

HIGH POINTS



GOOD NEWS FOR THE WILLAMETTE VALLEY

MAY 2019 • FREE



Community Embraces a Child

Sometimes in life you get to make a difference one family at a time. To some in the mid-valley McKenzie's story is brand new. Over Christmas 2014 McKenzie went from having a cold to that led to pneumonia, then Enterovirus that caused Acute Flaccid Myelitis. The disease is rare but similar to polio. McKenzie has been diagnosed as being permanently paralyzed except for movement in her feet and her left hand. She is on a ventilator. On April 4th Angie (McKenzie mom) posted "My friend Angie created this for help for our family. Which I am very grateful! Right now I have an immediate need for her in her bedroom. The ductless air unit has been having problems for quite a while. It's just over 2 yrs old and is getting closer to going out completely. Because she runs so hot normally and then gets sick a lot from being colonized with MRSA and pseudomonas in her trach she's usually running at least low grade fevers. So she's always in 60 degrees in her room. It's much easier to warm her up than it is to cool her down, once her core is overheated. I have a friend who knows about this type of equipment. I told him I wanted to find one that would last longer than this one. I'm on nightshift again tonight and it keeps shutting itself off more and more. We found out to replace the board thing on this one was over \$800. It's just not worth it. So a new one is \$1400 and my friend will install it for us. Thank you so much to Amy Vandyke for such an amazing start to this when you donated your birthday!



And to all the other donors! Having an emergency come up like this and having a great start on something not possible for us right now, is amazing! It is so very hard to be so far out and still need help. When your child needs special things for their health. You do what you have to do to get what they need, whether it be on your own, or with the help of the angels around you! They say it takes a village and I am so grateful to all of you! Thank you for being a part of ours!! We couldn't have gotten through the last 4+ years without you!"

This post and gofund me was shared on social media and seen by the wife of one of Points for Profit's Board members Daniel Rich. Wanting to make a difference and being an owner in Elements Heating and Air conditioning and having the connections of the Points for Profit family, Daniel Rich went to work. We Love McKenzie joined the Points for Profit family and on April 10th Albany and South Commercial Pizza Hut joined together to donate a portion of proceeds to McKenzie to fix her air conditioning unit. Thanks to Elements Heating and Air Conditioning donated their time the fundraiser was enough to be able to install a new A/C unit for McKenzie.

On April 12th this amazing update was posted by Angie. "I wanted to give everyone an update. My friend Angie had helped make a go fund me for our family because a few people had wanted to know how to help and if we had a way to do that. Unfortunately, in this life there are so many things needed just in her daily life that cost so much money and insurance doesn't

cover. We came upon an important emergent need of the ductless air unit. So I put an update out with the need and people were donating. Well a man saw it on Facebook after his wife was reading about it. He messaged me and said his company Elements Heating and Air Conditioning wanted to put on a fundraiser to raise the money for a new unit and his company would donate all their services to install etc. So then I could use the go fund me for some of our other needs. Which was all absolutely amazing, and boy does he work fast! It's going to be this coming Wednesday! I will post the flyer for it next. One big thing I am going to do for sure is get new tires on our van. It is her accessible van and I've been running the stock tires on it for over 4 yrs now and it is not fun in the rain when we drive to and from Portland. Then work on getting some of the things she needs desperately that I've been fighting insurance for over 2 yrs! This very nice man is going to help me with some more fundraising after the air unit to put my Dream into a reality of giving her a play area here at our house for her of accessible things she can play on and have friends on as well! So a big Thank you to Daniel Rich for your kindness! And to all the Angel donors who have been donating because it's really going to help make life better! Thank you and God bless you all!"

Thank you Angie for letting us be a part of making your life a little easier. For those that want to follow McKenzie's story and learn more you can follow her at <https://www.facebook.com/groups/welovemckenzieandesen/>

If you would like to help support this precious family, please go to <http://www.gofundme.com/ji9q68>.



Fun Events for May 2019

When you see more sunshine than rain you know the year is progressing. With all the April showers the May flowers should be wonderful. Be sure to check out all the events happening indoors and outdoors in the month of May.

