

HIGH POINTS



GOOD NEWS FOR THE WILLAMETTE VALLEY

JUNE 2019 • FREE



A young stormtrooper feeding a furry friend.

A Fun Fundraiser for the Animals

BY SARAH BROWN

On May 4, Points for Profit undergirded a fundraising effort for Kitty Angel Team Adoption (KATA) and Linn County Animal Rescue (LCAR), two nonprofit organizations that dedicate many hours and a lot of money into caring for abused, neglected and unwanted animals.

KATA's co-founders, Vicki Lindley and Doris Garron, have been rescuing cats throughout Linn County since the late 1990s. Every year, hundreds of cats are adopted into safe homes, and ferals are spayed and neutered before being placed somewhere safe.

LCAR, started by Bonnie Orr, is a multi-purpose rescue facility focused on abused and neglected equine and hospice dogs, as well as disabled individuals. They rescue horses and adopt them to better homes, but they also use them in a program as therapy animals for developmentally disabled people, and persons suffering from PTSD, cancer, chronic pain and other social handicaps.

The Star Wars themed, "May the Fourth Be with You" fundraiser, held at Linn Lanes, had a successful turnout. After expenses were paid, each organization walked away with \$2,550 (after all monies are paid). The event is a testimony to what can be accomplished when the community works together for a common goal. "We

believe many hands make for lighter work," said Lauralee Beck, president of Points for Profit. "When we work as a true team, much more than we can imagine will be accomplished."

In addition to those volunteering at the event, the success is attributed to local businesses that sponsored the fundraiser, businesses and people who donated raffle prizes and desserts, and the community who came to bowl and support animal rescue.

Beck's goal is to do as many as four fundraisers a year for local nonprofits, and believes Linn Lanes makes a good venue for that goal. Gary Heintzman, owner of Linn Lanes stated, "We enjoy helping as many nonprofit organizations as possible, and this allows us to help two by two."

When asked why Points for Profit partners two nonprofits together at a time for these fundraisers, Beck said it helps eliminate the fear of competition and loss as all proceeds raised are split equally between the participating nonprofit organizations. "Our mission is to bring the community together as the family we should be," she said. "When we work together as a team, all benefit." The next event is scheduled for the end of September and we love to show off our sponsors in a big way. For more information about how to participate please email info@pointsforprofit.org



Rockpainting a kitty.



Sponsored lanes made this event possible.



A Kitty Angel Leaves Her Legacy

BY SARAH BROWN

Following Kitty Angel Team's biggest fundraiser of the year, co-founder Vicki Lindley crossed over the rainbow bridge. She passed away Friday, May 17.

She left to her friends and KATA volunteers impressions and memories that will forever remain in their hearts. She had favorite quotes that many recall fondly. For example, when a cat would cry because it was in a carrier, Vicki would say, "There's no crying in baseball," to quote Tom Hanks in "A League of Their Own."

She always told Deb Adamson, a volunteer, "It's all about the cats," and she gave a plaque to volunteer Nora Gibson that read, "It's all about MEOW."

Vicki invested so much of herself into her family, friends, and, of course, cats. Lots and lots of cats. After she retired from her job as a rural postal delivery person, she began trapping feral cats in her neighborhood to get them fixed. She eventually formed KATA with Doris Garron, and the two worked side by side rescuing cats doomed to death.

They found cats in storm drains and culverts, blackberry bushes and dumpsters, homeless encampments and areas where cats possibly were dumped.

"I rescued a kitten that had been dumped on the dam and was wedged way down under the boulders," Vicki had said in an interview a few months ago.

Over time, the two turned their focus to cats who could be rehomed. For a long time, all the costs came out of their pockets and from an occasional donation, but Vicki would give thanks to God as her main supplier.

"If it wasn't for the Lord, we wouldn't still be going," she had said. "Money comes in when we need it, and I just trust."

She said she planned on continuing her work until she couldn't move any more. For all of her friends, that day came too soon, but for God, perhaps it was His perfect time.

Vicki always said that what she did was "a labor of love." Her work, along with Doris and those who supported them, has made an impact in all of Linn County. No one can count the number of homes who are blessed with a KATA cat's love, and no one can imagine the percentage of cats that would have roamed the county as a feral if they hadn't been fixed through KATA.

One friend, Jodi Harmon, makes a suggestion to all: get a cat fixed in Vicki's honor.

And to those who knew her, we'll leave with this Vicki quote:

"Keep rescuing animals. You may lose your mind, but you will surely find your soul."

Fun Events for June 2019

The Month of June brings so many yummy locally grown fruits and veggies. Tons of outdoor activities and of course National Donut Day on Friday June 7th.

- 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/>
- STRAWBERRY FESTIVAL**-May 31st-June 2nd Cheadle Lake Park. Check out the photobooth and All Heroes Day sponsored by CoEnergy Propane. Cascade Preforming Arts Center will be dancing at 2:15pm on Sunday June 2nd. Be sure to bring the whole family.
- RED HAT STRUTTERS** - June 5th luncheon at Moxieberry Café, 429 N. 3rd Ave., Stayton at noon. Sharon Teixeira will be the hostess, call her at 503-557-9765 to make your reservations or if you have questions. The theme for the day will be “Hats of Another Color”, instead of the customary red hat you are to wear a hat of another fun color. The public is invited to attend just be sure to make a reservation. Will help Jeannie Brundidge celebrate her birthday. You will order your lunch from the regular menu. The July 3rd luncheon will be hosted by Jean Evett, place to be announced at the June 5 lunch. If you wish to join the club or need more information please contact Margie Forrest 503-859-3119 or Jean Evett 503-859-2563, there are no dues, only requirement is if you are 50 or under wear a pink hat and lavender clothes and if you are over 50 wear a red hat and purple clothes. The group meets on the first Wednesday of each month.
- POINTS FOR PROFIT MARION/POLK** – Thurs, June 6th 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.

org Meeting starts at 6:00pm. Check out details at: www.pointsforprofit.org or call: 541-791-2901. Points for Profit: Shop locally, Serve locally, Sustain locally.

- LYONS GARDEN CLUB** June 12 at 1 pm in the Lyons Fire Department Conference room, 1114 Main St., Lyons. Guest speaker for the meet will be Sharon Frey of Frey’s Dahlias. Hostess will be Cynthia Woodruff and Jean Evett. June birthday celebration will be held for Valorie Baxter. If you would like to join the club or have questions, please contact John Hollensteiner 503-508-5913 or Cheryl Cappelletti at 503-767-3348. The garden club does not hold meetings in July and August for the summer months. Meetings will resume on September 11th, at noon with a potluck lunch hosted by Jackie Kirkpatrick at her home. If you wish to attend the potluck please bring your favorite food dish to share.
- FATHER’S DAY CAR SHOW** June 16th What better way to spend time with dad than coming and hanging at our Father’s Day Car Show. It’s FREE event with lots to do (check out the cars and bikes, food trucks, bounce houses for kids, live DJ and more...) If you’re interested in signing up to show your vehicle check out www.hope.church/carshow. Trophies will be presented on stage during our 6PM gathering!
- LINN COUNTY PIONEER PICNIC** June 21 – June 23. Come Join Us for three days of old-fashioned Family Fun! FREE ADMISSION. The Linn County Pioneer Picnic is Oregon’s longest running continuous celebration! Enjoy some elephant ears and Curly fries, BBQ, shaved ice, bounce houses, inflatable balls, parades, penny scrambles, soccer, pie eating, lots of shopping and so much more! For more information please visit: <https://www.facebook.com/events/1673701209392644/>
- AMERICAN LEGION AUXILIARY UNIT 184 AND THE WILLAMETTE VALLEY QUILTS OF VALOR GROUP** -June 22nd 3pm Presenting six Quilts of Valor at the Brownsville Park at the auditorium. Featured also will be The Willamette Valley Quilts of Valor Group display of their yearly “Challenge Quilts” at the Pioneer Park Pavilion from 10 – 3pm. There will be handcrafted items for sale. Since 2014 the Willamette Valley Quilts of Valor Group has awarded 242 Quilts of Valor to residents of the Oregon Lebanon Veterans Home and 93 other

Quilts of Valor to family or residents in the communities in which they live in. Additionally, Unit 184’s Thursday Threads group also gives quilts to wives of Veterans/Gold Star Mothers who live at the Veterans Home in Lebanon. Those receiving quilts are Steve Chambers, Shannon Greeno, Terry Steward, John Mumford, Jim Weger and Don Ware. For additional information, please contact Judy Clay 541 808 1970.

