

HIGH POINTS



GOOD NEWS FOR THE WILLAMETTE VALLEY

AUGUST 2019 • FREE



Crowd at Fish Fest 2018.

PHOTO BY JANELLE KRUG

Fish Fest 2019 Celebrates Ten Years!

104.1 The Fish (KFIS) will present Fish Fest 2019, taking place at the Riverfront Park in Salem, Oregon on Saturday August 16, 2019, and featuring Matt Maher, Zach Williams, Mac Powell & the Family Reunion, We Are Messengers, Ryan Stevenson, Mark Lee (of Third Day) and Jamie Kimmett.

Now in its tenth year in Salem, Fish Fest is Oregon's largest outdoor Christian music festival, presented by 104.1 The Fish & La-Z-Boy Furniture. Featuring performances from top Christian artists and day-long entertainment for the whole family, Fish Fest has become a favorite annual celebration of faith and family at Salem's Riverfront Park. It is a wonderful opportunity to invite to enjoy a day of great music, food and fun in the park with friends and family of all ages.

The all-star lineup this year includes Grammy-nominated Matt Maher, Zach Williams, Mac Powell & the Family Reunion, We Are Messengers, Ryan Stevenson,

Mark Lee (of Third Day), and Jamie Kimmett. The festival will also feature various exhibitor booths from local businesses and ministries, as well as several food selections from food vendors.

The gates will open at 12pm, with the concert starting at 2pm. You can purchase tickets online in advance at www.fishfestportland.com. General Admission tickets are \$29 for Adults, \$15 for Children ages 6-12, and Children 5 & under are free. Prices will increase at the door, so attendees are encouraged to buy tickets in advance. ADA and Premium reserved seating is also available.

Fish Fest attendees are encouraged to bring water, blankets or low-back lawn chairs, and sunscreen, for a beautiful sunny day at Salem's Riverfront Park. (Please note that outside food & drink will not be allowed.) Parking is available in downtown Salem. For more information or to buy tickets, visit fishfestportland.com.



Matt Maher

PHOTO CREDIT: MATTMAHERMUSIC.COM



We Are Messengers

PHOTO CREDIT: WEAREMESSENGMUSIC.COM



Mark Lee

PHOTO CREDIT: WWW.MARKLEE.ME



Ryan Stevenson

PHOTO CREDIT: RYANSTEVENSONMUSIC.COM



Local BBQ Wins Big

J & C BBQ and Catering competed in their first PNWBA (Pacific Northwest Barbecue Association) competition July 20th-21st. Not new to sanctioned BBQ competitions; however, this was their first competition with this organization. NW BBQ Bacon Beer & Steak Festival was held in Keizer, Oregon, being the first time for this new event. Joe and Christy, owners of J & C BBQ, competed against 16 other teams for cash and prizes.

The event not only comprised of a traditional BBQ competition which included the four main meat categories: pork, brisket, chicken and ribs, but competitors competed for the best bacon dish. J & C BBQ entered their "Texas Twinkies", which are large jalapenos cored and filled with cream cheese and their award-winning brisket, wrapped in thick bacon and sprinkled with their homemade rib rub and smoked on their Lang smoker. These were a hit with the event's attendees, winning J & C BBQ the coveted Grand Champion People's Choice Award as well as \$250 in cash!

Joe became a member of SCA (Steak Cookoff Association) and competed against 11 other competitors for a chance to win \$1,000 and the coveted golden ticket to Fort Worth, Texas in October for the World Championship Steak Cookoff. Joe won 2nd place and \$500 for his ribeye steak and was presented his award by an official SCA representative from Texas.

In the four meat categories competition, J & C BBQ won 8th place Chicken, 5th place Brisket and 1st place Ribs. Their winnings ranked them 6th out of 17 teams. To try some of this amazing food stop by their restaurant in Lebanon, OR. They have plenty of seating and an area that can be reserved for larger groups. They also provide catering to satisfy your BBQ cravings.



Fun Events for August 2019

The month of August brings the heat and back to school season. Please stay safe when around rivers and lakes. Many Fire Departments and popular swimming holes have loaner life jackets if you do not own one personally.

- 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—Thursday 2-6pm Corner of Grant and Main
<https://sweethomefarmersmarket.org/>
 - Sweet Home Farmers’ Market Tuesdays 2pm-6pm Between 12th & Kalmia <https://sweethomefarmersmarket.org/>
- ALBANY CIVIC THEATER - THE UNEXPECTED GUEST**
July 19-Aug 3 Lost in the fog, a stranger seeks refuge in a nearby house only to find a man shot dead and his wife standing over him with a smoking gun. But the woman’s dazed confession is anything but convincing and the unexpected guest decides to help. Remarkably, the police clues point to a man who died two years previously but as the ghosts of a past wrong begin to emerge, a tangled web of lies reveals family secrets and chilling motives, where the real murderer turns out to be the greatest mystery of all. Written by Agatha Christie. Directed by Shauna Kiefiuk. For information call (541) 928-4603.
- POINTS FOR PROFIT MARION/POLK** – Thurs, Aug 1st starting at 6pm, 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 local. Serve local. Sustain local.
- NATIONAL NIGHT OUT TUESDAY**, August 6, 2019 at 5 PM – 8 PM, Ralston Park, Lebanon. National Night Out enhances the relationship between neighbors and law enforcement while bringing back a true sense of community. It also provides a great opportunity to bring police and neighbors together under positive circumstances. Music - The Donny Thorp Band, Free Hot Dogs &

