

HIGH POINTS



GOOD NEWS FOR THE WILLAMETTE VALLEY

APRIL 2020 • FREE



Home Shows Have Hope

When I worked at KRKT back in the 80's, we used to own the Albany Home & Garden Show. It was great fun producing and promoting the big annual home show. It seemed like everyone was there! The newspaper, television and of course radio stations all made a big deal out of this community event. Back in the day, we would do just about any kind of promotion or event within reason. We had great fun and attracted thousands of people to our various events.

I remember when we were contacted about the Elvis Tour Bus promotion that was coming through our market. We jumped at the opportunity to have fun and make a few bucks. We scheduled the bus to appear around the valley at sponsored locations and invited our listeners to come see the AMAZING Elvis Tour Bus Museum with genuine Elvis artifacts. They looked real to me. Oh boy...they came out of the woodwork for that one.

Of course, we always did the Country Showdown country music talent contest. Back then, contestants would submit a tape of their performance for contest consideration. The judging consisted of a group of us listening to the tapes while having pizza and beers. OMG!!! This was one of the funniest things we did every year. We would set the date for judging and it was all anyone could talk about for week. We did a kid's fishing derby, casino nights, golf tournaments, a women's expo and of course no one over about 40 years old will forget KRKT's Mechanical Bull. We hauled that baby around the Valley for years until the liability risk outweighed its benefits.

All our promotions weren't fun and games. I remember one our senior account executives having this great idea to create a traveling public awareness campaign called Drugs, Drinking Driving, Don't. She made it through mountains of red tape and got permissions from all involved to display an actual vehicle that was involved in a drinking and driving crash on a large flatbed trailer. The on-site presentation included a photo spread and story about the driver and circumstances. The entire demonstration was supposed to scare the crap out of everybody. It worked!

The initial the concept wasn't selling to well with sponsors. As the Sales Manager, I went on some sales of the presentations and realized that the presentation needed a visual aide. I took a Hot Wheel and smashed the crap out of it and glued it to a miniature flatbed trailer. The display included a miniature parking with lots of crime scene tape and caution cones showing the crashed car on display. It was awesome! At one presentation we asked a

major sponsor for \$6,000. After some consideration, the client said...and I quote: "Yeah, I think I could come up with the \$60,000 you're looking for." He clearly misunderstood the investment. Lauralee Beck and I left that meeting without a word. We got to the car. Looked at each other and screamed OMG in disbelief.

The display was ultimately taken all over the state. Go figure. I have never seen a person with so much drive and passion for a cause! She just flat would not take no for an answer when it came to getting support for the 4-D campaign as it came to be called.

Sometime in the late eighties we sold the home show to Willamette Valley Productions; an Oregon company that specialized in event production. After a while, we just didn't have the staff and stamina to continue to produce the show and do radio to. On and off over the next 20+ years I worked with the new show owners. They were great show producers and it was always fun to find ways to cross-market with our radio stations. During this time, I was the Market Manager for Clear Channel Communications and then subsequently Bicoastal Media in Albany and Eugene. My radio station group consisted of nine radio stations here in the Willamette Valley. I retired in 2018 after 30 years of media and marketing.

A year later, I received a call from the new but actually "old" home show owners. "Hey, we're getting out of show business...the Home Show business. We think this would be a great fit for you. Are you interested?" Am I interested? You bet I'm interested! For Pete's sake. I've spent the last 30 years putting on every promotion known to mankind. Of course, we went through one delay after another while focusing on the calendar. When we finally took over, the first of the three annual home shows were coming up in just 60 days! The second of our three shows was just two weeks after that in Salem! We worked non-stop and produced the best Fall Home and Garden Shows we could muster with the

time and resources available. Those two home shows were pretty darn good. As the new owners of Willamette Valley Productions, we had set the table for a great 2020 and beyond.

With two home & garden shows now under our belt and time to plan, we developed some great ideas for our Spring 2020 Albany Home & Garden Show at the Linn County Fairgrounds in Albany. Our goal was to expand and grow the event. It's well known that the proverbial "back of the show" or building doesn't get the kind of traffic and exposure that the booths closer to the front get. The question was: How can we turn this negative into a positive and make the show bigger and better? The IDEA: Produce a Wedding Show INSIDE...the Home and Garden Show...at the "back" of the building. The Wedding Showcase is a fully enclosed, staged and carpeted area that is completely decorated in class for over 40 wedding exhibitors to present their products and services to future brides and Grooms. Everyone agreed that this was a great idea! This new idea along with a great line-up of attractions was sure make the Spring 2020 Albany Home & Garden Show the biggest event the Valley had seen in years. To say we were excited for the opportunity would be a huge understatement.

On March 16th, we announced the cancellation of the Spring 2020 Albany Home, Garden & Wedding Show. This was a devastating blow for everyone involved. After reeling from the impact, we focused our attention on what we could do and not what we couldn't do in the current environment.

We took stock of our assets and resources. We made a list. We kept adding to the list. Focusing on the positives...not the negatives. The benefits that come from doing this exercise were amazing. We counted our Blessings.

Time for action. We still have two Fall Home & Garden Shows to produce in October. The question was: "How

do we make up for the loss of an entire show?" Our answer. "Produce two of the biggest Fall Home & Garden Shows this Valley has seen in years!" The wedding show idea has real traction. The original wedding show floor plan was doubled quickly to accommodate exhibitor demand. Our idea: Rent an additional building and expand the size of the Wedding Showcase to accommodate 100+ exhibitors and stage the show in its own building...NEXT to the Home & Garden Show. Plus, attract the maximum number of home and garden show exhibitors allowable in the venue. Two events, one date and one location. While this does not solve all our problems, it gives us focus and drive to succeed and reach our goals despite hardship.