- CORVALLIS NEW HORIZON’S BAND**
corvallisnewhorizonsband@googlegroups.com.
- FARMERS MARKETS**
 - Albany - Sat 9am-1pm, City Hall Parking Lot <http://locallygrown.org/home/>
 - Corvallis- Sat and Wed 9AM-1pm, First St. Downtown <http://locallygrown.org/home/>
 - Lebanon—(opens May 16th) Thursday 2-6pm Corner of Grant and Main
- WE ARE THE SOLUTION-KICKIN CANCER** May is Brain cancer awareness month. We want 100 (60 real and 40 virtual) Pink Warriors who will GET Muddy4Michael. If someone doesn’t have a t-shirt, buy one for \$15 and \$5 goes to Michael. Then wear the shirt on May 18, or join us in Canby at the Warrior Dash. Michael Brown was diagnosed at age 4 with brain cancer and given until age 10. He is now 30 and cancer FREE. Contact helpteambrenda@gmail.com for more info
- RED HAT STRUTTERS** -lunch at noon on May 1st at the Santiam Grill in Santiam Golf Club, 8724 Golf Club Rd. SE, Aumsville, OR, 503-769-1000. You will order off the menu. Hostess will be Betty Trevena, make reservations with her at 503-743-2029. The public is invited to attend by making reservations. Hostess for June 5th luncheon will be Sharon Teixeira.
- POINTS FOR PROFIT MARION/POLK** – May 2nd 6pm, Thur at Pizza Hut on Commercial in Salem Oregon. Open to public, dinner is \$5. Meeting for businesses and non-profits. RSVP by 2nd via email info@pointsforprofit.org Meeting starts at 6:00pm. Check out details at: www.pointsforprofit.org or call: 541-791-2901. Points for Profit:

Shop locally, Serve locally, Sustain locally.

- MAY THE 4TH BE WITH YOU**-May 4, 4-7pm Linn Lanes Bowling Center, Lebanon. \$10 per ticket gets you bowling, shoe rental, and food. Crafts, games, raffles, costume contest, photos with miniature horse, and cats available for adoption. Proceeds benefit Kitty Angel Team Adoption and Linn County Animal Rescue.
- FAMILY DAY OF SERVICE**-Sun May 5, 1-3pm, SafeHaven Humane Society. Check their website for more details.
- FIREWORKS FUNDRAISER @A&W SWEET HOME**- Mon May 6th 5-8pm. Come have some delicious food and yummy treats and support the Sportsman’s Holiday Firework show over Foster Lake! Members of Sweet Home Fire will be on hand to greet you.
- LYONS GARDEN CLUB** -annual field trip beginning with a no-host lunch at Macleay Country Inn, 8362Macleay Rd. Rd SE. Salem at 11:30 am on May 8th, meet at the park ‘n’ ride in Stayton if you wish to carpool at 10:45 am.. After the luncheon they will proceed to Godfrey’s and Wavra’s nurseries to see greenhouses and buy flowers. If you wish to attend or would like more information please contact John Hollensteiner 503-508-5913 or Cheryl Cappelletti 503-767-3348.
- CORVALLIS SPRING ROLL 2019**- Sun May 19th, 10-1pm, Cloverland City Park. Bike skills and safety event for kids 12 and under. All registered riders are entered into a prize giveaway. Visit www.corvallisbikes.org/corvallispringroll for more details
- BOW WOW BINGO** - May 20th 6pm, Schmisza Public House in Lebanon, SafeHaven Humane Society Fundraiser. \$1 a card or 6 cards for \$5. 18 years and older to play.
- AMERICAN LEGION AUXILIARY ALBANY UNIT 10** invites you to get your Poppy to honor and support

- our Veterans. Donation booths will be at Albany Bi-Mart, Albany Safeway and North Albany IGA during the day Friday and Saturday, May 24 and 25. There will also be a booth on Tuesday, May 21, at Bi-Mart only. Members of the Auxiliary Unit 10 will be joined by members of American Legion Post 10, Sons of The American Legion Albany Squadron 10 and American Legion Riders Albany Chapter 10. National Poppy Day on May 24 is a reminder of our nation’s commitment to and reminder of the cost of our freedom.
- POINTS FOR PROFIT LINN/BENTON** is May 28th, Tues, 6pm at American Legion Post 10-Albany.Open to public. Meet local businesses, help a local non-profit. Dinner, beverage and dessert \$9 per person RSVP required. RSVP by emailing info@pointsforprofit.org Meeting starts at 6:00pm. Check out details at: www.pointsforprofit.org or call: 541-791-2901. Points for Profit: Shop locally, serve locally, sustain locally.
 - STRAWBERRY FESTIVAL**-May 31st-June 2nd Cheadle Lake Park. Check out the photobooth and All Heroes Day sponsored by CoEnergy Propane.
 - POINTS FOR PROFIT MARION/POLK** – 1st Thursday of every month (June 6th) at Pizza Hut on Commercial in Salem Oregon. Open to public, dinner is \$5. Meeting for businesses and non-profits. RSVP by 30th via email info@pointsforprofit.org Meeting starts at 6:00pm. Check out details at: www.pointsforprofit.org or call: 541-791-2901. Points for Profit: Shop local, Serve local, Sustain local.

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

Happy Mother’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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Dentist Make You Nervous?

If you feel nervous or fearful about seeing a dentist, you are not alone! Studies have shown an estimated 15% of the population avoids dental care because of intense anxiety. For many, fear might have started with a bad experience during childhood or was passed on from parents who were fearful. For young patients, it is very important to work with your dentist to start their lives free of dental anxiety.



