

HIGH POINTS



GOOD NEWS FOR THE WILLAMETTE VALLEY

MARCH 2019 • FREE



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 in Albany (by Heritage mall) or in Salem on Commercial St. or Lancaster, Rich's Sew and Vac in Albany and SugarVibes in Lebanon or Sweet Home. If you can only afford a box of crayons or an artist canvas, that is wonderful, everything helps! IF we all do a little each it will mean a BIG difference to many!

J&C BBQ is Smokin' in Lebanon

If you've driven down Main Street in Lebanon lately you will see Joe Poteet out front of two giant smokers working on today's divine BBQ choices! This wonderful little BBQ joint is appointed with great décor and the service is wonderful and the food is even better! This family has gone from backyard to entrepreneur the right way!

Joe Poteet has been creating delicious barbecue for over 20 years. Family and friends had always suggested that he should open a restaurant, but he didn't want to make his hobby into a full time gig. That was until 2016 when he started getting tired of the 72 hours work week he was doing at the mill and he started doing research on opening a food trailer; something that his town of Sweet Home, Oregon didn't have.

Christy Poteet had gotten hurt on the job as a Paramedic and got the opportunity to go back to school for her Business Management Degree. Together with his creativity and his desire to create traditional smoked meats and her mind for business, together they created J & C BBQ and Catering in the summer of 2016.

They knew that they could create traditional barbecue and homemade side dishes; a taste that couldn't be found unless you traveled to the South where barbecue was born.

With their unique craft and attention to every detail they decided to venture out into the catering world. Their catering services have become so well known that businesses and individuals from all over Oregon are seeking J & C BBQ and Catering for their catering

needs.

In 2017, Joe and Christy continued to expand to make a name for their small business and became a KCBS (Kansas City Barbecue Society) Barbecue Team and competed with 34 other teams at The Mill Casino's BBQ, Blues & Brews by the Bay; a KCBS sanctioned event. They were excited to compete alongside some of the biggest names in the barbecue world. Even though in this competition they didn't get a call for an award, they still placed higher than other teams that had been competing for a while.

So in 2018, they worked on their flavor profiles and went back to compete again, and received two calls; one in brisket and the other in pork ribs. Joe and Christy won 9th place in brisket and 10th place in pork ribs with a 12th place overall placing out of 35 teams. They also took the KCBS Judges class that weekend and became certified KCBS Judges.

This has given them the desire to return next year and compete again, looking for a call in each meat category. Hopefully, in the future they will get the opportunity to travel the competition circuit and bring more awards home. It's on their bucket list to one day compete in the American Royal World Series of Barbecue in Kansas City and the Jack Daniel's World Championship Invitational Barbecue Competition.

In late 2018 the family took over the old Korner Kitchen, remodeled and redecorated into the great little BBQ joint on Main Street today! This is great BBQ, Kansas City Style and worth the trip!



WELCOME
SPRING!





Fun Events for March 2019

Be on the lookout for the signs of spring. Flowers, green grass, rainbows and leprechauns. Be sure to check out the fun and exiting events happening this month.

- **CORVALLIS NEW HORIZON'S BAND**
corvallisnewhorizonsband@googlegroups.com.
- **LARCENY AND OLD LACE** March 1-2, presented by LAFTA. You get double for your money! The hysterically funny comedy. PLUS!!!!!!!!!!LAFTA's a cappella group "Voices In Your Head" will perform from 6:45 to show time! Lebanon High School Auditorium. Tickets available at the door.
- **STAYTON RED HAT STRUTTERS** March 6 luncheon at the Covered Bridge Coffee House & Restaurant, 38765 N. Main St., Scio, Oregon, phone 503-394-3009 at noon. You will order off the menu and pay with separate checks. The restaurant serves soups, salads, spuds, sandwiches, burgers and desserts priced from \$2.99 to \$10.99. Hostess will be Jean Evett, please contact her to make your reservations, 503-859-2563. The luncheon is open to the public, but please make a reservation, if you would like more information about the group contact Margie Forrest 503-859-3119 or Jean Evett 503-394-3009. The group meets on the 1st Wednesday of each month at noon with the hostess of the month selecting the location. There are no dues, just

come and have a good time.

