

HIGH POINTS



GOOD NEWS FOR THE WILLAMETTE VALLEY

APRIL 2019 • FREE



Dala's Blue Angels receives 1st place and \$5,000.

The Winners Are...

For 17 years, Points for Profit has given back to local non-profits in Linn and Benton

Counties. The staff and advisory board at Points for Profit work hard to leverage business sponsor dollars, help local business see a return on their investment, while supporting local non-profit organizations and their endeavors. Each non-profit organization works to be number one by attending monthly business meetings, on-location events, supporting each other and spending dollars with business sponsors.

Thanks to our 2019 Pinnacle Partners Bi-Mart and CoEnergy Propane, we were able to give back more than \$50,000 in cash, services and items to our non-profit members! Each year, they hold an annual banquet and auction to honor the non-profit organizations with their awards and recognize local business owners for their outstanding service in their community.

This year, Points for Profit was proud to recognize Dala's Blue Angels as the first-place non-profit participant and winner of \$5,000. Dala's Blue Angels started in 2011 by a group of men and women from Lebanon. Hosting events such as Walk a Mile for a Child, putting in countless hours hanging blue ribbons, and providing staff for local events they help bring awareness to child abuse and work hard to STOP IT!

Second place was awarded to St. Edward Youth of Lebanon with a \$3,000 cash award. St. Edwards is a place for youth to grow in knowledge of the Catholic faith. They also develop friendships, receive help and guidance from mentors. Youth and teens help each other through questioning, difficulties and learn to encounter Jesus. There's time to be silly with games, fun events, and laughter not just time to learn about Jesus, the Sacraments, and prayer.

Life-Line Baby Boutique took third position and

\$2,000 to help with providing diapers and equipment to babies in need. Parents are interviewed to assess the needs of the individual. Parents can "shop" once a month for baby clothes and get diapers. All clothing and equipment are in excellent used condition.

Linn County Animal Rescue took home 4th place and will receive \$1,500 for their hard work and Mercy House International rounded off the top five with their 5th place award and will receive \$1,200 for their efforts.

The rest of the groups all receive cash awards paid from the monthly sponsorship revenues. Twenty-one local, organizations received awards at the February 26th banquet and auction.

In addition to the wonderful non-profit organizations; Points for Profit would not be possible without the help of and incredible, giving group of volunteers that go above and beyond to make the monthly meetings and big events possible!

Points for Profit wants to congratulate everyone! It was an outstanding year with over \$6 million dollars spent with Points for Profit businesses in the Mid-Willamette Valley.

There is always room in the program and we welcome new non-profit organizations and businesses (both must be referred by someone in the Points for Profit group).

You can help any participating non-profit organization by saving your receipts and sending them in, others may need help entering receipts. It is all about coming together to make our community stronger and better!

You can find the list of participating businesses and non-profit organizations by visiting www.pointsforprofit.org. Just shop the businesses and give your receipt or copy to your favorite non-profit. For more information call 541-791-2901. Points for Profit...Shop locally, serve locally and sustain locally.



St. Edward Youth of Lebanon receives 2nd place award and \$3,000.



Life-Line Baby Boutique honored with 3rd place award and \$2,000.



CoEnergy Propane receives honor as Medium Business of the Year

Outstanding Businesses Recognized

Each year Points for Profit members and the community vote for the outstanding business sponsors of the year. The businesses chosen actually participate in the monthly meetings, have shown excellence and integrity in their business and have gone above and beyond in the communities they serve. The categories for businesses voted on are Large Business, Medium Business, Small Business, Restaurant and Micro Business.

Bi-Mart (Points for Profit Pinnacle Partner 2018 and 2019), was awarded Large Business of the Year for the 13th year running! Bi-Mart was the first business to see the value in being a part of the Points for Profit mission and these "employee owned" stores welcome everyone as family and serve the communities in many ways.

Medium Business of the Year was CoEnergy Propane (Points for Profit Pinnacle Partner 2018 and 2019) for the 2nd year in a row. CoEnergy is a company we see out in the community, beyond Points for Profit! Their giving nature can be seen on the various CoEnergy Trucks (all themed to support local non-profit organizations like Breast Cancer, The Military and Veterans and Children). This business connects with the community far beyond the cash register. They get involved and support many non-profit organizations and local events.

Small Business of the Year was Country Financial Representative Michelle Morford (Points for Profit Pinnacle Partner 2018). Michelle and her team are known throughout the county for their helping so many people and animals on a personal level, that which goes way beyond customer service.