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help lessen stress. If you come in feeling rushed, you may have difficulty relaxing.

- Listen to music during your visit. Most offices allow headphones or even provide them to create a more relaxing environment.
- Are the lights too bright? Wear sunglasses. Many

dentists offer cool shades and you'd be surprised the difference sunglasses can make during your appointment.

- Dental technology has come a long way. We have better anesthetics and enhanced materials to help make dentistry easy and as comfortable as possible.
- Reward yourself after your visit. Of course, the best reward is a beautiful, healthy smile, but you may want to treat yourself to something special!

Good oral care is vital to living a long, healthy life. Let your dentist assist you in getting past your anxieties to ensure your teeth and gums are in the best possible condition.

WE RECOMMEND A FEW TIPS FOR NERVOUS PATIENTS:

- Let your dentist know if you've had a bad dental experience. Even if significant time has passed, a traumatic event and subsequent negative feelings are important facts your dentist should know so they can tailor your visit. Explain your concerns when making your appointment, so the staff is aware of your anxiety and can prepare. You may benefit from taking a mild sedative before your visit.
- Arrive early to acclimate yourself to the dental office. A few minutes of lead time will allow you to take deep breaths and relax which will

Cannabis and Alzheimer's Disease by Rhea Graham

The Alzheimer's Association reports that between 2000 and 2017, Alzheimer's deaths had an unimaginable increase of 145%. In effect, in seven years the rate more than doubled. What is going on? There are many contributing factors that skew the numbers in a variety of ways, but certainly the number of baby boomers is part of the equation. A lack of Cannabis use, due to many years of employment and fear of losing jobs, is also part of the equation. This is the generation that used Cannabis in the 60s and 70s, but quit "to further their careers" and changed their drug of choice to alcohol because it is legal and socially acceptable to many.

This was a horrible choice we were forced to make, I'm sorry to say. The truth about alcohol is finally coming out; but that's not why we're here. The truth about Cannabis is this: It is a life changer! If it can't save your life, at the very least it can improve the quality of it. What good is quantity if you have no quality?

In June 2016 the Salk Institute released information stating

preliminary studies found that THC reduces beta amyloid proteins in human neurons. This means that Cannabis can "promote the cellular removal of amyloid beta, a toxic protein associated with Alzheimer's disease". Unchecked, this accumulates within the nerve cells well before the symptoms of the disease and plaques. It is found in the plaque deposits that are a hallmark of Alzheimer's.

Cannabis is a neuro-protectant as well as the best anti-inflammatory on the planet. It's so good the US Government has a patent stating so! I've posted a link to it on the Albany's Canna Kitchen & Research Facebook Page, you'll find it fascinating.

"Data strongly suggest that THC could be a potential therapeutic treatment option for Alzheimer's disease through multiple functions and pathways". I was delighted to find this in the abstract at NCIB!

The choice is yours – are you going to take what you are learning and use it? Call Albany's Canna Kitchen & Research to schedule your consultation: 541-981-2620.



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Great ways to Relieve Stress...

In our lives today, we often find ourselves so busy taking care of the home, the children, our parents, our businesses, our social life, our children’s social life, our bills and just life in general that we often forget to take care of ourselves.



With wearing so many hats in life, we often find ourselves stressed and worn out. But there are remedies for this. For me personally, I find that by making myself indulge in at least one of the following during my week, I am much happier and a lot less stressed. I find myself enjoying this “My Time” but I also sometimes try to get my family involved so that we all can lead a more stress free life.

- Try to live simply.
- Take a nice long scenic walk, perhaps the beach or the lake. (Even invite a friend)
- Put on your favorite music, turn it up loud! Sing and dance!
- Light up your electric simmering (aroma) pot with a softly scented aroma. This allows your senses to relax, thus allowing you to relax. Then curl up on the sofa with a good book.

- Sink into your tub for a long, luxurious soak at the end of the day. Light a few nicely scented candles, throw in your favorite Epsom salts, turn off the lights and let the glow and scent of the candle relax your mind, body and soul.
- Splurge just a little and go in for a professional massage.
- Go have a manicure and pedicure done. (And I truly suggest River’s Edge Salon & Day Spa– ohh la la!)
- How about your favorite movie? You know the one that just made you laugh, cry and smile.
- Another great idea is your local Coffee Stop. This is especially nice if it has a book store inside. Grab a cup of coffee or cappuccino and a magazine and just relax with your favorite book (if you need help, check out the selection at Browser’s Bookstore)!
- Got a best or very dear friend you haven’t talked to in a while? Pick up the phone and call them and reconnect.
- The number one Stress Reliever: Take a Vacation!!!