— Coming October 2020 —

Albany & Salem Home, Garden & Wedding SHOWS!

My area of expertise happens to be marketing, events and promotion. What's yours? Everyone has a natural lane where they feel comfortable and confident. The magic happens when you use your God given natural talents to create opportunity for yourself and the people around you. Everyone can be a resource. Figure out where you naturally fit in the scheme of things and enjoy knowing you are in the right place at the right time. My guess is, you know exactly who you are and what kind of resource you can be. Are you part of the solution or part of the problem?

Some people just enjoy whining and complaining. The option to be in the whiner's group has always been there and is easy. We all slide into that group from time to time. When you recognize you're sliding into the whiner's group, reverse thrusters. It's a complete waste of time!

Take stock of what you have. Find your lane. Find your place. Be part of the solution. Find and create opportunity for yourself and others. Be a resource. It feels good. It feels right. I hope this story finds you and yours in good health and spirits.



Fun Events for April 2020

With the Covid-19 situation most events are canceled or postponed. Please check this page next month for a schedule of May events.

- **FARMERS MARKETS**
- **Albany** - Opens April 18th Sat 9am-1pm, City Hall Parking Lot <http://locallygrown.org/home/>
- **Corvallis** - Opens April 18th Sat and Wed 9AM-1pm, First St. Downtown <http://locallygrown.org/home/>

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@pointsofarprofit.org

Do You Owe a Debt of Thanks?

During this time when many people are taking stock of all that they are grateful for -- or at least thinking about doing so. We encourage you to take stock of all those people who contributed to your gifts and abilities. Those gifts such as our self-esteem or confidence, our love of sports or music, love for community or volunteering in general. What person or group do you owe the greatest debt? Was there a special person or group that really helped you become the person you are today?

Was there someone who helped you believe in yourself and your ability? Was there someone who taught you to appreciate life in a new way? Was there just someone who was there so you could count on them no matter what?

Most of us have been fortunate to have not just one person but a whole team of teachers, coaches, and mentors who helped us grow and reach our potential. We should remember to thank those people again and again as we live the lives, they helped us shape. Even more important we need to repay that debt -- not to those individuals but to society. How is your debt? Have you paid it yet or are you still pretending it doesn't exist?

We often hear the expression as it relates to criminals. It is sometimes used as a euphemism for incarceration. The truth is though that we all owe a debt to society. Not because we have done some harm to the community but instead because we have benefited from someone else doing good.

The Lord's Prayer includes the phrase "And forgive us our debts as we forgive our debtors". Obviously, no matter how good we are and how exemplary our lives we can never repay our debt to God or his Son-so, that part of the meaning is rather clear. I also think this means that we should do good for goodness sake rather than any potential benefit we may reap from the act.

I also think there is another level of meaning and this

comes back to the central idea of our debt to society. I think when it comes down to acts of kindness there cannot be a one-to-one relationship. Obviously in many cases when a person needs help, they may never be able to return that help in kind. But it isn't really what we want or need when we offer help or kindness in any case.

Whenever I do something charitable, helpful, or kind, I tend to view the act as contributing to a vast fund of kindness. Many times, in my life I have profited from this fund and very likely I will continue to profit from it.

One of the reasons I like this concept is that I do think of it as a sort of fund or bank. The value grows exponentially rather than incrementally just as money would do if similarly invested. We should all be grateful for this because the truth is that we usually don't pay our debt to society.

Most of us will write the occasional check, buy a ticket for some raffle, and/or spend a few hours working here and there on some pet project. There are a few who will go much further than this and spend a large portion of their time, energy, and/or money for the greater good but they are far too few.

Often whenever we face pressure on our time or finances then it is our philanthropic activities that are the first to be sacrificed. I have been all too guilty of this myself. I wonder what would happen if we reversed this and instead put helping others first rather than last?

My challenge to you this month is simply to find a way to add to our goodness fund. Borrow from the concept of "Pay It Forward". When someone offers you a helping hand then be sure to pass the favor along at the first opportunity. Don't pick and choose. Don't balance your checkbook first. Don't take the easy path. Do what is right. You will know it when you see it.

Happy Easter

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

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The Gardener's Notebook from Summit Ace Signs of Spring

BY KRISTIN MICKLEWRIGHT, PUBLIC RELATIONS MANAGER

Spring weather can be tricky, so we get a lot of questions about lawn care this time of year at Summit Ace Home & Garden. Knowing when to apply weed and feed, moss control, and when to re-seed your lawn is important. Applying these products at the wrong time or interval wastes time and money. At Summit Ace, we have the products, and the knowledge, to get you started.

Most weed and feed products recommend applications when the lawn is actively growing. Products vary, so check manufacturer instructions for the best time and temperature to apply. However, here are a few things to keep in mind:

- The better the lawn is growing, the faster the weeds will take in the product which means better results.
- Moss control can be used earlier in the season, but it may require more than one application.

In the perennial beds, a pre-emergent weed barrier product can be helpful. These products don't actively

kill weed- they work by creating an invisible barrier that suppresses seeds from sprouting. With these products, it is necessary to pull or spray all existing weeds first. Then rake the soil clean and apply the pre-emergent. Mulch and bark can be put down right over the top. These products work well together and will reduce weed pulling in the future.

In the flower and vegetable garden, get the weeds pulled or sprayed before they get out of control. You'll

thank yourself later! Use a thick mulch between rows to prevent weed re-growth. This mulch will also help hold moisture when the weather turns warm.

It's also time to think about structures and plant supports. Flowering vines are beginning to show growth and these plants grow fast! Get the supports and trellises in place before they really bloom, and you'll have better blooms, less disease, and less insect damage.