Elmer's Restaurant was awarded Restaurant of the Year for the sixth year in a row! Their food is "just like home" and it is a place "where everybody knows your name" because the management get to know your name!

Micro Business of the Year was a tie and awarded to Berlee McEwen of Berlee's Fancies and Sam Rice with Independent Merchant Brokers. You can see both Berlee and Sam out and about in the business community helping in many ways.

These businesses and the others in Points for Profit were responsible for over \$100,000 being given back to participating non-profit organizations in the Points for Profit community in 2017 and 2018 through money, sponsorships and scholarships.

The great thing about Points for Profit is the entire community can help by shopping locally, serving locally (save your receipts) and sustaining locally. Call them at 541-791-2901 to see how you can help. A list of businesses and non-profit organizations can be found in this issue of HighPoints or online at www.pointsforprofit.org



Fun Events for April 2019

April Showers bring May flowers. Tulips and Daffodils are a sure sign of spring! There is plenty to see and do during the month of April.

- CORVALLIS NEW HORIZON’S BAND**
corvallisnewhorizonsband@googlegroups.com.
- FARMERS MARKETS**
 - Albany - Opens April 20th Sat 9am-1pm, City Hall Parking Lot <http://locallygrown.org/home/>
 - Corvallis- Opens April 20th Sat and Wed 9AM-1pm, First St. Downtown <http://locallygrown.org/home/>
- RED HAT STRUTTERS** - April 3rd luncheon at Ixtapa Restaurant, 111 W. Locust St., Stayton at noon. You will order off the regular menu and pay individual bills. Hostess for the month will be Alice Halse, please contact her to make reservation, 503-767-3032. Need a volunteer to host the May 1st luncheon. The public is invited to attend just make a reservation. If you are interested in joining the Red Hat Strutters group contact Margie Forrest 503-859-3119 or Jean Evett, 503-859-2563. There are not dues or fees.
- POINTS FOR PROFIT MARION/POLK** – April 4th, Thur at Pizza Hut on Commercial in Salem Oregon. Open to public, dinner is \$5. Meeting for businesses and non-profits. RSVP by 2nd via email info@pointsforprofit.org Meeting starts at 6:00pm. Check out details at: www.pointsforprofit.org or call: 541-791-2901. Points for Profit: Shop locally, Serve locally, Sustain locally.
- AMERICAN LEGION AUXILIARY ALBANY UNIT 10** -April 5-6, Annual Spring Rummage Sale Friday, April 5 from 9 a.m. to 4 p.m. and Saturday, April 6 from 9 a.m. to 3 p.m. It will be held at American Legion Albany Home, 1215 Pacific Blvd. SE. Parking is in the back, off 7th Street. All proceeds will benefit Veterans & their Families as well as Youth Leadership and other Community projects. Do you have items to donate? They can be dropped off Wednesday or Thursday, April 3 or 4 between 9 a.m. and 3 p.m. All donations are tax deductible. Contact alaunit10@gmail.com for more information.
- WALK A MILE/SK RUN** April 6th, 9am to noon. Hosted by Dala’s Blue Angels. Fundraiser to help bring awareness to Child Abuse. Registration form available on Dala’s Blue Angels

Facebook page.

- VFW POST 584’S SEMI-ANNUAL CRAFT & VENDOR FAIR** at 1468 Timber St. SE, Albany on Saturday, April 6th, noon until 4pm. Free Admission. Door Prizes and Raffles. Burger Baskets only \$6.50! Questions? Call 541-928-7925
- LYONS GARDEN CLUB** - April 10th meeting at the Lyons Fire Department Conference room at 1 pm. Hostesses for the month are Sue Sutton and Judy Keillor. Refreshments will be served prior to the meeting. Guest speaker will be Mary Haley, she will speak on succulents and propagation of new little starts. They will celebrate a birthday for Jackie Kirkpatrick. Following the meeting there will be a guided tour, for those that wish to go, of the Mari-Linn Grade School greenhouse and learn about the school Garden Club, led by Diane Hyde, instructor and Lyons Garden Club member. The Garden Club recently donated funds to help purchase items needed for the children. The public is always invited to attend any of the meetings and if you would like to join the club please contact President John Hollensteiner, 503-508-5913 or Vice President Cheryl Cappelletti, 503-767-3348. The garden club has members from all over the Santiam Valley.
- “DINNER FOR DAVE”** April 12th, 4-9pm Jersey Mikes (West Salem, Keizer, Commercial) 30% of your ticket will go to help Dave who has stage 4 cancer.
- SANTIAM HOSPITAL AUXILIARY**-April 17-19 annual Spring Tulip Sale from 9am to 3pm, or as long as supply lasts. It will be held in the Santiam Hospital Foyer 1401 N. 10th Ave.; Santiam Medical Clinic, 280 S. 1st Ave., Mill City; and Mehama ACE Hardware, 11267 Grove St., Mehama. They are selling for \$6 per bunch of 10 and come in a variety of colors, decorated vases will also be available to purchase. Proceeds support the Auxiliary Medical Oriented Scholarship Program and also helps to purchase supplies and equipment requested by the various hospital departments. For more information please contact: Nancy Hartmann 503-510-8174; Char Bartosz 503-749-2910; Pat Spaeth 503-769-3381; and Susan Schwarz for Mill City area 503-859-3662.
- SANTIAM HOSPITAL AUXILIARY**-April 18th in the conference room at Santiam Hospital. Meeting will begin at 1:00 pm, luncheon served by the hospital cafeteria will be served