Root Beer Floats, Dunk Tank, Rock Wall to climb, Bike Rodeo, Face Painting, Bounce House, Vendors

- STAYTON RED HAT STRUTTERS** August 7th luncheon at the Happy Dragon Restaurant, 951 N. 1st Ave., Stayton, 503-769-5899 at noon. You will order off the menu, to see menu go to www.happydragonstayton.com/menu.html on the internet. Valorie Baxter is the hostess for the month, make your reservations by calling 503-900-0051. We will celebrate the following birthdays for August: Margie Forrest, Alice Halse, Evelyn Miller, Jenny Lou Polk, and Parris Tarzwell. Hostess for the September 4th luncheon will be Betty Trevena.
- FAMILY BUG CRAWL WITH BUILD LEBANON TRAILS** Aug 10 @ 9:00 am – 11:00 am @ Riverview Park Join entomologist Richard Little to seek out the often-overlooked wildlife living along the riparian and urban boundaries near our trails. Expect to be thrilled and maybe chilled by the creepy crawlers we will be encountering. You don’t have to be a family to love this event! You might like to bring a magnifying glass and a bug collection box, plus sunscreen and a hat.
- CAR SHOW AT THE MALL** Aug 10 @ 10:00 am – 4:00 pm @ Heritage Mall This show features custom cars, hot rods, vintage cars, contests and food vendors. For information visit: Heritage Mall
- CAESAR THE NO DRAMA LLAMA** Sun., Aug. 11 from 1 to 4 p.m.- 5th birthday at Willamette Town Center, 831 Lancaster Dr NE, Salem, with photos, face painting, music, crafts and story tellers. Admission is free. Caesar, a therapy llama that typically visits schools, small care facilities and charity events, asks nothing for himself for his birthday, but requests school supplies and healthy snacks for his two-legged friends. Donations will go to Salem Keizer Education Foundation, Shangri-La and Marion Polk Food Share. Donations for Caesar’s friends are appreciated, but hugs and pictures with Caesar are always free. Bins for school kid donations will be available in the mall starting Mon., Aug. 5.
- “SEUSSICAL, JR.” BY THE ACT YOUTH SUMMER CAMP** Aug 16-24 @ Albany Civic Theater Horton the Elephant, the Cat in the Hat and all your favorite Dr. Seuss characters spring to life onstage in Seussical Jr., a fantastical musical extravaganza from Tony-winners, Lynn Ahrens and Stephen

Flaherty. For information and tickets visit: albanycivic.org

- NORTHWEST ART AND AIR FESTIVAL** Aug 23-24 Timberlinn Park. Balloonists from around the country flock to Albany every year in August. Early in the morning, they launch from Timber-Linn Park for flights around the Albany area. Friday night, balloonists ignite their burners and let the colors of their balloons shine at the gorgeous Night Glow event. Artists fill the grassy meadows of Timber-Linn Park with a wide variety of artwork, family zone, food vendors, music throughout the day, airport activities, and a FREE concert at Timber-Linn amphitheater with Rick Springfield on Saturday night. This event has something for the whole family! Parking is \$10, admission is FREE!
- HANDS ON HISTORY IN BROWNSVILLE** Aug 24 @ Linn County Historical Museum Try your hand at the old skills, crafts, cooking. listen to tales of long ago, dance in the street and try on some pioneer garb, August 24th at the Museum and the Moyer House. For information call: (541) 466-3390, or visit: <http://linnmuseum.com>
- POINTS FOR PROFIT LINN/BENTON IS** Aug 27th Tues, 6pm at Santiam Place, Lebanon OR. 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 local, serve local, sustain local.
- POINTS FOR PROFIT MARION/POLK** – 1st Thursday of every month. Next meeting Sept 5th 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@pointsforprofit.org

Summer Fun!

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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The Gardener's Notebook from Your Neighbors at Summit Ace

Good watering practices are essential for any garden. Summit Ace Home & Garden Center has a few tips to help with summer watering.

- 1. Water when plants are dry.**
Simple, yet true. If you aren't sure, feel it! If the soil feels dry, it's time to water. Keep it simple.
- 2. Once your plants are established, give them a good soak once a week** (depending on the weather). Plant roots reach out for water as they dry out so a deep watering will help support root growth.
- 3. The best time to water is early in the morning, especially if the weather will be hot.** But, if you know you won't get up in time to water before work, don't make mornings your normal watering time. If you choose to water in the evenings, water with enough time for the foliage to dry out before nightfall to help avoid mold and fungus diseases caused by moisture.
- 4. Preparation is key to help give your plants an extra boost before**

a heat wave hits. Try applying a mulch to established plants, but be sure to keep the mulch off of the stems to avoid rotting. Mulch will help keep moisture in the soil. Summit Ace has a few mulch options in stock!

5. Roots do not like to sit in water, so try putting rocks or bricks on the tray below to lift the pot up. If you are losing plants that have been watered properly, chances are the roots are overwatered.

