

# HIGH POINTS



GOOD NEWS FOR THE WILLAMETTE VALLEY

JULY 2019 • FREE



Rehearsals have begun for Disney's Little Mermaid

## Who and what is LAFTA?

Terri Krebs and her husband were playing in the LHS (Lebanon High School) orchestra pit for the musical "Footloose" in the spring of 2007. During intermission, Richard Evans told Krebs he thought it was too bad that the theatre kids worked so hard and couldn't be heard over the pit. He loved the live music and the emotion it brought to the musical. But without mics, the vocalists struggled to let their audiences hear what they were capable of presenting. Richard said we ought to perform a musical and use the proceeds to purchase a new sound system for the LHS auditorium. During this time, Rob Hess came on board as superintendent. Rob was the beginning of LAFTA's fantastic working relationship with the school district. They decided to keep producing musicals and focusing the use of their proceeds on:

- Supporting performing arts in the Lebanon School District
- Updating and maintaining the beautiful auditorium at LHS

With that, LAFTA (Lebanon Association for Theatre Arts) began! This summer season marks their 9th large community theatre summer musical. Performers come from Albany, Lebanon, Sweet Home, Corvallis, Monmouth, Eugene and Salem to sing, dance, play in the pit, build set, etc. LAFTA is proud of the relationships they have developed with other theatres around the valley. They

share sets and costumes and this allows this little community theatre family to grow much, much bigger ..... and better!

The second year LAFTA was in existence they started a summer "Kids' Summer Theatre Camp." Kids were mostly from Lebanon, but over the years have grown to include students from Albany, Sweet Home and Scio kids who also discovered talents they never knew they had at LAFTA's two week long summer kids' camp.

LAFTA has also added a winter or spring comedy to their annual performance calendar. December will find them performing some sort of Christmas program. The annual Christmas carol sing-a-long is LAFTA's end of year, closing gift to the community.

The summer Broadway musical LAFTA presents is the culmination of eight months of preparation! The beauty of theater is that it allows the entire community to get involved!

LAFTA also recognizes the generous gifts of in-kind service and grants from: Consumers Power, Lebanon Chamber of Commerce, Linn Co Federal Credit Union, Linn County Cultural Coalition, Jimco, Points for Profit, Stainthorps, Umpqua Bank and US Bank.

It all comes together and makes its way to the stage for you to enjoy! To get involved with LAFTA visit their website at <https://lafta.webs.com/>.



Cast Members proudly display the beautiful quilt they are raffeling!

## A Quilt for LAFTA!

This summer, LAFTA (Lebanon Association for Theatre Arts) is happy to present Disney's Broadway Edition of "The Little Mermaid! Terri Krebs, LAFTA's Director excitedly told us "People from Sweet Home, Lebanon, Albany and Corvallis auditioned. The group is extremely pleased with the final cast; they are very strong vocally and in their acting ability!" she added, "Three choreographers are sharing teaching the dances."

Support the arts, have a fun and make a difference! The Little Mermaid's dates are July 23-27 at Lebanon High School. Performance times are 7:00pm each evening with a matinee at 2:00pm on Saturday, 27th. Tickets will be available at the door for \$10 each for general admission and \$8 for students and seniors.

Another way you can help LAFTA is to buy raffle tickets for this beautiful, hand sewn and created quilt! "The Guardian" is an example of the mythical seahorse. Poseidon (Triton) is said to have driven a chariot drawn by these mythical creatures. If it looks familiar, you may have seen this majestic horse on the Historic Albany Carousel! It is the first in a series of quilts for the "The Carousel Menagerie". It has been lovingly assembled by Myra Ullfers of Lebanon.

Tickets are \$5/each.

Drawing will be at the final performance "The Little Mermaid" on July 27th at 7:00pm.

For tickets or information contact: Pam Nervino 541-409-4543 or email [gpnervino@hotmail.com](mailto:gpnervino@hotmail.com)

***\*Need not be present to win\****



Scuttle and the rest of the cast get the crowd going as they sing Under the Sea





Fun Events for July 2019

The month of July brings the heat and the start of fair season. Please stay safe when around rivers and lakes. Many Fire Departments 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/>
- STAYTON RED HAT STRUTTERS** July 3rd luncheon at Gardner House Café & Bed and Breakfast, 633 N. Third Ave., Stayton. Please note a change of time for this meeting only, it will be at 1:00 pm. Important request, call hostess Jean Evett 503-859-2563 as requested per the café, as foods are prepared fresh so need headcount. You can special request either a High Tea or Light Tea Plate, or off the regular menu. The menu is online or on Facebook. Will celebrate birthday for Sharon Teixeira. Valorie Baxter will be hostess for the August meet.
- POINTS FOR PROFIT MARION/POLK** – Thurs, July 11th 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](mailto:info@pointsforprofit.org) Meeting starts at 6:00pm. Check out details at: [www.pointsforprofit.org](http://www.pointsforprofit.org) or call: 541-791-2901. Points for Profit: Shop locally, Serve locally, Sustain locally.

