

HIGH POINTS



GOOD NEWS FOR THE WILLAMETTE VALLEY

MAY 2020 • FREE



Small Space Gardening Tips and Tricks from a Local Grower

Are you wanting to utilize the space you have to add a garden to your yard or patio? It is possible to have a “garden” even on an apartment patio or balcony. Gardens take on all shapes and sizes. If you can put in a larger garden area, great. If you are limited to putting some plants in pots, great. Utilize local resources to get the best possible results. Farmer’s Market, Summit Ace Home and Garden, and Bi-Mart are all great resources to find materials you need for the garden area. When it comes to plants my favorite resource is the local farmer’s market. There you can talk with plant vendors who will help you pick the correct varieties for your wants and location. Tomatoes are an example with 100’s of varieties do you know which ones will grow best in containers? Are you wanting a cherry tomato size or a large beefsteak size? Market vendors and sometimes local garden centers can help you. One question to ask and consider is where the plant starts come from. Those that are started locally will be hardier to the cooler spring weather we are having. Do you know the best time to plant a tomato in the ground? Honestly unless you are giving the plant protection you should wait till mid-May. Peppers are also one with lots of choices. They too can be grown in a garden or a pot. With them you need to wait till middle of May.

Next to come in the planting season is the cucumbers, squash, watermelon families. Again, these need to wait until middle to late May to have the ground warm enough for them to grow. Planting too early can cause you to have to replant as the plant will either die or never grow. Quick tip on zucchini unless your household really likes zucchini, one plant is enough. It will continue to grow and produce, especially if you pick them on the smaller side.

Let us back up a little and cover what can be planted right now late April early May. I’ve included some pictures of what I have done so far. Pea’s edible pod or shelling, broccoli, cauliflower, brussel sprouts, lettuce mixes are all good choices to plant right now. Strawberries were among the first thing we planted this year. We put some around the base of our Asian pear tree in its box and in deeper 4” pots that are stationed in a gutter. The gutter is great for plants that can handle shallow roots. I have pots at either end and then filled in between with potting mix and put my lettuce plants and started a few cilantro seeds. A word on cilantro plant small quantities every few weeks or you will have too much, and it will seed out before you can use it up. In the pictures you will also see I have raspberry canes

and looking closely you will find there is garlic around the edge of their box. My small garden set up is a bit unique. I am reusing boxes (old refrigerator liners or freezers) my grandmother had set up many years ago. I must be mindful of the deer and my horse. So, to help repel them I added the garlic around the edge of the box. In another of the boxes is where you will see I have a rhubarb start (will get much bigger and should not be harvested this year) so to utilize the space this year I added cauliflower and broccoli starts. In the opposite corner from the rhubarb I have a chive plant in a two-gallon pot so it will have a harder time taking over the box and making it easier to divide it years to come. In one of the pictures you will notice I have two tomato plants already started. These do get covered by clear plastic bags every night to protect them. Also included is a picture of my potato container. I made sure there are drain holes in the bottom and planted my favorite Yukon gold potatoes that sprouted on me before I could get them eaten up! Soon there will also be marigolds flowers growing with them to keep harmful pest away and protect against viral and bacterial diseases. Gardens do not have to be all about veggies there are edible flowers like nasturtiums and violas or just add a few for color and enjoyment. Snapdragons are still a non edible favorite in my household.

No matter the space you must work with there is always a way to be able to grow at least a little bit of food. If you are blessed with a bigger space, I would encourage you to maximize it. Do some research on companion planting. Find out what soil type each plant prefers. If you are doing raised bed or pots be sure to include moisture crystals in your soil. They will assist in keeping the plants with enough water when we get to the super-hot days of summer. Some potting mixes come with them so don’t need the extra. Also, a tiny bit about watering. Consider either a drip system or soaker hoses. These help you to minimize water loss to evaporation. Also do not forget plants need fertilizer to grow. I have tried to cover several different things in this and help give you an idea of where to start it may seem overwhelming. Don’t be afraid to google your question or ask your friends on Facebook. Again, my favorite resource for plants is our local farmers’ markets. If you cannot get there, then look for plants that are coming from local nurseries. If you are needing supplies for your garden area check out Bi-Mart and Summit Ace Home and Garden.

Local Resources Providing Help in this Time of Need

Visit these two websites to get a more complete list of all the food pantries available.

- <https://communityservices.us/linn-benton-food-share/>
- <https://www.marionpolkfoodshare.org/>

American Legion Post 10 is currently serving the military community by delivering food to the staff at the Lebanon Veterans Home. In addition, we have a food pantry for veterans and their families who need assistance. Our current needs are volunteers to help us finish sanitizing the Post and to help beautify the landscaping. Donations are always welcome.

Fish of Albany-Food Pantry

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Tuesday and Saturday: 12pm-1pm

Sack Lunch

Hot Dinner-to go

See page eight for ways you can help local non-profit organizations and businesses.