- **POINTS FOR PROFIT MARION/POLK** – March 7th, Thur at Pizza Hut on Commercial in Salem Oregon. Open to public, dinner is \$5. Meeting for businesses and non-profits. RSVP by 4th via email info@pointsforprofit.org Meeting starts at 6 pm. Check out details at: www.pointsforprofit.org or call: 541-791-2901. Points for Profit: Shop locally, Serve locally, Sustain locally.
- **LYONS GARDEN CLUB** - March 13 meeting at 1 pm in the Lyons Fire Department Conference room. Guest speaker will be Ellen Egan of Egan Gardens in Salem with a demonstration and instructions on how to do container gardening, plants will be available for sale. Hostesses for the month will be Jean Newham and Cheryl Cappelletti. March birthday for Jean Newham will be celebrated. The meetings are open to the public and if you need more information or would like to join the garden club please contact Cheryl Cappelletti at 503-767-3348 or John Hollensteiner at 503-508-5913. The club is always interested in having new speakers or someone who would like to do a demonstration on anything pertaining to gardening, please give John or Cheryl a call if you would be interested in doing this. Also if any organization has a project that would be of interest to the club and is looking for help or ideas,

contact club members. The club recently donated \$200 to the Mari-Linn School Garden Club so they could buy needed supplies for the children. The club meets on the 2nd Wednesday of each month, except for July and August when they have a summer hiatus, meetings are at 1 pm unless there is a potluck or garden tour planned. Dues are \$12 per year.

- **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 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.
- **WALK A MILE/5K RUN** April 6th Hosted by Dala's Blue Angels. (See information on page 8 of this issue of HighPoints)

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, 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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"HAPPY VET VISITS"

- You placed your pet's carrier somewhere in your home that your pet frequented?
 - You fed your pet INSIDE the carrier with the door OPEN once or twice a week?
 - You sprayed a feline or canine pheromone called FELIWAY or ADAPTIL on a pillow or clothing item inside the carrier?
 - You placed your pet IN the carrier and CLOSED the door, then placed it inside your car and drove them around the neighborhood a couple times, returning home without stopping anywhere else along the way?
 - You did this once or twice a month, and on the third or fourth trip, you drove to your veterinarian?
 - You RELAXED (Never overlook the intuition a pet has about its owner's mood or attitude).
 - You brought your pet inside and they received a treat from one of the veterinary staff?
 - Maybe you just have your pet (dog) step up on the scale and get a current weight (AND a treat!)?
 - They left without an exam, or vaccines (or getting their temperature taken)?
- These are just a few suggestions that could help change the entire outlook of your pet (and YOURSELF!) when making a trip to the veterinarian.



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Here at BodiSculpting Specialists we do both Botox and Fillers. Whether you are wanting more volume in cheeks and/or lips (Fillers) or softening of the lines around your eyes and/or forehead (Botox) Also ask us about our new procedure using soft threads to softly outline your lips for a natural fuller look.



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Using Cannabis Responsibly

When asked about legalization, most people's biggest concern is the inability to detect if someone is using Cannabis while driving or working. While I fully agree that we don't want people intoxicated at work or while they are driving, we need to understand that people have been taking pain medication and other prescription drugs and going about their work efforts for years. Cannabis as medicine should not be treated any differently.

Because many patients micro-dose throughout the day, they are never affected by intoxication. Others have such a high tolerance that they are un-affected and are able to go about their daily tasks without ever feeling high. If you have been on pain medication for a time, you are aware of how you build a tolerance. (You are probably also aware of the constipation pain medications bring, Cannabis does not!) With Cannabis you build a tolerance to the high, but not to the relief the plant brings.

It's actually quite easy to tell when someone is impaired on the job, just as you can with alcohol or any other substance. With Cannabis the eyes are

often affected, turning red and puffy. This is not always the case, but most often it is. Just as employees wouldn't show up to work drunk or high on pain or other medication, I have found that responsible adults do not go to work high, either. If they do, send them home for the day and let them know a

lower dose or a different strain is in order.

One of the greatest and least talked about strengths of Cannabis is its ability to help you without getting you high. When the plant matter is not

decarboxylated (heated, which activates the THC) you do not get high but your body uses the Cannabinoids where they are needed for pain, inflammation, muscle spasms, seizures, and more. This bit of information is priceless to many.

Fresh Cannabis, Cannabis suppositories, and Cannabis root medicine are all ways to use Cannabis without the high. As with any new medication, you should try it at home first. For more information call Albany's Canna Kitchen & Research at 541-981-2620.



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

Offer Expires March 31st, 2019. 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.

Health Advisory: Hepatitis-A

In 2016 the Centers for Disease Control began tracking a nation-wide outbreak of Hepatitis-A. Since that time, over 13,500 cases from 18 different states have been diagnosed; and 119 deaths reported. The outbreaks have occurred primarily among illicit drug users, homeless populations, and their close contacts/caregivers.



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nutrition, alcohol avoidance, and rest. Unfortunately, this is a tall order for some individuals and they do not survive the infection.