- POINTS FOR PROFIT LINN/BENTON** is June 25, Tues, 6pm at American Legion Post 10-Albany.Open to public. Meet local businesses, help a local non-profit. Dinner, beverage and dessert \$9 per person RSVP required. RSVP by emailing info@pointsforprofit.org Meeting starts at 6:00pm. Check out details at: www.pointsforprofit.org or call: 541-791-2901. Points for Profit: Shop locally, serve locally, sustain locally.
- SWEET HOME SWEET RIDE** June 29 Sat 7am-4pm Presented by the Kiwanis Club of Sweet Home 880 22nd Ave, Sweet Home OR. Car Show, Burn-Out Pit, Poker Walk, Raffles, 50/50, Food, Music, New Car Exhibits and More. Sweet Ride is bringing the community together to: Help kids in need: Shop with a Cop program for foster kids, Doernbecher Children’s Hospital, and Sunshine Industries – an organization that trains and employs developmentally challenged individuals. Plus Showcase Sweet Home, promote our Sweet Home family of businesses, offer low-cost entertainment and fun, bring car enthusiasts together to share a common interest, and provide an opportunity for people to socialize.
- POINTS FOR PROFIT MARION/POLK** – 1st Thursday of every month except for July. We will meet July 11th at Pizza Hut on Commercial in Salem Oregon. Open to public, dinner is \$5. Meeting for businesses and non-profits. RSVP by 30th via email info@pointsforprofit.org Meeting starts at 6:00pm. Check out details at: www.pointsforprofit.org or call: 541-791-2901. Points for Profit: Shop local, Serve local, Sustain local.

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

Happy Father’s Day!

High Points is a monthly publication with 10,000 copies distributed in Linn, Benton, Marion, Polk and Lane counties. This tabloid is about good news in the community so we need to hear from you! Contact us with your stories or if you’d like to advertise.

Publishers	InSpirit Marketing, Inc.
Advertising Sales Team	Lauralee Beck Wenona Given DaLinda Wellington
Staff Writers	Lauralee Beck Wenona Given Karen Rogers
Graphic Designers.....	Bobbi Dickerson J’Aime Salisbury Kendra Flores
Contact us at.....	541-791-2901

InSpirit Marketing Inc. is located in historic downtown Albany inside of Two Rivers Market. The opinions, beliefs and viewpoints expressed by the various authors and columnists of High Points may not necessarily reflect the opinions, beliefs and viewpoints of High Points or InSpirit Marketing, Inc.

THANK YOU



Linn County Animal Rescue and Kitty Angel Team Adoption would like to thank all of the generous sponsors that made our most successful fundraiser to date possible! With your generous contributions we are able to help, save and re-home more animals in need.

All of the animals and their humans THANK YOU!



BI-MART

WIN OR BUY!
ON LUCKY NUMBER TUESDAY!
Check your member number every Tuesday to see if you won!

Not a winner? You can buy Lucky Number prizes at super low sale prices every Tuesday!

IT’S A WIN-WIN! Visit bimart.com weekly to see the list of items you can win or buy on Lucky Number Tuesday!

Summer Plumbing Tips

Summer is a favorite time of year for many! With so much fun stuff to do, adventures to go on, trips to take, pools to fill and much more who wouldn't love it. It also gives you the perfect weather for making repairs and taking care of some stuff that you have been putting off. Summertime can also put extra stress on your pipes that you may not know about. Here are some summertime tips for caring for your Plumbing!

MORE PEOPLE

When school is out that means more use on your pipes, a lot more! If you have kids you know that they are constantly going to the bathroom... and using way more toilet paper. One 5 year old seems to use the same amount of TP as 10 grown men. With all of this extra stress on the pipes it is important to teach your kids about safe plumbing practices. One is to remind your children to conserve water. Make sure they know that toilet paper is the only thing they should be flushing down the toilet! Remind them not to put grease or goopy substances down the drain that may clog it up. These are a few great tips for kids during summer, and all year long really.

VACATIONS

Make sure that you flush your toilets before you leave on vacation. This will prevent a nasty smell and mess. Another great trip tip is to turn your water heater way down. Why pay to heat up water that your aren't going to be using? It will save you money on your power or gas bill. It will also give your water heater a hard earned break!

YOUR GARDEN

The Wonderful weather makes it the ideal time to plant your garden! However, you must be very careful as to where you dig your garden. You should find out where your sewer, gas, underground power lines are etc. before you start digging. If you hit one of these lines there will be all sorts of issues to contend with. Also, be very cautious of tree placement as their roots will spread. We are all for planting any plant but it's always better to be safe than sorry!

YOUR WASHER AND DRYER

After all your summer activities what is the first thing that you do when you come home after a hike or a swim? Throw that extra load into the wash! You are really putting your washer and dryer through the wringer this summer (pun intended). So give them the strength to go on and make sure they're are in good working order. Check their connections, even pull out the basin of your washer and give it a good clean out!

SPRINKLERS

Sometimes the winter weather with Ice and Snow will do a lot of damage, especially to outside pipes that aren't being used. The first several times that you use your sprinklers inspect them carefully for cracks, rust, leaks, and sometimes even full misdirection. Keeping a close eye early will prevent you for losing lots of water especially if you repair them as soon as possible if necessary!

These are just a few summer tips brought to you by Linn Benton Plumbing, we hope you have a great summer and fall us for any repair you may need!

What's in a name? Cannabis, Hemp, Marijuana, Marihuana

BY RHEA GRAHAM

First things first. Cannabis and Hemp have in common their botanical name which is Cannabis Sativa. They are both from the plant family Cannabaceae, and when cultivated as Industrial Hemp, it is for fiber or its edible seeds.

Hemp by definition is Cannabis Sativa that has less than .3% THC. When grown as Industrial Hemp, it is grown as close together as possible (inches apart), reaching for the sun and blocking any competing 'weeds'. It requires little water and virtually no sprays. This is allowed to seed and is used for rope, fiber, hempcrete, and thousands of other products including food.

When Hemp is "grown as medicine" it is grown exactly like a Cannabis plant, (about six feet apart if outside) the only difference is in the amount of THC. I guarantee we couldn't tell the two apart by looking at them even with a jeweler's loupe.

To obtain less than .3% THC, Cannabis breeders have bred the THC out of their plants and are growing the "Hemp" exactly as they have the Cannabis for decades and are

extracting the oil in the same exact way, selling it to a whole new market of people who are seemingly afraid of, or prejudice against, THC. They are the market who has been led to believe that "marijuana is bad and hemp is good".

Marijuana doesn't even exist, how about that? You won't find it in a botanical book. The words marijuana and marihuana have a dark history. They were introduced to induce racism in the 1930s. Greed makes people say and do some crazy things, and Harry Anslinger and William Randolph Hearst helped to create quite a stir which ended with the prohibition of Cannabis, Hemp, and Marijuana – whatever you'd like to call it! The doctors didn't know that this "M" word that they spoke of banning was their beloved Cannabis!

I would like to educate you about "Cannabis, Hemp, and Sativa" and finding the truth!

Remember, you have an EndoCannabinoid System, not an EndoHempanoid system, or an EndoCBD System, or an EndoMarijuana System.



Albany's Canna Kitchen & Research

FIRST SIGNS OF SPRING!



breakfast • lunch • dinner



ZENNER'S® 3-SAUSAGE OMELET

New FEATURED ENTRÉES HAVE ARRIVED!



SPRINGTIME BENEDICT

2802 SANTIAM HWY, ALBANY
(541) 928-4227


Find us on



#iheartelmers
www.eatatelmers.com




HAPPY FATHER'S DAY!