6. When it's time to feed, water and then come back at least 30 minutes after watering with a liquid feed solution. Cooler, cloudy mornings and evenings are best for feeding any plant.

Above all, knowing what your plants need is key to good watering practices. Take the time to educate yourself about what types of plants you have. Be observant and flexible with the needs of your garden.. If you ever have any questions, feel free to stop by Summit Ace's new garden center!

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Getting Relief Without Getting High

BY RHEA GRAHAM

Did you know there are many ways to use Cannabis? You certainly don't have to smoke it or get high, and Cannabis will bring your body to homeostasis in just a short amount of time. At homeostasis (perfect balance) your weight will level out, your blood pressure and sugar will be where it should be, and you'll have a general feeling of well-being. Your mood will likely improve.

Pain can be dealt with using Cannabis-Caps, elixirs, suppositories, salves and other topically applied remedies. Smokeless Cannabis Remedies, as I call them, can be applied anywhere in or on the body, including in the belly button. A high is not necessary for relief and healing most all of the time. A high is also not the measure of how well the remedy is working.

When Cannabis makes you high, it's because your liver is metabolizing it. We don't want your body metabolizing it away; we want the cannabinoids working on your issues, so at Albany's Canna Kitchen, I find other ways to get the medicinal value, avoiding the liver

as long as possible.

If getting rid of your pain isn't enough to get you to sleep at night, I can teach you how to make the products to use for relief of insomnia.

When is the last time you slept eight solid hours and awakened refreshed? With Cannabis, if you are groggy when you awaken you need to use a smaller dose; you will be so pleased at how refreshing a good night of sleep is. Your body cannot regenerate if you are not sleeping properly.

Elixirs, made with glycerin or other oils, offer the fastest "by mouth" relief (other than smoking). They can be made in a wide variety of strengths making them very easy to dose both by the drop or dropper full. For fastest relief, put the remedy in the buccal of the mouth – where the dentist shoots the shot – between the gum and cheek. Hold it in your mouth as long as possible, then swallow.

To learn what will work best for you, spend \$25 for a 15 minute consultation with me, call 541-981-2620 to schedule, all call requests returned!



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Good Oral Health = Good Overall Health

One of the most important steps you can do for your overall health is to have regular dental exams every six months. Dental exams are for everyone at every age and stage of life; not just children or young adults.

HERE ARE THE TOP REASONS TO VISIT THE DENTIST'S OFFICE.

- **To Detect Dental Problems -** Potential problems can be identified and treated quickly, before they become more complicated and expensive.
- **To Prevent Oral Cancer -** If detected early, this is highly curable. Late stage detection is the reason why oral cancer is so dangerous.
- **To Prevent Gum Disease -** Periodontal disease (gum disease) is an infection in the gum tissues and bone caused by bacteria and poor oral hygiene. It's the leading cause of adult tooth loss. The condition of your gums can be a sign of trouble elsewhere in your body, and is also a cause of health problems like heart disease, diabetes and rheumatoid arthritis.
- **To Help Maintain Good Physical**



KIM KUTSCH AND GREG RENYER
PINNACLE DENTAL ASSOC.
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Health - Studies have linked heart attacks and strokes to gum disease. Having dental cleanings, along

with brushing and flossing, reduces your risk of later illness.

• **To Prevent Bad Breath -** Dental studies show that about 85 percent of people with persistent bad breath have an underlying dental

problem. Good oral hygiene is essential in preventing bad breath.

- **To Have a Bright, White Smile –** A hygienist can remove tartar and stains which regular brushing and flossing cannot remove, plus your teeth will be polished for a beautiful shine. Regular dental cleanings and good home care are essential in keeping all your teeth. This translates into better chewing function and, ultimately, better health.

We are happy to answer any oral health concerns. Please call our office today to schedule your next appointment for a professional cleaning and examination.

Things are Not Always as They Seem

I want to state emphatically that my purpose in writing this article is not to pick on doctors. Nope! Absolutely not! Ever!

My purpose is to have you, be aware of some of the quirks belonging to the medical paradigm that you should know in order to make sound health decisions for your family- you may find this next tid-bit somewhat unsettling.

In a very recent research study published in the American Medical Association's Journal of Bone and Joint Surgery, the authors concluded that basic musculoskeletal knowledge is essential to the practice of Medicine. Yes, Anatomy. What a concept! I totally agree. I feel strongly that all physicians should know that the knee bone is attached to the hipbone, etc. As a matter of fact, I feel that this knowledge is crucial for any doctor. With that in mind, the authors of the study tested the knowledge of basic anatomy principles in a number of medical disciplines in order to test physician-training adequacy.

HERE ARE THE RESULTS:

- The average score was 56.9% (This

is an F grade)

- Only 21% scored 73.1%, the recommended passing grade.
- 79% flunked the test!
- 82% of medical students in their last month of training failed.
- 100% of these students failed the anatomy portion of the examination.
- 46% of those


who stated that they were very comfortable with performing a patient examination, had an average score of only 66%

And, the public is asked to implicitly trust that their doctor knows what they are doing at all times?

Considering that aches and pains are the largest group of complaints (second only to respiratory conditions) that physicians handle, this is a very unsettling thought. Again, my aim is not to take potshots at doctors, the majority of whom are very dedicated to their patients, I am simply presenting you with published facts so that you may be able to understand that things are not always as they seem. Join us next month and we will discuss Coffee- specifically Caffeine.