prior to the meeting at 12:30 pm. There will be discussion on the current tulip sale, upcoming fundraisers, scholarship awards, and the showing of the film by Britta Franz. The public is invited to attend. For more information contact Pat Spaeth 503-769-3381 or Mary Lou Hazelwood 503-769-5685. If you are interested in joining the Auxiliary dues are \$10 per year or \$100 for a lifetime membership. Suggestions and volunteers are always welcomed. Remember to stop by the Auxiliary Gift Shop in the hospital foyer to purchase a gift for a patient or to check out the holiday gift items. The gift shop is open to the public.

- 54TH ANNUAL CORVALLIS AUTO SWAP MEET & ANNUAL DUST ‘EM OFF CAR SHOW** is Sunday, April 28th at the Benton County Fairgrounds, Corvallis, OR. Swap Meet opens at 7am. Vendor Spaces \$20. Car Show begins at 9am. Car Show registration \$10. All Classic Cars are eligible. Show Awards & Prices at 1pm. General Admission \$5 per person. Free Parking. RV Parking Available. Call 541-926-3972 or visit www.corvallishistoricautoclub.com
- POINTS FOR PROFIT LINN/BENTON** is April 30th, Tues, 6pm at American Legion Post 10-Albany. Open to public. Meet local businesses, help a local non-profit. Dinner, beverage and dessert \$9 per person RSVP required. RSVP by emailing info@pointsforprofit.org Meeting starts at 6:00pm. Check out details at: www.pointsforprofit.org or call: 541-791-2901. Points for Profit: Shop locally, serve locally, sustain locally.
- POINTS FOR PROFIT MARION/POLK** – 1st Thursday of every month (April 4, May 2nd) at Pizza Hut on Commercial in Salem Oregon. Open to public, dinner is \$5. Meeting for businesses and non-profits. RSVP by 30th via email info@pointsforprofit.org Meeting starts at 6:00pm. Check out details at: www.pointsforprofit.org or call: 541-791-2901. Points for Profit: Shop local, Serve local, Sustain local.

Information for this page has been provided by multiple organizations. If your organization has an upcoming event that you would like listed in a future issue of High Points, please email the information, as well as a name and phone number of a contact person submitting the article to: info@inspiritmarketing.com

Happy Easter!

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

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Save 10% on all Adaptil and Feliway products purchased at Albany Animal Hospital, Inc. during the month of April.



Do you own a dog or cat companion with anxiety issues? Have a new pet you are introducing into your family? Or maybe it’s fearful of noises, traveling in a vehicle or changes in their environment?

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Get Screen Protected!

Colorectal cancer is one of the most common forms of cancer among US men and women. The American Cancer Society estimates there will be over 140,000 new cases diagnosed in 2019.

The risk of colorectal cancer increases with age; most cases occur in people over the age of fifty.

Additional contributing factors are lifestyle related: alcohol consumption, smoking, obesity, lack of physical activity, and a high fat/ low fiber (fruits and vegetables) diet.

Colorectal cancer warning signs may include: a change in bowel habits (constipation/diarrhea), pencil-thin stools, very dark or bloody stools, abdominal pain or bloating, feeling you need to have a BM that is not relieved by doing so, fatigue, and unexplained weight loss.

While colorectal cancer is one of the most common forms of cancer, it is also one of the most treatable. The key to survival is early detection through

routine screening. Screening should begin at fifty years of age; earlier if a first degree relative (mom, dad, brother, sister) has been diagnosed with colorectal cancer before the age of fifty.