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Fun Events

for May 2020

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

- FARMERS MARKETS**
 - Albany** - Sat 9am-1pm, City Hall Parking Lot <http://locallygrown.org/home/>
 - Corvallis** - Sat and Wed 9am-1pm, First St. Downtown <https://locallygrown.org/home/>
 - Lebanon** - Starts May 21st- Corner of Main St and Grant Thursdays 2-6pm <https://sweethomefarmersmarket.org>
 - Sweet Home** - Starts June 2nd- between 12th and Kalmia Tuesdays 2pm-6pm <https://sweethomefarmersmarket.org>
 - Salem Saturday Market** - 865 Marion St NE, Salem, Saturdays 9am to 3pm <https://www.salemcommunitymarkets.com/>
 - West Salem Farmer's Market** - starts May 7-1260 Edgewater St NW-Thursdays 9:30am-1:30pm <https://www.salemcommunitymarkets.com/>

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



Mother's Day

Thank Your Mother Everyday

We remember our Mother on Mother's Day. That is not to say that otherwise we have forgotten her. But on Mother's Day, we get to give and show special thanks to our Moms! This is the day to celebrate Motherhood.

We are grown up today because of our mother. Right from the day we are born, mothers take us under their hearts of protection. They feed us, give us medicine, some pray for us-for all their lives, they look after our growth and teach us to walk and play. Our Moms helps us in our school studies and will be the first to fight for us when needed! Our Mothers try to save us from every calamity. Picture a toddler, snuggled ever so closely in the lap of her Mother and you will see the deepest sense of peace. A child feels totally safe when they know their Mother is nearby.

We thank our friends, our co-workers and everybody

who helps us. What about our mother? When shall we thank her for giving us birth? When shall we thank her for cleaning us during our infancy and up after us throughout life? When shall we thank her for bringing us up? When shall we thank her for the many sleepless nights, she had because of us?

A mother deserves much more than a single Mother's Day celebrating her. They should be given thanks every day. Mom should know that we realize all she does for us and are incredibly thankful. So get out there and say HAPPY MOTHER'S DAY to all the Moms you know, the Moms of big families, the single Moms, the Dads who are having to be Moms...Just say HAPPY MOTHER'S DAY and show your love to this special person!

Happy Mother's Day

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

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The Gardener’s Notebook from Summit Ace
Small Space Gardening

BY KRISTIN MICKLEWRIGHT,
PUBLIC RELATIONS MANAGER

While this is not how we pictured spending our spring, the extra time at home does create the perfect conditions to finally have that garden that we’ve all always dreamed of.

Gardening is a great way to not only keep busy at home, but gardening has been proven to have many physical and mental benefits.

When most people think of a thriving and beautiful garden, they think big. But gardens don’t have to be big to be thriving or beautiful. A small garden might just be what you need.

Maybe you live in an apartment or you are a novice gardener just wanting to get their feet wet- a patio garden is a great way to jump in! They are also a great way to garden on a budget!

Here are a few tips to get you started on your dream patio garden:

- Look around. What do you already

have that you could turn into a planter? An old galvanized bucket? A chipped tea pot? Even an old pair of boots can work to plant in!



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- Consider your light source. Be sure to choose plants for the light source you must boost success. For example, tomatoes like to be in full sun while other plants might need some shade to thrive. Be sure to do a little reading about each variety you are planting to see what their needs are before you plant!

- Don’t be afraid to think super small. Herb gardens and tea gardens can be planted in smaller containers (chipped coffee mugs could even work!), and they won’t require a lot of space or maintenance.

- Think tall. A small trellis could be the perfect addition to your patio and a great way to add some low maintenance greenery.

- Consider adding greenery to your patio. Shrubs, small trees, etc. can add some beautiful greenery to your patio and do not require a lot of maintenance.

How to Talk to Your Parents
About Cannabis

BY RHEA GRAHAM

Probably the easiest way to talk to your parents about Cannabis as medicine is to get an appointment at Albany’s Canna Kitchen & Research.

Here I listen to their problems and concerns and then tell them what I know about their condition or symptoms and how they can obtain relief

using Smokeless Cannabis.

If they are in pain or aren’t sleeping well, you can be their best ally by bringing them to me. They are typically sick and tired of taking prescription drugs, and their body isn’t working as well as it might because of those prescription drugs. Prescription side effects are “staggering” to say the least.

Smokeless Cannabis Remedies can be applied topically, directly to a painful area for immediate relief of most pain. Topicals are made from different parts of the plant for various types of pain, so if one salve isn’t getting rid of the pain, there is one that will. For example, one root balm

will get rid of neuropathic pain that no other salve will touch yet it doesn’t work as well on muscle or bone pain.

If your parent has had a broken bone or has bone pain, let them know that a good liniment will get rid of that pain

– and again, they won’t get high. If they have shingles, liniment followed by super salve will heal it faster than any pharmaceutical available.

If your parent isn’t getting a good night of sleep, why

is that? Is it physical or mental pain? Is the

problem getting to sleep, staying asleep, or getting back to sleep? If getting to sleep is the problem, an elixir will help. If staying asleep is the problem, a capsule or suppository will most likely get them the relief they are seeking and with no negative side effects. Suppositories are especially useful for those who need to get up to use the bathroom in the night; for men, they reduce inflammation of the prostate making frequent urination less of an occurrence and typically correcting erectile dysfunction in days or weeks.



