

HIGH POINTS



GOOD NEWS FOR THE WILLAMETTE VALLEY

FEBRUARY 2019 • FREE



Save the Pollinators!

Love your beautiful flowers, but don't forget the pollinators!

About 95% of all the flowers require insects to pollenate them, bees are the primary pollinators in our yards and gardens. Many of us have been hearing the expression "Save the Pollinators!" What does this quote mean and how can we make a difference? To keep your flowers blooming and your fruit trees producing, you can make a critical difference in helping pollinators by how you take care of your garden. The following are four ways you can help and why these steps are important. 1) Have a diversity of food sources such as flowers in bloom from frost to frost. 2) Decrease or eliminate your pesticide usage. 3) Provide areas of bare dirt in your garden (mulch free). 4) Leave parts of your garden untidy and out of sight if you wish.

Some of our native bees come out in early spring so a food source is critical, some of our native trees such as Big Leaf Maple and willows provide this food in the form of pollen for our early bees until our native flowers such as Oregon Grape start blooming. Having a diversity of flowers assures that some are always in bloom, the diversity of flowers also mean that the bees will have both pollen and nectar as some flowers do not produce both.

Some pesticides beside insecticides are known to have a negative impact on bees often without killing them. If you do need to use pesticides only use one that is targeted to the specific pest/disease you are trying to control. Many applications are not necessary because there are other options to deal with pests or diseases in your yard. Your local Master Gardener group is a good source for this kind of information.

About 70% of our bees nest in the ground so bare dirt is important for them to make their nesting site. Many of the other 30% of the bees nest in holes they find in trees, plants and plant debris you should leave in some parts of your garden.

BeeVent Pollinator Conference: Linn Co Master Gardener Association

2nd March 2019 at Linn County Expo Center

Registration <https://extension.oregonstate.edu/mg/linn-benton/events/beevent-pollinator-conference>

Topics for 2019: Monarch Butterflies & Milkweed,
PNW Bumble Bee Atlas-A citizen scientist project,
Desirable plants for our local bees.
New summer bees for your garden.



Ten No Cost Valentine's Day Gifts

Valentine's Day is a wonderful opportunity to celebrate those we love, and money should not stay in the way of it.

Here are some Valentine's Day gift ideas that won't cost any money.

1. Surprise your partner with a new set of vows, complete with a lovely candlelight dinner. Take care of all the details before the actual day, so you can be relaxed and enjoy it too.
2. Window-shop for your dreams together: go "house hunting" for the perfect getaway cottage...mountain cabin...or even your first house. Those dreams will become a reality sooner than you think.
3. Bake some heart-shaped cookies or fudge: this one is really easy, and if you have kids, you can involve them as well.
4. Create a list of "100 reasons I love you" and present it nicely wrapped and tied with a red or pink bow.
5. Read love poems/stories together.
6. Share romantic greeting cards that you made: these can be adorned with silk, hearts, pressed flowers, or a nice drawing by you, if you have the talent. .
7. Leave love notes in unexpected places. Suggestions include on the bathroom mirror, in the fridge, under his pillow, in his checkbook, or any other place you think he'll come across during the day.
8. Find a babysitter for your kids and have a picnic in the living room.
9. Say "I love you" for 12 entire months with a coupon book filled with favors that she can redeem throughout the year. Choose a different favor for each month of the year that she can redeem on any day of the month. Suggestions include a foot massage, a back rub, cleaning up after dinner, a night out alone, etc.
10. Prepare a romantic spa evening at home: run a hot bath, add some bath oil, and some of your partner's favorite music. Don't forget a sensual massage and some homemade chocolate treats.

Happy Valentine's Day!