Spring is finally here and Oregon is one of the most breath taking states there are! You can head to the beach, the desert, the city or my favorite; the top of a mountain! Just get out there and LIVE!

Readin’, Ritin’, and Ritalin

It has been called by many as “Teacher’s Little Helper.” I’m referring to the popular drug Ritalin which is widely prescribed to “treat” the condition ADHD (Attention Deficit Hyperactivity Disorder), commonly referred to as simply “hyperactivity.”




- having ADHD;
1. Often fidgets and squirms in his/her seat.
 2. Has difficulty remaining seated when required.
 3. Is easily distracted.
 4. Often blurts out answers to questions before they have been completed.
 5. Has difficulty awaiting his/her turn during games.
 6. Has difficulty following instructions.
 7. Jumps from one thing to another.
 8. Often talks excessively.
 9. Interrupts others.
 10. Often loses things.
 11. Does not seem to listen.
 12. Has difficulty playing quietly.

The number of children given this drug has risen by hundreds of percent in the last ten years or so, much to the delight of the shareholders of Ciba-Geigy, the drug’s manufacturer. The US and Canada are leading the parade in Ritalin use, while European countries are far down the list. Maybe children across the ocean are different? Could it be marketing? Please read on.

It seems as if every child today is being labelled with ADHD. It seems to be a catch-all name given to kids who don’t fit into someone’s definition of how a child “should” behave. The criteria used to make this diagnosis fits almost every child encountered in practice. According to Dr Peter Breggin in his book The War on Children, ADHD tends to be a middle-class diagnosis. So let’s look at the factors that would label a child as

If your child displays at least 8 of these criteria, he is a candidate for the ADHD diagnosis. (All of a sudden I’m very concerned about myself and most of my friends and colleagues!). These criteria sound like a normal, healthy, exuberant, bored, child. Many authorities feel that these children are actually quite gifted and are very right-brained, i.e., creative. These children function with two speeds;

Readin’ continued on page 15



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Our First Love – Rev. 2:1-7

Music can truly move us in emotions, thought, and actions. Just this morning I was listening to Andy Grammer’s song, “Don’t give up on me”. The words communicate a commitment to fight and wait for a relationship that is desired. Love for others is putting the needs of others above your own. Our culture has cheapened the idea of true love. Frances Chan, in his book *Crazy Love*, makes this statement about love, “**God’s definition of what matters is pretty straightforward.** He measures our lives by how we love.” Might I suggest that in order for us to truly love others in an unconditional way, we must first understand God’s love? 1 John 4:19 says, “*We love because he first loved us.*” Recently we celebrated Easter, which focuses on the death, burial, and resurrection of our Lord. God loves you and me. He pursues us with a relentless love that shows no limits. “**But God demonstrates his own love for us in this: While we were still sinners, Christ died for us,**” Romans 5:8. My question is this: Do we love God? Is He our first love? Is He our first priority? Do we commit to Christ in all areas of our lives? This is the concern that John brings up to the church of Ephesus in Revelation 2:1-7, “To the angel[a] of the church in Ephesus write:

“*These are the words of him who holds the seven stars in his right hand and walks among the seven golden lampstands.* ²*I know your deeds, your*

hard work and your perseverance. I know that you cannot tolerate wicked people, that you have tested those who claim to be apostles but are not, and have found them false. ³*You have persevered and have endured hardships for my name, and have not grown weary.*

⁴*Yet I hold this against you: You have forsaken the love you had at first.* ⁵*Consider how far you have fallen! Repent and do the things you did at first. If you do not repent, I will come to you and remove your lampstand from its place.* ⁶*But you have this in your favor: You hate the practices of the Nicolaitans, which I also hate.”*

⁷*Whoever has ears, let them hear what the Spirit says to the churches? To the one who is victorious, I will give the right to eat from the tree of life, which is in the paradise of God.*

Ephesus was reminded to place Jesus as their first love over all others. When we put others above Jesus, we are committing idolatry. In fact, we are commanded to love God as indicated in the Old Testament in Deuteronomy 6:5, “**Love the Lord your God with all your heart and with all your soul and with all your strength.**”

Is God your first Love? Jesus will never give up on you. Will you love Him first?

Kevin Ferguson
Willamette Valley Christian Supply



Spring Cleaning

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

Spring has finally sprung! April showers really do bring May flowers, and they are blooming beautifully. It’s time to break out the duster and vacuum, because those pesky dust bunnies have had plenty of winter to hibernate under your furniture.

At Rife’s Home Furniture, we are doing some spring cleaning of our own. Come in and take a look at all of our clearance pieces, from closeout mattresses to living room and dining sets. It’s time to live the life of luxury, without the price tag. We are making room for the new line-up, so now is your chance to pick up a Tempur-Pedic mattress for half the price of a new one! Not a fan of memory foam? That’s okay, because we also have several Stearns & Foster luxury mattresses at half the cost.