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Adoption is God’s Option

In a condescending and taunting barrage of words came the statement toward me, “You are adopted! You are adopted!” Cheryl was only seven years old at the time. She learned from her parents that her aunt and uncle could not have children; therefore, they had to adopt. I’m confident that my aunt explained what that meant to Cheryl. Perhaps she gave the Webster’s dictionary definition, “Adoption is legally to take another’s child and bring him/her up as one’s own.” Or maybe she explained the heart behind adoption in this way, “Your cousin was chosen by your aunt and uncle, and they love him no differently than mommy and daddy love you.” However it was that my aunt explained to my cousin my adoption, Cheryl saw an opportunity to use it in a negative playground banter to one-up me in the, “I’m better than you” game. The only problem was that I did not know at the age of five what that word or concept meant. The moment I was in proximity of my mother I remember blurting out the question, “Cheryl told me I’m adopted, what does that mean?” My mother, with a caring and loving embrace, explained a truth that would comfort my worried soul. “Kevin, your father and I chose you, and love you with all our hearts. “ I felt special and wanted. When I entered grade school, we would have weekly sharing. Most of the time, students would bring a pet, toy, or some kind of odd object that would perk the curiosity of the class. I anticipated my turn to share. I didn’t bring a pet, toy, or an object; rather, I brought “me.” I stood in front of the class with nervous excitement, ready to communicate the truth my mom shared with me several years back. “I’m adopted” came out of my mouth like a missile on track for its target. I then explained that my parents were unable to have children and that they chose me when I was just born. Anticipating the question from my fellow students, I communicated that I didn’t know my biological parents, but was grateful for my adopted parents.

I want to share with each of you that know Jesus Christ personally a wonderful truth. You are adopted. But I do so not in a taunting or negative, bantering way. I share this based on God’s loving and true Word the Bible. Paul explains to the Church of Ephesus in Ephesians 1:3-14, *Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places, even as he chose us in him before the foundation of the world, that we should be holy and blameless before him. In love he predestined us for adoption as sons through Jesus Christ, according to the purpose of his will, to the praise of his glorious grace, with which he has blessed us in the Beloved. In him we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace, which he lavished upon us, in all wisdom and insight making known to us the mystery of his will, according to his purpose, which he set forth in Christ as a plan for the fullness of time, to unite all things in him, things in heaven and things on earth. In him we have obtained an inheritance, having been predestined according to the purpose of him who works all things according to the counsel of his will, so that we who were the first to hope in Christ might be to the praise of his glory. In him you also, when you heard the word of truth, the gospel of your salvation, and believed in him, were sealed with the promised Holy Spirit, who is the guarantee of our inheritance until we acquire possession of it, to the praise of his glory.* (ESV)

Dear friends, as a Christian you are adopted, which means: God wants you, accepts you, loves you, and has chosen you. He is your Heavenly Father and you are His child. John 1:12, *“But to all who did receive him, who believed in his name, he gave the right to become children of God.”* (ESV).



Back to School Success

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

While it seems that summer has just started, it sure seems to be passing by quickly! With the return to school just around the corner, it’s never too early to start thinking about those necessities that make the new school year a success. Department stores are going to start their back to school sales, including big displays of pencils, paper, and notebooks and as it gets closer, you’ll start to realize you you’re running out of space for it all! Fear not, Rife’s Home Furniture is here for you! We have access to over one hundred different desk styles, making it easy for your student to have a dedicated and organized space to do homework and school projects.

Back to school clothes-shopping is always fun, but sometimes you still have those other articles of clothing that were used in the past that you just don’t have the heart to discard. Maybe it’s time to start looking into some more bedroom storage! At Rife’s we have over twenty different bedroom sets on display, in various styles. We have long dressers and tall chests of drawers, nightstands with plenty of storage, and of course if you feel like freshening up the entire space, there are some great options for under bed storage drawers as well!

While looking into all the different bedroom styles Rife’s has to offer, don’t forget to check us out online! At RifesHomeFurnitureOnline.com we’re always available to you with the convenience of online shopping. Now it’s easier than ever to have access to our wide variety of options, including styles that you might not see in our show room. Please give us a call at 541-248-3916 if you ever have any questions, or drop by any of our 8 locations all over the valley!

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Food Truck Frenzy

We live in Oregon, right? People think of a lot of stuff when they think about Oregon and one of those things is the extreme abundance of food trucks! Food trucks are so much fun! It is awesome that there are so many different types of food available prepared in a truck! But how is it so successfully done? One of the reasons we believe that they are so successful is that many of they are powered, at least partially, by propane.



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www.coenergy.net

as freezers, ice makers, or ice cream machines! These can all be powered by propane. So basically, everything about a food truck can be run on propane. I mean literally all the electricity as well. Even some are switching to propane powered vehicles rather than gasoline powered. The reason they are doing this is because propane is cheaper than gasoline, they run much cleaner, and they have engines that last longer.