- AMERICAN LEGION POST 10** July 13th In recognition of the 100th birthday of the American Legion, all day open house. Bring your friends and family and see their beautiful home. During the day there are games for the kiddos, Legion dogs with chips and lemonade, beer garden and more. In the evening they are planning on Crab or Shrimp Louie salads and are looking for a band or D.J. for dancing.
- LAFTA DISNEY’S “THE LITTLE MERMAID”** July 23-27th, 7pm Matinee July 23rd at 2pm see <https://lafta.webs.com> for more details and where to find tickets.
- SPORTSMAN’S HOLIDAY** July 11-13th, Sweet Home. Parade, logger Olympics, events, fireworks and a whole lot more.
- SAFEHAVEN IZZY’S FOR A CAUSE** July 16th, 4-8pm, see <https://safehavenhumane.org/third-party-fundraisers/> for more details.
- LINN COUNTY FAIR AND EXPO** July 17-20th Music, food and a whole lot of fun..... see [www.linncountyfair.com](http://www.linncountyfair.com) for more details
- AMERICAN LEGION POST 10** July 20th parking lot sale. You can rent a parking space for \$25. Bring your own table(s) and chairs. There will be food and beverages available on site. Call (541)926-0127 for more details
- GUITARS UNDER THE STARS** July 26-27th, Cheadle Lake Park-Lebanon. Go to <http://guitarsunderthestars.net> for more information
- FURNITURE SHARE 10TH ANNUAL BBQ AND AUCTION FUNDRAISER** July 27th 5 PM – 8:30 PM, mark

your calendar and invite your friends to Furniture Share’s 10th Annual Texas Style BBQ Hoedown and Auction, presented by CoEnergy Propane! Find us at Philomath Frolic & Rodeo grounds in Philomath. Food provided by Oregon BBQ Company and drinks from local breweries, live and silent auctions, kids activities and, live music. This year we are celebrating a DECADE of community support for Furniture Share! We are adding some surprise events you won’t want to miss! So, get your Table or Tickets today and, reserve your spot for the fun and festivities! Go to <http://furnitureshare.org/furniture-shares-bbq-auction-presented-by-coenergy-propane/> to purchase tickets.

- POINTS FOR PROFIT LINN/BENTON** is July 30th, Tues, 6pm at American Legion Post 10-Albany.Open to public. Meet local businesses, help a local non-profit. Dinner, beverage and dessert \$9 per person RSVP required. RSVP by emailing [info@pointsforprofit.org](mailto:info@pointsforprofit.org) Meeting starts at 6:00pm. Check out details at: [www.pointsforprofit.org](http://www.pointsforprofit.org) or call: 541-791-2901. Points for Profit: Shop locally, serve locally, sustain locally.
- POINTS FOR PROFIT MARION/POLK** – 1st Thursday of every month. Next meeting Aug 1st 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](mailto:info@pointsforprofit.org) Meeting starts at 6:00pm. Check out details at: [www.pointsforprofit.org](http://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](mailto:info@inspiritmarketing.com)

Happy Independence 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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Staff Writers .....	Lauralee Beck Wenona Given Karen Rogers
Graphic Designers.....	Bobbi Dickerson J’Aime Salisbury Kendra Flores
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Gardening with the Kids

The kids are home for summer! What to do? Dirt has always been one of the kids’ best toys, so home gardening could just be one fun activity for your children. Excite them by allowing them to pick whichever plant they want to grow. Here are some tips to help you make your little ones become enthusiastic with home gardening.

**1. Choose the right plants:** Kids will more likely choose plants and flowers with bright colors, so have a load of varieties of plants. Examples of bright flowers are zinnias and cosmos; these will keep your children fascinated. Don’t forget the sunflowers. Anything that is tall and fuzzy will surely overwhelm a kid. Make sure these plants will not cause any allergic reactions from your kid.

**2. Starting seeds:** Give your children the freedom to help you with the staring seeds. Some seeds might be too small for the tiny fingers, but their digits can be of help in covering them with dirt.

**3. Home Gardening Memoir:** To last the kids’ enthusiasm until the plants grow, make them create a home gardening journal. This activity will allow them to use their imagination to sketch on what the plants will be like and write down when they placed in the ground the seeds and when they first witnessed a sprout pushing up.

**4. Make sure that the garden is somewhere very visible for the kids:** Before you start home gardening, pick a spot where the kids often play or walk by. Every time they see and pass by their garden, the

more they will sight changes.

**5. Dirt playing:** Always remember that children are fond of playing with dirt or mud. They can help you ready the soil, even if what they are only doing is stomping on the clumps. To make home gardening with the kids more fun, you can provide them with kid-sized tools to make home gardening very engaging for them.

**6. Your kids own the garden:** A picture of each plant will enable the children to foresee what the flowers will look like. You can also put your child’s name on a placard, so everyone can see that it’s their garden.