Aside from mattresses, there are several other clearance pieces that we would love to find homes for. We have a few reclining pieces available, such as chairs and sofas, as well as some stationary sectionals. Looking to spruce up your dining room? We have a few different styles of solid mango wood dining tables that have been discontinued, and we are positive that you will love the tables as much as you will love the prices on them!

We at Rife’s understand that budgets are important, and we want to help you find the perfect piece, without breaking the bank. Be on the lookout, because soon the Albany location on Fescue Street will be putting up their clearance tent for the summer! Coffee tables, end tables, chairs, sofas, TV stands, you name it and we can get it for you. We are available every day for a visit and we are just a phone call away at 541-248-3916.

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Our Story

Pioneer Connect isn't your typical company; we are a cooperative. Pioneer, like other cooperatives, is not-for-profit, democratically controlled and member-owned; established to serve our members. Unlike privately owned companies that have to consider making big profits for their shareholders, Pioneer reinvests in its network and gives back to the communities. A cooperative's only purpose is to serve members.

In 1950, after several fruitless attempts to get someone to come in and provide telephone service, 2,800 people scattered over 1,500 square miles of rugged timber, between the Valley and the Coast, decided to construct a modern telephone system for themselves and their neighbors. Even though they had been advised by experienced telephone people that it would be costly and could not be a profitable business, they decided they would organize a cooperative and take the full responsibility of doing it themselves.

Pioneer Telephone Cooperative would become a success and a

leader in the industry. In 2018, we decided to rebrand and change our name to represent that we're more than a "telephone" company – we wanted to represent different ways in which we help people keep

their lives connected.

Pioneer Connect is a broadband partner providing

services to connect your life—delivering phone, Internet, Video and more to our neighbors from the Willamette Valley to the Pacific Ocean. For over 68 years, Pioneer has gone the extra mile to make sure each member of our 1,300 square mile service area has the technology they need; providing services to rural homes, businesses, K-12 schools and colleges. Pioneer Connect has built a 700-mile fiber optic network providing the communities with essential phone services and partnering with PEAK Internet to bring you the latest in fast and reliable Internet technology. We are proud to be Pioneers for you, our community. For more information about Pioneer Connect, visit <https://www.pioneer.net/> today.



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POINTS FOR PROFIT MEETING is May 28, 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 May 24, 2019 to info@pointsforprofit.org or call (541) 791-2901. For more information visit pointsforprofit.org.



Welcome Pioneer Connect

Serving The Willamette Valley to the Central Oregon Coast for over 65 years, Pioneer Connect, formerly known as Pioneer Telephone provides telephone, internet and broadband services to connect your life.

They ARE your LOCAL company. Pioneer Connect is proud to support programs that benefit your children, families and neighborhoods. This makes them a perfect fit for the Points for Profit

family! They also have a strong sense of community involvement and support is a cornerstone of Pioneer Connect. They support programs which enhance the quality of life, instill pride, and promote educational and youth initiatives. We are proud to play a role in helping make each of our communities a better place to live and work. Thank you to the Philomath Parent Club for the referral to Points for Profit. We are excited to be part of the family.

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- 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
- Wapaiti Bowman
- We are the Solution-Kickin Cancer
- We Love McKenzie

Welcome We are the Solution-Kickin' Cancer



Points for profit is excited to welcome We are the Solution-Kickin' cancer to both he Linn/Benton and Marion/Polk County Programs. We Are the Solution is a 501 c 3 non-profit organization with a mission of supporting those who have fought, or are fighting, the good fight against cancer and educating people on how to live an anti-cancer lifestyle by eating real food and doing some movement. Their facebook page is always full of useful tips and things to watch for. Be sure to like and follow them at <https://www.facebook.com/We-Are-the-Solution-689318048136904/>

Their journey started with Help Team Brenda. Brenda's story started in Nov 2015 when she was diagnosed with Metastatic Breast Cancer. Even though she was living a fairly healthy life style she was still attacked by cancer. From the moment of diagnosis, she changed many things about her lifestyle. One of the things she changed was to seek out a strong community that supported her healthy choices. She calls them her "TRIBE". Through their

help she is encouraged every day. It has been shown in an 11-year follow up study that the survival and recurrence of women diagnosed with breast cancer that participate in group support and learn to manage their stress had a 75% lower risk of dying from breast cancer. There was also a 55% lower risk of having a recurrence of breast cancer. Brenda says "a healing journey is not just about getting rid of a lump or the bump. Its about transformation of your life-physically, emotionally, mentally and spiritually."

May is Brain cancer awareness month so to bring awareness We are the Solution-Kickin' Cancer wants 100 (60 real and 40 virtual) Pink Warriors who will GET Muddy4Michael. If someone doesn't have a t-shirt, buy one for \$15 and \$5 goes to Michael. Then wear the shirt on May 18, or join us in Canby at the Warrior Dash. Michael Brown was diagnosed at 4 with brain cancer and given until age 10. He is now 30 and cancer FREE. Contact HelpTeamBrenda@gmail.com for more information.