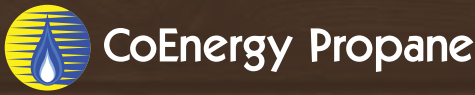


POINTS FOR PROFIT

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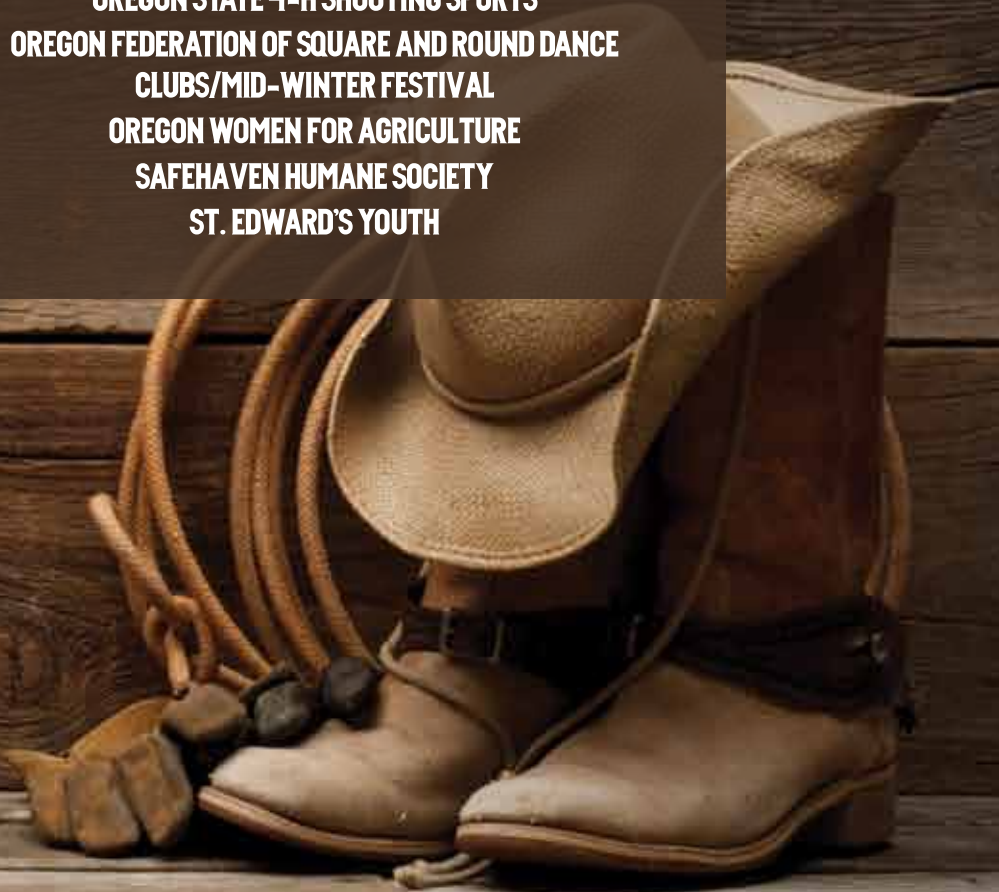
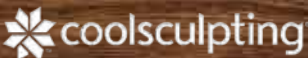
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Fun Events for January 2019

February brings us Heart Awareness Month. Everyone is encouraged to wear red on February 1st. Heart diseases can happen at any age. Be sure you know the signs and symptoms.

- CORVALLIS NEW HORIZON'S BAND**
corvallisnewhorizonsband@googlegroups.com.
- WILLAMETTE VALLEY QUILT FESTIVAL**
-Feb 1-2, Linn County Expo Center. Rich's Sewing & Vacuum would like to invite you to the Second Annual Willamette Valley Quilt Festival. They can hardly contain their excitement as they get ready for this Quilt Show. Pfaff, Bernina, Babylock, and other manufactures will have demos and displays to check out. The main stage will have presentations hourly during the fair. Classes on new techniques and new tools & toys. For information visit: willamettevalleyquiltfestival.com Tickets are available to purchase now.
- STAYTON RED HAT STRUTTERS** - Feb 6th luncheon at Moxieberry's, 429 N. 3rd Ave., Stayton at noon, phone 503-767-2233. Margie Forrest will be hostess. The luncheon is open to the public. The club has members from Keizer, Lyons, Salem, Stayton, Aumsville, Scio Sublimity, Mill City and Turner. There are no dues and the requirements are if you are 50 or under you wear pink hats and lavender clothes and if you are over 50 you wear red hats and purple clothing, except on your birthday month you wear purple hat and red clothing. It is a group that just meet to have a good time, try new venues, and make good friends. For more information please contact Margie Forrest 503-859-3119.
- POINTS FOR PROFIT MARION/POLK** - Feb 7th, Thur at Pizza Hut on Commercial in Salem Oregon. Open to public, dinner is \$5. Meeting for businesses and non-profits. RSVP by 31st 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.

- SWEET HOME'S 5TH ANNUAL SWEETHEART RUN** - Feb 9, 10:00 am – 12:00 pm @ Sankey Park. This event will be a chipped-timed run with family activities designed to demonstrate community participation in support of our Parks and Recreation programs. These programs add economic value, health and environmental benefits, and social importance, contributing to the quality of life in Sweet Home, Oregon. The 10K, 5K, and 1M kids fun run begin and end at the Weddle Bridge at Sankey Park: 877 14th Ave., Sweet Home, OR, 97386. https://shsweetheartrun.weebly.com/
- LYONS GARDEN CLUB** - Feb 13, at 1 pm in the Lyons Fire Department Conference Room. Program for the day will be suggestions and discussion on planting seeds and varieties of plants for this area and when and where to plant. Hostesses will be Geraldine Longfellow and Jackie Kirkpatrick. Birthday celebrations will be for Linda Neely, Glennis Masterson and Geraldine Longfellow. Dues for 2019 are due January 1st and are \$12.00 for one year which includes an activity and information book and name badge. The meetings are always open to the public. The club currently has members from Stayton, Sublimity, Lyons, Mill City, Scio. If you would like more information or to join the club contact John Hollensteiner, President, at 503-508-5913 or Cheryl Cappelletti, Vice President, at 503-767-3348.
- WILLAMETTE SPORTSMAN SHOW** - Feb 15-17, Linn County Expo Center. Join them for another great year of unity with Sportsman in the valley, with everyone coming together to have a fun affordable time. Admission \$6 (kids 12 & under are free!), free parking. Plus, activities for the kids. Visit http://www.willamettesportsmanshow.com/ for more information.