You may ask, “what might a food truck use propane for?” That is a great question with an easy answer! They use it for all sorts of things! One thing that a food truck might use propane for is to power their cooking sources. This could be a stove or oven or even other cooking/heating appliances! Obviously, the cooking station is a key part of the food truck if they want to cook food! Something else that propane might be used for on a food truck is the refrigeration system! Some trucks also have other cooling systems, such

We feel like the food truck industry is really making a great choice by switching to propane for their vehicles and other accessories! Because the food truck industry is such a huge support of Propane, we want to support them as well so be sure to look for them out and about in our community. We believe that propane is the future! So, let’s start now! If you have any questions, feel free to give us call (800) 510-5886, your only *locally* owned propane company!

Veterans and Active Military Use Their VA Loan Benefit for Homeownership

BY ALISHIA HOSKINS

The VA Home Loan Program was created in 1944 as part of the original Servicemen’s Readjustment Act, better known as the GI Bill of Rights. This legislation aimed to aid those who served our country during World War II, and in many ways, it reshaped the course of America. VA loans are backed by the U.S. Department of Veterans Affairs. VA loans are some of the best mortgage programs in the country that benefit current and former members of the Armed Forces, enabling them to find their dream homes. This program can also be utilized by eligible surviving spouses and beneficiaries of veterans. VA loans provide many advantages to participants. VA loans generally have lower interest rates than conventional loans and other government-backed mortgages. Closing costs are lower and 30-year loans are available. VA loans are even available to those who may have lower credit scores (as low as 550¹). Other perks include the fact that servicemembers and qualified spouses and/or beneficiaries don’t have to pay for mortgage insurance or pay a down

payment. In some cases, the funding fee can be rolled into the mortgage for added convenience. VA loans can also be used towards a home renovation and the loan covers up to \$35,000 of total cost for improvements. Eligible improvements that can be made during a renovation with a VA loan include: remodeling an old kitchen or bathroom, replacing worn carpeting or flooring, removing wallpaper, painting walls, adding energy efficient windows, updating HVAC system, and more. There are a growing number of first-time military homebuyers who are tapping into their VA loan benefits to buy a home over other types of mortgages. VA loan volume has soared 370 percent since 2007. Different types of properties are eligible to purchase with a VA loan including: single-family homes, 2-4 unit properties, approved condos, planned unit developments, and manufactured homes. Military borrowers are using their VA loan benefit when purchasing or refinancing a home because of key features not offered by other types of financing. You are also able to reuse

Veterans continued on page 15



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Are you aware that Dr. Fletcher of Albany Animal Hospital provides medical care for many exotics and reptile or amphibian companion animals, as well as pocket pets?

Reptile companion animals require special care, so educating yourself first, about their particular needs as well as possible medical issues that may arise is very important before you become a reptile owner.

You can find educational resources, reptile supplies, and occasional reptiles for sale when you visit our friends at Reilly’s Reptopia in Albany on 2nd street.

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POINTS FOR PROFIT MEETING is August 27, 2019 from 6-8pm at Santiam Place in Lebanon. A catered meal will be available. Dinner starts serving at 5:30pm. To reserve dinner please RSVP by noon on August 26, 2019 to info@pointsforprofit.org or call (541) 791-2901. For more information visit pointsforprofit.org.

BUSINESS OF THE MONTH: BloxSpace Creative Agency How to Build a Better Business

- Step 1:** Have an awesome business idea you're excited about.
- Step 2:** Stay up all night designing a logo and thinking about how amazing your business is going to be.
- Step 3:** Get super frustrated and spend countless hours trying to transfer your on-paper logo into a png, followed by fruitless attempts at building a website.
- Step 4:** Ultimately lose interest because you spent so much time trying to create a digital presence, that you now hate your business.



Or maybe you already have a business. Maybe you're at Step 127: and business is good. You've got steady cash flow, and many repeat customers. Obviously, your business has a website, logo, and maybe even a blog. You spend money on marketing, and see some return on investment (ROI), but never as much as you like. Why is that? Why do you get

5,000 website views per month, but only two or three more customers? Are your blog posts SEO friendly? Don't know what SEO is? That's where we come in. (It's Search Engine Optimization!)

No matter where you're at with your business, step one or 127, BloxSpace can help your business be better. We're experts at what we do. We don't just build business, we build brands. And a brand is more than just a logo or a website. A brand should be an interactive ecosystem of colored coordinated content focused on customer conversion.

BloxSpace Creative Agency is your Lebanon local full-service creative agency. From logos and SEO, to app development all integrated into your marketing, we're here to help. We take your vision and turn it into a thriving reality. Let us help you build a better tomorrow.

Start off by visiting www.bloxspace.co and scheduling your free 30-minute consultation.

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- Albany Elks Lodge
- American Legion Auxiliary Unit 10
- American Legion Auxiliary Unit 184
- Cascade School PTO, Lebanon
- Dala’s Blue Angels
- Furniture Share
- K-9 for Kira
- Kitty Angel Team Adoption (KATA)
- L.A.F.T.A.
- LHS Performing Arts
- Lebanon Soup Kitchen
- Life-Line Baby Boutique
- Linked-up Vets
- Linn-Benton Women for Agriculture
- Linn County Animal Rescue
- Obria Medical Clinics-Pregnancy Alternatives Center
- Oregon 4-H State Shooting Sports
- Path to Discovery
- Philomath PTO
- Safe Haven Humane Society
- St. Edward’s Youth
- Wapaiti Bowman
- We are the Solution-Kickin Cancer
- We Love McKenzie

July 11, 2019

Dear Points for Profit members,

Can you believe, 30 years without missing a meal! The Lebanon Soup Kitchen has served a meal every Monday, Wednesday and Friday since June 7, 1989. Though the non-profit operates within the First Christian Church building, it is a separate entity with their own 501©3. It operates with one paid manager and dozens of volunteers.