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- Habitat for Humanity
- Kickin’ Cancer
- Life-Line Baby Boutique
- Robert’s High School
- Sprauge Bowling Team

POINTS FOR PROFIT MEETING is May 2, 2019 from 6pm at Pizza Hut on Commerical in Salem. Open to public, dinner is \$5. RSVP by May 1, 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 **June 6**.

What Does Your Body Need?

BY MICHELLE TUNNEL, RADIANT DIVINITY

Have you heard the buzz about the benefits of essential oils but don’t know quite where to start? I have a tool called an iTovi scanner which uses bio-feedback to give you some individualized insights. While it is not intended to replace a doctor’s diagnosis, it may help you be more in tune with your own body’s systems and stay above the wellness line.

























According to the iTovi Web site (iTovi.com), our bodies are complex chemical, structural and energetic systems. They have electrical frequencies, as do the oils. The iTovi scanner operates using a galvanic skin response (GSR) by measuring the electrical conductivity of the skin. It sends stimuli in the form of different pulses that induce a response and identify the most pronounced changes your body is registering from internal and environmental stresses. Basically, you hold the small device securely in one hand with the electrodes facing your palm, and it communicates with an app on my iPhone. It calculates using a proprietary algorithm and is customized for each major essential oil company--in my case, Young Living (it is not owned by or directly affiliated with Young Living).

Scan results recommend the Young Living products that

may help you achieve optimal health by supplementing areas where your frequencies indicate a lack. They take into account your age and gender and are listed in priority (with the strongest response first) based on the changes it registers in the electrical conductivity of your skin. They list results for Emotional response (well-being, attitude, mood), Environmental response (immediate surroundings), and Physical response (physical health and wellness). For each product, your customized report (which is e-mailed for you to keep) lists common uses and recommended application (topically, aromatically, or ingested).

You can get a FREE scan from me and FIVE MILLION points at the monthly Points for Profit meeting in Salem (or, we can meet in the greater Portland metro area, as I live in Hillsboro). Results vary over time with your body’s changing circumstances and needs, so you can get scanned as often as you like. I and several other Points for Profit members who have been scanned agree that the results really resonate in a timely way with what we know we are feeling or have going on in our bodies. You can learn more about the heritage, quality, and seed-to-seal ethics of Young Living on my Web site www.myy1.com/mabelle007.

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KAREN'S FAMOUS RECIPES

Hot Dog Stew

BY KAREN ROGERS

I finally have to confess a secret I have had for decades. It's been carefully kept from the Foodie Circle (I'm part of and it may get me thrown out)! There is a certain old time comfort food I absolutely love, but it is so positively pedestrian. This is a recipe from the Depression that my Grandma made and it's irresistible.

Hot Dog Stew. Now I've done it, my hidden, common taste has been outed! The amazing thing is I'm not alone — punch H.D.S. into Google and pages and pages of recipes come up, hundreds of them. Pardon me, mine is the best.

Place one 6 ounce can of tomato paste in a sauce pan and add three cans of water and mix well. Add 1 large onion, chopped and a minced

clove of garlic. Bring to a simmer. Add one pound of hot dogs cut into ¾ inch slices. Rick prefers the all-beef ones from Costco. Simmer about twenty minutes. Add one or two sliced green peppers and a good pinch of



oregano and simmer until tender. Cut one or two large potatoes into one inch chunks and cook until softened. Add 1 C of green peas, salt and pepper and

cook until the peas are done. Add 1 tbsp of sugar — oddly enough this is really necessary as it hugely enhances the taste!

There you have it. It's warm and filling and simply wonderful. My daughter is horrified by my plebian taste, but my Uncle, the gourmet, loved it. It's simple, easy, cheap and filling and this recipe helped get my family through tough times in the 30's. And I enjoy having such a large support group on the internet!

May Word Search by Rolie the Puzzlemaster

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

Spring Cleaning and Pets

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

It is spring cleaning time and some cleaners can be very toxic to pets. Make sure to use products that are labeled as pet safe. There are carpet cleaners that can be very toxic. A powdered carpet cleaner may have been responsible for the recent death of a cat and bird last month in Lakewood Washington. When using household cleaners make sure to use them with good ventilation with animals in a far off room that is also ventilated with open windows or consider boarding until cleaning is complete. Birds are especially sensitive to aerosols. Household cleaners, particularly bathroom cleaners, may contain a variety of chemicals such as ammonia, chlorine, formaldehydes and phenols (like carboic acid, hydroxybenzene and oxybenzene). For some reason there are some cats that actually like the taste of bleach and will drink it if allowed access. Cleaning agents with these chemicals should be avoided or used with extreme caution. Cats are also extremely sensitive to pine oils found in products like Pine-Sol. If you are concerned your pet may have ingested one of these products the most common sign is profuse