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Going the Extra Mile Benefits Everyone Including Yourself

In a world where mediocrity is becoming alarmingly common, it's a refreshing change to encounter people who are willing to go the extra mile.

If we are lucky, we encounter such people daily. A checkout clerk who is particularly courteous, a co-worker who helps you do something "not in their job description", or even a family member who does something to lighten your load.

Going beyond what others expect of you can never be a bad thing. It's a great principle to live by, no matter who you are or what you do.

Your attitude is something that shines out beyond the boundaries of what you present to others. There's nothing that beats the feeling when someone surprises you by going the extra mile.

Nature encourages the habit of going the extra mile. If every animal/plant in the ecosystem had a lazy attitude the world would end. It's as if mother nature encourages working harder than is called for.

If every human on the planet adopted a philosophy of going the extra mile the world would undoubtedly be a better place.

Imagine a world where service is always courteous and delivered with a smile.

While it's possible to still earn a living without ever having to push the boundaries of what you will and will not

do much in terms of helping you achieve your goals.

- TEN REASONS TO GO THE EXTRA MILE:**
- It is the RIGHT thing to do!
 - It can foster a sense of direction in life.
 - Can help develop a positive mental attitude.
 - Encourages initiative.
 - Creates a more pleasant environment for everyone.
 - Can give you job security.
 - Has a positive effect on all those around – family, coworkers, clients etc.
 - It feels great!
 - Going the extra mile can stimulate your soul.
 - It WILL have a positive impact!

That warm feeling you get inside when you go the extra mile for someone else is irreplaceable. There's no substitute for a heartfelt thanks and you can rest easy in the knowledge that you have made life a little bit easier for someone.

Why not try to incorporate this idea into your daily life? Set a goal that you will go out of your way for someone else at least once a day – one act of kindness is all it takes to get that warm fuzzy glow daily too! Be different, be kind and get out an go that extra mile!

How Does Exercise Affect the Onset of Dementia?

Dementia is the sixth-leading cause of death in the U.S. today, and experts say the next generation could see twice as many people suffering from it, particularly in old age. But avoiding the brain-deteriorating disease could be as simple as remembering to exercise just a few times a week, according to a new study, which appears to inhibit the expression of the "dementia gene."

Over the course of 18 months, researchers from the University of Maryland measured the brain sizes of elderly participants who were divided into four groups. The activity levels of each of the participants were gauged in conjunction with whether they possessed a gene known as APOE-e4, which has been associated with an increased risk of dementia.

Up to 30 percent of the population possesses this gene, and the research team wanted to see whether physical exertion affects its expression. What they found is that those with APOE-e4 who exercised at least three times a week experienced a lesser overall decrease in brain mass, a common sign of dementia, compared to those who engaged in little or no exercise.

"We found that physical activity has the potential to preserve the volume of the hippocampus in those with increased risk for Alzheimer's disease, which means we can possibly delay cognitive decline and the onset of dementia symptoms in these individuals," stated Dr. J. Carson Smith, one of the study's authors. "Physical activity interventions may be especially potent and important for this group."

Exercise alone is hardly the best approach, as nutrition is equally if not more important for preserving brain function, it is vital for maintaining good health, especially in old age. Though it defies the outdated conventional thinking of the past, consuming more saturated fats in the diet will feed your brain the nutrients it needs for proper repair and function. That means getting off the bad advice of the 70's through the 90's and getting off the nutrient deficient low-fat craze. The best saturated fats come from foods like coconut oil, pastured butter, ghee, and pastured animals. "The brain thrives on a fat-rich, low-carbohydrate diet, which unfortunately is relatively uncommon in human populations today," wrote neurologist Dr. David Perlmutter in his best-selling book *Grain Brain*.



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Proverbs 3:5 & 6

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Essential Oils for Skincare, and Self Care. Part 3

WHAT EXACTLY ARE ESSENTIAL OILS FOR THE FACE?

An essential oil (also known as a volatile oil, ethereal oil, or aetherolea) is a concentrated liquid from a plant that contains aroma compounds. It's thought that the purpose of this substance in plants is to attract certain insects for pollination or, in the case of leaf, wood, and root oils, to act as a protecting seal against parasites or to prevent loss of sap in case of injury to the plant. The "essential" in essential oils refers to the "essence of" the plant's fragrance because this was thought to represent the very essence of odor and flavor.

Essential oils are extracted by distillation – using methods that include steam, expression, solvent extraction, absolute oil extraction, resin tapping, and cold pressing – for use as "odorants" in cosmetics, perfumes, soaps, and detergents, and as flavors in candies, confections, soft drinks, and a number of other food products. Some pharmaceuticals like dental products and some medicines also use essential oils.

Essential oils are also used in aromatherapy – an alternative medicine that uses aromatic compounds to treat health concerns, skin conditions, and to encourage relaxation and mental and emotional well-being.