**7. Playing with the water:** Playing with water is right up there with playing with dirt. Look for a small watering can that they can use to water their garden. You can show them how to let the water go right to the roots of the plants. Hoses want only trouble. They are simply formidable for little hands to control.

**8. Kids commit mistakes:** Adults, too, are sometimes impatient. Give the kids full control to their garden. If they create a mess, let it be, it’s their mess. Allow them to get pleasure from it and take dignity in their own piece of territory. Just don’t forget to tell them how to clean up that mess.

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Summit Ace Home & Garden is a locally owned and operated Ace Hardware, full size lumberyard, and garden center. Providing you with superior service, quality products, and knowledgeable advice is their specialty.

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Synergy and Marinol

BY RHEA GRAHAM

Our Creator made the Cannabis plant with hundreds of different constituents to it, and they are made to work in a variety of ways on a variety of bodily systems. A higher ratio of CBD works for some patients with various conditions and symptoms while other patients have conditions and symptoms that need a higher THC ratio. A common suggested ratio is 3:1 by the doctors I consult with.

When using whole plant medicine, synergy is what is at work, an effect also known as the Entourage Affect comes into play. Aristotle coined the phrase, “The whole is greater than the sum of its parts”. Our Creator made this plant to feed our EndoCannabinoid System. Again I will point out that the Canna is a nod to Cannabis in the naming of the most important system our body has, the EndoCannabinoid System (ECS). The ECS is the regulatory system of all of our regulatory systems!

When the US Government learned of the goodness of Cannabis vs cancer (1974), they said, ‘put that pesky truth away’ and synthesized THC and made

a drug called Marinol. It is prescribed for cancer patients on a regular basis to treat nausea, vomiting, appetite, pain and sleep. Marinol is a horrible experience for most people, straight

THC is not how this plant is made to be used! Take some CBD with it, you’ll feel better.

Ironically, what are the side effects of Marinol? “Side effects of Marinol include feeling “high,” confusion, memory loss,

anxiety, sleepiness, strange thoughts, hallucinations, unsteady walking, dizziness, nausea, vomiting.” “Discuss any of these side effects with your doctor as it may be necessary to change your dosage.”

The FDA has now allowed synthetic CBD. Why do we need synthetics when we have the real thing? Greed, that’s why. Now they’ll be able to prescribe two pills for one need ... what will they prescribe for the side effects? They can’t patent the plant but they know it works and want to copy it and make money.

If you are a sports fan, it can be presented as, “There is no “I” in Team” or “T.E.A.M., Together Everyone Achieves More”. Whole plant Smokeless Cannabis Remedies for the win!



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We've been caring for families for almost 40 years, and joyfully announce a few changes in our office. First, Dr. Kim Kutsch is stepping back from the day-to-day operations

of our practice. Don't worry; you'll still see him, but it will be less as he eases into retirement. Dr. Greg Renyer



KIM KUTSCH AND GREG RENYER  
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and our team that you know well are here to provide the exceptional care you've come to expect under our new name... Pinnacle Dental Associates.

We're excited to announce that Dr. Sophie Diepenheim recently joined our team! She is an Oregon native and completed her Dental Doctorate at the Oregon Health Sciences University School of Dentistry. She enjoys volunteering in the Animal Assisted Therapy program at OHSU with her black standard poodle, Zephyr. She is also a bit of a farm girl at heart. She anticipates raising chickens in the future, along with gardening, working with her dogs and horseback riding.

We are grateful for the trust you've placed in us and we look forward to many more years of providing family-focused dental care in Albany.

# The Science of "Normal"

You have just returned from visiting your family physician and were diagnosed with XYZ disease. The doctor mentions that they happen to have just the right drug for your condition. The doctor also mentions that if they cannot solve this problem then the organ will need to be removed, because, for some unknown reason, it is not working. Gasp....

There seems to be no thought given as to the "WHY." There appears to be no concept and no weight given to the idea that there could be a reason behind your strange malady. We seem to accept this on face value and that is it. No one questions why a certain organ suddenly decided to fail - all by itself - with no permission from you! Why would this happen doesn't even cross our conscious thought! Think of this for just a moment: We tend to equate our bodies to a car, for instance. Parts fail and we seem to be Ok with that - just part of having a car. Right? Wrong. Your automobile is a man-made structure. Your body is not - it is a self-repairing, self-regulating and self-healing entity. What I'm saying is that organs don't suddenly fail. Have I got your interest yet? Wonderful! Let's go on....

Our learned thinking is to accept


the myth that there is a drug out there that will solve all our problems - much to the delight of the pharmaceutical industry.

And the drug industry is on a band-wagon to "create" new diseases in order to sell more drugs and it seems that most of this fervor is targeting women. They are trying

to create a host of new disorders for which new drugs can be administered. One such disorder is known as "female sexual dysfunction." A recent article in the British Medical Journal talked about the medicalization of sexual problems - in order to build markets for drugs among women, despite controversy surrounding this issue. Many researchers believe that portraying sexual difficulties as a dysfunction will encourage doctors to prescribe drugs that change sexual function, when attention should be paid to other aspects of a woman's life. It's also likely to make women think they have a malfunction when they actually do not.

