

# HIGH POINTS



GOOD NEWS FOR THE WILLAMETTE VALLEY

AUGUST 2020 • FREE



## A LOVE STORY

### Ralph and Rebecca Smith

BY ASHLEY TRIPP (one of their daughters)

It was spring of 2001 Rebecca's father ran a snack shack at baseball games that her older brother played in and asked Rebecca to come run it for him one day. She did. Rebecca took a break and was standing by the fence watching the game and the baseball was flying in her direction. She turned and ducked, and Ralph was running after the ball, the ball went over the fence bounced on the ground and rolled up the back of Rebecca's leg. Rebecca turned around to Ralph standing at the fence asking if he could have the ball back please. She answered "Yes, but next time you will have to come get it."

He laughed and said "You've got it." After the game, he approached Rebecca and they talked from that day on! Over the phone for countless hours-about two months before Ralph finally asked her out on a date and as you've probably guessed by now, they "clicked." From then on, the Love Story of Ralph and Rebecca began! They were together every day. They were married on March 16th, 2002 and they lived a life filled with baseball, music, photography, and true love. They have five children together, Ralph's grandchildren and now, Rebecca's first grand baby is on its way now! Ralph and Rebecca were over the moon about it.

Onto why we feel this story is so special.

Rebecca was severely abused in a previous relationship. Almost losing not only her life but the life of her precious baby Ashley (yes, the same submitting this beautiful story)! Ralph's love and kindness showed Rebecca what real love is and that she could be loved the right way and not be beat! He helped her learn to love life and be thankful and helped her tame her

anger. Love does heal!

"My Dad, Ralph, always said "it's easier to smile through everything then to be upset!" and "I remember him, always singing either "don't worry be happy" or "don't worry about a thing cause every little thing is going to be alright now". added Ashley Trip, Rebecca's daughter.

"He always had such a positive attitude about everything, including death-he always said don't be sad too long because we all will end up together one day and what feels like forever in life is just a few weeks in heaven." Ashley added.

What we didn't know is that his time was coming long before we wanted it to!

On June 7, 2020, the world stopped for Rebecca and her kids. This strong, loving man died of a massive heart attack! "We felt like the world had stopped completely and for days after we were frozen and didn't know what to feel or say or even how to act." Ashley shares "He wasn't there anymore to steer their ship and it's terrified my Mom, Rebecca. You see, in addition to all the abuse, Rebecca is a survivor of Cervical Cancer and Muscular Dystrophy and severe PTSD. Dad (Ralph) was always there to "carry her when she could no longer walk" Ashley added "How will we go on without him?"

But, one night he came to Rebecca in a dream and said, "Don't worry about a thing cause every little thing is going to be alright now, baby don't worry." And he added "No more drastic sadness! It is time to live baby! You can do this because you are the strongest women I know!"

Then he said "You got this! Please get up and start living

A Love Story continued on page 3



Ralph with Kickin' Cancer founder Baron Robison

## A Call for help from YOU, the Heart of our Community!

Coming together to help each other is what Points for Profit has always been about! Two of our very special family members are working together to make a difference in a life! Don't miss being a part of really making a difference! Mark your calendars for Saturday the 8th of August!

Saturday, August 8th is the day and the Honky Tonk Bar and Grill in Salem is the place starting at noon at 2275 McGilchrist St SE, Salem! This great establishment is bringing in ten bands to play throughout the day and will be donating a portion of the food and drink (alcohol excluded) directly to Rebecca Smith. The first band to take the stage will be Finding Dani which is the band that Rebecca's husband Ralph was a drummer. In addition to the bands there will be a car wash sponsored by Epic Fitness and a silent auction will start at 4pm (yes, we are still looking for donations).

There will be t-shirts for sale from Kickin' Cancer-We are the Solution for \$20 with half of all proceeds going to Rebecca. The non-profit comes along side those with or having survived or lost a loved one to Cancer. When you read Rebecca's and Ralph's story on the front page of this issue you will see the need! The shirts will be blue which is the color for both Cervical and Colon Cancer (Rebecca has survived a couple of bouts with Cervical Cancer and she found out after her husband Ralph died of a major heart attack that he too had Colon Cancer). "We'd love to see 1,000 people or more wearing this shirt as that alone would \$10,000 to help Rebecca!" states Baron Robison, Executive director of Kickin' Cancer, "Shirts will be available at the event on the 8th of August. We will also have the ability to order online." He added.

The one thing organizers want to make clear is that many details of the event are being worked out day by day with full intent to meet all Covid-19 requirements set by the State. "This will be a Covid-19 compliant event" added Robison.