Pizza Hut

Dine-In, Carryout & Delivery


Albany 2215 14th Ave SE	541-926-1643	Florence 1940 Hwy 101	541-997-7770
Corvallis 700 NE Circle Blvd	541-753-1240	Lebanon 3190 S. Santiam Hwy	541-259-4888
Eugene 579 E. Broadway	541-686-1166	Salem 3302 Commercial St SE	503-364-7286
3577 W. 11th Ave	541-344-4141	Springfield 140 S. 32nd St	541-741-8000
2870 Willamette St	541-686-1600	Woodburn 1425 Mt. Hood	503-982-3333
Carryout & Delivery			
Eugene 1930 River Rd	541-688-1800	Salem 560 Wallace Rd NW	503-363-2100
Keizer 4492 River Rd North	503-390-9400	3052 Lancaster Dr NE	503-399-8000



\$11

Large Pizza

Up to 3-Toppings or Specialty



HY

Offer Expires July 31, 2019. One coupon per person. Not valid with any other offers. Additional charge for extra cheese, Original Pan Pizza and Stuffed Crust. Valid on Dine-In, Carryout or Delivery where available. Limited delivery area. Delivery charge may apply.

Spring Cleaning for your Mouth?

We want you to relax and take it easy this summer, but don't neglect your regular dental visits with all the fun. A common myth is that adults don't need to visit the dentist as often as they did as children, but nothing could be further than the truth. Adult dental visits are so important.

Even if you meticulously brush and floss daily you need a professional cleaning twice a year. Brushing and flossing does remove plaque, a soft sticky substance, but calculus, a hard build-up that accumulates on teeth between dental visits, must be removed with our specialized tools. We like to think of it as 'spring cleaning' for your mouth!

Regular exams allow dentists to see what's going on inside your mouth from cavities to gum disease. When you visit twice a year, potential issues can be detected before you even become aware of the problem. It's better to catch a problem before you start having discomfort. In many cases, a problem caught early

can be treated and perhaps cured; whereas, the same diagnosis made months later could require expensive

procedures and time-consuming maintenance.

Generally, X-rays are taken along with the professional cleaning. X-rays are used as a preventive

measure to identify

problems before they become serious and costly. We use digital X-Rays which are basically a filmless capture of X-ray images. With digital X-ray technology, we can expand and view your radiographs in greater detail, improving our treatment planning. The best thing about digital, it minimizes your risk of exposure to radiation by up to 90%.

Nobody knows teeth and dental care like a dentist! It's easy, with the busyness of everyday life, to let things slide even something as important as dental care. So go ahead, schedule your appointment and begin taking care of your beautiful smile.



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

Readin', Ritin', and Ritalin Part 2

Other health professionals feel ADHD is caused by a lack of certain minerals and neurochemicals in the

body. The late Dr. Robert Mendelson, M.D., one of the most respected pediatricians in North America, and a self-proclaimed medical "heretic" once told me that it is our perception

which may be at fault. "Is it the child who is hyperactive," he asked, "or is it that the average earthling is no longer excited about life?" Interesting thought!

To treat this "affliction" children are placed on the drug Ritalin, classed as a Class II narcotic.

To bring this into perspective, Class I narcotics are those substances for which there is no legitimate use. Substances that even a licensed physician can't prescribe, e.g., heroin, etc. Class II are those substances that are also addictive but have limited medical value, e.g., Ritalin, Cocaine, etc. Class III and IV are substances which have the potential for abuse, such as Valium and other barbiturates.

Most parents may not realize that

Ritalin is highly addictive and is placed in the same class as Cocaine and opium. Ritalin is a psychotropic


drug; it alters behavior and a child's perception of the world. The purpose of this drug is to force the child to obey! I feel it robs children of their individuality and I wonder if

we are not turning our children into robots! This drug is so popular that toddlers are the new market! As a matter of fact, other drug companies, in their quest for a share of the market, are now suggesting that children be placed on Prozac. This is not OK!

There have been few conclusive research studies done on the long-term effects of Ritalin. However, Johnson and Stewart found that:

- 83% of children had trouble with frequent lying
- 60% of children were still overactive and rebellious
- 59% had contact with police
- 52% were destructive
- 34% threatened to kill their parents

Readin' continued on page 15



Find us on facebook.

BROWSERS' BOOKSTORE

Monday - Saturday
9:30a - 6p

Love books? Welcome Home!

BUY - SELL - TRADE

• Paperback exchange

• Antiquarian books

• Used books of all varieties

• We love to buy old books

121 NW 4th St., Corvallis - 541.758.1121

1425 Pacific Blvd. SE, Albany - 541.926.2612



Proverbs 3:5 & 6

- Homestyle Cooking
- Food with Great Flavor
- Personal Touch Menu Planning
- Quality Service
- Vegetarian Options
- Competitive Pricing

We love to cook for you!

Albany, OR 97321
Tel: 541-926-9660
Email: debbie@jacopettis.com
www.jacopettis.com

Willamette Valley Rentals LLC



TARA DRONGESEN
PROPERTY MANAGER

OFFICE 541.929.2345
1322 MAIN ST
PO BOX 997
PHILOMATH, OR 97370

FAX 541.929.2469
TARAWVPM@GMAIL.COM
AFTER HOURS/MAINT. EMERGENCY
541.974.7501

OMMP Card NOT Required

Coupon

Must Be Adult 18+

Buy 15 minutes, Get 15 minutes On Personal Consultations

No cash value, Coupon Required ,
One coupon per person, Good for
One Consult, EXCLUDES Dr
appointments
Expires: July 31,2019



Albany's Canna Kitchen
& Research

Purchase 15 minutes for just
\$25 and receive another 15
minutes free!
Schedule yours today!

Learn how to make your own Smokeless Cannabis Remedies!

SAME LOCATION SINCE 11-11-11



Albany's Canna Kitchen
& Research
and
ACKR Clinic, LLC

2300 Ferry St SW Ste. 1 Albany, OR 97322
Ph: (541) 981-2620 Fax: (541) 730-4147 www.cannakitchenandresearch.com

OMMP Doctor visits are scheduled with a \$50 deposit and remaining balance due at the time of the appointment. (Does not include State fees.)

What qualifies for an OMMP Card: Cancer, Glaucoma, Human Immunodeficiency Virus (HIV) or Acquired Immune Deficiency Syndrome (AIDS), Agitation due to Alzheimer's Disease, A degenerative or pervasive neurological condition, Post-Traumatic Stress Disorder (PTSD), a medical condition or treatment for a medical condition that produces Cachexia, **Severe pain**, Severe nausea, Seizures, including but not limited to seizures caused by epilepsy; and **Persistent muscle spasms**, including but not limited to spasms caused by multiple sclerosis.
CALL TO SCHEDULE YOUR APPOINTMENT!

New to Cannabis or don't know where to start?
Schedule a mini consultation for just \$25

Schedule your OMMP Doctor visit or Smokeless Cannabis Remedy Consultation today!
For Medical, Personal, and Business

“In the Hands of the Craftsman”

The Moms, Dads, and Grads 2019 season has snuck up on us. As we celebrate our loved ones, we also want to celebrate our Heavenly Father.

As a small child I remember thinking that my dad could fix most anything. There was no task too big or small that he could not achieve or conquer. Early on it was toys and models, but as I grew it became my 1966 Mustang and 1980 GT Celica. It was then he displayed his mechanical talent and skill, which would save me a considerable amount of time and money. My father worked for Alaska Airlines for 30 years assembling, fixing, and repairing engines on 727's, 737's, and MD 80's. I often wish I could have his mechanical ability to tinker and put back together what needs immediate attention.

Spiritually speaking there are times I wish I could fix or repair the hearts of those who are wounded, alone, lost, and angry. As good as my father is with mechanical challenges, he is unable to heal the heart and bring peace to the anxious soul. There are times that we become disillusioned into believing that an individual can bring eternal change into ones life. Perhaps it is this unrealistic expectation that has plagued so many pastors leaving the ministry in defeat. Praise God that one of the roles of a Shepherd is to lead and point people toward God's truth that we find in His Word. One of those truths sheds light into this area of helping people heal, recover, and find rest in the turbulent storms of life.

“Being confident of this, that He who began a good work in you will carry it on to completion until the day of Christ Jesus.” We have the assurance and promise that God is going to work in our life inside out.

Larry Crabb makes the point in his book, “Inside Out”, *“Change in the Christian life is progressive. We move from change in our conscious direction to change in our approach to relationships to change in the direction of our very being. Each change represents a work of God and is therefore good.”*

What is critical to note is the need for God to work in the depths of our life so that we might be transformed, renewed, and changed for His glory. In fact, the role of our heavenly Father is to mold and shape us into the men and women He wants for His divine Kingdom purpose. Paul reminds the believers in the church of Ephesus, *“For we are God's workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do.” Ephesians 2:10.* I'm thankful that I don't have the responsibility to change a person, but rather the God of the universe who is omniscience and knows what is best can and will make those deep core repairs.