But perhaps the greatest concern is the ever-narrowing definitions of "normal" that help turn the complaints of the healthy into the conditions of the

The Science of "Normal" continued on page 15



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“Not Forsaken”

Working in the Christian Bookstore Industry often brings the opportunity to learn about a new book and resource that can challenge the reader. Recently, Louie Giglio came out with a new book, “Not Forsaken”. Louie is a pastor of Passion City Church in Atlanta, Georgia. He is well known for his Passion Video series that focuses on God being Creator. His new book embraces the truth that we can find freedom as sons and daughters in our perfect Heavenly Father. Well known author, Max Lucado makes this comment, “Some communicators speak to the heart. Others speak to the head. A choice few are able to speak to both. My friend, Louie Giglio, is one of these. He is both pastor and teacher. He certainly has pastored and taught me. His new book ‘Not Forsaken’ addresses a deep need. May God use it to heal and help us all?”

“And, I will be a Father to you, and you will be my sons and daughters, says the Lord Almighty.” 2 Corinthians 6:18

I have heard it said when we feel alone, scared, insecure, or hopeless to look at the character of God. It is in seeking, pursuing, and embracing God’s character that we find acceptance, significance, security and love. God is our Father who loves us unconditionally. “See what great love the Father has lavished on us, that we should be called children of God! And that is what we are! The reason the world does not know us is that it did not know him.” 1 John 3:1. Louie reminds us through 10 chapters of God’s attributes that He pursues us with a steadfast love. “We love because he first loved us.” 1 John 4:19. Louie goes on to explain in depth that no matter what

has happened on this side of eternity between you and your dad, you are not forsaken by God. “What, then, shall we say in response to these things? If God is for us, who can be against us?<sup>32</sup> He who did not spare his own Son, but gave him up for us all—how will he not also, along with him, graciously give us all things?<sup>33</sup> Who will bring any charge against those whom God has chosen? It is God who justifies.<sup>34</sup> who then is the one who condemns? No one. Christ Jesus who died—more than that, who was raised to life—is at the right hand of God and is also interceding for us.<sup>35</sup> Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword?<sup>36</sup> As it is written: “For your sake we face death all day long; we are considered as sheep to be slaughtered.”[j]<sup>37</sup> No, in all these things we are more than conquerors through him who loved us.<sup>38</sup> For I am convinced that neither death nor life, neither angels nor demons,[k]neither the present nor the future, nor any powers,<sup>39</sup> neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.” Romans 8:31-39.

Willamette Valley Christian Supply would like to invite you on a journey discovering the powerful love of God through His attributes displayed in Louie’s new book, “Not Forsaken”.

Kevin Ferguson  
Willamette Valley Christian Supply

Rife’s  
HOME FURNITURE

Summer has Arrived

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

After what seemed like a very long and cold winter, summer is finally upon us! The sun has been shining bright, the kids are out of school, and it’s time to take advantage of our free time and go play! At Rife’s Home Furniture, we know how important it is to spend time with the family, especially while everyone is home. That’s why we make it easy to shop with us with locations all over the Willamette Valley.

It’s time for summer sleep overs! Are you looking for an inexpensive dresser for your spare room? Or perhaps you are in need of a chair to put on your covered porch, so you can sit comfortably watching the kids run through the sprinkler? Head over to Rife’s at the Albany location, and take a stroll through the clearance tent! We will have it up all summer, and we are always cycling through pieces, as they sell. You never know when you’ll stumble upon something you didn’t even know you needed!

With all this summer heat, it can be really difficult to get a good night’s sleep. Tempur-Pedic recently introduced their brand new line of Breeze mattresses. That’s right; the most medically adaptive mattress on the market now has the ability to keep you nice and comfortable during those hot summer nights! We have the exclusive down at Rife’s, so stop by and take a look. You won’t want to miss out on this cool sleep technology.

The most important thing to remember is that everyone at Rife’s Home Furniture is here for you. From interest-free financing to no credit needed financing through Acceptance Now, we can fit any budget and any space at any time. Thank you for your constant support of local businesses like us. We would be nothing without our customers.

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# Propane Exchange vs. Refill

You are all geared up for summer and you decide to have a few guests over for a barbeque. You go outside to warm up your grill and realize you need propane. Should you take it to a local exchange location or find a place to refill your tank? Below we show you some of the most common myths about propane tank exchange and discover that refilling a propane tank is the best bang for your buck.

**MYTH: Exchange is cheaper than refill.** Some people may believe that grabbing a propane tank from an exchange cage at their local grocery store or gas station is the less expensive option. In fact, some people may not even know that CoEnergy Propane can refill their propane tank.