Questions? Need assistance? Paula, our garden specialist at Summit Ace, would love to help!

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Why do you want a Consultation with Rhea?

BY RHEA GRAHAM

Many people "smoked pot" a time or two in their youth or during college and found they liked it. A few tried it and didn't like it; very few didn't try it at all. No matter where you fall, you or someone you know likely has a condition that creates within you, questions about if Smokeless Cannabis Remedies will at least relieve the symptoms and at best remedy the condition.

Knowing what the patient is suffering, I offer suggestions on how to reduce or abate the suffering without them getting high. Many think you get a high from all Cannabis use, but that simply isn't true. I also help patients develop a daily routine around Cannabis use, instead of potentially and known deadly prescription drugs, using Smokeless Cannabis Remedies while fully participating in life.

For those who are ok with feeling the euphoria activated THC brings, ("noun a feeling or state of intense excitement and happiness "the

euphoria of success will fuel your desire to continue training") there are many more options for successfully relieving your pain, other symptoms or conditions. Sometimes pain simply needs some activated THC to get to

your receptor to change everything you know about your current pain situation. (Just ask the guy who ate a cookie that made him pain

free for the first time in years! It was a mere 15 mg or less dose,

he didn't get high, he got relief!) The doctor at my

office can explain why; I just know how to make it happen. You can make an appointment with either one of us and learn more – and get your Oregon Medical Marijuana card, if necessary.

Cannabis gives countless people a new lease on life, call 541-981-2620 now to schedule a consultation and see which remedies and routines will be best suited for you. Remember, you can also schedule classes and learn how to make what you need for your condition and symptoms. Classes are two hours long, cost \$200 and are limited to one or two students at a time.



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Good Health

Oral Cancer Screening Month

This month, health and dental professionals join to bring awareness to a life-threatening concern: Oral Cancer.

High risk behaviors, including cigarette, cigar or pipe smoking; use of smokeless tobacco; and excessive use of alcohol and sun exposure are the foremost causes of the disease. While these lifestyle habits do not always result in oral cancer, they do greatly increase the possibility.

The use of smokeless tobacco, known also as chewing tobacco and sold under names like Skoal®, Kodiak® and Copenhagen® significantly increases oral cancer risk. According to the National Cancer Institute, there are 28 cancer-causing chemicals in smokeless tobacco. The chemicals are absorbed into the body through the juices created when the tobacco is placed in the mouth.

Research also indicates that the Human Papilloma Virus (HPV) is the second leading cause of oral cancer. HPV can be contracted with no noticeable symptoms, and the ease of transmission adds an extra element of danger. HPV is most easily recognized by warts on the skin mainly concentrated on the arms, legs and hands. There are certain strands (including HPV16) which are sexually transmitted. Health officials expect

HPV16 to overtake alcohol and tobacco use as the primary cause of oral cancer. The age of cancer victims has shifted

from over forty to twenties. HPV16 is often in the back of the throat, inside the mouth, and on the tonsils. While non-HPV tumors tend to be on the front of the tongue, on the floor of the mouth and the cheeks

Each time you visit our office, we

conduct a routine check for any signs of oral cancer, regardless of the time of year. We carefully check the inside of your mouth and around the tongue. During a comprehensive exam, we use an instrument called a Velscope®, which causes the soft tissues to be naturally fluorescent. Healthy tissue becomes luminous, and glows. Any tissue that is dark will be carefully examined for abnormality, either by our team or by our oral surgeon partner. Though we can visually detect many suspicious areas, The VelScope® assists in the identification of some that might not immediately signal a problem.

If you notice or are concerned about a mouth sore that does not heal within two weeks, contact our office for an examination. Your smile is only one part of your overall health. Call us today and smile with confidence!



SOPHIE DIEPENHEIM & GREG RENYER
PINNACLE DENTAL ASSOC.
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Why Should Children Have Chiropractic Care? Part 3

WHO WOULD I SEE IF MY CHILD HAD AN EAR INFECTION?

Ear infection or otitis media accounts for over 35% of all pediatrician visits in the United States. Antibiotics, the usual treatment, are not always effective and often lead to a recurrence of ear infections. Many children are dealing with a continuing cycle of repeat ear infections, which lands them back at the pediatrician for more antibiotics. A study published in the *Journal of Clinical Chiropractic Pediatrics* indicates that there is a strong correlation between chiropractic adjustments and the resolution of ear infections. 332 children with chronic ear infections participated in the study. Each child, ranging in age from 27 days to 5 years, was given a series of chiropractic adjustments. The results show that close to 80% of the children did not experience another ear infection within the six-month period following their initial visits. The non-recurrence rate with antibiotics is only 20%.

WHO ARE THE HEALTHIEST CHILDREN ON THE PLANET?


It's chiropractic children! You might say, "of course you would say that, you're a chiropractor." Research supports this health concept; a study in 1989, published by the *Journal of Chiropractic*



DR. NICHOLAS R. BROWN,
TIMBER LINN
CHIROPRACTIC
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Research indicates that the chiropractic children are healthier than non-chiropractic children. The study indicated that "children raised under chiropractic care are less prone to infectious processes such as otitis media (ear infections) and tonsillitis, and their immune systems are better able to cope with allergens such as pollen, weeds, grasses, etc., as compared to children raised under allopathic (medical) care."

The chiropractic children were sick less often, used fewer antibiotics and were prescribed less medications. Wouldn't you want to give your children the best opportunity to be healthy?



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Essential Oils for Skincare, and Self Care. Part 2

You might have noticed or heard many skin care professionals and sites boasting about the essential oils present in their product and the benefit. Essential oils are truly essential for the skin. They help improve and revitalize the skin and hair in many ways. Scientists' and herbal experts have always been interested in sorting out what the various plants and trees offer for human use. The great varieties of oils, and gel which can be extracted from various trees have been researched for years and are proven to help the skin!