The best protection from Hepatitis-A infection is a vaccine. It is difficult to reach the most vulnerable populations to vaccinate them, however many state and county health agencies are working on this problem. All caregivers, healthcare workers, and individuals that have contact with homeless populations (family/friends, soup kitchen and shelter workers, food-share or needle-swap program workers, etc.) should be vaccinated. You can be vaccinated on request at most community pharmacies. A pharmacist can also check to see if you were immunized as a child. If one is unable to determine if they have been vaccinated, there is no harm in being re-vaccinated. Additionally, remember to always practice good hygiene and proper sanitation to reduce the risk of "transporting" the virus between individuals.

The friendly staff at Rice's Pharmacy is happy to answer questions you may have about Hepatitis-A and will gladly provide immunizations if requested. Stop by soon!

One acquires Hepatitis-A by accidentally ingesting the virus from an object, body part, food, or drink contaminated by trace amounts of fecal matter from an infected individual. Thus, the most vulnerable populations are those with poor sanitation conditions.

The liver is an organ responsible for metabolizing fats, proteins, and carbohydrates. It also helps the body excrete toxins and drugs. The Hepatitis-A virus attacks the liver, causing it to swell. While in this condition, the liver cannot function properly. As a result, one may experience extreme fatigue, nausea, vomiting, diarrhea, as well as other side effects associated with a failure to excrete drugs or toxins. There is no medical treatment for Hepatitis-A, however most people will recover in 30-60 days with good hydration,

Upper Respiratory Tract Infections

Your child is hot, flushed, has no appetite, is listless, has diarrhea or vomiting, has a runny or congested nose and sounds like your Saint Bernard. OK, so it's this flu thing — it has been "going around" you say.

These words reverberate through our Centre every day. Some people take peace that other children are also afflicted. There seems to be some kind of safety in numbers it seems.

The other thing that we as a society have been taught, is that this child is sick. Yes, absolutely! There is no question in our minds. This is "sickness" at its best.

But wait.....

Let's look at this in some detail.

Your child has a fever. This is actually a good thing. It is your body's way of literally "burning" the bug. It is also the result of all the necessary body activities kicked into high gear to fight for survival. All this extra work produces extra heat — Fever. It is that simple. At the same time, however, the eyes take on a glassy appearance — the result of being continually washed with tears to cool down the cornea, which is very heat sensitive. In its wisdom, your child's body may want to get rid

of this germ really fast — diarrhoea and vomiting comes to mind. There isn't a quicker way!



DR. NICHOLAS R. BROWN,
TIMBER LINN CHIROPRACTIC & WELLNESS CENTER
541-967-8060

THIS IS GOOD!

Your child may be competing with your Saint Bernard. It is simply another portal of exit for the germs that have invaded his body. Breathing and respiration also increase — your

child literally exhales the invading organism faster. You'll notice that the skin is moist and clammy — simply another method of exit for the bugs.

At the same time, however, you notice that your child has no appetite. Even McDonald's, his all time fave' gives him the heeby-jeebies. The reason is that his body energy is geared towards survival and is on emergency stand-by. There is no energy wasted digesting food.

You, by now, are probably thinking, "I didn't know that."

There you have it — the logic behind the scenes. Pretty amazing isn't it? In case you didn't know this, your nervous system, that amazing computer-Internet complex that runs all of you, is responsible for all this marvellous

Upper Respiratory continued on page 15

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CALL TO SCHEDULE YOUR APPOINTMENT!

We are not Alone in Hard Times — Hebrews 3:14-16

Have you ever felt alone, isolated, or abandoned? Have you wondered if there is somebody that can empathize and sympathize with what you are going through? I believe Hebrews 4:14-16 gives us encouragement and perspective when our lives are spinning out of control.

Vs. 14 reminds us that Jesus is God and that He is our Great High Priest. I believe that the author of Hebrews is communicating that Jesus is in control. In fact, Hebrews 1:3b says, “The Son is the radiance of God’s glory and the exact representation of his being, *sustaining all things* by His powerful word.” Our response to Jesus is to “... hold firmly to the faith we profess.” Hebrews 11:1 says, “Now faith is being sure of what we hope for and certain of what we do not see.” I believe no matter how difficult our circumstances may seem at the time, we have a future hope that will never perish, spoil, or fade as the disciple Peter indicates in the first part of His letter. We can rest with an eternal perspective knowing that we will be in His presence. As we hold firmly we are instructed in Hebrews 12:1-4 to persevere and to “...fix our eyes on Jesus, the author and perfecter of our faith...”