**Myth Busted:** A pretty standard average when exchanging a propane tank is about \$5.75 per gallon. At CoEnergy Propane we only charge

\$1.699 per gallon you save over \$4.00 per gallon of propane.

**MYTH: An exchanged tank contains as much propane as a refilled one.** Consumers should read the fine print. When you exchange a propane tank, you are only guaranteed 15 pounds of propane in a 20# capacity tank. This means you are being shorted the actual amount of propane that the tank is actually able to hold. Not only are customers paying more to exchange, they are getting less propane than if they refilled their tank.

**Myth Busted:** At CoEnergy Propane we fill up and top off customers' propane tanks—meaning they get the most propane their tank can safely hold. That extra 25 percent equals about four more hours of grilling time at a much cheaper price. The average cost of a fill is \$7.65 per 20# Cylinder/Tank if its empty versus \$19.97 for exchange on the average.



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# Buying a 4K TV?

The evolution of TV is ever changing. It has become a near-standard feature for new TV's over 50 inches to feature "Ultra High Definition" – 4K (3840 by 2160 pixels) instead of HD (1920 by 1080 pixels). 4K technology gives you four times the detail of HD and displays twice as much information as the standard HD TV (50 frames per second vs. 25).

The online streaming providers like Netflix and Amazon have the largest selection of 4K content and that content continues to grow. With this technology and online streaming becoming more popular, this requires more bandwidth in the home.

So How Much Bandwidth Do You Need to Watch 4k?

Different streaming services offer slightly different recommendations. Netflix recommends 25Mbps while

Amazon recommends 15Mbps. Keep in mind, these recommended speeds are the minimums for ONE stream. If other devices in the home will be using the Internet at the same time, you will need more than the minimum bandwidth.

Below are Internet download speed recommendations per stream from Netflix:

- 0.5 Megabits per second – Required broadband connection speed
- 1.5 Megabits per second – Recommended broadband connection speed
- 3.0 Megabits per second – Recommended for SD quality
- 5.0 Megabits per second – Recommended for HD quality
- 25 Megabits per second – Recommended for Ultra HD quality



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## HAPPY INDEPENDENCE DAY!!!



If you enjoy celebrating the 4th of July with or around fireworks, please plan ahead for your pets safety and well being.

- Is your pet microchipped in the event it escapes or gets lost?
- If your pet is microchipped, have you made sure to register your contact information with the microchip organization so they can contact you if your pet is lost and found?
- Have you contacted your veterinarian (in advance) and requested an oral sedative to help calm your pet?
- Do you have a safe and secure place for your pet to be away from festivities or large crowds? (Not all companion pets, especially cats and dogs, handle loud noises or large crowds of people well.)

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

## Welcome Summit Ace Home & Garden

Summit Ace Home & Garden began business in Lebanon in 1953 as Oz. & Burl’s Building Supply. In 1961, R.E. Weatherly and Mary Jane Weatherly purchased the property and changed the name of the business to Economy Supply. The business was passed on to two of Robert’s sons, Gary Weatherly and Robert Weatherly Jr. The Weatherly brothers ran the business successfully for over thirty years. In 2014, four employees of the business, Richard Micklewright, Nathan Micklewright, David Stubblefield, and Isaac Lynn, purchased the business from the Weatherlys. In 2019, Economy Supply finished construction of its state of the art dedicated garden center and boutique greenhouse. At this time, the business took on a new name – Summit Ace Home & Garden.

The new 4,000-square-foot retail building provides a home for the wide range of lawn and garden supplies the company offers. This includes everything from hand tools and power tools, to organic fertilizers, barbecues and patio furniture. The greenhouse offers a selection of custom planted hanging baskets and potted arrangements as well

as a selection of flats of annuals and premium perennials. The inventory of plants and shrubs is sourced locally from Van Essen Nursery and Peoria Gardens.

The addition of this new retail space has allowed the company to significantly expand and update some of the departments in the main store. The plumbing and electrical departments in specific have undergone significant improvements. Summit has also recently completed construction of a large covered lumber warehouse which allows for the protected storage of their full size lumberyard.

Summit Ace’s business model is laser focused on customer service.

They strive to provide their customers with an amazing experience every time they come into the store:

“Everything we do is all about service. We’re not always going to be the lowest price, but we’ll be competitive and we try to provide more value for the price. Having relationships with our customers and being genuinely interested in the outcome of their projects is critical to the success of our business.”



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# Participating Non-Profit Organizations

- 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 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

# Wapiti Bowmen Archery Club



The Wapiti Bowmen archery club originally started in 1949. Due to lack of facilities the club became mostly dormant from 1965 to 1970 when archers in the Lebanon area got together and essentially reformed the club. Today, the club has a 40 acre property on Richardson Gap Road near Lacombe on which the members operate club activities.