There are a variety of screening methods. The colonoscopy is one of the most reliable. A colonoscopy is a

procedure, performed under general anesthesia, whereby a flexible tube is inserted into the rectum, and passed through the lower intestine. A tiny camera mounted on the tube records images of the inside of the intestine. Colonoscopies are painless and take about an hour to complete. Up to sixty per cent of colorectal cancer deaths could be prevented if people followed their providers recommended screening schedule!

Would you like more information on colorectal cancer or colonoscopy? The friendly knowledgeable staff at Rice's Pharmacy would be happy to assist you, stop in soon!



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Allergies

'Tis the season for coughing, blowing, wheezin', an' sneezin'. Or is it?

Thousands of children (and their parents) in our community seem to be affected by this allergy thing. For those of you who have not been, you are looked upon with envy at this time of year. Millions of hard earned dollars are spent on over-the-counter drugs, weekly shots, and physician visits. Then there is time-off from school (or work) and the effect of little Miss Sneezzy on the family. The toll from allergies is immense.

Why is that? What is it that makes one child allergic and another not? After all, we all live on the same planet! The difference is most often seen in how one child's body is able adapt, and another not. Very simply put, an allergy is the inability of your child's body to handle something which is in their immediate environment: Pollen from trees, grasses, flowers, etc. (There are also allergies to drugs, harsh detergents, and other agents. These allergies are seen as a protective reaction and are not the type I am discussing today).


In other words, your child seems to be very sensitive to the pollen in the air. This is called being hypersensitive.

Think about this for a moment. Something is making your child's body hypersensitive to a perfectly normal part of the environment! So is the solution to get rid of all the flowers, trees, grasses, etc.? Or is it make more sense to make your child's body function normally so it can handle its environment in a normal fashion?

You may not realise that the thing that runs your child's body in a perfect manner is the nervous system. As long as it is able to control all functions of the body with no interference, your child should have the best health possible. If however, there is interference to the normal function of the nervous system, your child's body will not function properly and will react poorly to pollens, etc. Chiropractors call this interference a Vertebral Subluxation. It can be a serious health hazard! By correcting these vertebral subluxations, your child will have a better chance to successfully deal with allergies. If your child is suffering, call us. We can help!



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New Morning Mercies

Our daily routine can often feel like sitting in rush hour traffic. We want to get much done, and yet, we seem to be going nowhere.

The frustration and stress to accomplish our to-do list for the day can cause misdirected emotions and actions. Because our lives are busy and often hectic; I would like to suggest a principle that might help your focus, attitude, and managing stress. This may seem elementary and somewhat cliché, but we need to take

time to spend with the Lord. Some have called this, “Quiet time”, or “Daily Devotions”.

In January, I started reading daily, “New Morning Mercies”, by Paul David Tripp. Each day has a thought to encourage you in your perspective. Nancy Leigh DeMoss makes this statement, “These Devotional readings will strengthen, nourish, and recalibrate your heart, and open your eyes to behold God’s fresh mercies

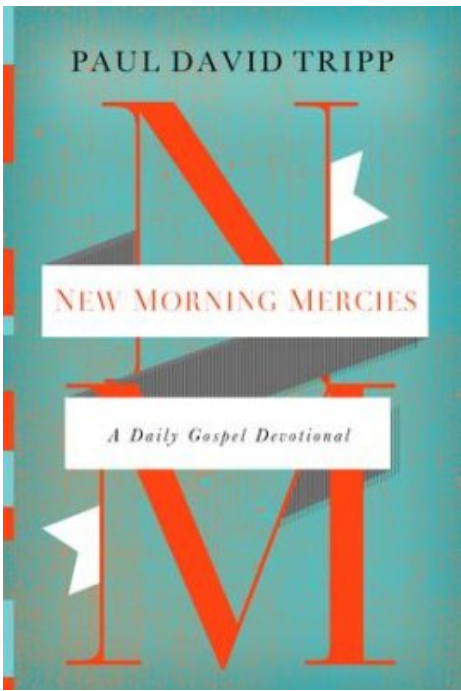
at the dawn of each new day.” At the end of each reading is Scripture from the Bible to further your time

with the Lord. I often will read the devotion, then look up the Scripture, and respond with prayer.

God’s mercies are truly new every morning. I’m so deeply thankful that God loves me no matter what happened the day before. I have found that how I start my day is critical. Spending time with the Lord can calibrate your heart and thoughts as you enter into another crazy day of much to do. David makes this statement on the January 14th devotion, “Don’t be discouraged today. You can leave your “what-ifs” and “if-onlys” in the hands of the One who loves you and rules all things.”