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forms of these oils and mix them in your daily use lotions but for this you must have complete knowledge about the concentration, purpose and amount to be used. For instance, if you have acne prone skin then tea tree oil or vetiver oil is the solution for your problem. For those with eczema, you can use calendula or cranberry seed oil. Most skin problems have an answer in the form of some type of essential oil.

USE THE OILS WISELY-

Different oils have different purposes and a different purity level at which they are effective. Thus, knowing all the ingredients and making skin product at home is not a viable option and not really easy. You can trust leading skin care brands and use their product. But select a product for your skin (type and need) only after getting your skin examined by a licensed skin professional. This way you can make sure that you are using the right product with the right essential oil desired by your skin. This would also assure you positive results in the form of healthier skin.

Whether using essential oils in your home made skin product or using readymade products from the market, you should make sure that you have all the required knowledge about the available oils, their purpose and your skin concerns. You must diligently try to select the most appropriate oil for your skin (consult a dermatologist for the same).

To put it simply, essential oils are just oils extracted from various plants. They're used for aromatherapy which is awesome for self care (that's why we're talking about them today!). Aromatherapy is a type of alternative medicine that uses essential oils (and overall the power of smell) to enhance

your well-being, and balance your mind, body, and spirit. Most commonly, this is done through smell, or topical application of the oils to the skin. Different oils have different uses, and benefits. For example, to improve sleep quality, uplift mood, increase energy, reduce anxiety or depression, provide pain relief, reduce inflammation, and more.

Although essential oils have roots in ancient beauty rituals, their popularity continues to skyrocket especially for those seeking natural skincare ingredients. Many come bearing bold claims, too: From soothing dry skin to reducing signs of aging, it's easy to believe the fragrant little bottles are a skincare (and maybe even life?) cure-all.

Join us for the continued look into the benefits of essential oils in the May issue of HighPoints.



OUR SKIN CAN REAP BENEFITS FROM NATURE-

Hundreds of essential oils are now known that can be used to help greatly with various skin issues. Skin care experts have continuously mixed various oils in different compositions to benefit the skin's health. Acne, blemishes, scars, skin-aging, open pores, dry skin, oily skin, psoriasis, skin regeneration, cracked skin and other skin concerns can be treated with one or another essential oils.

Essential oils are actually extracts of certain fruit, nuts, tree barks or leaves. Thus, these nature based product first needs to be carefully extracted from their plant source and then refined in cosmetic refinery plants before using them in skin care product. You can buy concentrated or pure or virgin

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Five Tips for Spring Cleaning

With warmer months just around the corner, spring cleaning isn't far away. Whether you want to clear some of the winter clutter or just feel like a change in scenery, spring cleaning can make it happen. Now is the perfect time to clean out the garage, basement and/or attic. If there are any items that you don't plan to use, this article will tell you how to get rid of them while making money doing it. As we all know, this can take a lot of work, but a few simple tips can make your spring-cleaning experience a breeze.

Tip 1: If you are storing away your winter clothes, consider using large plastic storage containers that feature snap-on lids. These can be found in the house wares department at Bi-Mart stores and are very inexpensive. Storage containers are very important to keeping your clothes dust and discoloration free, which may otherwise be a problem if they are left hanging in the closet from one season to the next.

Tip 2: When packing your clothes, roll them instead of folding. This not only eliminates creases and wrinkles, but also saves a lot of space. You will be able to pack a lot of clothes with this technique.

Tip 3: Label your clothing containers as 'spring,' 'fall' and 'winter.' This will help you to easily locate your wardrobe inside the closet.



Tip 3: If you have any clothing that you don't plan to wear or simply have outgrown, consider donating them to a local Goodwill or other nonprofit organization. Rather than tossing them out, your clothes can provide revenue for a worthy cause and help the less fortunate to be able to afford clothing that would otherwise be unattainable.

Tip 4: If you are looking to clear out some knick-knacks or perhaps even some Holiday decorations in order to make room for new ones, consider a trip to the local flea market. Everyone is looking for a bargain and they just may be looking for something that you no longer wish to own. A setup fee is usually required which, depending on the location, can be \$10.00 to 20.00 per day. Otherwise, you can always sell items at internet auction sites, including but not limited to Facebook Marketplace, Yahoo and eBay.

Tip 5: With all the changes that you're making, it may be time to switch to a lightweight vacuum from Rich's in Albany and Salem. This will save from lugging around a heavier model and will glide across the floor with ease. There's no use in completely wearing yourself out during spring cleaning, so try to make it as easy as possible.

Happy Spring cleaning!

The Kitchen and Propane

An overwhelming majority — 96 percent — of professional chefs prefer cooking with propane. After discovering its benefits, you will, too.

From starter homes to high-end custom projects, propane-powered cooking equipment provides convenience, sharp design, precision, and reliability for homebuyers and homeowners wanting optimum performance at a reasonable cost.



to any kitchen. This capability also provides a safety feature not found in electric cooktops, which can remain dangerously hot for a few minutes after being turned off. Instant-on burners allow cooking to start right away. Instant-off, on the other hand, quickly cools down the cooktop to prevent overcooking.

- Smart controls for different cooking modes.
- Griddle and grill features on ranges and cooktops.
- Warming drawers.
- Ovens with convection and steam settings.

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Propane cooking equipment provides convenience, sharp design, and excellent performance in any kitchen — from starter homes to high-end custom projects. An attractive, stainless-steel gas range that combines a propane cooktop and oven is perfect for space-challenged homeowners, while propane also offers commercial-grade ranges, indoor grills and cooktops, in-wall double ovens, and other gas cooking applications in luxurious custom kitchens.