This does not mean we get out of our responsibility of encouraging and spurring one-another on in our Christian walk. Hebrews 10:24 reminds us, *“And let us consider how you may spur one another on toward love and good deeds.”* We simply need to recognize that core character develops in the hands of the almighty. *“Yet, O Lord, you are our Father. We are the clay, you are the potter; we are all the work of your hand.” Isaiah 64:8.* For many Christ followers we experience deep change through the difficulties and challenges of life. Pastor Knopp has been preaching a series through the book of James. We are reminded that trials, although unpleasant, can be apart of the work of God in our life. *“Consider it pure joy my brothers, whenever you face trials of many kinds, because you know that the testing of your faith develops perseverance. Perseverance must finish its work so that you may be mature and complete, not lacking anything.” James 1:1-4.*

As we celebrate our Heavenly, might I suggest the book by A.W. Tozer, “Knowledge of the Holy,” This book has truly changed my life and drawn my focus on God's character.

Kevin Ferguson
Willamette Valley Christian Supply



Welcome to the Family

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

Summer is on the horizon! The sun is shining, the birds are chirping, and at Rife's Home Furniture we are ready to take on the season! We are pleased to announce that we have a new location that is open and ready for business. It's located in Lebanon, in the old Mega Foods building.

Our new store is bigger and better than ever! Complete with the entire core line of products that you know and love from Rife's, along with some beautiful new art pieces, and great clearance options. If you live in the surrounding Lebanon area, please stop in and take a peek!

We now have 8 beautiful locations within the Rife's family. You read that correctly, we are not closing any of our current locations! You will still have access to all the stores that are within your area. With summer approaching fast, there are a lot of deals that you won't want to miss on. For example, the Albany I-5 location on Fescue Street is getting ready to set up their Clearance Tent, which will be filled with lots of goodies in need of a nice new home.

At Rife's Home Furniture, we are firm believers in shopping locally to boost our own economy, and we are very happy that we are able to provide yet another location for quality furniture, a lot of which is made here in the US. None of this would be possible were it not for our wonderful client base in the Linn-Benton area, and we are grateful for your continued support. Our Home Furnishing Consultants are always available to assist you, and we are happy to do it. You can also visit us at our website, rifeshomefurnitureonline.com. We look forward to assisting you in your quest to make your house a home.

Beautiful Smiles For Summer Fun

New Patient Special

Complimentary Whitening

Receive Professional Strength Opalescence Go Whitening* (Value \$70) with a New Patient Exam, Cleaning and Necessary X-Rays

*This offer valid in the absence of Periodontal condition. Call for details.

2200 14th Avenue SE - Albany
541-928-9299 kandrsmiles.com

No dental Insurance?

Ask About Our Dental Membership Plan!

Find us on: facebook

SMITH GLASS

133 Lyon St. N.
Albany, OR 97321
(541) 926-4446

544 SW 4th St
Corvallis OR 97333
(541) 753-9175

www.smith-glass.com

Pre-order for guarantee (no minimum)

754 Main St., Lebanon (Old Nancy's Floral)

1302 Long St., Sweet Home

541.405.4069
We're on Facebook
sugarvibes.com
sugarvibesdonutco@gmail.com

donuts:

- classic
- modern
- flavor infused
- gluten free coming

drinks:

- coffee
- espresso
- cold brew coffee
- nitro coffee

Open daily 6am - 1pm or until SOLD OUT

Nite Owl Special

Wednesdays 8pm-11 pm & Thursdays 10pm-12am

\$1 a Game • \$1 Shoe Rental

Linn Lanes Bowling Center
2250 S Main Road • Lebanon • 541-451-3900

Like Us on Facebook

Tankless Water Heaters

Needing a Faster More Efficient Way to Heat Your Water?

Is your water heater not keeping up with your household or business needs? Or is your water heater needing to be updated or replaced? Then let's talk tankless propane water heaters. Tankless water heaters are known for providing an endless supply of hot water. On average most tanks can provide over 200 gallons per hour and since the system runs off of propane it also supports producing clean energy and is of course efficient!

THE FACTS

- Delivers endless supply of water.
- Only heats water when it's needed.
- Compact size saves roughly 12 square feet of floor space.
- Saves more than \$150/year in energy costs when compared with typical electric storage water heaters.
- Roughly half the CO2 emissions of electric storage tank systems.
- Qualifies for credits and rebates worth hundreds of dollars (new construction and replacements.)

HOW IT WORKS

Instead of storing water, tankless systems use a heat exchanger to heat water just as it's needed in a building. For example, when a guest turns on a shower in a hotel, a propane or natural gas burner in the tankless unit quickly heats up the heat exchanger. In very high-efficiency models, incoming cold water is preheated from the combustion exhaust. Then the water continues to be heated as it passes through the unit's heat exchanger and exits from the tankless unit at the hot-water outlet pipe, where it then flows to the shower to meet the hot-water demand.

CREDITS AND REBATES

Propane tankless systems also qualify for credits and



CoEnergy
Propane

541-738-6733
www.coenergy.net

rebates which can make them even more cost-effective. For example, in 2015, a propane tankless system in many states will qualify for a rebate on the order of \$250 from a state propane gas association.

PERFORMANCE YOU CAN COUNT ON

Many of these systems can maintain a 75 degrees Fahrenheit temperature rise during operation. In addition, the many 50-gallon electric storage water heaters have an average first-hour delivery rating of just 64 gallons, while the 50-gallon heat pump water heaters average about 67 gallons. These flow rates are less than one-third of the delivery rate for propane

tankless systems (see graph). For homeowners, this gap in hot water delivery rates is often the difference between a hot or a cold shower. Also, it's important to know that many propane tankless units can modify their heating output to very low levels. This lets them respond effectively to low flow demands in the home.

ENERGY EFFICIENT


A propane tankless water heater transfers propane's thermal energy into hot water by up to a 0.99 Energy Factor. To achieve such high efficiency ratings, many propane tankless systems utilize a condensing design, where additional thermal energy is extracted from the combustion gases to pre-heat incoming water, increasing overall system efficiency.

SIZE AND SPACE

The compact size saves roughly 12 square feet of floor space compared with many electric systems, which is a huge benefit in tight floor plans, including multi-family projects. Their compact size and direct-vent design (meaning the air for combustion is ducted directly to the unit from outdoors) also allows flexible installation locations like closets, tight spaces, and even outdoors. Propane tankless systems also offer the versatility and scalability to serve any residential building, from smaller 3 GPM systems to multi-unit combinations of higher capacity 4-5 GPM systems.

LET US HELP!

Here at CoEnergy Propane we pride ourselves in making sure our communities are supported in all their propane needs. Let us help find you the best tankless system for your home or business and improve your quality of living and efficiency in your home or business. We value our customers and thier needs, so give us a call at 1-800-510-5886!



ALBANY ANIMAL HOSPITAL

Compassionate, Affordable, Quality Care

GREAT BRAVECTO DEALS FOR JUNE



Purchase any Bravecto product in June and a portion of every Bravecto sale will go to support the NEADS organization in training and providing World Class Service Dogs.

Customers receive:

- FREE PRIZE with every purchase
- Their name or pets name on a Care Paw wall cling added to our Wall of Fame
- The chance to enter the Pet Owner Sweepstakes (Win a full year of monthly pet subscription boxes with toys and treats for cats or dogs).

Rebate special for 2019

- Mix, match, and save when you purchase any BRAVECTO® product!
- Chews for Dogs or Topical for Cats
- Buy 2 doses, get a \$15 rebate or buy 4 doses, get a \$35 rebate



629 Madison St SE
Albany, OR 97321
(541) 926-8817
albanyanimalhospital.com



Find us on:
facebook.