WHEN IS THE BEST TIME TO APPLY MY FACE OIL?

Face Treatment Oils are best used in the evening

after removing all traces of makeup. Simply add a drop or two to your night cream or use alone to soothe your skin—and relax your senses—with Clarins' aromatic, 100 percent pure plant extracts. It's a wonderful way to rebalance your skin and de-stress for a good night's sleep.

CAN I USE ESSENTIAL OILS ON MY LIPS TO?

The top layer of skin on your lips is much thinner than the skin on the rest of your body. That's what gives your lips their gorgeous natural shade of pink—you're seeing all those blood vessels and capillaries through that thin upper layer of skin. Your lips also have no self-moisturizing oil glands. This means they can do with all the help they can get! Essential oils are a great way to moisturize dry and chapped lips, speed up healing time for cold sores, and add shine for a touch of glam. Best essential oils for the lips are: peppermint, camomile and cardamom, ginger, clove, cinnamon, grapefruit, and lavender.

CAN ESSENTIAL OILS BE USED IN THE EYE AREA?

It's best not to use essential oils in the eyes or on the delicate area around the eyes since they are highly concentrated and can cause burning, pain, and irritation. Certain essential oils are used to treat pink eye, but they are first diffused in water vapor.

ARE ESSENTIAL OILS FOR SKIN A NEW THING?

Essential oils harness the power of botanicals to heal and beautify the skin. Plant-based beauty products have been in use for thousands of years. The ancient Egyptians used a variety of oils and minerals for cosmetic purpose. Castor oil and moringa oil were known to minimize the appearance of wrinkles, while aloe vera cleansed the skin of desert dust. Famously, kohl was used as eyeliner.


Plant-based cosmetics were also a part of everyday life in ancient Greece. The Greeks used crushed mulberries as lip and cheek stains, and a blend of charcoal and oils to create a dark eyeshadow. Olive oil was a favorite moisturizer and hair treatment.



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prefer to see the size, color, and shape of their new furniture with their own eyes before buying, and want to accommodate all of our customers to the best of our abilities while also minimizing the opportunity for the spread of germs to any of our customers or staff.

Some of you near our Lebanon store may have attended the drive in Easter service put together by King's Chapel church. If you are interested in attending in the future, they will be holding drive in service each Sunday. You can learn more about King's Chapel church on their website at <https://kclebanon.com/>. Visit <https://www.rifeshomefurnitureonline.com/p/> online-consultation to schedule your consultation.

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So, What Makes Propane the Best Choice for Standby Power?

Severe weather is the single leading cause of power outages in the United States. The amount and severity of these outages has spiked dramatically over the past decade, causing physical, emotional and economic hardship for many Americans.

THE POWER OF PROPANE
A standby generator powered by propane offers advantages that other fuel sources simply can't match:

- Permanently installed and supplied by an above-or below-ground tank, it starts automatically, the moment the power goes down.
- Supplies supplemental electricity in as little as 10 seconds after an outage.
- Propane doesn't degrade over time, unlike diesel or gasoline, making it an ideal standby power fuel.
- Most units produce as little as 60 decibels of noise, comparable to normal conversation.
- Available in a variety of capacities to fit the needs of any size home.
- Produces significantly fewer greenhouse gas emissions than diesel or gasoline.
- Propane is non-toxic, non-poisonous, and won't contaminate soil or water.
- Can handle an entire home's energy needs for days, unlike solar- or wind- powered systems.

PROPANE PROVIDES ENERGY VERSATILITY

The same propane that will power a home's generator can also power the other



major appliances that make life less stressful during a power outage. With these propane appliances, and more, throughout a home can reduce the size and cost of the standby generator, by reducing the demands on it. A reliable propane standby generator is a key part of resilient design. When the power is knocked out, standby power keeps heating and cooling, lighting, refrigeration, and other critical building amenities in operation.

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- Resist hazards brought on by major disasters, such as damage to electronics, spoiled food, loss of heat or air conditioning, and more.
 - Continue providing the primary function of a home, protecting your family after a disaster, and keep a business's employees engaged and productive during what would otherwise be downtime.
 - Reduce the magnitude or duration of a disruptive event to a property.

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POINTS FOR PROFIT MEETING is May 26, 2020 from 6-7:30pm at the American Legion Post 10, Albany (A catered meal will be available. Dinner starts serving at 5:30pm. To reserve dinner please RSVP by noon on May 25, 2020 to info@pointsforprofit.org or call (541) 791-2901.) or on Zoom if not allowed to meet in person. Zoom Room id is 541-791-2901. For more information visit pointsforprofit.org.

Gift Baskets are an Excellent Choice for Mother's Day

This Mother's Day, I've decided to pamper Mom with a gift basket! With so many available options, it's no wonder more people are choosing gift baskets to express gratitude for a job well done. In my case, the "job well done" was raising my siblings and I to be civilized adults despite our propensity to make that an almost impossible task.