The Lebanon Soup Kitchen is funded from donations and support from the local community. Many of the long-term donors have passed on, leaving us to look for new ways to raise awareness and funding. Our goal is to establish a sustainable funding base to continue serving those in need with heathy meals.

Free meals enable our guests who may be on the edge of homelessness, to keep their homes. The money saved on food may be applied towards rent, utilities, car repairs, doctor visits or other necessities. Seniors often find comfort in socializing, which can be as nourishing as food. Besides food, guests can also receive personal care kits, sleeping bags, blankets, coats, socks, shower vouchers, and always a ray of hope from caring volunteers.

The Lebanon Soup Kitchen will be celebrating our 30th anniversary and hosting a fundraiser on September 21, 2019. “Pearls of the Sea” will be held at the Lebanon Legion, 480 Main Street. The LBCC Culinary College will be preparing and serving the meal. The Lebanon Soup Kitchen is asking for your help in gathering items for our raffles. We will again have the desert auction and appreciate attractive, delicious deserts. We are adding items for a silent auction and increasing the items in our live auction. Volunteers are needed if you or your group would like to help. We are earnestly seeking two sponsors at \$2,500 each. If this is something your business would like to be a part of supporting, please let us know.

For more information please call Nancey at 541-409-3413.

Sincerely,
Lebanon Soup Kitchen Board



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Clarity Over Agreement
10am - Noon



Michael Medved
Your Cultural Crusader
Noon - 3pm



Joe Pags
Living the Dream
3pm - 6pm



John Batchelor
Breaking News Tonight
6pm - 8pm



Harley & McNamara
Red Eye Radio
11pm - 3am

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CBS NEWS RADIO



Hugh Hewitt
Voice of Reason
3am - 5am



Jim Bohannon
The Militant Moderate
8pm - 10pm



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- Habitat for Humanity
- Kickin’ Cancer
- Life-Line Baby Boutique
- Path to Discovery
- Robert’s High School
- Sprague Bowling Team

POINTS FOR PROFIT MEETING is Aug. 1, 2019 from 6pm at Pizza Hut on Commerical in Salem. Open to public, dinner is \$5. RSVP by July 30, 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 **September 5**.

BUSINESS OF THE MONTH: Pita Pit

Pita Pit is the future of quick, casual foodservice. They call it Fresh Thinking—Healthy Eating. People are changing the way they eat—they want something unique and healthy. Their food is fresh, fun, and reflects a healthier and active lifestyle.

Pita Pit was founded on the premise that people want an exciting alternative to fast food restaurants; a place with healthy, great-tasting food served fresh, yet still fast. Thus, Pita Pit decided not to rely on breads with a high carbohydrate and fat content. Instead, Pita Pit came up with its own special light and tasty pita to target a more health-conscious demographic. Every pita sandwich is made fresh and customers



can customize their pitas exactly to their liking. Pita Pit serves quality lean meats grilled to perfection, unique flavorful cheeses, fresh vegetables, exotic toppings and signature sauces which are then wrapped up in a steamed white or wheat pita or served as a fresh salad.

With consumer’s eating habits trending toward low-carb and reduced-fat foods, sandwich bread and pizza crust are losing their popularity. At Pita Pit, they’ve capitalized on the consumer’s desire for fresh and healthy, and great-tasting food. While these desires often compete with one another, Pita Pit has designed a system which accomplishes them all! Located in Corvallis, Salem and Eugene.

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		<div><p>Did you know our meetings are the first Thursdays of the month?</p></div>				

KAREN'S FAMOUS RECIPES
Made-From-Scratch
Blueberry Pancakes

BY KAREN ROGERS

Summer is my favorite time of the year- I love hot weather, being a chronically cold person. I particularly love summer fruits and my current favorite, at this moment, are blueberries. There are eight varieties of them in my yard, so I have berries from mid -June until October. Rick and I feast almost daily on blueberry pancakes and they must be made from scratch, the mixes always taste off. They are so easy and almost as fast as a mix. In a small bowl place ½ C of flour, add a pinch of salt, ½ tsp baking powder and one tablespoon of buttermilk powder. Mix well and add 1 egg, ½ C milk and 2 tablespoons



of melted butter. That's it. Add blueberries and away you go! My Mom and I had a lifelong disagreement about how many berries per pancake. She would only put four or five in each one and I wanted more! Her idea was that too many would make the cakes "heavy". Well, the heavier the better! I put at least a cup into each batch. Cook on a griddle and just make sure they're done, turning once. Savor them with bacon, sausage, butter and syrup. These are even good for a quick, light dinner. However, they are good all year long with frozen berries. Enjoy the taste of summer year 'round!

August Word Search by Rolie the Puzzlemaster

D	O	V	E	G	E	T	A	B	L	E	J	M	E	C	R	J
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BLOOMS
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FIVE PETALS
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9-11 MEMORIAL
18th Anniversary

September 11, 2019 @ 8:46 am
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Guests

- Fire Departments
- Albany
 - Jefferson
 - Lebanon
 - Philomath
 - Sweet Home
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Good Companion

Summer Brings Pet Issues You'll Want to be Aware of!