- ALBANY CIVIC THEATER DADDY'S GIRL** - February 15, 16, 22, 23, 24(m), 28, March 1, 2 visit http://www.albanycivic.org/shows/daddys-girl/ for more information.
- LEBANON'S GREAT LITTLE BRIDAL SHOW** - Feb 24th 12-5pm at Santiam Place llc, Wedding and Event Hall. Visit local wedding professionals in this small quaint Lebanon Bridal Show. A select number of wedding vendors will be available for booking to help create your perfect wedding day. Monetary donations will be accepted for the local soup kitchen at the door. There will also be door prizes so be sure to join in on the fun.
- WILD WILD WEST BANQUET AND SILENT AUCTION** - Feb 26th, Tues, at Linn County Fair and Expo. Open to public, tickets \$40 at the door. Purchase ticket ahead on time (\$30) by emailing info@pointsforprofit.org or call: 541-791-2901. \$1000 of dollars in silent auction merchandise. Plus, live and dessert auctions. Doors open at 5pm and awards program starts at 6pm. Points for Profit: Shop local, Serve local, Sustain local.
- POINTS FOR PROFIT MARION/POLK** - Mar 7th, Thur at Pizza Hut on Commercial in Salem Oregon. Open to public, dinner is \$5. Meeting for businesses and non-profits. RSVP by 31st 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



TECHNOLOGY

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Happy Valentine's Day!

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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Graphic Designers.....	Bobbi Dickerson J'Aime Salisbury Kendra Flores
Contact us at.....	541-791-2901

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We LOVE Points for Profit, our Small Business partners AND our local Non-Profits!

PS Throw yer boots on and come join us in celebrating at the P4P Wild Wild West Banquet and Awards Night on Tuesday, February 26th @ the Linn County Expo in Albany.



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Start the Day off Right

Like how the beginning of a good story sets the pace of a chapter, starting your day in a good way enables you to achieve your daily goals and end the day on a good note? Here are four tips for starting the day off right!

BE GRATEFUL & EXPRESS IT

Everybody can find things to be grateful about if we think about it for a moment, and sharing something we are grateful for with others can make everyone feel better!

“Learning the art of expressing gratitude will force you to focus on the positive.” – Jim Rohn

PRE-PLAN YOUR DAY

Instead of rushing about in the morning to put together a to-do list, try spending a few moments before going to sleep for the night writing it down. Keep a notepad next to your sleeping area to jot down reminders for the next day.

Organizing yourself by picking out and setting aside your outfit, making sure your wallet or purse and keys are all together in one spot can

do wonders for preventing panicked searches in the morning.

Try writing down a positive affirmation like “I will have a great day today and inspire others” or “I smile more because I think positively”. These may all seem like little things, but little things add up over time and turn into big benefits!

“People often say that motivation doesn’t last. Well, neither does bathing – that’s why we recommend it daily.” - Zig Ziglar

DO NOT RUSH

Try setting your alarm 5 minutes earlier in the mornings and when you wake up you won’t feel the need to rush through your morning routines. Worried about losing sleep time? Get to bed a little earlier too!

If you have already pre-planned your day, then you do not need to rush as almost everything has been set the night before.

Starting your morning at a relaxed pace will reduce your stress and help set the pace for a great day!

“Rushing never saved the time that

Start the Day Right continued on page 14



STORMY AND RAQUAEL
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Daily Cannabis!

Would you like to get fresh Cannabis in your diet morning and evening? Here are two easy ideas for you.

Drink a Cannabis Smoothie each day for the health of it. Fresh Cannabis is one of the healthiest things you can eat. With it not being decarboxilated (which activates the THC) there is no high, but there are plenty of other benefits. Some of the most common are the reduction of inflammation, the cessation of Parkinson’s symptoms, seizures, and muscle spasms. THCA is also good for reducing anxiety.

Fresh Cannabis leaf, whether wet or dry is full of THCA - which is what THC is before it is decarboxilated (or activated). Without a high, you are able to go about your normal activities, your mind and body is able to function normally; bowels included.

TO MAKE TWO SMOOTHIES I LIKE TO USE:

- 1 cup fresh frozen fruit (extra ripe banana, strawberries, grapes, pineapple, more)
- 1 cup almond milk
- 1 teaspoon food grade diatomaceous Earth

- ½ cup honey or vanilla yogurt
- 10 fresh leaves or 1 tablespoon ground leaf

Blend until smooth; add more almond milk as needed.

CAUTION, blending too long will decarboxilated the Cannabis!

For a nice evening dose, use 10 fresh leaves or a tablespoon of dried, ground leaves and boil in water for 10-15 minutes.

This will yield a lovely tea that

is typically calming. If the Cannabis used is a

Sativa strain, you will get energized, so that is

a strain for your morning tea! If you do not add fat such as milk or cream, or drink the tea after you’ve eaten fat (such as ice cream) you should not get elevated. You will find you will get a lovely night of sleep.

If you have pain or symptoms that these two methods do not address, you might want to try a topical application of salve or massage oil. Pain disappears nearly instantly when you have found the right combination. Some pains require a stronger concoction that you can make in the privacy of your own home. You truly can be pain free!



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Happy Heart Month

New Year's resolutions regarding healthy lifestyle changes have often fizzled by February. Perhaps a more specific goal would provide fresh motivation? Let Valentine's Day inspire a fresh focus on cardiac health!

Little adjustments are a big beginning. Consider drinking one less soda or skipping one cigarette each day. One could commit to walking in place during each television commercial. Setting small goals almost insures success. Success builds pride and confidence, which feels good. Humans are notorious for repeating experiences that make them feel good; repetition forms a habit; healthy habits create a healthy person!