I think I'm going to get mom a home spa gift basket so that she can pamper herself in the one place she feels completely comfortable... home. A friend of mine sent me a gift basket by Berlee's Fancies last year after I received a promotion at work and I can tell you from experience that the salts, rubs and bath oils contained within had me wanting to stay in the bath all

weekend long for several weeks after. I felt truly thanked and want my Mom to feel that way too!

I could get Mom a gourmet gift basket so that she can indulge in the delectable offerings from overseas gourmet food shops. It's true that there's no better way to a person's heart than through the stomach, at least in my family. Of course, there's always the chocolate gift basket. This would inevitably be met with gratitude until the chocolates are all gone, at which point I would be reminded that I "forced" Mom off her diet. Then again, I imagine Dad would be all too happy to help alleviate her of the responsibility of enjoying all the wonderful chocolates contained

Gift Baskets continued on page 15



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Local News

Jeff McMahon

Mary Eads

Bill Diamond

Mike Mason

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Clarity Over Agreement
10am - Noon

Michael Medved
Your Cultural Crusader
Noon - 3pm

Joe Pags
Living the Dream
3pm - 6pm

John Batchelor
Breaking News Tonight
6pm - 8pm

Jim Bohannon
The Militant Moderate
8pm - 10pm

Harley & McNamara
Red Eye Radio
11pm - 3am

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Participating Non-Profit Organizations

- Albany Elks Lodge
- American Legion Auxiliary Unit 10
- American Legion Auxiliary Unit 184
- Awesome Women Today
- 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
- Linn-Benton Women for Agriculture
- Linn County Animal Rescue
- Native American Cultural Association
- Oregon 4-H State Shooting Sports
- Pathways
- Philomath PTO
- Rock West Training Center
- Safe Haven Humane Society
- St. Edward's Youth
- St. Helen's Catholic Church
- Wapaiti Bowman
- We are the Solution-Kickin Cancer
- We Love McKenzie

Ways to help local non-profits during this Sars-Cov-2 Crisis



American Legion Post 10- is currently serving the military community by delivering food to the staff at the Lebanon Veterans Home. In addition, we have a food pantry for veterans and their families who need assistance. Our current needs are volunteers to help us finish sanitizing the Post and to help beautify the landscaping. Donations are always welcome.



American Legion Post 184- We are saddened of the loss of our Veterans at the Lebanon Veterans home. Our condolences to families who have lost loved ones due to Covid-19.

Our members are staying busy making Quilts of Valor. Additionally, we've made over 500 masks. We anticipate starting to award Quilts of Valor in June. Please contact Judy Clay 541 808-1970 for additional information. Donations can be made to: Willamette Valley Quilts of Valor#16028 PO Box 640 Brownsville, Oregon 97327

Furniture Share needs full and queen beds and basic essential furniture and household items. During this SAR-COV-2 crisis more homeless

families are being housed to help prevent the spread of this virus and need furniture. We are currently out of full and queen size beds and desperately need them. Due to the crisis we can only except drop offs of furniture from 10 to 12 PM on Tuesday's and Thursday's. Our address is 4950 Hout St. Corvallis. We are near the Corvallis airport. Thank you! Please note that we cannot accept any items that have rips, tears and/or stains.

Linn County Animal Rescue (LCAR) spends \$53,000 for food and medication for 26 horses, and 16 hospice dogs. Losing their three major fundraisers (to Covid-19), realized a loss of \$38,500. As a 100% volunteer run non-profit, LCAR depends on fundraisers, donations, and grants to fund the specialize care and treatment of our horses and dogs. We have a track record of helping "Those who cannot speak for themselves" since 2008. Want to volunteer or help? 541-258-3422, www.lcarhorse.org Facebook <https://.facebook.com/linnrescue>





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Daily Inspiration

Just this past week I received a phone call from one of our guests that frequents the store. As I heard her voice quiver, I postured for a possibly difficult phone call. In my relief, she began to express her deepest appreciation for the store’s daily scripture and videos on Facebook. She went on to indicate that since Covid-19 began she had been struggling with depression. Each morning she looked at our store’s videos and scripture postings for daily encouragement. As we shared further about the impact of the shutdown on all of us, we ended with prayer. I was truly humbled and had no idea just how much a simple Scripture posted could make a difference. Although we don’t know the impact this will have on any of our futures, I would like to offer a few key reminders that may help us to press on.

The first is staying faithful to be in the Word. *“I will study your commandments and reflect on your ways. I will delight in your decrees and not forget your Word.”* Ps. 119:15-16.

The second is to remember God has

not abandoned nor left us. *“For I am convinced that neither death nor life, neither angels nor demons,[c] neither the present nor the future, nor any powers, 39 neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.”* Romans 8:38-39.

And the third is to remember we have a future hope. *“Now faith is confidence in what we hope for and assurance about what we do not see.”* Hebrews 11:1.