"A father to the fatherless, a defender of widows, is God in his holy dwelling." Psalm 68:5

So, we call for the heart of this community to help us help our sister Rebecca and her beautiful daughter Tessa! When you read the love story of Rebecca and Ralph (in this issue, front page) our hope is that it will touch your heart and engage your hands and feet to help! How can you help or get more information? Call Baron at 541-961-3469 or visit <https://www.facebook.com/events/3445937978749608/> Rocking for Rebecca Benefit on Facebook.



# Fun Events for August 2020



With the Covid-19 situation many events are canceled or postponed. There are a few going on still. The out-of-doors is still open, please wear a life jacket while in or near the water. If you are borrowing one from the fire station, please return it the same day. Please also maintain social distancing and follow all state guidelines. Enjoy the outdoors and sunshine!

- FARMERS MARKETS**
  - **Albany** - Sat 9am-1pm, City Hall Parking Lot <https://locallygrown.org/home/>
  - **Corvallis** - Sat and Wed 9am-1pm, First St. Downtown <https://locallygrown.org/home/>
  - **Lebanon** - Corner of Main St and Grant Thursdays 2-6pm <https://sweethomefarmersmarket.org>
  - **North Albany** - Thursday's 3-7pm, J&B Garden Center & Nursery. Visit their facebook page for more details
  - **Sweet Home** - between 12th and Kalmia Tuesdays 2-6pm <https://sweethomefarmersmarket.org>
  - **Salem Saturday** - 865 Marion St NE, Salem, Saturdays 9:00 am to 3:00 pm <https://www.salemcommunitymarkets.com/>
  - **West Salem** - 1260 Edgewater St NW-Thursdays 9:30 am

to 1:30 pm <https://www.salemcommunitymarkets.com/>

- FUN IN THE PARK- "TO GO"**  
Wednesdays thru August 19th. Who has been enjoying Fun in the Park this summer?? Remember to register at Albany Parks and Rec's Website or call 541-917-7777 by Noon on Mondays for this Wednesday's Fun in the Park! We are excited to offer this event in a drive-thru format, and you may have noticed we've had some bugs to work out with registration. Because this year's event is "to-go" style, it's important that we have an accurate participant count. We don't want to purchase too many supplies and assemble too many craft kits - that's not an efficient use of resources - but we also don't want to run out and send anyone away empty-handed!

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](mailto:info@pointsforprofit.org)

# Albany's Summer Explorer Passport will Continue and be Covid-19 Prepared!

It's time again to head out into the wilds of Albany for the 2020 Albany Summer Explorer Passport Program. The program is free and offered through a partnership with the Albany Visitors Association (AVA), City of Albany, Historic Carousel & Museum, Albany Regional Museum, Albany Downtown Association, and the Monteith Historical Society.

Because of the Covid-19 pandemic, we will be taking a new physically distanced approach to the old program. All our Explorer/Passport sponsors are following state and federal guidelines about re-opening businesses, parks and keeping children safe. With that in mind, some changes have been made. That doesn't mean there won't be plenty of adventure and weekly treasure to be had. Here's how it will work:

The Passport: download and print a passport form here: 2020 Passport. Follow the directions to create and color the passport, then email the AVA at [info@albanyvisitors.com](mailto:info@albanyvisitors.com) to register. If you don't have a way to print a passport, one can be picked up at the Albany Historic Carousel & Museum. Then, let the adventure begin!

The Hunt: Participating businesses and locations will each display a poster with a picture of a carousel animal. In the passport, find the corresponding location and write down the name of the animal. There are 28 locations, visit in any order. Take your time and have fun! When finished, drop off your passport on or before August 25 in the drop slot at the AVA office, 110 3rd Ave. SE in downtown Albany. Include your address if you would like your passport returned.

The Challenges and Prizes: Watch the Albany Passport Program Facebook page and/or emails for weekly challenges to win prizes, donated by the participating businesses, all summer long. At the end of the summer, participants' names will also be entered into a drawing for more prizes. Passport holders do not have to visit every location to be entered in the final drawing.

See the AVA website for regular updates and more information visit 2020 Passport Facebook. You can also email [info@albanyvisitors.com](mailto:info@albanyvisitors.com) or call 541-928-0911.