Beyond these core benefits of propane burners in ranges, cooktops, and even indoor grills, propane kitchen appliances also offer:

- Precise temperature control from searing to simmering, more even levels of heat.
- Instant on/off capabilities are a few features making propane ranges, cooktops, and ovens a valuable addition

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Propane cooking — based on typical cooking usage levels and the emissions which electricity generation creates — results in roughly 30 percent fewer carbon emissions.

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Propane ranges, ovens, and other cooking appliances will have wide variations in energy use and costs depending primarily on frequency of use. A general annual estimate for propane use in the kitchen is 40 to 60 gallons per year.

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At Albany Animal Hospital your health and your pet's health and well being are our utmost priority.

We are committed to continuing to provide limited medical services and emergency only surgeries as long as possible, amidst the ever-changing information regarding the concerns and effects of the coronavirus.

HERE'S WHAT WE ARE DOING TO HELP PROTECT OUR STAFF, CUSTOMERS AND THE COMMUNITY:

- We ask that for all scheduled services, including pick up of prescription diets and pharmacy refill requests, that you call the hospital once you arrive and remain in your vehicle until you receive instructions on how to proceed (Curbside Service).
- Also, due to government restrictions, we are now required to limit appointments and surgeries to emergency/life-threatening or severe pain management only. No elective procedures or surgeries such as spays and neuters, routine dental cleanings, non-urgent mass removals, dewclaw removals, etc. will be scheduled at this time. Medical maintenance procedures, such as medically necessary injectables, blood and glucose tests, etc. will continue to be seen on a case-by-case basis.

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POINTS FOR PROFIT MEETING is April 28, 2020 from 6-7:30pm at the American Legion Post 10, Albany or on Zoom if not allowed to meet in person. Zoom Room id is 541-791-2901. A catered meal will be available. Dinner starts serving at 5:30pm. To reserve dinner please RSVP by noon on April 27, 2020 to info@pointsforprofit.org or call (541) 791-2901. For more information visit pointsforprofit.org.

Welcome Victory Pest Control

Points for Profit is excited to introduce our newest business to the program. Michael has been in Pest Control since 2007 working all over the state of Oregon. He recently opened his own company called Victory Pest Control to serve Linn, Benton, Marion, Polk and Lincoln counties. Owners, Michael Stanley and his wife Laura, have been married almost 16 years and have three boys who they are blessed to home school. The goal at Victory Pest Control is to take care of your home against unwanted pests with the care, honesty and compassion like we would our own. Michael believes that each person is not just another client but a new relationship to tend to while working to rid your house of damaging and undesired pests.

Victory Pest Control believes in an integrated pest management approach, offering specially designed programs for each home, using eco-friendly products. They always offer a free in-home inspection and estimate with a no pressure sales process and encourage potential customers to get other bids to ensure that we are the best fit for their home. Points for Profit member Deb Adamson says "All is now sealed up under my house! Victory Pest Control is

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Native American & Veteran Community Works Together

Native American Cultural Association of Oregon (NACAO) is a 501(c)(3) nonprofit. Our mission is to assist the Native American and veteran communities of Oregon. Our nonprofit helps people access unrealized benefits and cultural resources. NACAO assists with collaboration on the native and veterans community groups to work together. NACAO also collaborates with other groups on resource networking and building a database covering services for veterans and Native Americans in Oregon.

PROGRAMS WE PROVIDE ARE:

- **Color/honor guard** – provides flags at funerals, memorials, native events, veterans events, parades, public and private events.
- **Video productions** - The video production is to help with video recording of native and veteran events in the state of Oregon. Many of the events have been broadcast on public broadcasting.
- **Native American cultural resources** - This

program assists the native and non native community in Oregon access the Native American culture and help them access cultural information.

- **Native hoop magazine** - This magazine is one of the Native American premier magazines in North America. Native Hoop is an online magazine covering the native culture published monthly.
- **Native American referrals** - This program refer individuals to other native programs and tribes in the state of Oregon. We also work with many groups in the state gathering resources to assist individuals and other groups.
- **Veterans referrals** - This program will refer veterans and family members to services they are requesting.
- **Flutestock in Elkton** - is a Native American flute festival in Elkton, Oregon. The festival is the last weekend in July every year. Participants come from all over North America to play flutes at this free event.



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Many of us are fatigued, exhausted, and discouraged due to the recent historical events our world has been facing. It's truly a scenario that would come out of a Sci-Fi movie or suspense novel.

A virus, of all things, has shut down events, gatherings, church on Sundays, and many businesses. Some of you may be concerned

about income, payroll, or financial burdens related to this catastrophic pandemic. Others of you may be frustrated and angry at the panic and hoarding that many displayed in recent weeks. I would like to offer a perspective from God's Word that can bring reassurance, peace, and hope during this trying time:

"So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand." Isaiah 41:10

"When I am afraid, I put my trust in you." Psalm 56:3

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." Philippians 4:6-7

"Peace is what I leave with you; it is my own peace that I give you. I do not give it as the world does. Do not be worried and upset; do not be afraid." John 14:27

"For God has not given us a spirit of fear, but of power and of love and of a sound mind." 2 Timothy 1:7

"There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one



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who fears is not made perfect in love." 1 John 4:18

"When anxiety was great within me, your consolation brought joy to my soul." Psalm 94:19

"But now, this is what the Lord says...Fear not, for I have redeemed you; I have summoned you by name; you are mine." Isaiah 43:1

"Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me." Psalm 23:4

"Have I not commanded you? Be strong and courageous. Do not be terrified; do not be discouraged, for the Lord your God will be with you wherever you go." Joshua 1:9