Continuing to take baby-steps toward a healthier lifestyle will reduce cardiac burden as weight is lost.

One can also relieve stress on the heart muscle by improving blood pressure. High blood pressure is known as the "silent killer" (because one often does not have symptoms), so it is important to have regular blood

pressure checks and to be sure to take prescribed medications properly. A pharmacist can advise how and when a

drug should be taken and suggest ways to remember to take each dose.

For individuals who already have a healthy heart, taking a CPR (cardio-pulmonary resuscitation)

class is a wonderful way to celebrate Happy Heart Month. According to the American Heart Association, CPR saves over 90,000 lives in the

U.S. annually. Sadly, this

is only about a third of the number of lives that will experience a cardiac event! Statistics show that CPR-trained individuals will most likely save the life of a

friend, loved one, or co-worker. Be a heart hero, get CPR certified!

The American Heart Association is a great resource for individuals wanting to improve their cardiac health. The staff at Rice's Pharmacy is also happy to answer questions about optimizing your medication regimen for better cardiac outcomes. Stop by soon!



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Meet the Doctor

Dr. Nicholas R. Brown, D.C.

Often times I am reminded of my birthplace when new patients ask the all too common question, "Where are you from?" I was born and raised in Harare, Zimbabwe until I moved to the United States to attend the University of Wyoming in 1983. While there I received a Bachelor of Science degree in biology, where I became fascinated with the body's extraordinary ability to heal itself.

It was this fascination that prompted me to delve deeper into the inner workings of the body, focusing on neurology and the relationship between the brain and the spine. Our body is filled with 46 miles of nerves, all of which are connected throughout the body and controlled by the 100 billion neurons in the brain. It's amazing how the body can heal from the inside out by restoring communication between the nerves and body. Visiting with a local chiropractor in Wyoming I knew I found my calling in chiropractic medicine.

I received my doctorate degree

from the University of Western States in Portland, Oregon in 1986. After graduating and a few stints with

other Doctors, I eventually moved to Albany in 1989 and have called this town home ever since. I started my own practice in 1988 and since that time I have dedicated my

practice to providing chiropractic care to hundreds of patients in the Mid-Willamette Valley.

Education has always remained a constant in my practice, and as new techniques and information are discovered, so too does my practice evolve to bring those treatments to my patients. Whether I am treating a 1 day old baby or an individual in their late 80's, my goal is to help people heal their body from the inside out with chiropractic care.

As the leading pediatric chiropractor in Albany for over 20 years, my mission is to help as many children, families, and individuals as possible. When am I am not in the office, I enjoy spending time with my wife, four children and grandchildren.



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“Diving into the Ocean of God’s Love”

The great state of Oregon parallels perhaps one of the most magnificent wonders of the world. The mysteries that exist beneath the canopy of the Pacific Ocean are filled with fierce creatures, breath-taking landscape, and a width of gentle power revered by all. The ocean for some is a source of economy and yet for others it is a place to retreat on a warm afternoon. For those in coastal towns where disaster has struck, the ocean is a reminder how valuable life is and how short it can be. Recently, at the Pastor’s Prayer Summit, I had the opportunity to walk along the beach and take in all the beauty that was around me.

I love the sound of the crashing waves, the feel of the warm sand, and the taste of the salty air. I was reminded of God’s unfailing love as I stood and marveled at the width, length, and depth of the ocean. I wonder if those who lived in Ephesus, a major sea port, ever stopped and glanced at the Aegean Sea and thought of God’s love. Revelation tells us that the early church in Ephesus had forsaken their first love. Perhaps they were too busy or enslaved by the anxieties and worries of their daily routines. We know they worked hard, endured hardship, did not grow weary, and did not tolerate wicked men. How could they have done so many things right as a Christian community and yet miss what was really important?

Paul wrote these words to the church in Ephesus some time earlier. “And I pray that you being rooted and established in love, may have power, together with all the saints, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge – that you may be filled to the measure of all the fullness of God.” Ephesians 3:17b-19

My friend, Mike Novelli, makes this observation, “God’s love is like a vast ocean, where we stand at the edge just barely getting our feet wet. In our hearts, we long to dive in and let the waves carry us, but we are apprehensive. Will you jump in, leaving behind the safety of the shore? Jesus is waiting to meet you in the depths of your soul.” “And so, we know and rely on the love God has for us. God is love, whoever lives in love lives in God, and God in him.” 1 John 4:16 God’s love is real and perfect. His love heals, forgives, and transforms. I encourage you to take a few moments and encounter how God has gone to great lengths to reveal His love through these passages: Genesis 1:26-28; 12:1-3, Exodus 34:5-10, Hebrews 12:5-7, Luke 2:8-12, Matthew 27:35-39, John 14:16-17, 1 John 4:7-12.

I believe our purpose in life is to bring Glory to God; therefore, loving Him and

God’s Love continued on page 14

Eleanor Fortescue Brickdale

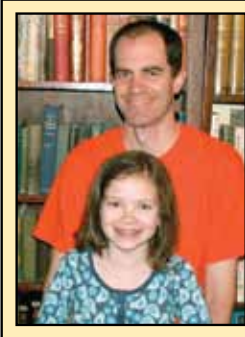
One of the most commonly collected type of book is the “fancy classic,” which is a classic book that has been enhanced by extra care in production. This might mean a beautiful binding, or nice paper and typography, but a lot of times these books are illustrated.