Vs. 15 give us a great deal of comfort knowing that Jesus sympathizes with us in our daily

struggles. “For we don’t have a high priest who is unable to sympathize with *our weaknesses*, but we have one who has been tempted in every way, *just as we are* – yet was without sin.” We can have complete confidence in Jesus because He was without sin. Jesus is trustworthy, holy, and perfect; therefore, Jesus’ love and compassion for us is sincere.

Vs. 16 tells us that Jesus is always available for you and me. We don’t have to wait in line or make an appointment but rather we can “... approach the throne of grace with confidence, so that *we may receive mercy and find grace to help us in our time of need.*” Our time of need may be a result of our own sinful decisions or perhaps circumstances that are out of our control. We don’t deserve anything from God and yet He blesses and shows grace to us daily. We can be confident because God never leaves nor forsakes us and nothing will separate us from His love.

You are not alone, nor isolated, and if you feel like you are spinning out of control, know that Jesus sits on the throne ready to help, sustain, and stabilize your life. He truly is our sympathetic, and loving High Priest.

Kevin Ferguson
Willamette Valley Christian Supply

Rife's HOME FURNITURE

Spring is Coming!

Last month, Punxsutawney Phil didn’t find his shadow, which means we are in for an early spring! This is only the 19th occasion of the 123 years where the groundhog didn’t find his shadow. And while most experts say he is not a reliable source of weather prediction, here at Rife’s, we are hoping he is right! We are ready to bring out the pops of color in our sofa pillows and throw blankets, and add fresh flowers to our vases. We are also ready to get some much needed spring cleaning done! In honor of Phil’s early spring predication, we’d like to share some inspiration to get you started this season.

- De-clutter your space with a new storage cabinet. Consider a new shelf for shoe storage in your entry way. Perhaps a new server in your dining room can help with organization and de-cluttering of your kitchen cabinets!
- Evaluate your décor style, and consider some new artwork with pops of color. At Rife’s, we are always receiving new artwork and

we would love to share it all with you!

- Area rugs are a fabulous and easy way to bring your seating area together and redefine the space. Consider something with a pop of color to brighten up the room.
- Soon the clouds will be clearing, and the sun will be shining. Bring the light indoors with an updated set of lamps! Rife’s just received a new shipment with several beautiful selections.
- This isn’t necessarily on the list of chores for spring cleaning, but longer days mean shorter nights. Make your night’s sleep count with a new mattress by Sealy or Tempurpedic!

At Rife’s Home Furniture, we are happy to help you with your spring decor! From storage, to floral arrangements and artwork, let us guide you through the season with a fresh new look. We are available seven days a week and we are just a phone call away at 541-248-3916.

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It's universal that when we think of comfort, we think about a cozy home. The general idea of a cozy home is; somewhere comfortable to sit, a warm drink, and you and your loved ones sitting around a nice warm fire. A fireplace is something that we can all enjoy. But who wants the hassle and the clean-up of a fireplace anymore? Since a fireplace is a staple in the American home what are our options really? What is the perfect solution? Our perfect solution is propane powered Fireplace!

Now that you are aware that is an option for your home, we also have some very good reasons as to why you would choose to get a propane fireplace!

LESS CLEAN UP

One of the best things about switching to a propane fireplace is less clean up. Think about all the time we spend cleaning up after our fireplace! There are no ashes to clean-up daily. There is no mess left over from cut wood. No constantly having to sweep the floors around your fireplace and indoor store of wood! Everyone want hates having to clean up messes, so we think this is a huge selling point.

SAVE YOUR TIME

When you really think about it there is a lot of time that goes into maintaining a fireplace. Not only do you have to clean it, but you also must deal with the wood.

You must either collect or buy wood. You must cut the wood. You must move the wood, generally multiple times. Then you must feed the fire every little while. Who wants to spend their precious time doing all this extra work? No

one. Switch to the smarter, better choice, Propane fireplaces.

THE EASE

As if the other reasons weren't good enough, we have more. As mentioned above, it's super easy! It literally a flip of a switch! How nice is that?! A beautiful fire immediately every time. No hassle, no fuss. Instant fire! You can have your propane delivered or refilled on a schedule and its very little effort. With life always so busy having one thing make it a little easier can make a big difference.

HEALTH

Using a typical fireplace is very

Propane Equals comfort continued on page 14



541-738-6733
www.coenergy.net

Sealants

Your child's daily routine should involve flossing and brushing at least twice a day; but if the word *cavity* keeps coming up during dental office visits, then dental sealants might be an option to consider. Even when brushing and flossing regularly, it is difficult to remove all the plaque from the deep grooves of molars.

protect teeth from cavities for up to 10 years. Your child's sealants will be checked for chipping or wearing during routine dental visits.