salivation, especially in cats. If you are cleaning your pets' toys, beds and bowls make sure to use pet safe products. Avoid scented detergents and fabric softeners when cleaning beds or pet sweaters. Lawn products like fertilizers are often ingested by dogs. If they ingest enough fertilizer serious cases of vomiting, diarrhea and even obstruction can result. When spraying weed and insect killers please follow instructions carefully. Cats and dogs can become poisoned by walking on surfaces recently treated when the groom their feet afterwards. A garden product all dog and cat owners should know about (especially dog owners, as they are the ones that most commonly ingest it), is Metaldehyde. This is an active ingredient found in a majority of slug baits. This can easily kill a dog if they ingest enough of it. Symptoms include violent muscle tremors and in severe cases seizures that can be difficult to control. Please use pet friendly slug baits that contain iron phosphate as the active ingredient instead. And make sure to keep your dog out of the mulch pile where they can ingest molds that can cause them to have serious tremors not to mention the various other stuff

Spring Cleaning continued on page 15

Are You Ellie's Furever Home?

For over 200 days, Ellie has woken up each morning hoping today's the day her forever family will finally come rescue her. For only being two years old, Ellie has faced challenges we can't even imagine. She was a young mom, she has lived most of her life without a family, and worst of all — we believe she was once used as a bait dog in a fighting ring. While we can only speculate about her past, the thick chain that had to be cut off her neck has given us the indication that her life before coming to Oregon was nothing but tragic. Ellie traveled to SafeHaven all the way from Mexico on a life-saving rescue transport. She has been waiting for her furever home ever since. Ellie is often overlooked due to small behavioral issues. With her past, we can't blame her for not liking other animals and needing a little extra patience when meeting new people. She initially jumps when she sees you



because she wants to sit in your lap and be in your arms, however, she knows basic commands like sit and go to bed. When Ellie isn't snuggling, she loves to do scent work and play hide and seek by finding treats our staff have hidden across the room for her. Finally, Ellie can't live without her squeaky toys! For this reason, we believe she would do best in an adult only home because she can become highly aroused. If you could find it in your heart to give Ellie just fifteen minutes of your day, we know you will fall in love with her just as we have. We can't wait to find the perfect home for this deserving, beautiful girl! Stop by to see Ellie 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 beautiful 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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Let me help you slay the myths and wade through the misconceptions about the Real Estate Market and Home Buying process. There are many who mistakenly believe that they are unable to become a homeowner or that they have to wait until they have the perfect credit or have saved a large amount for a down payment. In just a few minutes I can help you understand what your options are and help you through every step of the process of home ownership, give me a call or send me a text today!

Slaying Myths About Buying A Home

Many *potential first-time home buyers* believe that they have to have a 'perfect' credit score & 15-20% for a down payment.

Arming yourself with information about what's really going on in the housing market will ensure you become the "King or Queen of Your Castle."

Average FICO Scores of Approved Loans

	All Loans	Conventional	FHA
2015	730	757	688
2016	726	753	686
2017	722	751	680
2018 February	724	751	676
2019	726	751	675

Down Payments By Buyer Type

Buyer Type	Down Payment
All	10%
First-Time	6%
Repeat	14%

Protect Your Hard Earned Money

According to a *Rent.com* survey:

88% of property managers *raised their rent in the last 12 months* and there does not appear to be any signs of stopping.

53% said that they were *more likely to bring in a new tenant at a higher rate*, than renegotiate and renew a lease with a current tenant that they already know.

Interest Rates Remain Low... Lock-In Your Housing Cost

Year	Interest Rate
1970's	8.86%
1980's	12.7%
1990's	8.12%
2000's	6.29%
Today	4.06%

What's Your Next Move?

Now that you know that you do not need an 800 credit score, 20% down payment and interest rates are still low... **Let's get together to find your Castle!**

Source: Ellie Mae, Rent.com, Freddie Mac

"Foggy" Windows?

One day you are standing in your kitchen looking out the window and notice a slight haze on the glass. You wipe it with your sleeve but it doesn't come off. Thinking the dirt is on the outside, you put on your shoes and walk around the house. You wipe the outside of the glass but notice it's still dirty. Just then it dawns on you that the haze or "fog" is between the panes! Now what do you do?

Reduced utility bills and increased comfort are the main benefits of double paned or insulated glass. In order to create these benefits, two pieces of single paned glass are factory-sealed to create an insulated, dead air space. Often that air space is filled with gas to create an even more efficient window.