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

There are a few things that I'd like to touch on in this article based on what we have been seeing recently at the clinic this summer. The first thing is the high number of dogs coming in with grass awns stuck between their toes or embedded in their fur. Grass seeds can also get stuck in the ears and eyes. It's important to check your dog's ears and fur, especially between the toes, after they've been in grass that's gone to seed. If left undiscovered these seeds will burrow deep into their skin and can be extremely hard to retrieve. Some of these seeds have been known to migrate through the skin and end up in the chest or abdomen with serious consequences.

We have also seen a few dogs this summer with salmon poisoning. Dogs get this when they encounter raw fish from our northwestern rivers. They can get sick just from licking the skin of a raw fish. These include all fish in the salmonid family including Rainbow Trout, Steelhead, Chinook, and Coho. Dogs generally get very sick



seven to ten days after exposure. Symptoms include weakness, vomiting and diarrhea along with a high fever. This disease is treatable certain antibiotics.

Summertime is also when we see toxic blooms of blue green algae in some of our local freshwaters. This is relevant to owners of dogs that like to go swimming in lakes, ponds, reservoirs, etc. If the water has a slimy scum forming on the

surface ranging in colors from yellow, pea soup green or even red then it's best not to let them swim in that water. The slimy algae stick to their fur which is then ingested as the dog grooms itself. The algae contain toxic neurotoxins that can make them very ill and even die. The rule of thumb is "when in doubt, stay the heck out." The Oregon

Veterinary Medical Association posts all major toxic algae advisories on their website oregonvma.org/news/toxic-algae-advisories.

Finally, fleas are ridiculously bad this year in the Willamette Valley! If you are having a hard time battling these parasites contact your vet about strategies on how to win the war. Don't waste your money on over the counter flea products that all too often just don't work.



Meet Fancy!

**BY SARA GIRRES
SafeHaven Humane Society
(541) 926-2924 Ext.105**

This sweet 7-year-old girl was surrendered to SafeHaven when her owners felt like she didn't have enough room in their home. Fancy loves being with people and warms up to adults and kids quickly. She would like the company of a smaller dog and would also be happy with being the only dog in your home as larger dogs seem to intimidate her. Fancy would love nothing more than to spend the rest of her life cuddling with you on the couch for those lazy days and spending time with you wherever you go.

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

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Five Outdoor Decorating Tips

Spring is here and decorating is in the air. We all love putting out fresh new looks in our homes this time of year, but have you thought recently about the outside? Often, we're so busy decorating or redecorating inside, we forget to do the same outside as well. So, here are a few quick and easy outdoor decorating tips that will help spruce up the curb appeal of your home:

1. Paint: You can paint the entire house and trim, or simply touch up the trim alone... either way will make a huge impact on how your home looks to the passing public.

2. Porch or Patio: If you already have a porch or patio, simply putting new furniture out can make a wonderful difference in the presentation of your home. Alternatively, you can simply buy new cushions or covers for your existing patio furniture. Other quick patio spruce ups can be as simple as putting out a few flowering potted plants, adding gnomes or statues, or putting a small water fountain into the space.

3. Walkways: Having walkways outside your home add a cozy, homey and inviting feel to the overall outdoor presentation. Just a straight concrete walkway can be spruced up by putting a bit of garden bed edging along each side... putting small solar walkway lights on each side... or planting colorful annual flowers such as petunias on each side. If you don't already have

a walkway and want to create one, I think the prettiest are those made of stone. Add an extra decorative touch by making the walkway curve or wind a bit to your front door instead of leading straight there.

4. Yard ornaments: These can be as simple as a small bird house, a pole mounted outdoor lantern light, or even a wheelbarrow with flowers. Putting a little something extra in your yard defines you and your tastes, plus it gives your home a more unique personality that stands out from your neighbors.

5. Flowers, Plants, Vines & Bushes: Probably the most popular way to spruce up a yard quickly is to simply put out some pretty plants, bushes, vines and flowers. Annuals are great for adding dashes of color quickly, because you can usually buy them this time of year in bloom. To get continuous color and greenery, plant some perennials too. Then once the annuals are starting to die out, you'll have something to replace them. You'll also have the added joy of seeing the perennials sprout again for several years to come.

Would you like additional outdoor decorating tips? See the rest of this article and related resources at: <http://www.diyhomedecorating.com/articles/2006-05/372/10-tips-for-improving-the-curb-appeal-of-your-house/>

Clear Glass Office Walls

Office walls made from large glass panels are increasingly common in today's modern business centers.

Yet that look, and the benefits glass offers, are being used by smaller, local companies as well. The feeling of openness and transparency glass provides lends a level of sophistication and professionalism that will help attract and retain customers.

Typical offices have four painted walls and a door with a small window. Or maybe there is a door and a small sidelight next to it. Contrast this with a complete wall of glass that allows for natural light to enter. Suddenly an interior office space feels larger, less cluttered, and more refreshing. Studies have shown that exposure to natural light has health benefits for workers who spend most of the day trapped in an office. The approachable nature of glass also creates an atmosphere of collaboration and cooperation among peers.