Emergency Services
(For established clients only)

Office Hours:

M,T,Th 9a - 6p
W, Fr 9a - 5p
Alt Sat 9a - 12p

Rife's HOME FURNITURE



MADE IN THE U.S.A

NOW OPEN IN LEBANON



Rife's HOME FURNITURE

EUGENE 150 OAKWAY RD. 541.302.9328	SPRINGFIELD 1184 GATEWAY LOOP 541.868.1718	VALLEY RIVER CENTER 475 VALLEY RIVER CENTER 541.485.0170	ALBANY 1884 FESCUE ST. S.E. 541.248.3916
CORVALLIS 29789 HWY. 34 SW 541.758.2020	ROSEBURG 2455 W. HARVARD AVE. 541.671.2493	COOS BAY 187 S. 2ND ST. 541.266.7376	

RIFESHOMEFURNITUREONLINE.COM



Points for Profit®

Linn & Benton Counties

What is

Points for Profit®

Linn & Benton Counties

SHOP LOCALLY
SERVE LOCALLY
SUSTAIN LOCALLY

pointsforprofit.org

POINTS FOR PROFIT MEETING is June 25, 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 June 24, 2019 to info@pointsforprofit.org or call (541) 791-2901. For more information visit pointsforprofit.org.

Welcome McAllister's Carpet Cleaning

Summer's here, and that warm weather wakes up the awful odors in your carpet!!! Now, is the perfect time to call McAllister's Carpet Cleaning. Mark McAllister has been cleaning carpets since right out of High School; and that's almost 40 years!

Mark has a new, state of the art, truck mounted steam cleaner that sucks up all the awful dirt and odors your carpet can store! It cleans your carpet and leaves the pad underneath dry as a whistle!

McAllister's Carpet Cleaning is ready to tackle your home, office or emergency cleanings. Flexible availability is Mark's middle name. A hometown native and active in the community, you will often see him at the Lebanon Community Pool either giving lessons or swimming. Serving primarily Linn and Benton Counties, Mark is known to travel as needed. You can reach him at 541-258-6216; and get that good ole' one on one hometown service, you don't see too much of these days.

Welcome to the Points for Profit family Mark!



BodiSculpting
SPECIALISTS

JOIN US! in June for an Albany CoolEvent

SAVE THE DATE.
LOSE THE FAT.

- Join us in June for an injection event day for Botox and Filler by appointment only.
- Cool Event consult days are available in June. All day one-on-one consults. Special pricing and drawings. By appointment only.
- Buy a Coolsculpting Package or Exilis Package & receive a **FREE Obagi Chemical Peel** (\$125 value).
- > Win raffle & giveaway prizes
 - > Receive event pricing on services and products

Call today to reserve your spot:
541-725-2634.



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

Skirting the Issue Fabric Drive

Every August, Rich's Sew & Vac choses a charity to organize sewing efforts for. In the past, Rich's has sewn Quilts for Vets, walker caddies for rest homes, and hats for cancer and chemo patients. Two years ago, was an amazing year with over 500 skirts sewn for local foster girls. Last year, through the efforts of many individuals with time and material; Rich's was able to supply F.I.S.H. with hats, scarves and gloves they needed.

Now in its 20th year of giving back, Rich's is once again "Skirting the Issue." They are in need of one-yard (min) cuts of fabric in material suitable for skirts. In the past there has been everything from Batman to polka dots, stripes, and solid color fabric donated and it was all made into skirts! They also need elastic (1/2" or wider) for the waist

bands. Donation barrels are located at the Albany and Salem Rich's Sewing and Vac as well as Sugar Vibes Donut Co. Lebanon ad Sweet Home locations.

Of course, none of this is possible without a multitude of volunteers. If you have a little time or a lot of time, it all helps! Sewing skills are not required to participate. Volunteers are needed to prepare the material and cut out the pattern. Of course, none of the sewing can happen without the donation of material and elastic. Skirts can be made during the open sewing times or you can bring complete skirts to the store. Visit the Rich's Sew and Vac website at www.richsonline.biz/calendar for open sew times or for more information call 541-926-4842



"SKIRTING THE ISSUE" FABRIC DRIVE

Donations needed of fabric suitable for skirts, minimum 1 yard and/or 1/2" or larger elastic

Drop off barrels at Albany or Salem Rich's Sew and Vac
Sugar Vibes Lebanon and Sweet Home

Questions please call (541) 926-4842

BI-MART

Employee Owned. Real Value. Everyday.

June is the month to honor our Dads & Grads

We want to help you celebrate Father's Day and the Class of 2019 with great deals on gift-giving ideas, greeting cards, food and festive beverages and more! Think of Bi-Mart to help you make it a day to capture and remember.



Father's Day
Sun., June 16

Class of
2019

2019 PINNACLE PARTNER



Watch for our

RED
WHITE
& BLUE

SALE

For Terrific Independence Day Savings!

Starts
Thursday,
June 20th!

Check the CHECK POINT for Bi-Mart Bonus Points!

SALEM • KEIZER • STAYTON • WOODBURN • MONMOUTH • ALBANY • CORVALLIS • LEBANON • SWEET HOME

Store Hours: Mon-Fri 9-8, Sat & Sun 9-6 Visit us online at www.bimart.com

PLEASE SUPPORT OUR PARTNERS



541-926-0669



541-928-4227



541-258-7510



www.pizzahut.com



541-757-2800



541-230-1241



541-812-1311
541-207-3602



541-258-5798



541-981-2376
541-570-1537

GREAT DINING

Automotive Sales		Body Contouring		Bookstore	Bowling
TIP Did you know we will pay you for referrals that join Points for Profit?	Hertz Car Sales 541-791-5339 www.hertzalbany.com	Points FOR Profit®	coolsculpting 1970 14th Ave. SE Ste 120 Albany, OR 97322 541-725-2634 bodisculptingspecialists.com	Browsers' BOOKSTORE 121 NW 4th St., Corvallis 541.758.1121 1425 Pacific Blvd. SE, Albany 541.926.2612	Linn Lanes 2250 South Main Road Lebanon, OR 97355 (541) 451-3900
Cannabis Eduction	Car Wash	Carpet Cleaning	Catering	Celluar Accessories/Repair	Chiropractor
 Albany's Canna Kitchen & Research 2300 Ferry St SW Ste. 1 Albany (541) 981-2620 cannakitchenandresearch.com	Hertz Car Wash 541-791-5339 www.hertzalbany.com	McAllister's CARPET CLEANING 541-258-6216	Jacopetti's CATERING 541-926-9660 jacopettis.com	spin ware 1879 14th Ave SE Albany, Oregon (541) 570-5696	 Timber Linn Chiropractic & Wellness Center 2216 9th Avenue SE Albany 541-967-8060 timberlinnchiropractic.com
Christian Retail	Computer/Tech	Costume Jewlery	Dance School	Dental	DeeJay Services
 Willamette Valley Christian Supply <small>Connecting you to all your ministry resource needs</small> Right next to Rice's Pharmacy in the King's Plaza in Corvallis (541)754-9295 Willamettevalleychristiansupply.com	 BUTLER COMPUTERS & SERVICES LLC 541-791-6220	 Paparazzi Bling Patrol Rebecca Smith Independent Consultant 971-218-4425 paparazziaccessories.com/129182/	Cascade Performing Arts 800 Harrison St, Lebanon, OR 97355 (541) 258-2572 http://cpac.weebly.com	 Kutsch Renyer <small>FAMILY & COSMETIC DENTISTRY</small> 2200 14th Ave •Albany www.kandrsmiles.com 541-928-9299	RBSMITH STUDIOS RALPH SMITH 971-218-4425
Donuts	Dryer Lint Cleaning		Event Center/Venue		
 SUGAR VIBES Lebanon • Sweet Home 541.405.4069 sugaryvibesdonutco@gmail.com	 DRYER VENT WIZARD <small>get the lint out</small> TheValleyDryerVent.com Call 541-971-4433 to schedule service	Points FOR Profit®	Points FOR Profit®	 EXPO CENTER 541-926-4314 www.lcfairexpo.com	Points FOR Profit®
Farming/Agriculture	Flooring	Food Delivery	Furniture	Gift Baskets	Gifts/Flowers
 LINN BENTON TRACTOR Co. (541) 926-1811 www.linnbentontractor.com	 PREMIERE FLOOR COVERING (541) 258-2411 www.premierefloorcovering.com	 Munchys Delivery.com munchysdelivery.com 888-35-MUNCH (6-8624)	Rife's HOME FURNITURE (541) 248-3916 1884 Fescue St S.E. Albany	 Berlee's Fancies <small>gifts and gift baskets</small> (541) 905-2800 http://berleesfancies.com	Expressions In Bloom 541-752-5666 www.inbloom.com
Glass		Graphic Design		Gym	Health/Medicare Insurance
TIP Don't forget our monthly meetings are the last Tuesday of every month!		SMITH GLASS (541) 926-4446 www.smith-glass.com	 Xtreme GFX 505 Main St SE Albany (541) 926-9727	 ANYTIME FITNESS 671 Main Street Lebanon, OR 97355 (541) 451-2111	 NORTHWEST FINANCIAL INSURANCE GROUP <small>Health/Life/Medicare Insurance</small> Donna Green 541-286-6443 donna@nw-financial.com