Illustrations can add a lot of interest to a book. I also find that if I’m reading a pretty dense or long book, having some kind of illustration every once in a while helps break it up, and it moves me along. Many people find that they really connect with an illustrator, and then they start to collect works illustrated by that artist.

Up until now, I’ve been more interested in how well a particular set of illustrations match a story—so I love Edgar Allan Poe’s Tales of Mystery & Imagination with Harry Clarke illustrations, the Treasure Island with N.C. Wyeth illustrations, and so on. Recently, however, I’ve discovered an artist named Eleanor F. Brickdale.

Born in 1872, Brickdale was part of the second generation of the Pre-Raphaelite art movement. By the time she died in 1945, she was recognized as being the last of the Pre-Raphaelites. Each of her paintings tells a small story, which can make a fun interlude when reading a book. What I particularly like about her art, however, is that the focus is usually on women—this can be in stark contrast to the text of many 19th century authors! Tennyson’s great work, The Idylls of the King, for example is about the Knights of the Round Table. In the edition illustrated by Brickdale, every single image features a female character: not your typical King Arthur illustrations, and this is generations before people like Marion Zimmer Bradley, in The Mists of Avalon, began reimagining the Arthurian legends from a feminist perspective.

Whatever it is that attracts you to an artist, or a particular piece of art, you might want to consider the artistic merits of the next classic you buy for your home library.



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



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Linn & Benton Counties

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Welcome Linn-Benton Plumbing

Points for Profit is excited to welcome Linn Benton Plumbing and Jon Hatch to program.

Jon Hatch is a native Oregonian. After several years as a journeyman, he decided to begin his own business founded on his belief and principles. Linn-Benton Plumbing, LLC is the result of that desire. Jon has been working hard for over 12 years to make sure that his business is a success in the Oregon Willamette Valley communities of Albany, Lebanon, Corvallis, Scio, Jefferson and Sweet Home. Whatever your plumbing need, Linn-Benton Plumbing will provide high quality plumbing services at reasonable prices, while maintaining Total Customer Satisfaction.

Maybe you are a new owner to an old home or you know your pipes are getting up there in age? Whatever your situation is it is important to be able to recognize when it is time to have your pipes repaired or replaced! There are a few tell-tale signs that it is time for some new pipes. Luckily, Linn Benton Plumbing is ready to come and help you decide if it is time to have some repairs done.

First let us help you recognize when it is time to give us a call with this list of easy to spot signs:

- Have you noticed random staining on your walls, baseboards, or ceiling? Take a close look at



your visible pipes, if you see any flaking or discoloration of the pipe then there is a chance that there is some corrosion.

- Does the water look funny? If you are having any discoloration of your water then you need to call a plumber immediately!
- One way that we often find out that there is a leak is if mold appears. Mold thrives in a damp environment and it will thrive if you have any kind of leak.

If you've found some of these issues then it is time to give Linn-Benton Plumbing a call at 541-928-6065 or visit them at linnbentonplumbing.com.

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- 1st Hand Second's – Unique Boutique (Mercy House Internation, Inc.)
- Albany Elks Lodge 359
- Albany Rifle and Pistol Club
- American Legion Auxiliary Unit 10
- American Legion Auxiliary Unit 184
- 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

Art Supply Drive for Local Schools



It recently was brought to our attention that some local schools are struggling with art supplies for their classroom projects! Our mission in Points for Profit is to have “ears to hear” so we can help in even the small things.

The arts are important, and children should have the ability to learn this valuable skill with the correct resources. As kids manipulate a paintbrush, their fine motor skills improve. By counting pieces and colors, they learn the basics of math. When children experiment with materials, they dabble in science. Most important perhaps, when kids feel good while they are creating, art helps boost self-confidence.

In our Linn-Benton and Marion Polk program we have four non-profits that tie directly to the schools: Cascade School PTO, Mid-Valley PTSA, Philomath School Parent Club, and Robert’s High School in Salem. Then we have some that

help families in crisis like Obria Medical Clinics, Furniture Share and Mercy House.

Among the needs are Acrylic Paint in primary and base colors. Skin tone colors are appreciated also. Tempura Paints in the same colors. Acrylic Paint brushes and canvases of all sizes are needed also. We recommend stopping by Bi-Mart or Staples to grab a few items.

Don’t forget to save your receipt(s) to help a local non-profit organizations! If you don’t have a direct contact, just scan and email your receipts to info@pointsforprofit.org and let us know who you would like to get your points! You can find a list of participating non-profit organizations at www.pointsforprofit.org

Donations can be brought to Pizza Hut on Commercial St. in Salem, Rich’s Sew and Vac in Albany and SugarVibes in Lebanon or Sweet Home.