May God bless your time with Him daily!

Kevin Ferguson
Willamette Valley Christian Supply



Inside or Outside; Rife’s Home Furniture can help

BY JAMIE MCGINTY,
STORE MANAGER AT RIFE’S HOME
FURNITURE AND MATTRESS

The snow has finally melted and temperatures are slowly rising. The flowers will soon start to bloom, the trees will start to sprout leaves again, and before you know it, you’ll be lounging in the sun with that iced tea in your hand. Wouldn’t it be wonderful to be relaxing in a brand new outdoor lounge chair? Rife’s Home Furniture is always ready and willing to help you plan your living space, inside and out!

There are many ways to update your backyard. Something as simple as adding a new bench in the garden can bring new life to the design, as well as offering you a chance to sit amongst your flowers and vegetables and watch them grow. There is nothing better than surrounding yourself with the beauty of nature!

We know you’re dying to break in

that new Traeger® you received for Christmas. Barbeque season is fast approaching and you’ll need some new seating for that backyard bash! You can always start simple with a new outdoor dining set, but why stop there? Liven up your party with a new patio sectional set, and what better way to end your evening than with friends and family gathered around your new fire pit. Don’t forget the marshmallows!

There are so many wonderful things about Spring and Summer. Here at Rife’s Home Furniture, we understand how important it is to be with loved ones. Let us help you build your living space, so you can enjoy the important things in life. Give us a call at 541-248-3916, or come see us in store. We’re located right next door to Allann Bros Beanery Café on Fescue St. Our team of Furniture Consultants are more than happy to help you make your house a home.

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Grilling Cylinder Safety

Read and follow all the grill manufacturer’s instructions before turning on and lighting the grill. Keep the top open when lighting a propane grill, and don’t close it until you are sure the grill is lit. Turn off the burner control and close the cylinder valve. When a grill is not in use for extended periods of time, cover disconnected hose-end fittings with plastic bags or protective caps to keep them clean.

Properly transport and store gas cylinders. When refilling or replacing a propane cylinder, transport in a secure, upright (vertical) position in a well-ventilated area in your vehicle, and take it home immediately. Always use or store cylinders in a secure and upright position outdoors (not in a garage or shed).

DO’S AND DON’TS OF PROPANE CYLINDER SAFETY

Do

- Follow the grill manufacturer’s instructions and keep written materials handy.
- If the igniter no longer works, replace it in accordance with the grill manufacturer’s instructions.
- Keep the top of the grill open until you are sure it is lit, even if you have

- an electronic ignition.
- Cover disconnected hose-end fittings with plastic bags or protective caps to keep a grill clean when it is not in use.
- Store propane cylinders outdoors in an upright (vertical) position.

- If you smell gas, and it is safe to do so, turn off the cylinder valve, turning it to the right (clockwise). If you are unable to turn off the valve, immediately leave the area and dial 911 or call your local fire department. Before you use the grill again, have a qualified service technician inspect your grill and cylinder.

- Consult a qualified service technician if you are having grill or propane cylinder problems.

Don’t

- Smoke while handling a propane cylinder.
- Use matches or lighters to check for propane leaks.
- Pour an accelerant such as lighter fluid or gasoline on the grill.
- Allow children to tamper with the cylinder or grill.
- Use, store, or transport propane cylinders near high temperatures (this includes storing spare cylinders near the grill).



CoEnergy Propane

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Oral Cancer Awareness Month

April is designated as Oral Cancer Awareness to bring greater attention to an often-devastating disease.

What’s the best defense? Early detection. Early diagnosis provides better long-term outcomes and lower death rates for people who undergo treatments. Simply put, getting checked can save your life.

- Symptoms: persistent mouth sore, a lump or thickening in the cheek; white or red patch in the mouth, difficulty swallowing or chewing; numbness of the tongue or mouth; and pain in your teeth or jaw.
- Risky behaviors: Approximately 80% of oral cancer cases are linked to tobacco use including cigarettes and chewing tobacco. Heavy drinkers are at a higher risk for developing oral cancer. Excessive sun exposure increases the risk for lip cancer.
- Human Papilloma Virus (HPV): Research indicates that HPV is the second leading cause of oral cancer. HPV can be contracted with no noticeable symptoms and is easily transmitted. It’s usually

recognized by warts on the skin mainly concentrated on arms, legs and hands. There are certain strands (including HPV16) which are sexually transmitted.

