self care everyday in small ways daily and weekly in even larger ways. Daily add a bit more to your cup many times in small ways have a list maybe folded in your wallet or bag of at least ten things you can do. Some of mine include: have a cup of tea, give or get a hug, smile a lot! Weekly fill up your cup and put yourself on your schedule. I do mean write yourself in! Schedule a massage or relaxation treatment, get a new haircut (we can help with that at River’s Edge Salon and Spa), take a walk, ride your bike in the sun, schedule a coaching session, have a pillow fight with your spouse or kids. Occasionally I must admit that stopping in to see Marianne at Re Style in North Albany has been a favorite or a glass of wine at a great place like Elmer’s.

It can be light hearted and fun or so relaxing it puts you to sleep. Just make sure YOU decide and make it what YOU need to fill up your cup each week.

Pouring into a cup now..... Great fresh ground beans also. Hugs to you all!

Part B continued from page 5

plan premiums very, the law specifies that the amount is determined using a base premium. Social Security then tie the additional amount you pay to the base beneficiary premium, not your own premium amount. If you’re a higher-income beneficiary, Social Security deduct this amount from your monthly Social Security payments regardless of how you usually pay your monthly prescription plan premiums. If the amount is greater than your monthly payment from Social Security, or you don’t get monthly payments, you’ll get a separate bill from another federal agency, such as the Centers for Medicare & Medicaid Services (Medicare) or the Railroad Retirement Board.

Birth Trauma continued from page 6

labour and delivery procedures some of which can contribute to TBS.

We’ll discuss epidurals, forceps, vacuum extraction, C-section, episiotomy, and the ever popular “ultrasound.”

Selling Your Home continued from page 6

- when you’re painting or staining, or stripping old finishes off of floors or walls. Don’t wear loose, hanging clothing, especially when using power tools. Wear gloves when carrying wood, metal and rock, or when hammering, and wear a nail or tool pouch to prevent damage to your floors, feet, and pets.
8. **Measure twice and cut once** — probably the most important rule of any project. If you’re going to make a mistake, make it too long. You can always make something shorter. You can’t make it longer.
9. **Know the limits of your abilities** — you’re not going to be good at everything. If you don’t have a lot of experience at plumbing or electrical work, for instance, don’t attempt those projects.
10. **Don’t start to learn how to do a project on your own house** — if you want to learn how to do a project, offer your assistance to a friend who is an experienced DIY’er or a contractor. And if you have any question about what you’re doing, make sure you stop and ask.

You probably won’t eliminate all of your DIY home improvement mistakes, but you can surely reduce them with these ten tips.

Offended? continued from page 11

lose your temper quickly? God’s Word reminds us, *“My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry,...”* James 1:19

Brant Hansen’s book gives practical helps in dealing with anger when offended and how to forgive and move forward. May God bless you as we learn together in how to better love one another.

In His Grip, Kevin Ferguson

sears

HOMETOWN STORE

LOCALLY OWNED AND OPERATED

NO

CREDIT

REQUIRED*

Lease It. Love It. Own It.**

LEASE QUALIFYING PRODUCTS***

\$116.50

Per Month

\$233.17

Per Month

\$191.50

Per Month

\$183.17

Per Month

\$41.50

Per Month

\$104.83

Per Month

LEASING DETAILS

*Must be at least 18 years old. Income requirements apply. ** Buyout not available in NJ, VT, WI & WV. *** Lease payment example based on cash price of \$1,399.99. Total cost to lease item for 5 month minimum term is \$1,165.85 with \$233.17 due at lease signing followed by 4 \$233.17 monthly payments, or \$116.58 due at lease signing followed by 9 \$116.58 biweekly payments. No security deposit required. Qualifying merchandise of at \$199 or more required to enter into lease at Sears Hometown & Outlet. Excludes non-durable goods, footwear and apparel items. 5 month minimum term assumes monthly payment schedule over 5 months or biweekly/28 day payment schedule over 140 days. See associate for additional details.

VISIT YOUR LOCAL STORE AT:

Heritage Mall 2059 14th Ave SE #A103 • Albany OR 97322 • 541-981-2503 • M-F 9:30 am-7 pm • Sat 9:30 am-6pm • Sun 11am-4 pm

K9 for Kira

at Linn Lanes

Saturday | April 21 '18 | 1-4PM



K9 for Kira is our family's mission to get our 10 year old daughter, Kira, a much-needed Autism Service Dog through ASDA (Autism Service Dogs of America).

Because of how long and intensive it is to raise these special dogs, the cost for ASDA to prepare a dog to be an Autism Service Dog is \$20,000. After ASDA grants and donations, prospective families must raise **\$13,500** *That is what we're trying to do!*



sponsor a lane!
\$500

Read more about Kira's story
on Facebook: K9 for Kira

Sponsor a lane, donate a silent auction item, or set up a *Coins for Kira* display at your retail location.
Call | **541-791-2901** or **541-905-4984**
Email | info@pointsforprofit.org