PLEASE SUPPORT OUR PARTNERS

Heating and AC	Home Shows	Insurance (Auto/Home/Life)	Janitorial	Kitchen Accessories	Legal Service Plans
 HEATING AND AIR CONDITIONING www.elements-hvac.com 971.283.6606	 www.wvpevents.com	 AUTO HOME LIFE BUSINESS RETIREMENT Michelle Morford Financial Representative Albany, OR 97322 (541)928-1929 http://www.countryfinancial.com/michelle.morford	 Clean Keeperz LLC Commercial Cleaning (541) 223-3777 Cleankeeperz@cleankeeperz.com www.cleankeeperz.com	Tupperware Independant Consultant Wenona Given 541-760-2718 wenona.given@gmail.com	 Worry less. Live more. Janice Jackola Independent Associate 541-905-7223
Loyalty Programs	Malls	Marketing	Media		Merchant Services
 541.570.2485 bullseyeloyalty.com	 HERITAGE MALL <i>Find it Here</i> 541.967.8238 www.hertiagemall.com	 250 Broadablin SW Suite 230 Albany, OR 97321 541-791-2901	 www.kgal.com  The Best Music www.ksho.net  willamettevalleysports.com		 Lifting up Local Non-Profits with EVERY transaction  independent merchant brokers llc your locally owned and operated merchant services company 541-402-4472 • www.imb-llc.com Sam Rice Independent Merchant Brokers, LLC 877-460-4747
Mortgage	Office Supply-Retail	Optometrist	Outlet Store	Payroll	Pharmacy
 Homebridge Financial Services, Inc. 1801 SE 17 th Ave, Suite 1 Albany, OR 97322 541-981-9407 www.AlishiaHoskins.com	 that was easy. SM www.staples.com	 Dr. Jason Drobeck O.D. 2169 14th Ave SE Albany, OR 97322 (541) 928-6118 linncountyvision.com	 Brands You Know. Prices You'll Love. 541-207-3394 934 NW Kings Blvd. www.corvallisoutletstore.com	 (541) 220-0070 info@complete-business-solutions.biz www.complete-business-solutions.biz	 Your Pharmacy of Choice www.bimart.com
Photographer	Plumbing	Printing	Propane Service/Supplies	Property Clearing	Property Management
RBSMITH STUDIOS REBECCA SMITH 971-218-4425	 (541) 928-6065 linnbentonplumbing.com	 For all your printing needs think... more ink! 1105 Santiam Rd. SE • Albany 541-928-2675 Fax 541-928-0352 Email: info@moreinkalbany.com www.moreinkalbany.com Hours 8-6 Monday - Friday	 CoEnergy Propane www.coenergy.net 541-738-6733	 APEX PROPERTY CLEARING & RECYCLING 541-905-6451 www.apexpropertyclearing.com	<i>Willamette Valley Rentals, LLC</i> 117 South Ninth Street Philomath, OR 97370 (541) 929-4609 www.wvpm.net
Real Estate	Retail	Salon/Spa	Sewing & Vacuum	Shapeware	Speciality Apparel/ Emboridery
 GILLOTT HOME TEAM kw MID-WILLAMETTE WILLAMETTE VALLEY REALTY Mary Ann Honeyman Licensed OR Broker 541-409-2594	 Northwest Grown... Employee Owned! www.bimart.com	 1235 Pacific Blvd SE Albany (541) 791-2800	 Rich's Sew & Vac 2306 Heritage Way SE Albany (541) 926-4842 3770 Market St. NE Salem (503) 371-6837 www.richsonline.biz	 RUBY RIBBON <i>Beautiful inside & out</i> Lauralee Beck 541-990-2324 Pam Nervino 541-409-4543	 NORTHWEST APPAREL & GRAPHICS 696 Main Street Lebanon 541-259-4545 nwapparelgraphics.com
Sporting Goods	Telecommunications	Travel Agency	Tire Center	Tree Service	Trophies/Awards
 Northwest Grown... Employee Owned! www.bimart.com	 www.pioneer.net 541-929-3135 541-563-3135	First Travel Alliance/ Nervino Travel 2111 Park Dr Lebanon (541) 409-4543	 1315 SE Pacific Blvd. Albany, OR 97321 541.967.TIRE (8473) 838 Main Street Philomath, OR 97370 541.929.TIRE (8473) beggstire.com	 H&H TREE SERVICE, LLC & LANDSCAPE MAINTENANCE 503-837-9120 503-881-4094	 JANO'S TROPHIES (541) 926-0301
Veterinarian		Web Printing	Wedding/Events/Rentals	Weight Loss/Nutrition	Wireless Service Provider
 ALBANY ANIMAL HOSPITAL 629 Madison St Se Albany, OR 97321 (541) 926-8817 albanyanimalhospital.com	TIP Did you know your P4P non-profit can work with us for a "drive" at any meeting?	 oregon web press 541.926.3000 oregonwebpress.com 263 29th Ave. SW Albany, OR 97322	Santiam Place Wedding & Event Rental Hall 139 Main St. • Lebanon (541) 259-4255 www.SantiamPlace.com <i>The Special Place for your Event!</i>	 reliv. Independant Consultant Debbie Grenz 541-990-6096 reliving4him.reliv.com	 springmobile at&t Authorized Retailer Located in Heritage Mall 541-248-3904

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 June 6, 2019 from 6pm at Pizza Hut on Commerical in Salem. Open to public, dinner is \$5. RSVP by June 4, 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 July 11.*

Advancing Rapidly to Help People

BY MARK ARMSTONG

Tranont, as a company, exists to help people. Their goal is to “Change the World, One Household at a Time” by providing health and wealth education, services and products. They also have a passion to serve their community locally, nationally and internationally. Tranont’s motto is “Better Health. Greater Wealth. Lifting Our Community!”

The name Tranont comes from an old French military term that means “to advance rapidly,” and clearly they have done that. Founded in 2013, Tranont was honored in the 2018 Inc. 500 as one of fastest-growing, private companies in the United States! They were listed in the top 7% of all companies and #23 in the Top Consumer Products and Services Companies.

HEALTH: Tranont provides Exclusive Health Products to help you get on track with your health goals. These all-natural dietary and enzyme supplements are available to help you enjoy a healthier lifestyle.



WEALTH: Tranont provides Wealth Education & Wealth Services to help Manage, Protect, and Grow your money. One of the main services they provide is a convenient way to track and record your business mileage and expenses.

COMMUNITY: Tranont sponsors and actively participates in local, regional and international events that are designed to give those in need a helping hand. One example of Tranont’s global impact is in Mali, West Africa. Together with their partners, Tranont started a chicken farm just outside Bamako, the capital city, with the goal to educate people on producing eggs and raising chickens efficiently. This project has had a great, ongoing success in providing for the employment and livelihood of those in the community.

Mark Armstrong and his team regularly attend our Marion/Polk County meetings. They would be happy to tell you more about their company and the products and services they offer to help improve your health, wealth and impact on our community.