FURNITURE SHARE IS IN NEED OF 400 NEW DONORS TO GIVE \$20 A MONTH



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| <p>This year Furniture Share is working on securing 400 monthly donors at \$20 a month and 50 businesses to donate \$50 a month to help us serve clients in a timely manner and to secure that our doors stay open to serve those in need.</p> | <p>Everyone has a “favorite thing” that makes home feel like home...
A couch is a welcoming anchor to an entire home. A teacup symbolizes calm and rest. Tea feels ceremonial because you’ve taken a little time for yourself.</p> | <p>A bed can provide a good night’s rest to a child so they can be alert and productive in school.
You can help families in need find their own “favorite things” through Furniture Share.</p> | <p>Every gift goes a long way! Help Us Reach Our Goal! Become a Donor, Share With A Friend, or Donate On Behalf of Someone! Donate Today! Visit http://furnitureshare.org/donate/</p> |
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PointsFORProfit®

Marion and Polk Counties

Participating Non-Profit Organizations

- Banks Dance Team
- Habitat for Humanity
- Life-Line Baby Boutique
- Robert’s High School
- Sprague Bowling Team

POINTS FOR PROFIT MEETING is February 7, 2019 from 6pm at Pizza Hut on Commerical in Salem. Open to public, dinner is \$5. RSVP by January 31, 2019 via email info@pointsforprofit.org or call (541) 791-2901. For more information visit www.pointsforprofit.org.

H and H Welcome to Salem


The Marion/Polk Points for Profit family is exited to introduce to you a partner from our Linn/Benton Program. H & H Tree service has been with the Linn/Benton program for over a year. Nick Hansen grew up in Oregon and arrived in the Willamette Valley back in 1995 working for a major line clearance company that was contracted through PGE. He fell in love with this area and made it his home raising his five children. He has always had a love for trees and has professionally worked in the tree business for over forty years. Ongoing education was taken along the way. H&H Tree Service LLC is a family owned and operated business with his son and wife working alongside. They developed this business with the idea that they wanted to be able to work with the homeowner and property owner on a more personal basis and be there for them to take care of your tree needs with integrity and honesty that sometimes gets lost with big companies. Its not about the dollar but about a longtime partnership with you and the tree work you need. They want the trees to grow to their best potential, you are rewarded with a beautiful tree, and with that your property increases

in value. They are there to remove and take down trees that pose a problem or are needing to be removed for land clearance. They try to be pro-active in making sure the trees are well maintained and trimmed to weather the storms that our area has. Their company is there for you in the storm and in the calm. They offer Free Estimates. A list of their Services:

- Tree Trimming
- Tree Removal
- Land and Lot Clearing
- Landscape Maintenance
- Stump Grinding
- Site Cleanup and Chipping
- Emergency Tree Service 24/7
- Storm Prevention and cleanup
- Fruit Tree Pruning and Ornamental Pruning
- Cat Rescue
- Our company is Line Clearance Certified

For more information please give them a call at 503-837-9120

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						<div></div>	

Propane Fueled Vehicles are Here!

If you are a regular reader of our articles then you may have picked up some information on propane powered vehicles in the past. Driving around every day you probably go by several propane vehicles and you don't even know it. How cool is that?!

WHAT KIND OF VEHICLES?

In the past we have talked about Construction and farm vehicles that run on propane, but many others are switching to propane as well. Most people don't realize that there are vehicles that run on propane. Many large fleets are using propane now such as busses, trucks, and equipment! Not just that but there are also regular street Vehicles such as cars, Vans, and SUVs that run on propane! Propane powered vehicles run about the same as conventional gasoline and diesel vehicles. However, propane vehicles do better in certain areas. They run better in cold weather than other vehicles, this will save you time and energy on cold winter morning. It is great to have fuel options when you are considering buying a new vehicle of any kind!

HOW DOES IT WORK?

If you are wondering about using propane as a fuel source for a vehicle here are your options:

1. You can buy a vehicle that was specifically made to run solely on propane.
2. You can buy a vehicle that can run on both propane and gasoline.
3. You can convert your current vehicle to run on propane! You must have the conversion done by a professional that can provide an EPA certification. This is a

great option for anyone that is interested in running their vehicle on Propane.

WHY DO IT?

One great reason to switch to a propane vehicle is the economic benefit! You will save so much money on gas, which is the main reason so many companies are switching their fleets to propane. The vehicle might cost a little more or it might cost a bit of money for you to convert your vehicles but in the long run you will end up saving money because the price of propane is so much lower. Another great reason is that propane run engines are extremely reliable. They need less maintenance,

Propane Fueled Vehicles continued on page 14



Children's Dental Health

Happy February! Did you know that February is National Children's Dental Health Month? This holiday exists to remind you that bi-annual dental visits virtually guarantee your child a lifetime of stronger, healthier smiles. It's true: your child's comfortable relationship with his dentist is insurance against both dental anxiety and future costly repairs. It's worth the trip!

TOOTHBRUSHING FROM DAY ONE

Even before a baby has teeth, his gums should be wiped with clean gauze after each feeding to get rid of bacteria. Once the first tooth has emerged, begin brushing his teeth and gums with a soft bristled toothbrush and a little water. Select a toothbrush with a smaller head made for young children.

"WELL BABY" DENTAL EXAMS

If your child has not had a dental examination, call us to schedule a "well-baby checkup". Just like your pediatrician checks for signs of healthy development, early childhood dental visits will allow our team to monitor your baby's teeth for signs of decay and check for any

potential problems with emerging teeth. Generally, children should see a dentist by the time they are 2 ½ to 3 years old.



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

THE DIET-DENTAL HEALTH CONNECTION

We all know that good nutrition is essential to maintaining healthy teeth and gums throughout life. For strong,

decay-resistant teeth, children need protein, vitamins and minerals. When children do not have a balanced diet, their teeth may not develop properly.