In the midst of our current situation we can take courage knowing God doesn’t change. He is still faithful. I’m reassured knowing that this earth is not my permanent home. I look forward to spending eternity with my Savior and Lord, Jesus Christ. May God grant you strength as you tarry forward in the days ahead. Willamette Valley Christian Supply would like to offer our ear for concerns and prayer. Give us a call anytime. 541-754-9295

Love in Christ,
Kevin Ferguson
Willamette Valley Christian Supply



KEVIN FERGUSON,
WILLAMETTE VALLEY CHRISTIAN SUPPLY
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“In the Midst of Unraveling”

Have you ever been frustrated when you have spent significant time, time you did not have, winding up thread on a bobbin only to have it unwind? Perhaps you have experienced the unraveling of the Weed Wacker line on the spindle and decided that cutting the grass can wait. Our lives are similar and often unravel or unwind at the most inconvenient times. We are way too busy with events, meetings, and life in general to deal with more anxiety, frustration, and stress. YET, in the midst of unraveling is often when God moves in our lives to deepen our dependence in Him. Do we seek God when life becomes difficult? Do we allow God to work intimately in our hearts as we face impossible odds? Donald Miller writes a book called, *“Scary Close”*, that I highly recommend. We often put on a smile or a good face when battling challenges in life. Donald gets to the heart of our story and suggests intimacy from God often intersects in our everyday unraveling. His tag line on the front cover of the book says it all, “Dropping the act and finding true intimacy”. In the past several weeks, God has reminded me that He is in control and I can trust Him as my family faced the loss of my grandmother. The weeks before the memorial service were stressful as I prepared the message



and coordinated the service. Death is never convenient and often comes when our busy lives can’t take another interruption. God reminded me that these situations can bring opportunity to share His unconditional love with others. I believe we don’t have to put on an act or try to have it all together. Rather, we can be honest, transparent, and even vulnerable with our family and friends. Some of you may be facing the loss of a job, division in a beloved relationship, or the stress of overwhelming deadlines. God desires to work in your life and offers lessons for you and me to learn that can shape our lives and encourage others. As you’re unraveling and life seems out of control, know that God is the great

Unraveling continued on page 15

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Macaroon Madness

BY KAREN ROGERS

Macaroons have exploded on the trendy food scene. These little guys have been around forever but they have just recently been “discovered” and if you buy them in a trendy bakery-OUCH!!!

Luckily they are easy to make and so is the ganache filling.

Measure out four ounces of almonds or hazelnuts and grind them finely in a processor. Set aside.

Have 3 large egg whites at room temperature and place them in a mixer bowl. Sift 1 ¼ C powdered sugar into a bowl with 2 tbsp dark cocoa powder and whisk to blend. Measure out ¼ C white sugar, set aside, and measure ¼ tsp salt separately in a small dish. Mix the powdered sugar with the ground nuts and return to the processor and pulse briefly, then return to the bowl.

Heat the oven to 300 degrees. Line 2 baking sheets with parchment paper.

Beat the egg whites at medium speed until foamy and add the salt. Gradually add the white sugar, ½ tsp at a time, slowly until medium peaks form and ¼ tsp vanilla.

Remove the bowl from the stand



and with a spatula, gently fold in one half of the nut -cocoa mixture and when well blended, fold in the rest.

Place the batter in a pastry bag with a ½ inch plain tip and pipe small rounds onto the parchment.. Bake about 30 minutes until they are firm

and can be lifted from the sheet. Let cool on the sheets for about 10 minutes then remove to racks to cool completely.

To make the ganache, measure 12 ounces chocolate

into a glass bowl and microwave 30 to 45 seconds until slightly melted. Bring 1/3 C heavy cream to a boil and pour over the chocolate. Stir gently until completely smooth. Let cool.

Sandwich two of the cookies together with the filling. Any leftover filling can be chilled and rolled into balls and rolled in cocoa powder, toasted coconut or chopped nuts for an extra treat. You can use any kind of chocolate-white, milk or dark and any combination is good.

You just can’t go wrong with chocolate.

(No, there isn’t any flour, the ground nuts make it work!)

May Word Search by Rolie the Puzzlemaster

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

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Good Companions

Are your Cleaners Toxic to your Pets?

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

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

If you are cleaning your pet's toys beds and bowls, make sure to use pet safe products. Avoid scented detergents and fabric softeners when cleaning beds



or pet sweaters.

Lawn products like fertilizers are often ingested by dogs. If they ingest enough fertilizer serious cases of vomiting, diarrhea and even obstruction can result. When spraying weed and insect killers please follow instructions carefully. Cats and dogs can become poisoned by walking on surfaces recently treated when the groom their feet afterwards.

A garden product all dog and cat owners should know about (especially dog owners, as they are the ones that most commonly ingest it), is Metaldehyde. This is an active ingredient found in most slug baits. This can easily kill a dog if they ingest enough of it. Symptoms include violent muscle tremors and in severe cases seizures that can be difficult to control. Please use pet friendly slug baits that contain iron phosphate as the active ingredient instead. And make sure to keep your dog out of the mulch pile where they can ingest molds that can cause them to have serious tremors not to mention the various other stuff in a mulch pile that can cause all kinds of gastrointestinal upset including pancreatitis.

Springtime is also Lilly season and these plants are highly toxic to cats. Just a small amount can cause kidney failure in cats. Sago palm is becoming

increasingly popular as both an indoor and outdoor plant and is very harmful to a dog's liver when the leaves are ingested.