PLEASE SUPPORT OUR PARTNERS

Bowling		Farming/Agriculture			
 503-390-2221		 (541) 926-1811 www.linnbentontractor.com	TIP Six Million dollars was spent in the Linn/Benton Points for Profit program at our businesses! Great Job!		
Gen Merch/Pharmacy		Homeshow	Insurance		Kitchen Accessories
 Northwest Grown... Employee Owned! www.bimart.com	 www.wvpevents.com	 CONTACT SAM COY (503) 659-3131		TIP Did you know you can save copies of your receipts at any of the P4P business to help your non-profit?	 Independent Consultant Wenona Given 541-760-2718 wenona.given@gmail.com
Loyalty Programs		Mechanic	Media	Pizza	Propane
 541.570.2485 bullseyeloyalty.com	 4380 Silverton Rd NE, Salem, OR 97305 (503) 378-7976	 THE ACTION Stream willamettevalleysports.com	 www.pizzahut.com	 www.coenergy.net 541-738-6733	
Sewing & Vacuum		She Deserves It		Supplements	Tree Service
 2306 Heritage Way SE Albany (541) 926-4842 3770 Market St. NE Salem (503) 371-6837 www.richsonline.biz		 (503) 805-6846 https://radiantdivinity.com mabelleradiantlife@gmail.com	 Mark Armstrong 503-507-5105	 503-837-9120 503-881-4094	

KAREN'S FAMOUS RECIPES

Hazelnut Banana Bread

BY KAREN ROGERS

Here's a shout out for one of the best things about living in Oregon. Hazelnuts (or filberts)!! Being from the East Coast, the first name is what we called them, but having lived here for forty-eight years, I'm still adapting. When you combine them with banana bread it's a match made in Heaven.



First, toast 1 ½ C filberts at 350 degrees for about eight minutes, until they smell fragrant. Place them in a damp towel and wrap tightly. Let them steam for about eight to ten minutes then rub them in the towel to loosen the skins. Cool completely. When they are cool chop them coarsely and measure out 1 C.

In a small bowl, mash about three small very ripe bananas to make 1 C.

In a large bowl sift 2 C flour. Premeasure the flour by lightly

spooning the sifted flour back into the cup, twice. Resift the already sifted flour with 1 tsp baking powder, ½ tsp baking soda and ½ tsp salt. Phew!

In a separate bowl mix 1/3C soft butter with 2/3 C sugar and cream it well. Add 2 eggs, one at a time, beating well, and 3 tbsp buttermilk. Stir in the bananas and the nuts. Add the dry ingredients, stir well and pour into a greased loaf pan. Bake 350 degrees for about 50-60 minutes until it tests done.

Turn out onto a rack and immediately have at least one warm slice with cold butter. This loaf is good warm, cold or toasted.

Just as a historical note, during the reign of King Clovis there actually was a St. Philibert! He lived circa 608-685 and his feast day is August 20. I wonder if he feels at home here!

June Word Search by Rolie the Puzzlemaster

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

- | | | |
|----------|-----------|------------|
| ARETHA | JAMES | PIANO |
| BAND | JOLIET | RAY |
| CHURCH | MANAGER | REVEREND |
| CLEOPHUS | MISSION | SUIT |
| CURTIS | MOVIE | SUNGLASSES |
| ENEMY | NUN | TROOPER |
| GIG | ORPHANAGE | |

Why can economic changes affect mortgage interest rates?

Interest rates for home loans are constantly **fluctuating** due to outside influences. World events, the latest jobs report, a statement by the President or changes in the world economy — can all impact interest rates.

Traditionally, home loans are considered a **safe investment** compared to the stock market. When the economy is in turmoil, investors move to safe investments, such as mortgages and bonds. As a result, mortgage loan interest rates tend to drop. However, when the economy stabilizes, investors seek higher risk investments. This causes home loan interest rates to rise.

If you would like to learn more about interest rates, please contact me today.

Alishia Hoskins
Branch Manager, Mortgage Loan Originator
NMLS#: 287311, Branch ID: 1563671
1801 17th Avenue SE, Suite 1
Albany, OR 97322
Office: (541) 981-9407
Fax: (877) 292-9399
Alishia.Hoskins@Homebridge.com
www.alishiahoskins.com

I am licensed to originate mortgage loans in the following states: OR, Homebridge Financial Services, Inc., Corporate NMLS ID #6521 (www.nmlsconsumeraccess.org); 194 Wood Avenue South, 9th Floor, Iselin, NJ 08830; (866) 933-6342; Licensed in all states but UT, AZ Mortgage Banker License #922458; Licensed by the Dept. of Business Oversight under the CA Residential Mortgage Lending Act; CA Residential Mortgage Licensee #22495; Illinois Residential Mortgage Licensee: MA Mortgage Lender/Broker License #MC3521; MO branch: 1116 Remington Plaza, Suite A, Raymore, MO 64083; Licensed by the NJ Dept. of Banking and Insurance; Licensed Mortgage Banker - NYS Dept. of Financial Services, 152 Madison Ave., 23rd Floor, New York, NY 10016; RI Licensed Lender, RI Licensed Loan Broker; TX branch: 15301 Dallas Parkway, #900, Addison, TX 75001; WA Consumer Loan Company License #CL-6521. This is not an offer for extension of credit or a commitment to lend. Loans are currently being closed and committed at the expressed rates, however these rates may change or may not be available at the time of your interest rate lock-in, commitment or closing. All loans must satisfy company underwriting guidelines. Interest rates and Annual Percentage Rates (APRs) are based on recent market rates, for informational purposes only, subject to change without notice and may be subject to pricing add-ons related to property type, loan amount, loan-to-value ratio, credit score and other factors. Terms and conditions apply. Additional loan programs may be available. This is not an offer to enter into a rate lock agreement under MN law, or any other applicable law. Call for details. 08/2018



The Best Music
www.ksho.net

541-926-8683
Albany, OR

Good Companion

Flea Control

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

We have been seeing a much higher number of cases involving dogs and cats suffering from fleas. We think part of this increase has to do with the relatively warm weather we’ve had over the last few years. We haven’t had a long freeze to help reduce the numbers of outdoor fleas that can overwinter in leaf litter and other yard debris. There are over a thousand different species of fleas in the world but I’m referring to just one species, Ctenocephalides felis, and the cat flea. This is the flea that can make our pets lives miserable.

What is frustrating is that we have so many quality products that are very effective at killing the fleas, yet we still have problems with them parasitizing our patients. The issue largely comes down to understanding how fleas operate and complying with quality products, not generic store brands.

Many owners are surprised to learn that their pets have fleas when examined by their veterinarian. The classic example is the dog that is chewing his butt raw and yet no fleas are ever seen. This is because this dog has an allergy to fleas and it only takes a couple of bites to cause a skin reaction. It’s easier to find fleas on dogs and cats without flea allergies because they’re not constantly grooming themselves which hides the evidence. The take home point is that if your dog or cat is super itchy, especially around the hind end, there is a strong probability that it’s fleas whether you seen them or not. If you do see adult fleas, then you actually have much for fleas in your environment then you realize.

The adult flea is just the tip of the iceberg. Once the female draws blood, she can start laying eggs and she can lay up to fifty eggs a day. These eggs fall into the environment and hatch out as larvae. The larvae live on the partially digested blood that is excreted by the adults. Larvae die when the temp gets over 95 degrees so these guys like shade and shelter. They are found between floorboards of hardwood floors, in carpeting, under furniture, and of course in bedding. Our climate-controlled homes are ideal havens for fleas which is why being indoors only does not make our pets safe from infestation. When conditions are right the larvae then go into the pupae or cocoon phase. This is the most important phase when it comes to winning the war against fleas. Quality flea control products work to kill adults, eggs and larvae. No product, not even professional exterminators can reliably kill the cocoon phase. It’s essentially a bomb shelter. This phase can persist up to three months before the flea hatches out as an adult. Hatching is triggered by vibrations, warmth and carbon dioxide that we exhale. Therefore, it is important to continue to treat for fleas for several months even after you think you have won the war. And if your dog or cat has allergies of any sort, he or she should be treated with a monthly quality flea product year-round. The other benefit to treating for fleas during the winter is it increases the chances of eliminating the population entirely when their numbers are the lowest.

For the best chance of a victorious outcome you should speak to your regular veterinarian about which products may be best for your pets and make

Flea Control continued on page 15

Meet Sadie!

Sadie Mae will be our Pet of the Month. Here is her article and attached is her photo. Please let me know if you have any questions!

Sadie Mae is a beautiful smiley gem who has spent much of her young life in a shelter waiting for her forever family. She is a 1 year old Shepherd mix who was rescued from euthanasia and brought to SafeHaven on a “Fetch Fido a Flight” transport all the way from Oklahoma.



Sadie Mae can be shy during initial greetings but once warmed up, she’ll be ready to go on adventures or just hang out wherever her people are.