The stated goals of Wapiti Bowmen include the promotion of archery as a sport, encouraging bow hunter education, promotion of archery facilities, sponsorship of competitive archery events and cooperation with Oregon Bow Hunters, a statewide archery organization. In order to meet these goals the club hosts several outdoor archery shoots each year using both paper targets and foam 3-D animal targets. They sponsor youth shoots and hold open house events for both adults and youth. And Wapiti Bowmen work alongside groups such as scout troops

for Eagle Scout projects and educational groups encouraging young archers as they learn the sport.

The club’s property is home to a target range with a covered shooting line holding targets at distances from 10 to 100 yards. This allows archers to hone their skills at a large number of distances. There are also two target ‘trails’ of 14 targets each. These are at a variety of distances in a wooded setting with bales covered with target faces that change with the season.

While the club does not sell equipment, Wapiti Bowmen has long had a close working relationship with two local archery shops (The Archery Hut & M2 Outdoor Sports). Like Points for Profit, we believe it is in the best interest of all that the local businesses thrive. Their support is vital to the long-term existence of the club. Check out Wapiti Bowmen at [www.wapitibowmen.com](http://www.wapitibowmen.com) and on Facebook.



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Michael Medved  
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Breaking News Tonight  
6pm - 8pm



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11pm - 3am



Jim Bohannon  
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# Points FOR Profit®

## Marion and Polk Counties

### Participating Non-Profit Organizations

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

**POINTS FOR PROFIT MEETING is July 11, 2019** from 6pm at Pizza Hut on Commerical in Salem. Open to public, dinner is \$5. RSVP by July 9, 2019 via email [info@pointsforprofit.org](mailto:info@pointsforprofit.org) or call (541) 791-2901. For more information visit [www.pointsforprofit.org](http://www.pointsforprofit.org). Mark your calendar for our next meeting on **August 1**.

### Welcome Pixel9design

Marion/Polk County Points for Profit is extending a warm welcome to Pixel9design. They have a rich history helping small businesses thrive. Travis Chillemi, the founder and president, is the son of small business owners in rural Colorado. The global economy was killing off small businesses. It was difficult for local businesses to compete in a market that was moving to the internet, social media, and YouTube. After watching several local manufacturing facilities struggle in the new global economy, Travis founded Pixel9Design and decided to do something about it. He began partnering with local businesses to leverage online marketing tools to level the playing field. He helped them with websites, logos, graphic design, social media, online advertising, video, and animation. Not only did they assist with their online marketing, but they also helped them improve business efficiency with updates to technology and processes within their business. They helped many of them turn their hobbies into enterprises. Word



spread and before long they were helping small businesses across the country. Three years ago Travis and family packed up their belongings and relocated to Oregon. While they still serve many of our clients in other states, they are nourishing their new roots within their new Oregon community. Recently, they have been spending a great deal of time helping small businesses leverage online videos and animations via Facebook, Twitter, and YouTube to reach new customers. When not helping small businesses, Travis likes to spend time with his wife, their two children, and their three Great Danes. Visit <http://www.pixelninedesign.com/> to view some of their work. Call (971) 236-3610 or email [travis@pixelninedesign.com](mailto:travis@pixelninedesign.com) to schedule an appointment to have Travis review what your company’s online needs are.

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# KAREN’S FAMOUS RECIPES

## Perfect Picnic Chicken

BY KAREN ROGERS

As summer rapidly approaches, barbecue season comes to the forefront of every foodies’ mind. I will state with great modesty that I am the reigning Queen of Chicken Barbecue.

For many years the Albany Magic Club held their annual picnic at my Dad’s orchard on the Santiam River in Sweet Home. The club would buy the meat and everyone brought potluck. I am talking about a hundred plus people! We have a large barbecue set up, consisting of a fifty-gallon drum, cut in half and welded to an iron frame, set in concrete. Sturdy. No one is going to make off with it!

I cooked about 20 cut up chickens- eight pieces per bird.

To make perfect BBQ, the fire is most important. I made thick lines at both sides, back and center of



each drum, leaving good sized gaps between the coals where the actual cooking is done. You do not want coals in the front to BBQ the cook!

Spray the grill top well and allow it to heat up. Carefully place the chicken in the open areas- the ambient heat will do the work. Douse flare- ups with a spray bottle. Turn frequently, moving quick cooking pieces to cooler areas. Cook to 185 degrees- no raw chicken for me! Check with an instant read thermometer.

Just before removing the meat, brush it heavily with BBQ sauce turn and brush again. Give it about 30 seconds to set the sauce. Brush again and remove to a platter.

In 1969, my Mom and I set out to create the perfect sauce. After a couple years we aced it, I could eat kitchen sponges covered with it. It’s a secret, of course.