- **Diagnosis:** We carefully check the inside of your mouth and around your tongue. During a comprehensive exam, we use an

instrument called a Velscope®, which causes the soft tissues to be naturally fluorescent. Healthy tissue becomes luminous, and glows. Any tissue that is dark will be carefully examined for abnormality, either by our team or an oral surgeon. In most cases, a painless 3-5 minute exam can detect oral cancer in its early, highly-survivable stages.

- **Treatment:** Surgery is generally performed to remove the tumor or lymph nodes in the early stages. Radiation and chemotherapy can be used to kill the cancer cells.

If you are concerned about a mouth sore that does not heal within two weeks, contact our office for an examination. Your smile is only one part of your overall health.



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POINTS FOR PROFIT MEETING is April 30, 2019 from 6-8pm at American Legion Post 10 in Albany. A catered meal will be available. Dinner starts serving at 5:30pm. To reserve dinner please RSVP by noon on April 29, 2019 to info@pointsforprofit.org or call (541) 791-2901. For more information visit pointsforprofit.org.

Welcome Linn County Vision Center

Linn County Vision Center is a full scope, independent optometry practice located inside Visionworks in the Heritage Mall in Albany, OR. Besides measuring for glasses and contact lens prescriptions, they offer medical eye care for eye infections, eye injuries, and eye diseases such as glaucoma, a disease of the optic nerve that can lead to blindness. They also screen for eye conditions caused by health concerns such as high blood pressure, lupus, and diabetes.

They also offer unique management for vision disorders led on by concussions, stroke, or trauma. These conditions include light sensitivity, double vision, eye focusing issues, and vision-related headaches. These conditions are also common in kids with dyslexia, ADHD, and the autism spectrum. These symptoms can be helped through the use of prism, lens filters, or carefully managed vision activities.

Linn County Vision Center was founded in October 2018 by Dr. Jason Drobeck, Optometric



Physician. He began his career where he grew up, in the Mojave Desert of Southern California. Dr. Drobeck's first job was a ride operator at a traveling carnival, but was interested in health care from a young age. After getting to know his home town optometrist, Dr. Stanley Sadorf, he realized the field of eye and vision care was right for him. He says that not only is it tremendously rewarding to help people see, but it also offers a great variety between measuring optics, and managing health care.

From the desert, Dr. Drobeck migrated east to Bridgeport Connecticut, and worked for a doctor located next to a Lenscrafters for nearly three years. It was here that he gained the experience to move on to opening a practice of his own. His family had moved to Oregon, and after visiting a few times, Dr. Drobeck knew it was a great place to settle.

Let's give Jason a big Points for Profit welcome to the family!

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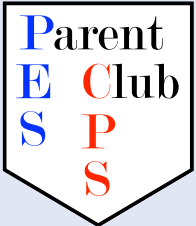
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- 1st Hand Second's – Unique Boutique (Mercy House Internation, Inc.)
- American Legion Auxiliary Unit 10
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- Cascade School PTO, Lebanon
- Dala's Blue Angels
- Furniture Share
- K-9 for Kira
- Kitty Angel Team Adoption (KATA)
- L.A.F.T.A.
- LHS Performing Arts
- Lebanon Soup Kitchen
- Life-Line Baby Boutique
- Linn County Animal Rescue
- MidValley Parent Teacher Student Association (PTSA)
- Obria Medical Clinics-Pregnancy Alternatives Center
- Oregon 4-H State Shooting Sports
- Oregon Federation of Square and Round Dance Clubs/Mid-Winter Festival
- Oregon Women for Agriculture
- Philomath School Parent Club
- Safe Haven Humane Society
- St. Edward's Youth
- We are the Solution-Kickin Cancer

Welcome Parent Club to the Points for Profit Family



Parent Club is the parent organization for Clemens Primary and Philomath Elementary School. Its purpose is to provide educational enrichment services to students and teachers, increase communication among parent, school and child, and raise funds to support school activities. The Parent Club is open to any ALL parents and guardians of CPS/ PES students.



Parent Club sponsors many events and programs throughout the school year. These programs are designed with the Parent Clubs purpose in mind and include:

- **Field Trips:** Parent Club pays for the majority of the costs of all field trips for CPS/PES. Under the current school budget, without Parent Club, there would be no field trips.