"Humble yourselves, then, under God's mighty hand, so that he will lift you up in his own good time. Leave all your worries with him, because he cares for you." 1 Peter 5:6-7

"Tell everyone who is discouraged, be strong and don't be afraid! God is coming to your rescue..." Isaiah 35:4

"Do not worry about your life, what you will eat; or about your body, what you will wear. Life is more than food, and the body more than clothes. Consider the ravens: They do not sow or reap, they have no storeroom or barn; yet God feeds them. And how much more valuable you are than birds! Who of you by worrying can add a single hour to his life? Since you cannot do this very little thing, why do you worry about the rest?" Luke 12:22-26

"The Lord is my light and my salvation—whom shall I fear? The Lord is the stronghold of my life—of whom shall I be afraid?" Psalm 27:1

"Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; he will never leave you nor forsake you." Deuteronomy 31:6

"For I am the Lord, your God, who takes hold of your right hand and says to you, Do not fear; I will help you. Do not be afraid, for I myself will help you," declares the Lord, your Redeemer, the Holy One of

Israel." Isaiah 41:13-14

"God is our refuge and strength, an ever-present help in trouble." Psalm 46:1

"And I am convinced that nothing can ever separate us from God's love. Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow—not even the powers of hell can separate us from God's love." Romans 8:38-39

The Lord is with us and loves us; therefore, we can turn our fear into faith that trusts and depends on a God who is faithful and trustworthy:

"The Lord your God is in your midst, A victorious warrior. He will exult over you with joy, He will be quiet in His love, He will rejoice over you with shouts of joy." Zephaniah 3:17

"He who dwells in the shelter of the Most High will rest in the shadow of the Almighty. I will say of the Lord, 'He is my refuge and my fortress, my God, in whom I trust.'...He will cover you with his feathers, and under his wings you will find refuge; his faithfulness will be your shield and rampart. You will not fear the terror of night, nor the arrow that flies by day, nor the pestilence that stalks in the darkness, nor the plague that destroys at midday. A thousand may fall at your side, ten thousand at your right hand, but it will not come near you...For he will command his angels concerning you, to guard you in all your ways... 'Because he loves me,' says the Lord, 'I will rescue him; I will protect him, for he acknowledges my name. He will call upon me, and I will answer him; I will be with him in trouble, I will deliver him and honor him..." from Psalm 91:1-16

May God truly bless you, protect you, and provide for you as we all recover from this tragic virus and its wave of disaster.

Love in Christ,
Kevin Ferguson

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Coconut Custard

BY KAREN ROGERS

I developed this rather elegant dessert from a frozen dinner! I don't remember the brand, but Rick really liked the coconut pudding portion.

First you need to toast your coconut, heat the oven to 350 degrees and place 2/3 C coconut in a small pan and set it in. Now, be careful!!! This can burn in a nanosecond if you turn your back and it really smells awful. Stir it every four minutes- set a timer to be sure.

When it's a nice light tan, remove and cool on a rack. Let it get stone cold and grind it in a processor. If it's even slightly warm, it will stick and clump. Nasty.

This will make 6-8 ramekins, depending on their size. Place the ramekins in a larger baking dish, heat the oven to 350 degrees and set a pot of water on to boil.

Place 1 tbsp coconut in each ramekin.

Now measure 7/8 C (3/4 C plus 2

tbsp) each of heavy cream and milk into a sauce pan and scald it- heat just until small bubbles form at the edges. Set aside.

In medium bowl beat 3 egg yolks with 1 egg, 1/4 to 1/2 C sugar or Splenda and a pinch of salt. Add 1 tsp vanilla or 1/4 tsp vanilla and 1/4 tsp coconut flavor. Slowly add the cream mix and beat well. Carefully fill each ramekin 3/4 full. When all are filled, carefully add boiling water to the baking pan, about 3/4 of an inch deep. I put

the pan on the oven rack, then add the water. Bake for 20-30 minutes until just set.

Remove from the bath and cool on racks. Rick much prefers this warm, but any left can be wrapped and refrigerated. Zap them for about 30 seconds in the microwave.

I know that all that cream and eggs will migrate directly to the hips, BUT, you don't eat them every day and a little splurge won't hurt...too much.



April Word Search by Rolie the Puzzlemaster

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

ANGLE
 BEND
 BOAT
 BOUND
 CAMEL
 CHAIR
 COBRA

FACING
 FISH
 FULL
 HALF
 HERO
 MOUNTAIN
 PEACOCK

PLANK
 SALUTATION
 STAFF
 STANDING
 TORTOISE
 WHEEL



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Novel Coronavirus and Your Pet?

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

On Feb. 26 Chinese authorities detected low levels of the novel coronavirus (SARS-CoV-2) from the oral and nasal swabs of a 17-year-old Pomeranian whose owner had contracted COVID-19 which is the human disease caused by SARS-CoV-2. The news went viral (no pun intended) and freaked out a lot of pet owners. The dog was only weakly positive for the test and at no time was displaying any signs of illness. This is most likely a case of viral transmission from human to animal and that the dog will most certainly only be transiently infected.

According to the American Veterinary Medical Association there is currently no evidence that pets can become sick from SARS-CoV-2. More importantly infectious disease experts, as well as the CDC, OIE, and WHO indicate there is no evidence to suggest that pet dogs or cats can be a source of infection with SARS-CoV-2, including spreading COVID-19 to people. So, to be clear, there is currently no evidence that pets represent a potential source of infection of SARS-CoV-2 to their owners.