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



Hello Buddah!

**BY CARLY STORM
SafeHaven Humane Society
carly@safehavenhumane.com**

Meet Buddah! Buddah is a handsome Pitbull mix who came all the way from California to find his perfect adventure buddy. He is nine years old, but he doesn't let his age slow him down! He loves to play fetch, rides perfectly in the car, and enjoys laying out in the sun with his favorite chew toys. Buddah has been patiently waiting for a home for over three months now. If you give this sweet boy a chance to warm up to you, you will see just how silly he is. He has a huge personality and is sure to make you smile every day!



Buddah is looking for someone to be his best friend so we recommend a home with no other animals. SafeHaven Humane Society is still open for adoptions by appointment only. If you think Buddah could be the one for you, please call 541-928-2789 to make an appointment to meet him today! We have meet and greet rooms, as well as yards, available for you to spend some quality time getting to know him. We are located at 32220 Old Hwy 34 in Tangent, OR and open at noon every day of the week!

Thank you! Please let me know if you have any questions.



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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Protective “Health” Barriers

The coronavirus pandemic has led to an explosion of protective health barrier installations. These are the acrylic barriers at check stands and pharmacies around the area, usually made of plastic, that provide a clear, physical barrier between workers and customers.

Most local glass companies can custom build these to fit various workspaces. Alternatively, they have the acrylic available in stock sheets for companies that want to build them themselves. The shields are usually made from 1/8 or 1/4” clear acrylic and use a variety of materials to keep them in place. Most are free standing on a countertop and have a slot near the bottom to pass merchandise or papers with a protected hole nearer the top for voice transmission. Others are simply hung from a soffit and leave space below to exchange products while separating the faces of the customers and workers.

Fabricating acrylic is much like working with wood. You can use the same tools for cutting and drilling so building these yourself only requires some basic skills. Essentially, there are two kinds of materials used for the barriers, acrylic or polycarbonate. Acrylic is generally less expensive,

softer, and easier to work with. Most of the barriers you see are made from acrylic. Polycarbonate (think “Lexan”)

is much harder to break and more scratch resistant. It also holds up to UV rays better than regular acrylic so if your application is outdoors, it won’t yellow or become brittle as quickly.

The nature of business transactions has changed permanently due to COVID-19. Soon these protective barriers will be standard at all types of restaurants, banks, car dealerships, offices, or anywhere there is the potential for face-to-face communication. For more information or help designing a protective health barrier contact Smith Glass in Albany or Corvallis. You can also find them at www.smith-glass.com.

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

An App for Physical Distancing?!

Practicing good physical distancing does not mean you cannot experience the world around you.

And, yes, there’s an app for that. Stay safe and explore Albany with our free Albany Explorer app, which gives you a front-row seat to a bundle of things to see and do in Albany and the surrounding area. Developed by the Albany Visitors Association and Hospitality Vision, the app is loaded with the best places in Albany to stay, eat, drink and explore, including new interactive maps showing you where Albany’s beautiful historic homes and Linn County’s intriguing covered bridges are located.

HERE’S A RUNDOWN OF WHAT YOU WILL FIND:

- Start out with a welcome video from Albany Mayor Sharon Konopa, then peruse a copy of our visitors’ guide, See Albany, Discover Oregon. Share a virtual postcard with friends, check the weather, then get connected via Instagram, Facebook or Twitter to find inspiring ideas for future exploration.
- Up for some history? Our self-guided tour page has interactive tours and maps for the Hackleman, Monteith and Downtown historic districts, and a tour of Linn County’s covered bridges. On the interactive tours, click on a number and get a pop-up with a photo and historic information



- about each structure. Or download a map and pdf of Seems Like Old Times guide to historic Albany.
- If outdoors is something you crave, go to the Adventures & Events page and click on Talking Water Gardens, where you will find a map to the site. Discover peace and quiet and wildlife in this 50-acre engineered wetland. The site is accessible by 2 miles of walking paths.
 - Work up an appetite with all of that exploring? The app lists Albany eateries. Many offer curbside service for take-out orders. Visit the AVA website albanyvisitors.com for a current list of restaurants, including the local breweries, distillers, and wineries.

Download the free app from Google Play or the Apple Store – search for Albany Explorer.

HERE ARE THE LINKS TO DOWNLOAD THE APP:

- **Apple iOS:** <https://apps.apple.com/us/app/albany-explorer/id1373233732>
- **Android OS:** https://play.google.com/store/apps/details?id=mobi.ab.ex&hl=en_US

Together, we’ll make it through.

We’re here for all your financial needs!

When you open a FREE Checking Account with us, you’ll be entered to win a Ring Doorbell 2.

Open your **FREE** Checking Account today!



Call, text or visit us online at:
centralwcu.org | 541.928.4536

Good Reviews

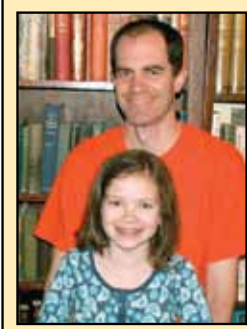
The Scapegoat By Daphne du Maurier

As the owner of a bookstore, I am frequently asked about what some of my favorite books are. I have a few answers to that, and one of them is Rebecca by Daphne du Maurier, a thrilling gothic tale that was made into the classic Alfred Hitchcock movie.