July Word Search by Rolie the Puzzlemaster

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

ACTING	FANS	SINGING
AGENT	HITS	SITCOM
APPEAL	IMAGE	STAGE
BOX OFFICE	LOOKS	STAR
BROADWAY	MUSIC	TONY
COMEDY	SAG AWARD	TRAGEDY
FAN CLUB	SCREEN	

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**BBQ.** Hi! Michelle from Furniture Share your Willamette Valley Furniture Bank here, I am personally inviting you to join the celebration and fun at our 10th Annual Texas Style BBQ Hoedown & Auction presented by Co Energy Propane! Saturday July 27th from 5 – 8:30pm our goal is to raise \$50,000 and the plan is to Eat delicious food made by Oregon BBQ Co, Listen to Trevor Tagel while you cruse the Silent Auction, and get excited to raise your paddles for the Live Auction at 7! Buy a Table of 6 and Treat your Friends to a BBQ night out, or just get a ticket for you and your favorite partner in crime. Both are available now at [www.furnitureshare.com](http://www.furnitureshare.com) See You There!



# Good Companion

## Dogs and the Fourth of July

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

As we move full swing into summer we are approaching a part of the season that many dog owners dread. The Fourth of July. There are a lot of people who have dogs that are afraid of loud noises who know exactly what I am talking about.

This is the time when our office starts getting the calls requesting tranquilizers for phobic dogs. There are some circumstances where a dog's irrational fear very well may lead to serious injury or property damage. One of our patients once broke through a sliding glass door, suffering serious lacerations, then ran out into the street and got hit by a car. When the stakes are that high we prescribe heavy medication, but in less extreme circumstances there may be some other options to consider.

One thing to realize is that just being nervous is not life-threatening, and a dog doesn't stand much of a chance of learning to cope with the fear if given mind altering drugs. Dogs with phobias of the vacuum cleaner or other noise making appliances can often lose their fear through a process of desensitization by which they are exposed to ever increasing doses of the scary thing until they learn it is not a problem. There are actually CD's that can be purchased that allow owners to play fireworks or thunderstorm sounds

while slowly increasing the volume. Desensitization is a gradual process which takes time and patience. This process is a little harder to control when the neighbors decide to randomly unleash their illegal arsenal in the weeks leading up to the 4th of July. We can help guide our dogs by ignoring their fearful behavior by either going about our business as usual, or engaging them in active play, thus demonstrating by our own actions that there is nothing for them to worry about. Punishing anxious behavior will only make the situation worse. Even less helpful is our natural tendency to comfort our distressed pets with affection. Petting them at the wrong time will only reinforce their anxious state.

There are a variety of non-drug options that can also be used to help calm anxious dogs. Dog Appeasing Pheromone or DAP is a synthetic version of a pheromone produced by a lactating dog that help her puppies feel relaxed and bonded to their siblings and mother. DAP infused collars, sprays, and room diffusers may help give environmental cues that let a dog know that the situation is alright. Proquiet is a supplement with the active ingredient tryptophan, the amino acid found in turkey that makes us all sleepy during Thanksgiving. There is also a new prescription diet made by Royal Canin called CALM that has natural ingredients like tryptophan and specific milk proteins that can bring down the tension in anxiety prone pets.



## Meet Seagram and Sangria!

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

Meet Seagram and Sangria! They were surrendered to SafeHaven when their previous owners had a second child and felt they could no longer care for them. They are both 8-year-old purebred German Shepherds with papers and a bonded pair who are looking for a home that understands all the amazing qualities of owning Shepherds. They love being outside and they are both very friendly. Don't miss out on the chance to meet these sweeties!

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# Conserving Water

Fresh water only makes up about 3% of the earth’s water. That means that 97% of the earth’s water is salt and we definitely cannot drink that. Even still, a good amount of the freshwater that is available to us is in underground reserves and are somewhat hard to access. This all being said, it is import for us to conserve water even when we are not in a drought. It is also very important for us to teach our children to be conservative with their water usage. Water may become even more of a finite resource as our children get older. Luckily, there are many ways that we can all work on saving water!

### STOP LETTING IT RUN

This is something that we are all guilty of. We will sit there and brush our teeth for 2 minutes with the water running, just rinse and turn off! We all buy a few minutes letting our children “wash their hands” aka “play in the sink”. Sometimes we even forget to turn our hoses off. Maybe rather than running the water and washing dishes individually, we can soak them in hot soapy and then they will only need a quick rinse after. When we are getting

ready to shower don’t let it run for several minutes, just enough time to get it hot. You can also be more conscious of the amount of time you are showering for. These are all things that just let the water run. We can save water and money if we are more conscious of our actions regarding water.

### BEING MINDFUL

Stop wasting and start using less. No really, it is simple. If you need to get a glass of water, say 10 times per day, just reuse the same glass all day. You could also carry a water bottle even when at home. This will reduce the amount of dishes you use, thus, reducing the amount you have to wash or how often you run your dishwasher. As mentioned above, soak your dishes in hot soapy water rather than washing each in full stream for who knows how long! Also make sure that your dishwasher is completely full and well-arranged before running it. The same goes for a washing machine, instead of only putting a few items make sure that it is a full wash!