For meeting and conference rooms, a white board can be replaced with a strip of frosted or translucent film giving you the ability to write directly on the glass wall. Try doing that on

a typical office wall! Some films are magnetic which would further enhance your meetings, and ultimately, office productivity.

Cost should be a factor in every remodeling decision and glass fares well in this area too. Admittedly, the thicker glass used in office partitions is more expensive than typical glass for

picture frames or windows. However, the cost is offset by the elimination of framing, drywall, and paint that occurs in a typical setting. Interior glass partitions are also very safe and much easier to maintain than drywall.

If you're looking for a way to make your office more open and elegant, glass office partitions may be the right choice!

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Good Reviews

The History of Colors

Both of our stores have a “stuffology” section, which has books detailing the history of very specific stuff--salt, dirt, gloves, etc. But beyond “stuff,” some authors write about the history of particular concepts. French historian Michel Pastoureau has come up with a fascinating series of studies on particular colors.

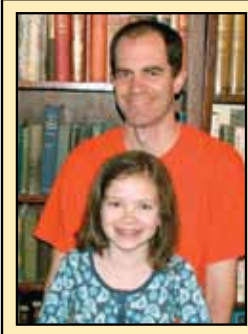
He has so far published Green, Blue, Black, and Red. I’ve browsed through Blue before, and just finished Red. You might think--what can a person say about a color? It turns out, each color has a rich history of its own, and the books are lavishly illustrated with reproductions of paintings, ancient texts and artifacts, making a veritable museum display of the history of the color.

And what, you might think, does the history of a color entail? Lots of stuff. In fact, this is a history of the world, as seen through a red lens. Trivia fans take note! There’s lots

of stuff in here that you didn’t even know you didn’t know. For example, across the whole world, and throughout all time, if a language

has words for three colors, do you know what they are? White, black, and--yep, red is always the third color. What about Judas Iscariot? The Bible says nothing about his appearance, but starting around the year 1000, people started painting him with red hair--and since then, it’s stuck.

Red has many connotations, and the book is arranged both chronologically and thematically. As we move through history, red changes from the favorite color, to a controversial color, to a dangerous color. Textiles, heraldry, flags, and traffic signals are all included as artifacts contributing to a deciphering of the meaning of red. Part art history, part world history, and part plain old interesting storytelling, this series of color-histories is a fun and fascinating browse through the human experience.

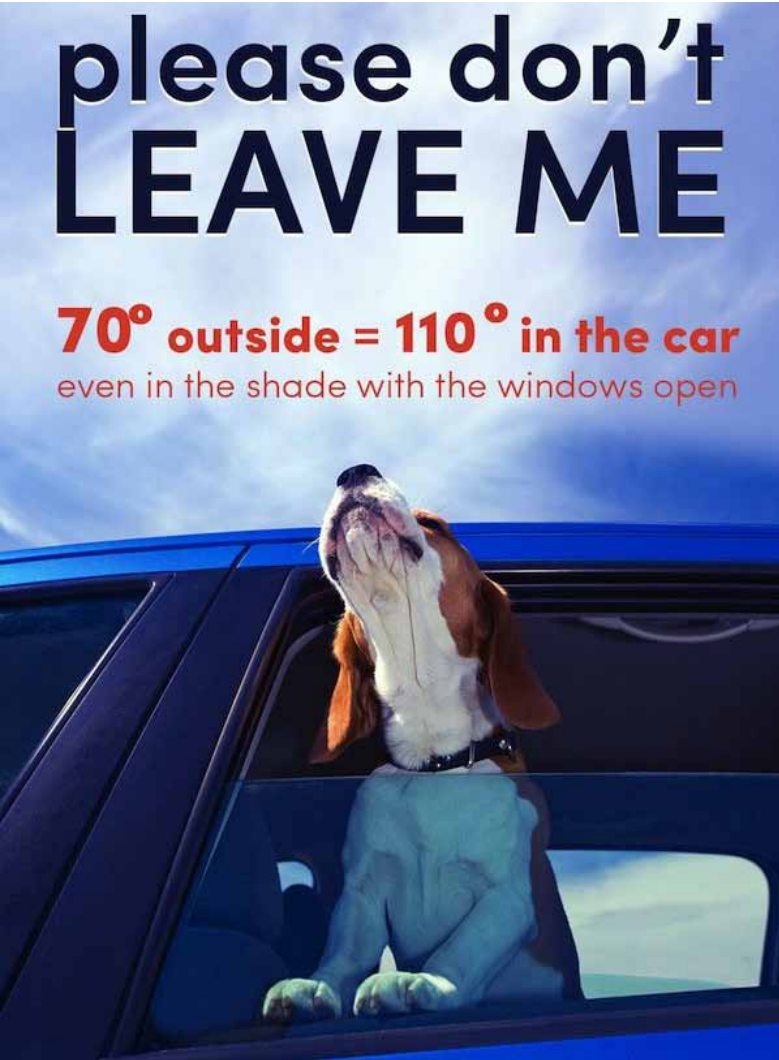


SCOTT GIVENS, BROWSERS BOOKSTORES, AND FELLOW REVIEWER, DAUGHTER, AMANDA GIVENS

Veterans continued from page 6

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