However, with exposure to heat, cold, rain, and other elements, the seal around the perimeter of the insulated glass wears out. Most often this occurs first on the south and west sides of your home where there is direct sun exposure. Insulated glass units have a desiccant material in the perimeter seal to evaporate moisture but once the desiccant becomes saturated, the moisture begins to appear between the

panes in the form of condensation.

Replacing the insulated glass units is the only viable repair option when your windows begin to get foggy. You don't need new windows (the frames can stay in place) just the sealed glass units themselves. Some window companies offer a lifetime warranty against visible

sealant failure so your best bet would be to contact the window manufacturer to see if this is covered. A local glass company can also replace the failed insulated glass at a reasonable cost without the hassle of calling a large window manufacturer. Replacement is simple but the glass is custom made to your size so accurate measuring is critical to maintaining the overall seal of your entire window.

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Good Reviews

King Arthur—the Prequel The Crystal Cave by Mary Stewart

I was reading a paperback copy of this book while waiting in line at the bank when one of my customers walked in. He saw what I was reading and said, “I’ve read that series three times in the last ten years.” That’s a pretty solid recommendation!

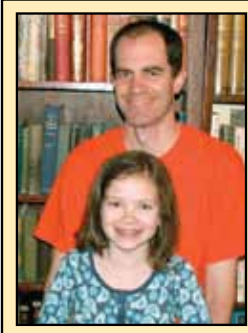
The Crystal Cave is the story of the world’s favorite magician: Merlin. Starting from his youth, and continuing to the conception of Arthur, this is both an historical epic and an adventure novel.

No King Arthur story can ever be historically “accurate” because so much legend and folklore is mixed in with what is supposedly known about Arthur. However, Mary Stewart does two things to give this book a great historical feel. First, she clearly loves the setting and relishes telling us interesting details about the land, the people, the technology of the day, and the customs and beliefs of the different cultures (England at that time had many different cultures, with the differences ranging from tribal to ethnic.) Secondly, she has woven a rich tapestry of political intrigue. All of the great epics have this, from *Shogun* to *Game of Thrones*, and Stewart holds up this end of the story very well. The surprising thing about this book is the

relatively minimal discussion of magic. Merlin is, after all, the über-magician and everyone from Gandalf to Dumbledore is patterned after him. Magic certainly does happen in the tale, but what is more important is the *perception* of magic by the people around Merlin. This is actually a refreshing break from the usual treatment of magic in most sword-and-sorcery fantasy epics. Mary Stewart comes at this tale as the

author of many Gothic romance novels. The traditional Gothic romance goes like this: woman goes to distant house (or other place); she is creeped out because she thinks bad & usually supernatural stuff is happening; the guy she thought was the super-creep is actually the good guy and they fall in love, and all the weird stuff turns out to have a perfectly logical explanation. The point here is: Gothic is about the perception of the supernatural or the weird. In one sense, this is a reverse-Gothic because the protagonist is the only one who sees the logical explanation, and everyone around him only sees magic.

The first of a four-book trilogy (yes, that’s right.) The fellow I met in the bank said the first one is the best, but I suspect it’s worth reading the whole thing. Guess I’ll look for the next book!-



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

Readin’ continued from page 4

hyperdrive and collapse. There is no in-between. They are also highly visual and non-sequential processors. In other words, they learn by pictures in a non-traditional manner.

These children, many feel, are “scanners”; they scan life and the world around them in the same manner as they scan a computer screen. Some authorities also feel that they are a product of our fast-paced, overstimulated culture. To that end, I must applaud Waldorf schools and their founder, Rudolf Steiner, who frown on the use of computers in their teaching methods.

To make my point clearer, allow me to ask you the question, “what if Einstein and Edison were on Ritalin?” If they were born today, they would surely have been labelled ADHD; both had been expelled from school for disruptive behavior.

Most parents do not realize that there are no laboratory tests for ADHD; that this “diagnosis” is made purely on observation and is most often initiated by a teacher who is having difficulty controlling the behavior of a certain child. I am emphatic when I stress that this is NOT an attack on teachers; rather it is an observation. It is interesting to note that “good” teachers have very few ADHD children in their class while others have quite a few. These children need a different teaching method, which is difficult as schools demand obedience and conformity in most cases.

Rather than use the term ADHD, Dr Breggin, in his studies on this phenomenon, called it DADD - Dad Attention Deficit Disorder. He feels that a lack of parental attention and lack of discipline very often leads to the diagnosis of ADHD. I agree.

Spring Cleaning continued from page 13

in a mulch pile that can cause all kinds of gastrointestinal upset including pancreatitis.

Springtime is also Lilly season and these plants are highly toxic to cats. Just a small amount can cause kidney failure in cats. Sago palm is becoming increasingly popular as both an indoor and outdoor plant and is very harmful to a dog’s liver when the leaves are ingested.

Hopefully this information will help you to keep your pets safe while we enjoy this wonderful spring weather.



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