BE A GOOD SPORT ABOUT MOUTHGUARDS

If your older child plays sports (even non-contact ones), a custom mouthguard is an important part of his or her protective gear. Mouthguards cover the upper teeth and help to prevent injuries to the teeth, lips, cheeks, tongue and jaw. Remember, dental injuries can be permanent, painful and costly; don't take a risk with your child's smile.

Most importantly... Set a good example for your child! Make conscientious food choices, and floss and brush alongside them.



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KAREN'S FAMOUS RECIPES
Pork or Veal Pie



BY KAREN ROGERS

I think the title will give away the age of this recipe! Who in the world could afford to make this with veal? However, it's a nice warming deep-dish casserole with a savory crust. I know that we were enjoying this when I was in High School, so place it in the late 60's.

For the crust, mix ¾ C flour, 2-3 tbsp parmesan cheese, ½ tsp garlic salt and ½ tsp oregano. Cut in ¼ C butter and add 2-3 tbsp water to make a soft dough. Set aside.

Cut 1 pound of pork into ¾ inch cubes. Place ¼ C of flour into a plastic bag and toss the cubes until well

covered, shaking off excess flour. Heat ½ C butter in a large pan and brown well. Add 2 C chopped tomatoes and one 8 ounce can of tomato sauce, one large chopped onion, 1 clove of garlic, minced, 1 tbsp sugar, ½ tsp salt and ½ tsp oregano. Simmer 30 minutes. Preheat oven to 350 degrees. Don't omit the sugar, as it really causes the flavors to blend.

Pour into a casserole dish and top with thin slices of cheddar cheese. Roll out the crust and crimp it down. Bake at 350 degrees for 35- 40 minutes

When I was a kid, I swear I could smell the pie as I got off the school bus!!! It was hard to wait until Dad got home and we could all dig in. Enjoy!

February Word Search by Rolie the Puzzlemaster

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

BASS

BEETHOVEN

BRAHMS

CADENCES

CELLO

MELODIES
- METER

MOOD

MOZART

SCALE

SCHUMANN

SOLOS

SONATA
- STRUCTURE

STYLE

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Handsome Lab Mix Wants to be Your Shadow!

This wonderful five-year-old Labrador/Retriever mix is searching for his next forever someone! Shadow would love to find a special someone who will take him on adventures and get outside and get some exercise. He loves to be active and is a very loyal guy. He does enjoy the company of other dogs and would love to join your family ASAP. He has been at the shelter for a few months now and is hoping to start 2019 in his new forever home.

Stop by to see Shadow any day of the week at the shelter. We have meet & greet rooms available for you to spend some quality time getting to know this handsome gentleman. We're located at 32220 Old Hwy 34 in Tangent, OR and open at noon every day!



WATCHOUT! Some Common Household Items Can be Deadly to Your Dog

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

I thought that this month I'd do a refresher on a few ingredients found in various household products that can be very bad for dogs when ingested.

The first is xylitol. Xylitol is most commonly found in sugar free gum and breath mints like Orbit and Trident. Dentist love it and xylitol can be found in many dental products from toothpaste to mouthwash. Xylitol is also present in many sugar free hard candies and can be found in sweets marketed as being diabetic friendly. Xylitol is available for purchase in bulk to be used in baked goods in diabetic households. Other products that contain xylitol can include children's vitamins and various cough syrups. Xylitol is very poisonous to dogs. The most common form of ingestion is the dog that gets into an owner's purse and raids the pack of gum. Once ingested the xylitol is confused for glucose by the pancreas which begins to produce insulin to try to transport the "glucose" (xylitol) into the body's cells. The xylitol doesn't go anywhere, it just stays in the blood and the pancreas makes more and more insulin. The result is an overdose of insulin causing a dramatic drop in the dog's actual blood sugar. They become hypoglycemic just hours after ingestion. If they ingest enough xylitol the liver may also become severely damaged. One stick of gum

or breath mint is enough to make a ten pound dog hypoglycemic. Five sticks of gum will cause liver damage in that same ten pound dog.

The next ingredient I want to mention is diphenylmethane diisocyanate. This is the active ingredient found in some glues. The most popular is Gorilla Glue, another product is Elmer's Probond. These are perfectly safe products for people and effective as glues, but for some reason dogs seem to like the taste. This is a serious problem because once the active ingredient reaches the warm acidic environment of the stomach it expands to several times its original size and then rapidly hardens. This makes it very hard to remove from the stomach once it has formed and surgical removal is the only way to fix the dog once ingestion has occurred. If you have either of these products, please keep them in a secure location away from dogs.

One more household product worth mentioning is the e-cigarette which is fast gaining popularity. Each e-cigarette has a cartridge of nicotine, propylene glycol, glycerin and various flavoring agents. Nicotine is very toxic to dogs and numerous cases of cartridge ingestion have been reported. One cartridge will make a fifty pound dog very sick and can easily kill a ten pound dog. These cartridges come in packs of five to one hundred cartridges. The flavoring agents that make them popular to young adults also make them more appealing to dogs, the result can be deadly.

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Start the Day Right continued from page 4

planning did." - Unknown

GET POSITIVE VIBES OVER BREAKFAST

Breakfast is probably the last thing you do before stepping out to face the day, so while you are eating, try reading or listening to something positive while you eat. There are plenty of resources for uplifting stories, positive quotes, funny video clips and more at our fingertips.