For people who do become ill with COVID-19 there are special precautions you should take to prevent spreading disease, including when caring for your pet. If you are sick with COVID-19 you need to be careful to avoid transmitting it to other people. Applying some commonsense measures can help prevent that from happening. Stay at home except to get medical care and call ahead before visiting your doctor. Minimize your contact with

other people, including separating yourself from other members of your household who are not ill; using a different bathroom, if available; and wearing a facemask when you are around other people or pets and before you enter a healthcare provider's office. Wash your hands often, especially before touching your face, and use hand sanitizer. Use a tissue if you need to cough or sneeze and dispose of that tissue in the trash. When coughing or sneezing, do so into your elbow or sleeve rather than directly at another person.

Out of an abundance of caution, the AVMA recommends you take the same common-sense approaches when interacting with your pets or other animals in your home, including service animals. You should tell your physician and public health official that you have a pet or other animal in your home. Although there have not been reports of pets or other animals becoming sick with COVID-19, it is still recommended that people sick with COVID-19 limit contact with animals until more information is known about the virus. So, if you are ill with COVID-19, have another member of your household take care of walking, feeding, and playing with your pet. If you have a service animal or you must care for your pet, then wear a facemask; don't share food, kiss, or hug them; and wash your hands before and after any contact with your pet or service animal.

While we are recommending these as good common-sense practices, it is important to remember there is currently no evidence that pets can spread COVID-19 to other animals, including people.

Meet Raphael!

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

Raphael is a handsome Pitbull mix who is looking for his perfect home. He is only a year old, and unfortunately has spent most of his life in a shelter. He would love to find someone who is looking for an active pup! Raphael is adventurous, happy, and as sweet as can be. He is currently working on his manners with our training department and is enjoying extra-long walks when the sun comes out!



Raphael would thrive in a home with no children, lots of space to run, and with someone who was interested in continuing his training. He also wouldn't mind lots of extra treats and cuddles! Stop by to meet this gem of a companion any day of the week at the shelter. We have meet and greet rooms, as well as yards, available for you to spend some quality time getting to know him. We're located at 32220 Old Hwy 34 in Tangent, OR and open at noon every day of the week!

COVID-19 UPDATES

ADOPTIONS & INTAKES: As of Mar. 17, all animal adoptions and intakes will be by appointment only and animal viewing areas will be closed to the general public. If you would like to set up an

appointment to visit with one of our animals available for adoption, please call 541-928-2789. If you have an emergency and need to release an animal, please call 541-928-6280.

As of Wednesday, Mar. 25, we will be limiting our hours of operation and will be open for appointments from 12 PM to 4 PM.

WAYS YOU CAN HELP: Many people have reached out to us asking how they

can help SafeHaven during this difficult time. This selfless question exemplifies the kindness and compassion in our community.

Your support is more important than ever. This global pandemic is having an impact on our events and programs, volunteers, and has left many of our staff without jobs. Our ability to provide care to those most vulnerable, regardless of the environment around us, is dependent on your support. Here are the best ways you can help the animals at SafeHaven Humane Society right now:

- Make a one-time donation or commit to becoming a monthly supporter.
- Purchase an item from our Wish List.
- Make an appointment to adopt or foster an animal by calling 541-928-2789.



Share the Love Sock Drive

We are in need of socks size 12m up thru 2/3T. Socks can be dropped off at Hope Church's Main Office. 2817 Santaim Hwy, Albany babyb@hope.church follow us on Facebook /Lifelinebabyboutique



Life-Line Baby Boutique is meeting the needs of local parents and their babies by providing clothing, diapers and some equipment free of charge.

Participants are interviewed to assess the needs of the child. We are still open during this COVID-19 outbreak. Hours are shorter and done over the phone. Please call or message to set up your shopping time.



Hours:
Tuesday 2:30-4:30pm
Wednesdays 10-12



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Window Safety Week

Each April, I dedicate this space to Window Safety Week. It's typically observed during the first week of April and is designed to heighten awareness for parents and caregivers in order to prevent falls from windows and help them understand the role windows play in fire safety. With spring and summer ahead, here are a few suggestions to keep your children and guests safe.

Window screens are designed to keep insects out rather than hold a child's weight and prevent them from falling. Children should not be left unattended around open windows with or without window screens. Avoid placing furniture under windows that might allow a child to climb and potentially fall from an open window. You might consider purchasing window opening control devices from the window manufacturer which are designed to limit how far a window can open but have a release to allow for escape in case of emergency. Finally, planting shrubs or grass beneath a window will lessen the impact if a fall does occur.

If you have wood windows, make sure they are not painted shut. While doors are the primary exit during a fire, windows are considered a secondary exit. Make sure they open properly in case of an emergency and be sure to train your children how to escape from a window if needed.



**BRYAN SMITH,
SMITH GLASS**

541-926-4446



Installing window air conditioners is common however keep in mind these windows may be needed for escape in case of a fire. Always be sure that you have at least one window in each bedroom that meets local codes for

escape and rescue.

As warmer weather approaches, it's a great idea to look at your upper floor windows to prevent any falls. While you're at it, consider how you might escape so you'll be prepared in case of an emergency.

You can get more information at www.smith-glass.com or by calling them at 541-926-4446 or 541-753-9175 or you can visit their showrooms in Albany or Corvallis. Smith Glass, On the Cutting Edge Since 1945.

Fresh Cut Flowers, Fruit, Vegetables, Education and Fun!

The Albany Farmers' Market has this and more and will kick off the 2020 season on April 18 in downtown Albany.

The market is open Saturdays 9 a.m. to 1 p.m. in the City Hall parking lot along Ellsworth Street and spills into adjacent 4th Avenue. The last market will be held Nov. 21, with a Holiday Farm Market planned for December 2020.