- **Book Fairs:** Parent Club holds two Scholastic Book Fairs at each school each year. The book fairs are a great way to earn books for our classrooms and libraries.
- **Teacher/Staff Requests:** Parent Club also reviews teacher and staff requests for funds for new materials, equipment and projects. These are generally things for which no other funds are available. This year a major request came in from the Primary School and the Parent Club was able to install a sound system in the gym.
- **Halloween Party:** Parent Club sponsors a community Halloween event at PES that is enjoyed by hundreds of Philomath families.
- **And so much more!**

Fundraisers for 2019 include: a jog-a-thon, dine out nights at local restaurants, an “anti-fundraiser” campaign, and joining Points for Profit!



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POINTS FOR PROFIT MEETING is April 4, 2019 from 6pm at Pizza Hut on Commerical in Salem. Open to public, dinner is \$5. RSVP by March 6, 2019 via email info@pointsforprofit.org or call (541) 791-2901. For more information visit www.pointsforprofit.org. Mark your calendar for our next meeting on May 2.

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BY DOUG DEALY, OWNER

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KAREN'S FAMOUS RECIPES

Biscuits

BY KAREN ROGERS

This is a subject near and dear to my heart—biscuits. I pity the po’ fool that has only eaten ones that come from a tube!

A real biscuit must be strong enough to stand up to sausage gravy and strawberries in a shortcake, and yet be tender, melting with butter at tea parties. They can also be savory with additions of cheese, bacon, chives, etc. Or sweet with dried or fresh fruit and other goodies. Remember, biscuits are tender creatures and need a gentle touch.

Measure 2 ¼ C flour into a bowl. Add 1 tsp salt and 2 tsp baking powder and mix well. Cut in 6 tbsp of cold butter until very well blended. At this point, you can add 1 C of grated cheddar and ¼ C of fine parmesan for cheese biscuits or 4-5 strips of crumbled crisp bacon. Stir it up!

In a glass measuring cup put 2/3 C of milk and break one egg into it and stir with a fork until well beaten. Make a well in the dry ingredients and pour the liquid in. Stir quickly with a fork until the dough comes together, then turn out on the counter and knead gently four or five times.



Pat the dough out (do not roll it!) to about ¾ of an inch thick and cut into biscuits. Bake at 400 degrees until well browned, about 15 minutes.

If you are making chive or other fresh herb biscuits; add them to the milk mixture, they will blend in better than when mixed with the dry.

To make easy drop biscuits and skip the rolling and cutting, simply increase the milk to 1 cup. For the nicest shape, use a levered scoop that will measure ¼ C of batter; or a tablespoon.

Out of the oven, slather them with butter, while hot and inhale them. They do freeze well and 30 seconds in the microwave refreshes them so they can make a quick treat at breakfast. Break out the grape jelly!

April Word Search by Rolie the Puzzlemaster

J	R	Q	E	R	S	I	P	B	H	A	P	P	Y	V	D
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Jim Bohannon
The Militant Moderate
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Hugh Hewitt
Voice of Reason
3am - 5am

Steve Kathan

Cami McCormick

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Adventure Seeking & Looking for Love

A row of five animals: a bulldog, a kitten, a beagle, a cat, and a french bulldog.



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Make Your Plumbing Shine

Are you planning on selling your home soon? There are several nice and easy ways that you can make your home a diamond in the rough in this market! Two things that most people find very important when they are buying a new home are: the kitchen and the bathrooms. Luckily, there are some very nice ways that you can make these areas shine in your home and maybe make the sale for a great new buyer! Here are some great ways that you can improve your bathroom and kitchen!

BATHROOM

Surprisingly, a nice bathroom is a huge selling point for most people! Even if you bathroom is a bit outdated there are some nice simple ways that you can make it look updated without a full remodel. One great way is to put in a new one or refinish the vanity in the bathroom. Put in a new sink or just some fancy new faucets! Most people love the look of stainless or brushed steel. One type of faucet that is growing in popularity is a waterfall faucets or one that is rustic like a spigot. Find out what the new up-and-

coming styles are and keep in mind what your community is most likely to be impressed by. Another easy fix is to update your bath faucets, handles and shower heads. Make sure that the style and the color match very well with your new sink. Some people will even redo the whole bath rib to make it look shiny and new.

Put in a new toilet! This is a great way to make a new bathroom more welcoming to a new homeowner. Nothing says clean like a brand new toilet. Make sure that when you are adding all of these new small pieces to your bathroom that they match well. You don't want the end job to look as though you barely pieced it together. When you are done with all of your updates put in some fresh caulking or rubber sealer to make your bathroom looks nice and fresh! These are some easy ways to make your bathroom look great and help you make that sale!