Part of being mindful includes what

Plumbing continued on page 15



# Window Cleaning Tips

Sunlight streaming through a dirty window dulls even the brightest day. However, with a little elbow grease and the right products, you can get your windows cleaned and streak-free in no time. Here are a few tips.

On the inside of your house, start with the frame itself. The tracks where the windows slide often collect dirt and mildew. A sponge with warm water and soap will clean them quickly and a light coat of car polish usually makes them slide more easily. For the glass, a commercial cleaner will probably work the best. Be sure to cover or remove anything on the windowsills to prevent damage from overspray. Paper towels or old cotton rags will leave lint on your newly cleaned windows. Instead, invest in a microfiber cloth or good chamois cloth. Both work well to remove the grime and prevent streaks.

Once the inside is gleaming, it’s time to tackle the outside. Remove the screens and lightly spray them with a hose. Warm, soapy water works best to clean them as well. Use care not to tear the screen since fiberglass mesh fabric can get brittle with age. Wipe

the glass and window frame with a wet rag to remove encrusted dirt before using your commercial cleaner. It’s

tempting to spray the window with the hose, but the pressure and large amount of water may overwhelm the weep system of the windows causing them to leak to the inside which is why it is better to do

this work by hand. After that, apply the commercial cleaner and wipe away with the microfiber cloth.

Second floor windows present another obstacle. Some newer windows tilt in to make cleaning easier. If your windows don’t have this feature, with a little practice, you may find a sponge and squeegee on a long handle will work equally as well.

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# Good Reviews

## What to Read Before College (A mid-century reading list)

The Library Association of Portland produced a neat little hand-out in the pre-WWII era, encouraging young men and women to be well-read in standard works before entering college. (It's undated, but two topical books from 1936—and lack of any WWII-related books would make me guess 1936-1938.)

The list shows two things: the timelessness of certain classics, as well as how literary & educational tastes evolve over time. .

For example, by the late 1930s, **Ernest Hemingway** was very well-known, yet he's not on this list. At the time, he may have been too controversial of an author to recommend to young men and women, but to my mind his absence is the biggest surprise.

This is a little too early for **John Steinbeck** to be on there, and **F. Scott Fitzgerald** was still underappreciated at this time, despite the current assumption that *The Great Gatsby* (1926, at least a decade before this list) was one of the most important novels to be written in the 20th century! A few other authors that I'm surprised aren't on there include **Henry James** (would have been more popular then than now), **Stephen Crane** (*The Red Badge of Courage*), **Mary Shelley** (*Frankenstein*—it's not surprising that **Bram Stoker's** *Dracula* didn't make the list because it would still have been considered pulp fiction, but Shelley has

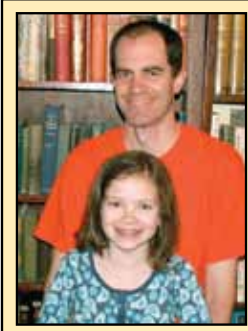
enjoyed better footing), **Virginia Woolf** (too progressive, I assume) and **Lawrence Sterne**.

On a short list like this, there have to be tough calls, of course, and some people just won't make it. I like the fact that women are decently represented (at least for this era), and that there are two books of African American interest. They've also tried to get a decent international representation here, with American, English, French,

Swedish, Russian, Norwegian, Spanish, Polish, Japanese, and Argentine authors; and a few more cultures are included through biography and history titles. I'm a little surprised that **Plutarch** is the only ancient Greek author on here; and perhaps the 1930s was not quite yet the time to include important works from non-Western ancient cultures.

It's also interesting how long the "Biographies" section is, at least in comparison to current reading trends. Science and history get just a smattering of books under "Miscellaneous," poetry is not included yet there is a healthy selection of plays, and philosophy is only touched upon by Duran't excellent Story of Philosophy.

To see the entire list visit <http://www.browsersbookstore.com/2019/01/what-to-read-before-college-a-mid-century-reading-list/>.



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

### The Science of "Normal" continued from page 4

sick, the study warned. What this means is that the "normal" ranges of healthy human function are being narrowed. This means that more people will now fall "outside" these newly developed "normals" and now be pronounced as "sick" – again, Medicine has newly developed drugs to deal with these newly "diseased people" - much to the absolute delight of the drug cartel. And if you have any delusions that health care is about your health, think again. Scary stuff!

### Plumbing continued from page 14

we do to the earth. Everything goes to the water. Be mindful of what pesticides (if any) that you use, they will soak into our water table. Do not put chemicals, toxins, medications or other harsh substances down the drain. You bring them to a dump that accepts chemicals. Every drain enters our water supply. When you change your oil don't just let it drip. Have a pan there to catch it and clean the excess up with kitty litter. When you go on a picnic or camping trip, pack in and pack out. Do not leave your trash to destroy the earth.

These are just some ways that you can help conserve and protect water. One good way is to have your pipes regularly inspected regularly inspected by a professional plumber to make sure that you are not having any leaks or losing water anywhere!

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