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

HOW IS A SEALANT APPLIED?

Sealants are easily applied in our office. The procedure is painless and the entire process

only takes a few minutes per tooth. Here's how it works:

- One of our hygienists cleans your child's teeth.
- An acid solution is placed on the chewing surfaces, to help the sealant adhere fully to each tooth.
- The teeth are rinsed with water and dried.
- The sealant material is applied onto the tooth enamel, where the sealant will bond to the tooth and harden. Often, a special light is used to help harden the protective covering.

WHO SHOULD GET SEALANTS?

Children and teenagers are ideal candidates due to the possibility of tooth decay in the crevices and grooves of the premolars and molars. Generally, children should have sealants placed on these teeth as soon as they erupt to protect them throughout the cavity-prone years. In rare cases, dental sealants may be placed on baby teeth when they exhibit extremely deep depressions or grooves.

WHAT IS A SEALANT?

A sealant is a resin material which is applied to the surface of both upper and lower back teeth to protect the tooth's enamel. Like their name, they help "seal out" decay, and can

DO MY BENEFITS COVER THE COST OF SEALANTS?

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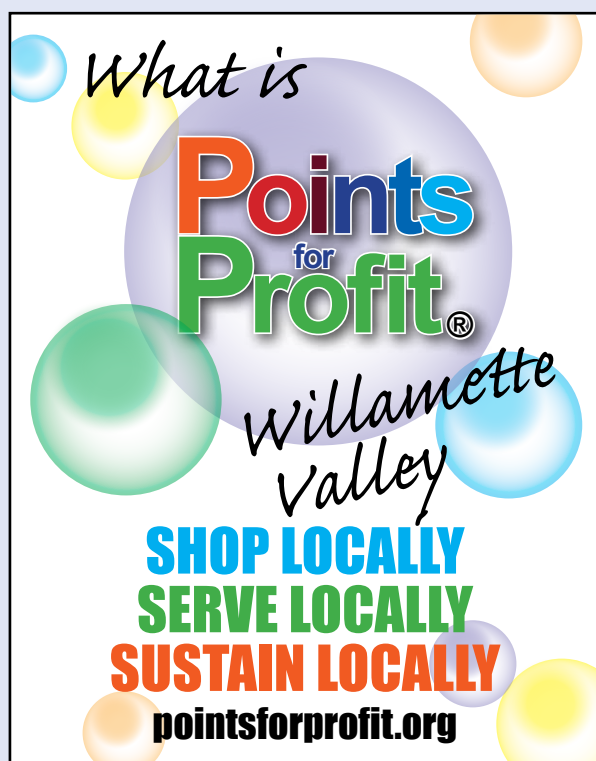
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POINTS FOR PROFIT MEETING is March 26, 2019 from 6-8pm at American Legion Post 10 in Albany. A catered meal will be available. Dinner starts serving at 5:30pm. To reserve dinner please RSVP by noon on March 25, 2019 to info@pointsforprofit.org or call (541) 791-2901. For more information visit pointsforprofit.org.

Welcome Homebridge Financial to the Family!

Alishia Hoskins' career in mortgages began in 2000. She is approaching 20 years of helping people finance their homes. Alishia has lived in the Willamette Valley her entire life. This provides her with a firsthand perspective of our community.

As a mother of a 14-year-old daughter, she spends her non-work time at sporting events. Alishia can be found keeping the books or cheering enthusiastically from the sidelines of soccer and basketball games. She works hard to make family time a priority and enjoys playing volleyball with her husband in an adult recreational league through Albany Parks & Rec. When Alishia does have time to herself, she is typically looking for relaxing campsites or attending live concerts.

Alishia feels very passionate about the depth of loan products she is able to provide to her borrowers. She particularly enjoys working with Veterans and assisting those that have helped our country with their service.

Alishia welcomes the opportunity to serve your needs with quick and accurate real estate financing advice. Alishia has the expertise and knowledge to help make sure you understand the features associated with the loan program you choose and



that it meets your unique financial situation.

Joining Points for Profit is exciting and rewarding! Please let Alishia know if she can use some of her enthusiasm to help you with your financing needs. She can be reached at 541-981-9407 or email at Alishia.hoskins@homebridge.com.

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- 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

Striving to put a STOP to Child Abuse



Dala's Blue Angels started seven years ago because of two children that died from child abuse. Their mission is to increase Child Abuse Awareness and Education on Child Abuse Prevention.

They dedicated a bench and rock garden at the Lebanon Police Department in memory of Karly Sheehan, a little angel abused and murdered at the age of three.