KITCHEN

Similarly with the bathroom, a kitchen is a huge selling point.



Plumbing continued on page 15

Window Safety

The National Safety Council observes Window Safety Week during the first week of April. It is designed to heighten awareness for parents and caregivers in order to prevent falls from windows and help them understand the role windows play in fire safety. With warmer weather ahead, here are a few suggestions to keep your children and guests safe.

Window screens are designed to keep insects out rather than hold a child's weight and prevent them from falling. Children should not be left unattended around open windows with or without window screens. Avoid placing furniture under windows that might allow a child to climb and potentially fall from an open window. You might consider purchasing window opening control devices from the manufacturer which are designed to limit how far a window can open but have a release to allow for escape in case of emergency. Finally, planting shrubs or grass beneath a window will lessen the impact if a fall does occur.

If you have wood windows, make sure they are not painted shut. While doors are the primary exit during a fire,

windows are considered a secondary exit. Make sure they open properly in case of an emergency and be sure to train your children how to escape from a window if needed. Installing window air conditioners is common however keep in mind these windows may be needed for escape in case of a fire!

Always be sure that you have at least one window in each bedroom that meets local codes for escape and rescue.

As summer approaches, it's a great idea to take a look at your upper floor windows to prevent any falls. While you're at it, consider how you might escape so you'll be prepared in case of an emergency.

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Good Reviews

Agent in Place by Mark Greaney

I picked up this book for two reasons. First, quite a few customers have been asking for the “Gray Man” series. Second, there’s a blurb on the front cover from Lee Child (who says, “I love the Gray Man”), and I’m always looking for books to recommend to people who want something similar to Lee Child’s Jack Reacher series.

The good news? This is just as action-packed as anyone could hope for. The Gray Man, aka Court Gentry, is an ex-spy, current-tough guy who goes around saving people. That’s no breakthrough character type, but he’s a believable character, and he also has something of a conscience.

Think for a minute about the kind of “tough guy” often portrayed in books and movies—Travis McGee, Jack Reacher, Mitch Rapp, Dirk Pitt, even James Bond—whoever it is, these guys do some pretty bad things in the name of good: they are an end-justifies-the-means kind of crew. Some of them reflect on the morality of their actions, but usually only in a dark way. Add Court Gentry to the list, but he seems to be more concerned with doing the right thing than other, similar characters.

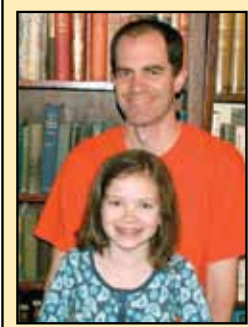
Gentry first needs to kidnap the lover of the Syrian president. Job done. Then things get a little complicated,

and he needs to kidnap her son. Job done. Then, things get even more complicated and he needs to do some covert spying, sneaking, and killing while in Syria. You get

the drift. This is good stuff, and maybe not one hundred percent believable, but it moves fast enough that you’re happy to make a few leaps of faith.

The other good news? This particular book is set around Syria. That’s good for one reason—it helps the reader to understand a little bit better the very complex situation over there. There’s Syrians, Free Syrian Army rebels, Russians, Iranians, ISIS, and mercenaries all mixed up, fighting each other. By putting it in a pretty straightforward plot frame, Greaney actually makes a little sense of the political situation.

The bad news? Well, this is the seventh book in the series. It’s good enough that now I might need to go back and read the first six!



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

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Plumbing continued from page 14

Everyone likes a nice kitchen. The kitchen has been traditionally known as the heart of the home. If you get a group together we often congregate in the kitchen. We don’t really know why but it just seems like that’s the way it is. Because so many people will see your new kitchen it is nice to have it looking fresh.

One way to really improve on a kitchen is putting in a nice new deep sink and some lovely new faucets. Make sure to add in a sprayer to the sink if there is not one already. Sprayers are very handy in the kitchen.

If you are able to afford it some other ways to improve things in your kitchen include adding a water access for a fridge. Add in a garbage disposal, if you don’t have one already. And if you don’t have a dishwasher adding one would be a huge selling point!

These are a few ways that you can make your plumbing shine to a home buyer. With the market being so competitive it is important to do the best that we can to stand out. Make sure that you hire a reputable plumber to install all of your new Plumbing in your home. Call Linn Benton Plumbing to give you a hand, if you have contracting work they can help you find the perfect contractor for your remodel as well!

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