You get to choose what your mind absorbs, so choose the positive over the negative!

"We weren't put here to be miserable. We were put here to do the best we can and we should take our energy and improve our state of being." - John Maxwell

God's Love continued from page 6

loving others needs to be our top priority. Jesus said it best in Matthew 22:37-39, "Jesus replied: 'Love the Lord your God with all your heart and with all your soul and with all your mind. This is the first and greatest commandment. And the second is like it: Love your neighbor as yourself. All the Law and the Prophets hang on these two commandments.'"

For further encouragement on the topic of God's love for us and our love for Him, I highly recommend Crazy Love, by Francis Chan.

Love in Christ,
 Kevin Ferguson

Propane Fueled Vehicles continued from page 12

they have been shown to be hardier, and last longer. That's another way you will save money with buying a propane vehicle. Something that is a huge plus for many of us who care about the environment is that propane is a green fuel source! Propane is nontoxic. Gasoline and diesel fueled engines have a higher carbon content, switching to propane with lower the carbon footprint for yourself or your company. Most of us can agree that lowering greenhouse emissions would be a great idea. These are just some of the reasons why switching to propane for your vehicles is a great choice.

If you are considering getting a new vehicle and you are weighing your options, make sure that you throw propane powered vehicles into the mix! We believe that propane is the future! So, let's start now! If you have any questions, feel free to give a call to CoEnergy Propane, your only locally owned propane company!

Don't Wait Until Spring to List Your Home!

IS IT BETTER TO LIST DURING THE WINTER OR TO WAIT UNTIL SPRING?

Once winter arrives, one of the most common questions our team receives is whether sellers should wait until spring to put their home on the market. Actually, there are a number of benefits to listing during the winter, two of which I'd like to share with you:

- 1. **There is less competition.** Many sellers choose to exit the market over the holiday season, leaving those who do list at this time a greater chance to stand out.
- 2. **Buyers are more serious during the winter.** While buyers in the spring and summer may be attracted to your listing more out of curiosity than by a genuine commitment to purchasing it, buyers in winter tend to be very resolute in their desire to strike a deal. You won't find any tire kickers out and about at this time of year.

It is also an excellent time to purchase a home and I would love to chat with you about the Home Buying process, as a Buyer Specialist it is one of my most favorite things to do!

Many people have been asking

about the local Linn & Benton County real estate market. Here are the latest numbers and news that you need to know about. Year over year, home values are up! Locally, the past year increases are up 10.4% in Corvallis, 12.6% in Albany, 13.1% in Lebanon!



MARY ANN HONEYMAN
LICENSED OR
BROKER

541-409-2594

LAURA GILLOTT
HOME TEAM ~
KELLER WILLIAMS
REALTY

THESE STATISTICS SHOW US THAT

WE ARE STILL IN A STRONG SELLER'S MARKET.

There are, however, **some indications of our market shifting**, like the increased inventory we've seen. Normally, the indicator that we're shifting from a seller's to a buyer's market is having more than six months of inventory on the market, but we're not there yet. Our inventory is still limited, and prices are still going up. That, plus the fact that interest rates are on the rise, means that it's a great time to be a homeowner.

I am here to help you with all of your Real Estate needs, if you have any other questions or would like more information, feel free to give me a call or send me an email. I look forward to hearing from you soon!

Working with Acrylic Sheet

Acrylic sheets are an excellent alternative to glass in certain situations. Acrylic is sometimes known by the brand names Plexiglas, Lucite, or Acrylite. Polycarbonate is a heavier, stronger version of the typical acrylic sheet and is often called by the brand name Lexan. There are several applications where acrylic or polycarbonate may be a better choice than glass.

Impact resistance is one of the main advantages of acrylic. In most cases it qualifies by code as safety glazing for hazardous locations like doors or sidelights. Areas like playhouses, greenhouses, or sheds are excellent uses for acrylic. Because of its flexibility and light weight, handling and transporting it are a breeze compared to transporting glass. You can easily haul an entire 4'0" x 8'0" sheet of acrylic in a pickup.

Acrylic is great for home projects because it can be fabricated much like wood. Table saws, jigsaws, and standard wood drill bits can all be used to shape and assemble projects. Special care needs to be taken to keep it from cracking but if you practice drilling or cutting first with some scrap, you should have good results. Acrylic glue or cement is also

available for joining corners and works like a solvent to melt the acrylic together. Get some advice from a professional if

you plan to go this route. Lining up the pieces prior to gluing them is a key.

The main drawback to acrylic is that it scratches easily. Leave the paper masking on while doing any fabrication and until

you are ready to install it. Plastic cleaners are available that will help minimize scratching but rubbing a soft cloth to remove dust will leave fine scratches. For these reasons, glass still works better for most picture frames, table tops, and display cases.

Feel free to stop by our Corvallis or Albany showrooms or give us a call with any questions regarding acrylic sheet. We would love to hear from you!

The Smith family are your neighbors, so you can trust them to offer the highest quality materials expertly installed at a fair price. You can get more information at www.smith-glass.com or calling them at 541-926-4446 or 541-753-9175 or visit their showrooms at 133 Lyon Street in Albany or 544 SW 4th Street in Corvallis. Smith Glass, On the Cutting Edge since 1945.



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