The Blue Angels were able to do over 38 events in the community to help bring awareness. They also raised funds to send a Veteran to Washington DC, on the South Willamette Valley Honor Flight in 2018. They gave the ABC House over \$26,000 in 2018. To date they have raised over \$75,000 for various causes since they began.

You may find them directing traffic at Corvallis Half Marathon, selling hotdogs at Walmart, selling 50/50 tickets at Willamette Speedway, providing Security at the Strawberry Festival, taking 1st place in the Veteran's Day Parade and volunteering at numerous other events.

The largest event they hold is their Walk a

Mile/5k run for a Child. It will be held this year on Sat. April 6th at the Lebanon Justice Center at 9am with a Celebration of Hope immediately following. Guest speakers this year are the Honorable Judge James Egan and Honorable Rachel Kittson-MaQuatish and ABC House Executive Director Jennifer Gilmore-Robinson. Sign-ups are available on line at <https://runsignup.com/Race/OR/Lebanon/WalkaMileforaChild5K>

They were presented the ABC House Community Partnership Award in 2015. They won the Umpqua Non Profit of Lebanon DSA Award 2018, as well as the ISCPP International Award Community Based Program of 2018 and were the Points for Profit recipient first place winner in 2018.

Let's help them, HELP those, who can't help themselves. Follow them on their FB Page. Dala's Blue Angels of Lebanon Oregon. For more information call Dala Johnson, Community Policing Officer of Lebanon Community Police Department at 541-258-4339.

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POINTS FOR PROFIT MEETING is March 7, 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 April 4.

Insurance Thoughts

It has been reported that the number one hated activity for a man is changing insurance agents. This probably highlights an even broader dislike for anything "insurance."

I can identify, because, while I never minded changing insurance agents, I didn't believe the whole insurance thing and the verbiage involved in being "covered." Invariably, it seemed, people all had horror stories of losses to which their insurance company responded: "no coverage provided," even though good money had been paid. Which brings me to the point: YOUR POLICY IS AS GOOD AS YOUR AGENT!

A good agent is constantly learning and is devoted to serving you and your insurance needs. While the "populace" needs to be educated regarding insurance, YOUR agent needs to really be educated and able to share with you the cogent facts about your policy. And you? You need to be willing to listen, understand, and take to heart at least those cogent facts.

Bottom line: Bottom line for insurance is NOT... "How much do I have to pay?" Bottom line is, "Will I be well covered in the event of any loss?" A cheap premium may well indicate a "cheap policy" which is not worth the price paid. Let your agent develop a policy that has the quality you need. Let that agent explain the QUALITY and the associated PRICE. Let that agent also help you determine what risks you should pay others to handle and which ones you might be better off handling yourself. Insurance is, after all, a sharing of risk. It is not a replacement for maintenance; it is not shoving your responsibility onto others; it is not a cover for lack of preparation. It IS sharing risk for the typically "unknown" loss that may lurk in your future. Work to find an agent you really trust, who continues to be educated in the products represented and the trending losses that abound, then listen to that agent and heed the encouragement to be prepared.

Talk to Sam Coy, our Points for Profit Farmers agent today and get smarter about your insurance.

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KAREN'S FAMOUS RECIPES

English Muffins

BY KAREN ROGERS

As you may have guessed by now, I am a totally tea person. I love all the little goodies that grace the table and the fun of using all the elegant accoutrements. My friends and I can keep a simple tea party going for hours!

I was making English muffins for breakfast and decided to make some itty bitty ones for the tea table. They were only one inch in diameter and so totally cute! Toasted and buttered, the poor little guys didn't stand a chance, but their memory is still warm. And buttery.

In a large mixer bowl combine 1/3 C warm water with 1 tbsp yeast and 1 tbsp sugar. Let proof until very foamy. Measure 1 3/4C buttermilk into a glass measuring cup and heat in the microwave until warm. It will thicken and curdle a bit, but don't worry.

Add the warmed milk to the yeast and add 1 tsp salt. Mix well.

Add about 5 to 6 C flour to make a medium dough. Knead well and let rise to double. This will take a couple hours.

Turn the dough out and roll to a one-half inch thickness. Cut into rounds and place on parchment paper that has been dusted with cornmeal and strew some meal on the tops, also. Let rise to



double. Don't try to re-roll the scraps, they will come out knotty and nasty. Place the scraps in a plastic bag and refrigerate overnight. In the morning, shape the dough into a French loaf, let rise and bake 350 degrees for about 30 minutes. This recipe gives you two different breads for one!