The basic gothic romance follows the same pattern: woman goes to strange mansion; finds an attractive man; fears that the man is out to get her. The underlying suspense of her relationship with the man drives the story. In The Scapegoat, du Maurier, takes the basic structure and then plays with it.

A British professor of French history takes a vacation in France, where he runs into an absolute lookalike. They go out, have a few drinks, and our hero John wakes up realizing that his French lookalike (named Jean) has switched all their belongings and run off. John is taken to Jean's manor,

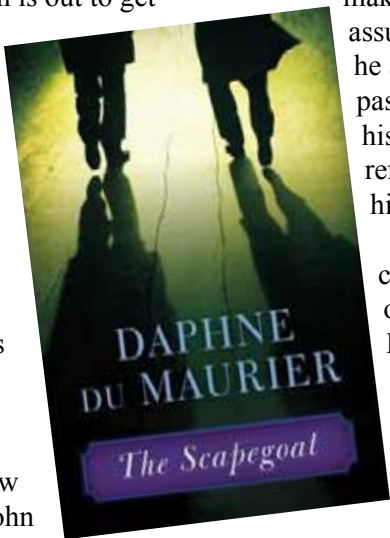
where he assumes the roles of father, husband, son, lover, and Comte of the land.



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

Whereas in a traditional gothic novel the woman is mystified and terrified by her male counterpart, in this case, it is John himself who is his own worst enemy. He has stepped into

a situation fraught with imminent disaster, almost entirely of Jean's making. However, by assuming Jean's role, he also assumes his past, and even some of his personality, as it is reflected upon him by his family and staff.



The climax, of course, is the return of the real Jean. Du Maurier breaks her own mold with this book, but again delivers a suspenseful novel driven by interesting characters caught up by the past.

Maybe I don't love it quite as much as Rebecca, but it's a keeper and inspires me to continue reading her!

Gift Baskets continued from page 7

therein. To be honest, it's hard to choose just one gift basket to send. Maybe I'll have a customized gift basket made to give Mom even more items to enjoy. Oh, I forgot! I may be a BLACK thumb, but my Mother LOVES to garden! Berlee has wonderful baskets for that too! So many options!

I guess that's the toughest part of buying a Mother's Day gift. How can you possibly express all the feelings you have toward someone who has give you so much of herself with just one gift? The nice thing about gift baskets is that they are, indeed, much more than just one gift. In fact, gift baskets almost guarantee me that Mom will find something she can enjoy, and that's just one of the things I must be grateful for on Mother's Day.

Don't wait! Contact Berlee's Fancies today!

Fancy That! Fancy This!

Mom's Day gift baskets

Designed to Impress!

Cell/Text 541.905.2800

Email: berleesfancies@gmail.com

Facebook: facebook.com/giftbasketsbyberleesfancies

Unraveling continued from page 11

Sustainer and holds all things together. *“Long ago, at many times and in many ways, God spoke to our fathers by the prophets, but in these last days he has spoken to us by his Son, whom He appointed the heir of all things, through whom also He created the world. He is the radiance of the glory of God and exact imprint of His nature, and he upholds the universe by the word of His power. After making purification for sins, He sat down at the right hand of the Majesty on high...”* Hebrews 1:1-3 ESV. God's truth includes YOU, no matter the circumstance. *“Count it all joy, my brothers, when you meet trials of various kinds, for you know that the testing of your faith produces steadfastness. And let steadfastness have its full effect, that you may be perfect and complete, lacking nothing.”* James 1:2-4 ESV. Donald, in his book, offers encouragement in how we can experience intimacy when our lives are unraveling. It's not that we can protect ourselves from disappointment, stress, or bad situations; rather, it is how we deal with them as the thread unwinds on the spool – as you come apart. You might say God won't sustain me because my unraveling is due to sin and poor choices in my life. God's love is unconditional and His Son paid all those sins in full on the cross. God created you with purpose and mission. May you be encouraged to know that Jesus wants to walk with you in all circumstances.

Kevin Ferguson

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.

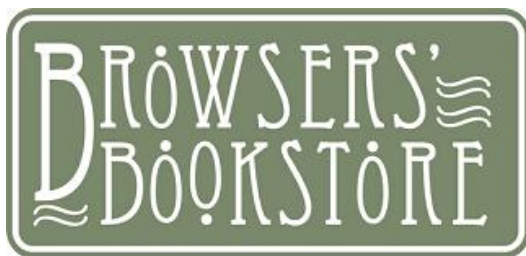
RESTAURANTS CURRENTLY OPEN

TAKE OUT OR DRIVE THRU ONLY



BUSINESSES OPEN FOR ONLINE/VIRTUAL SHOPPING

CURB-SIDE PICK-UP, DELIVERY OR SHIPPING ONLY



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