Albany Farmers' Market, founded in 1978, is the oldest continuously operated open-air farmers' market in the state. It focuses on farm-direct marketers, most of which are within 25 miles of Albany.

Albany's market is part of the Corvallis-Albany Farmers' Markets, a farmer-led nonprofit that operates outdoor farmers' markets in Corvallis and Albany and promotes dozens of farm-direct marketers in six counties: Benton, Linn, Lincoln, Lane, Marion and Polk.

Patrons can expect to find plant starts, seasonal fruits and vegetables, as well as locally grown organic meats, flowers, eggs, herbs and many other locally grown and created products. Organizations promoting sustainable living, composting and recycling

education, as well as live entertainment, can be found at the market.

The Albany Farmers' Market will be a part of the newly formed Mid-Willamette Valley Food Trail, which will roll out this spring. In communities across Oregon, food lovers have plotted these trails to introduce visitors to the food and drink of their regions. These self-guided food trails showcase the freshest local offerings of farmers, fishers, brewers and chefs around the state.

Other Food Trails currently available are North Coast, South Willamette Valley, East Gorge, Wild Rivers Coast and The Great Umpqua.

For more about the Food Trails, visit <https://traveloregon.com/things-to-do/eat-drink/oregon-food-trails/>

Many food trail destinations are open year-round, but others are highly seasonal. Call ahead to individual businesses about seasonality and hours of operation.

NOTE: Due to concerns surrounding the coronavirus, the market schedule and events may be subject to change. Check with the Albany Visitors Association website at albanysvisitors.com for event updates.

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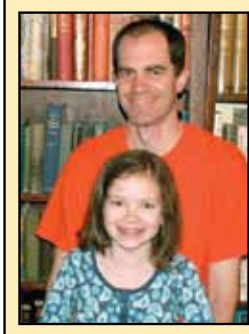
The Marrow Thieves By Cherie Dimaline

The coronavirus sweeping the world is a disease with a much smaller mortality rate than many previous pandemics. Nevertheless, in the first few weeks of its presence in America, we have already seen people hoard resources (toilet paper, for goodness' sake), and try to profiteer by selling hand sanitizer at ten or twenty times its retail value. Just imagine what might happen if the apocalypse were worse than the coronavirus.

Post-apocalyptic fiction is nothing new, of course. What "The Marrow Thieves" does, however, is contrast how two cultures deal with the end.

After environmental and military catastrophes, it turns out that no one can dream anymore. Or--almost no one. Native Americans still can. And, it also turns out that a process involving Native American bone marrow can restore the ability to dream, with the drawback that it kills the donor. Using history as their guide, the non-natives start rounding up Native Americans into "schools."

At these camps, Native Americans are kept, bred, and eventually harvested for their marrow.



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

The story, however, tells very little of the background, and almost no details. Instead, it follows a group of Native Americans on their journey north, away from the cities. Along the way, they try to connect with the old language, the old teachings, the old ways. They need to navigate through unfamiliar terrain, both wild and urban. They need to figure out how to interact with the individuals and groups they meet, because looks can be deceiving.

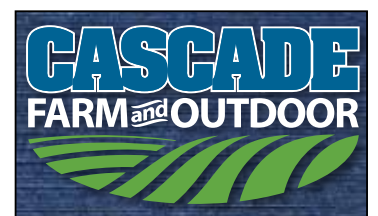
This is a moving novel, and I must admit that I cried at the end (I won't tell you why, though.) Its themes cover everything from the importance of dreams, to the importance of history, to alternate world views. Now that we are experiencing a pandemic, and we have already seen instances of racism against Asian Americans, this short novel might be a good reminder to consider who we are as a people.

List of resources for Oregonians affected by COVID-19

- For information on **food banks, WIC, SNAP, Food Pantries** etc go to a list of resources listed here: <https://oregonhunger.org/covid-19/>
- Residential evictions have been halted until June 19th. See more information on **housing and housing-related resources** here: <https://govstatus.egov.com/or-covid-19#housingAndHomelessness>
- For children of 'Essential workers' needing Childcare find out about **Employment Related Daycare (ERDC)** assistance here: <https://oregonearlylearning.com/COVID-19-Resources/For-Families>
- Several major **gas, power, water, and internet companies** offer free service, suspend service disconnections, and waive late fees to support Oregonians dealing with coronavirus. For information on these and Bill assistance programs see here: <https://www.myoregon.gov/2020/03/13/oregon-utilities-companies-extend-service-during-covid-outbreak/>
- For COVID-19 related **layoffs and unemployment insurance benefits** click here: https://govstatus.egov.com/ORUnemployment_COVID19
- For advice and ideas of **keeping youth and children safe and healthy** visit the Oregon Department of Education: <https://www.oregon.gov/ode/students-and-family/healthsafety/Pages/COVID19.aspx>
- And lastly check out the **Governor's resource page on COVID-19** for many other resources to keep you and your family whole and needs met during this challenging time: <https://govstatus.egov.com/or-covid-19>

ESSENTIAL BUSINESS CURRENTLY OPEN

PLEASE BE MINDFUL OF THE 6' RULE PLEASE



2020 PINNACLE PARTNERS



***These businesses are operating at the time of printing. See pages 9 and 10 for contact information.

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Linn Lanes

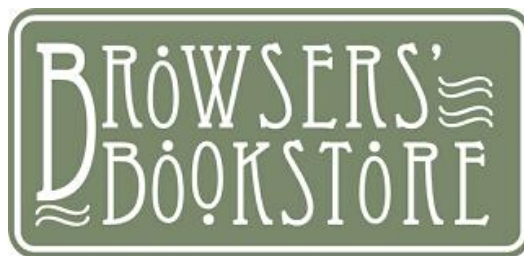


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