For the muffins, heat an electric griddle to 350 degrees. If you have a stove top griddle, heat it as for pancakes. Cook the muffins on the ungreased griddle for about 6 minutes per side. You can test the temperature by holding a muffin on it's side and inserting an instant read thermometer. You will want 200 degrees.

The buttermilk gives a very tender, slightly tangy crumb that's very fine at breakfast or tea time. Split 'em, butter 'em, jelly 'em and enjoy 'em!

March Word Search by Rolie the Puzzlemaster

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 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
 V I O L I N E C N A L A B Z C S

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Good Companion

Strategies for Better Veterinary Visits

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

Dreading taking a pet to the Vet? Here are some tips that might make the trip less stressful for everyone. First off, try to stay calm. Pets are incredibly attuned to our emotions. For cats it's good to get them accustomed to their carriers. Having the carrier out for a few days with their favorite treats can help make it less scary. When the time comes it might help to have a favorite toy in the carrier or familiar towel or blanket that smells like home. Speaking of smells there are synthetic pheromone sprays like Feliway that can be applied to towels and blankets that can noticeably calm some cats. A synthetic pheromone known as Dog Appeasing Pheromone (DAP) is also available for dogs and can be purchased as a collar or a spray that can be applied to a bandana.

It can be helpful to withhold food on the day of the veterinary visit. This can make positive reinforcement with treats more effective. Hot tip, if you haven't tried bonito flakes with your cat you should (assuming they don't have a fish allergy).

They are quite cheap and most cats really love them. If your dog has a favorite toy bring it with them. This can act like a security blanket and having their favorite toy in their mouth can make some dogs much easier to handle. And if your dog has a favorite furry buddy consider bringing them along too. I've seen some anxious dogs feel much calmer when they have their own "therapy dog" in tow. It's also a good idea to do just bring your dog to the clinic simply for treats. Let us know your dropping by so we can be ready to give them their favorite goodies and lots of affection.

There are also numerous over the counter calming supplements available that are safe and available to try. Most clinics have a variety of trustworthy options. For extreme cases there are safe pharmaceuticals that can be prescribed. These are usually used only as a last resort but can make a tremendous difference for our most anxious patients. We tend to prescribe gabapentin for cats and trazodone for dogs.

Hopefully some of these tips will make the veterinary visit a little less stressful for you and your pet.

Introducing Cesaro

This month we want to introduce you to Cesaro. He is a two-year-old Retriever mix who just wants a quiet home to call his own. Cesaro has been working with our Enrichment and Training staff, as he is very shy, and they had this to say about him: Cesaro would enjoy a quiet home and would do well with other calm dogs. He is very treating motivated and loves hot dogs. We have been working on building confidence on the leash. When he first arrived, he was terrified of a leash being put on. He now allows for a leash to be attached and we walk around the outside track. He loves being pet and would just sit in your lap all day if he could. Don't miss out on this gem of a companion!

Stop by to see Cesaro 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 & gentle soul. We're located at 32220 Old Hwy 34 in Tangent, OR and open at noon every day of the week!



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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
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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!

Glass Countertops

Glass countertops are becoming increasingly popular in today's kitchen designs. They are more durable than you might think and have some unique advantages over typical countertop materials like granite or solid surface. If you are contemplating a kitchen (or bath) remodel, here are a few considerations regarding glass countertops.



BRYAN SMITH,
SMITH
GLASS

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surface of the counter. This allows for great design flexibility. Textured or back painted glass is highly decorative as well as extremely functional. Add LED lighting at the edge or under the glass and you've got a sleek, modern look you can't get from granite.

Glass can be made into many of the same shapes as granite or marble with smooth, rounded corners and polished edges. Of course, glass is susceptible to breakage so it may not be suitable for everyday use around children, teens, or in other high traffic areas. But you should consider it for any show-stopping kitchen or bath design.

Glass isn't as porous as those other countertop materials, so every day maintenance is a breeze. It can be easily cleaned and is more resistant to stains than granite. Most glass countertops are made from tempered safety glass which means they can withstand the heat from pots taken directly from the stove or oven without risking breakage. Although a hot pad or trivet is recommended to prevent scratches.

The thickness of the glass required will vary depending on the size of your countertop and how you plan to use it. If you are expecting to set dishes and pans on it regularly, you'll want to use a larger thickness than you would for a small bar area.

In countertop applications, glass is mounted on small standoffs or pedestals that hold it a few inches above the

rounded corners and polished edges. Of course, glass is susceptible to breakage so it may not be suitable for everyday use around children, teens, or in other high traffic areas. But you should consider it for any show-stopping kitchen or bath design.