Sadie Mae would do best in a quiet, patient home and would love to have another dog around to race and chase with! She loves stuffed toys and will always say yes to a new squeaky toy as long as she doesn’t have to share.

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

The Mid-Valley's News, Information and Entertainment Source!

Local News

Mary Eads

Bill Diamond

Mike Mason

www.kgal.com

www.KGAL.com

Dennis Prager
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

Jim Bohannon
The Militant Moderate
8pm - 10pm

Hugh Hewitt
Voice of Reason
3am - 5am

Steve Kathan

Cami McCormick

Dave Ross

Pam Coulter

Dave Barrett

Sam Litzinger

GET DELIVERY FROM OVER 30+ LOCAL RESTAURANTS

AVAILABLE IN ALBANY, CORVALLIS, SALEM, KEIZER & LEBANON.

1-888-35-MUNCH

Google play

Download on the App Store

www.MunchysDelivery.com

1-888-356-(8624)

H&H

TREE SERVICE, LLC & LANDSCAPE MAINTENANCE

Nick Hansen | Nicholas Hansen
503.837.9120 | 503.881.4094

H.HTreeServicellc@gmail.com

CCB#215767
Bonded and Insured

THE ACTION

Stream

willamettevalleysports.com

One Drawer at a Time

BY MARY ANN HONEYMAN

The best way to go about it is to break it down into smaller projects and I mean very small projects such as one drawer at a time. You can set a daily goal for yourself such as tackling one small area a day or a larger area per week. A strategy that works well for me is to have a box or some kind of container ready and out in the open so that I can toss donation items in as I come across them. Once that is filled it goes in my trunk to be dropped off for charity.

Setting small, simple goals is a good way to avoid feeling overwhelmed, anxious and defeated about the idea of decluttering your home. All of this “stuff” didn’t appear overnight so it will take a bit of time, the decluttering process doesn’t need to be as painful as some make it out to be. A method that has worked well for me in the past is the 4 Box Method. As you set out to declutter an area, have four boxes ready, labeled: trash, give away, keep or relocate. Place each item in every room into one of the four categories. No item is passed over, each is considered individually. Some projects can take



an hour, others can take days or weeks but boy, it will be so worth it! It’s something I notice every time I walk through and show homes for sale, a tidy and uncluttered home is so much more inviting. It might be a good idea to pretend that you are planning to move - what items would you want to take with you and what items would you gladly leave behind?

My husband Keith and I have recently watched a couple of episodes of “Tidying Up” on Netflix that gave me some new perspective on my wish to purge and declutter our home. I really like how it’s suggested that we only keep items that “spark joy” and release all of the items that do not. Letting go of unnecessary clothing, household items and paperwork is such a relief. The most important thing is to just jump in and take that first step, here’s to enjoying our organized space and feeling the satisfaction of a job well done. It will also be so nice to know that someone else will be getting some good use out of them. What a great sense of accomplishment and wonderful feeling of freedom we will have when it is done!

Adding Elegance with Decorative Glass

Decorative glass adds a stylish and cultured look to any home. There are many types of frosted or patterned glass that will give your home a custom look and set it apart from the rest of the neighborhood.

The various textures and patterns of decorative glass are especially suited to four areas in your home.

First, if you’re building or remodeling, your window manufacturer will have several different patterns available for use in the bathroom windows besides the standard “pebbly” obscure. Your privacy will be maintained, and you’ll add a touch of stylishness.

The kitchen cabinets are a great place to add decorative glass. Reeded patterns provide a craftsman look whereas seeded patterns add a more modern design. Depending on the construction of your current cabinets, this may be a simple DIY project. Raised panels in some cabinets are removable. Swapping the panel with a custom cut piece of decorative glass creates a sophisticated upgrade to your kitchen.

Another area to consider adding

decorative glass is at the front door. Some front doors have a similar removable raised panel that can be exchanged for decorative glass. This is a great way to add instant curb appeal to your home.

Lately, decorative glass backsplashes are becoming popular. Instead of tile or laminate behind the sink in your bathroom, consider using glass. It’s very durable and easy to clean. And, there are many warm and vibrant patterns and textures to choose from that will create a sophisticated look.

To explore the possibilities and see a variety of decorative glass options, visit Smith Glass at one of their showrooms in Albany or Corvallis.

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



BRYAN SMITH,
SMITH GLASS

541-926-4446

Be a Pioneer.

Serving our neighbors from the Willamette Valley to the Pacific Ocean. We are proud to be Pioneers for you, our community.

- High Speed Internet
- Managed Wi-Fi
- Video Services
- Superior Voice Services



 **Pioneer**
CONNECT
www.pioneer.net
541-929-3135 / 541-563-3135



Helping you protect what matters most

We offer a variety of insurance products and financial solutions to make sure you’re covered for today *and* tomorrow.



Michelle Morford
1821 14th Ave SE
Albany, OR 97322
541-928-1929
michelle.morford@COUNTRYFinancial.com



0218-563HO

Good Reviews

King Arthur—the Prequel The Crystal Cave by Mary Stewart

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

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

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

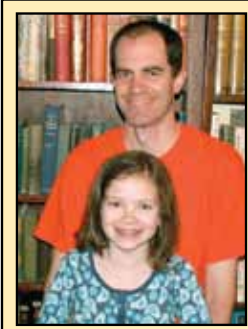
The surprising thing about this book is the

relatively minimal discussion of magic. Merlin is, after all, the über-magician and everyone from Gandalf to Dumbledore is patterned after

him. Magic certainly does happen in the tale, but what is more important is the *perception* of magic by the people around Merlin. This is actually a refreshing break from the usual treatment of magic in most sword-and-sorcery fantasy epics. Mary Stewart comes at this tale as the

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

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



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

Readin’ continued from page 4

- 15% contemplated suicide
Definitely not popular side-effects!
There has to be a better way!
Chiropractic doctors have been successfully helping ADHD children for years. We often find that an interference to the function of the nervous system, caused by a vertebral subluxation in the spine, is at the heart of the matter. These vertebral subluxations are often the result of a difficult birth and interfere with normal nervous system function.
A vertebral subluxation is an irritant to the nervous system. It is like having a pebble placed in your shoe that you can’t get rid of! Chiropractic care is directed at correcting these subluxations thereby making the child’s nervous system function normally. It’s that simple. If your child has been labelled ADHD or is in the process of being labelled, my suggestion would be to consult a pediatric chiropractor without delay.

Flea Control continued from page 13

sure that you are clear on how to give or apply the product. For example, bathing your dog after applying a topical flea product will greatly reduce its effectiveness and if bathing is necessary then you may want to consider oral flea medication that won’t wash off. It is important to treat all cats and dogs in the same house, and don’t forget about rabbits.

The cat flea *Ctenocephalides felis* can only lay eggs if it is able to ingest the blood of dogs, cats and rabbits. If the itchy dog is the only one being treated, then battle will be lost. Also discuss various ways to try to reduce the number of eggs and larvae in the environment. There are several safe quality products that do an excellent job killing the larval stage. Sprays work much better than foggers because you can target fleas under furniture. Foggers settle on top of furniture and won’t do much to kill larvae under the bed, dressers, area rugs, etc... I have found that it can be trial and error in some cases and therefore following up with your veterinarian is so important because we can learn just as much from what doesn’t work as from what does work and adjust our strategy over time.



CoEnergy Propane

Locally Owned and Operated, Your Home Town Propane Provider

**Business of the Year
2014, 2017 & 2018**



Four Great Reasons to use Propane
***Clean *Safe *Reliable *Good Value**

Your #1 Choice for Propane and Propane Accessories

**Proud Sponsor
of the**



*** Agricultural * Automotive * Commercial * Residential**

Your Business with us Supports Your Community



Serving Central Oregon, the Mid-Oregon Coast, and the Willamette Valley, Since 2001
Phone: 800-510-5886/Website: www.coenergy.net
ALBANY * REDMOND



2019
PINNACLE
PARTNER



Willamette Valley Christian Supply **TENT SALE**



Join Us June 12-15

Author Signings June 14 from 1-3
Authors: Karen Barnett, Karen Whiting, Taylor Bennett,
Christina Suzanne Nelson and more.



**Willamette Valley
Christian Supply**

Connecting you to all of your Ministry resource needs



916 NW Kings Blvd • Corvallis • (541) 754-9295 • willamettevalleychristiansupply.com