Feel free to stop by our Corvallis or Albany showrooms or give us a call with any questions regarding glass countertops. 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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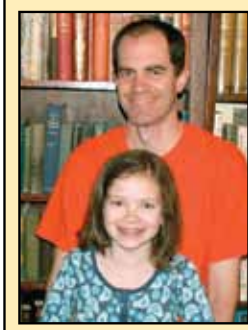
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Good Reviews

The Coming of the Fairies by Arthur Conan Doyle

Sir Arthur Conan Doyle, creator of the great detective, Sherlock Holmes, was deeply interested in spiritualism, which was gaining favor in England during his lifetime. When word reached him about some photographs of fairies taken by two girls, he instantly realized this could be the greatest evidence ever found for the existence of otherworldly beings. He and a friend launched an extensive investigation



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

sort of logic to use when investigating the fairy photographs. Reading the book is almost sad, because we know that the fairies are faked, yet Doyle and his friend are so completely duped that every detail about the photographs and their origin is examined and found to be in support of the existence of fairies.

into these photographs, and eventually their findings were published in the book, *The Coming of the Fairies* (1920).

The book is a fascinating read. Sherlock Holmes was one of the great practitioners of inductive reasoning. You may remember from high school that deduction is moving from a theory to a specific conclusion (such as “All detectives are good guys. Sherlock Holmes is a detective. Therefore, Sherlock Holmes is a good guy.”), whereas induction is moving from a specific event to a larger conclusion (“Sherlock Holmes is a good guy. Sherlock Holmes is a detective. Therefore, all detectives are good guys.”) From these two examples, you can tell that induction is a little more on the iffy side. However, it makes for great fiction when Holmes is able to make fantastic conclusions based on the tiniest of details.

Just because it worked in his stories, however, doesn’t mean that it was the right

These fairies, known as the Cottingley Fairies, never reached the level of popularity of other supernatural sightings, such as Loch Ness or UFOs, and in the 1970s, someone was looking through an old book called *Princess Mary’s Gift Book*, and—lo and behold—the Cottingley Fairies were right there! Yes, the girls had simply cut out the fairies from one of the illustrations in the book, and propped them up for the photographs! The book now has some collector value because of this connection, and the book is often found with the illustration page cut out. The ultimate irony? The book features a short story by none other than Sir Arthur Conan Doyle himself.

So, if anyone shows you photos of leprechauns this St. Patrick’s Day, you might want to be a little skeptical, and maybe check a few old books of fairy tales to make sure all the pictures are there!

Upper Respiratory Tract Infection continued from page 4

activity. It is the system that causes your immune system to spring into action to protect you - any way it can. This is not “sickness.” It is an expression of health. It is your body doing exactly what it needs to do, in order to regain your health.

I am not saying you have to like it, though, but it is, nevertheless, in your best interests.

When your child is feeling like this, parents have the compulsion to intervene and interfere with this process unknowingly — cough suppressants, anti-fever medication, antibiotics, etc. We have been carefully taught that a child needs these drugs to be healthy. Nonsense! Your child simply needs no interference.

There are a number of things you can do, however, to help your child while his/her body is “doing its thing”;

Have your child checked by a chiropractor to make certain his nervous system is functioning optimally so it can handle this “sickness” thing.

- High doses of Vitamin C. For a young child, I recommend 1000-2000 mg/day for a week. For adults, 5000-7000.
- Lots to drink. Water is best but kids don’t like it. You can use diluted fruit juice
- Lots of rest and vegging out.
- Echinacea in drop form in a bit of juice. Do for a week
- Zinc lozenges. Use as a last resort. Taste awful for kids.

In the event that your child is not improving on his own in a week, it means that his immune system is weak and crisis care may be needed. Call us.

Propane Equals Comfort continued from page 6

dirty as mentioned before. Along with the ash and soot also comes the smoke. If you have anyone with sensitive lungs, like small children or elderly living in your home you might want to consider switching to propane. Also, ash and soot can build up in your HVAC system. Having smoke and ash in your home can contribute to respiratory illnesses and it can weaken the immune system.

GREENER

We all want to reduce our carbon footprints. Switching to a propane fireplace is one way that you can contribute to the environment. Not only does propane burn very clean but using propane also saves hundreds of trees. We need as many trees as possible to keep our breathing air healthy and keep the environment intact for many animals who call the forest their homes. Propane is also a by-product, so we are using it instead of wasting more. Going Green is something we all strive for and this is one very easy way to do so.

All these reasons are why we think everyone should consider switching to a propane fireplace. Not only is it easy to use, cleaner, and safer but it is greener. If you are ready to take that step and need Propane give us a call at CoEnergy Propane.

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