## Fun in the Sun!

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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| Publishers .....             | InSpirit Marketing, Inc.                      |
| Advertising Sales Team ..... | Lauralee Beck<br>Wenona Given                 |
| Staff Writers .....          | Lauralee Beck<br>Wenona Given<br>Karen Rogers |
| Graphic Designers .....      | Bobbi Dickerson<br>J'Aime Salisbury           |
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InSpirit Marketing Inc. is located in historic downtown Albany inside of Two Rivers Market.  
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# Explore Albany

## Albany Summer Explorer Program for Kids

turn in date August 25, 2020

It's time again to head out into the wilds of Albany for the 2020 Albany Summer Explorer/Passport Program, with a new physically distanced approach to the old program. The program is free and offered through a partnership with the Albany Visitors Association (AVA), City of Albany, Albany Regional Museum, Historic Carousel and Museum, Albany Downtown Association and the Monteith Historical Society. Visit us at [AlbanyVisitors.com](http://AlbanyVisitors.com)

Connect with us and download our free Albany Explorer app today.

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*“Wait on the Lord” is a constant refrain in the Psalms, and it is a necessary word, for God often keeps us waiting. He is not in such a hurry as we are, and it is not his way to give more light on the future than we need for action in the present, or to guide us more than one step at a time. When in doubt, do nothing, but continue to wait on God. When action is needed, light will come.”*

Just recently J.I. Packer went home to be with the Lord. His quote continues to encourage you and me as we face an uncertain future. Waiting on the Lord and not knowing what the future holds can be truly exhausting, frustrating, and even cause anxiety. I'm reminded of the Scripture found in Philippians 4:4-7:

In the midst of our current crisis as a nation, in our communities, and even in our own homes, God is present and wants to hear our prayers. We learn some valuable principles from J.I. Packer and God's Word:

- action of trust in God's sovereign will, provision and timing. We have to remember that God's timing is not ours.

- Obviously, there is much more depth to this passage, but we can take courage and know that “God’s Got This!” May God grant you peace in the days ahead as we move forward into the unknown.



**BY RHEA GRAHAM**

What is more important to you, quality, or quantity of life? Do you want to feel good while you live? I want you to feel good while you live, and I want you to live just as long as you'd like to ... so I'd like for you to have both quality and quantity to your life.

The first step in quality of life is quality sleep. Cannabis can help with every sleep issue. Do you have problems going to sleep, staying asleep, or going back to sleep? Are you having to get up in the night to use the bathroom? Are you staying awake after you get up? Those are all easy fixes.

The next step in quality of life is being able to eat, but not over-eating. There are Cannabis strains and terpenes for both of those: inability to eat and insatiability. When eating, please choose the highest quality fresh food to feed your temple.

having some energy and motivation to do the things you want and need to do. You might know... there are strains for that as well! Sativa strains help most people get up and around with a smile on their face and an attitude of gratitude. Sativa strains typically create more of a head-high so if that is a concern for you simply do not decarboxylate it all the way!

Now that we have the first three steps in place, let's get busy working on your pain. What causes your pain, is it physical, mental or both? Can we apply a topical and get rid of it or are you going to need capsules or suppositories? What about an elixir so we can get a quick jump on it first thing in the morning?

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life to the fullest and one day—even though it seems so long for you—we will be together again. I love you my beautiful bride and I'm very proud of you!

Since that day Rebecca has been trying so hard to be stronger, better and smile. But it's so hard without their Captain! Rebecca now has a worse case of PTSD and is struggling financially to stay afloat for herself and Tessa, her youngest. You see, Ralph was the income earner as Rebecca's health keeps her from being able to hold down a job. She still has many health issues that keep her from being able to work. So, it's extremely hard right now.

Ashely adds " My Mom and Dad spent so much time together! They talked about everything together. Ralph created this bond for our family throughout the years and helped all of us get strong for the world ahead for them!" Now, he is gone.


There isn't a moment that goes by that my Mom, Rebecca, is not scared or confused or crying. However, my Mom knows that Dad (Ralph) is right by her side. She knows Ralph is with God and they will guide us through this!

Ashley finishes with "We all miss him so much and we love him to the moon and back."

*Ashely wanted to share their story to show love does conquer hate! At a time when the world seems so crazy, this feels right.*

*They also wanted to help us to understand why they are reaching out to the community for help (please see the single column story on the front page of this issue for ways to help).*

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# BROOKDALE

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SENIOR LIVING SOLUTIONS

Are You Prepared?

BY LINDA DEMOS,  
Marketing and Sales Manager

Have you ever wondered how you would live if the prices for everything keep going UP!! Well, we are doing just the opposite within our Brookdale Albany Network.

I can share this with you. We have had many people calling us and saying “You are allowed to move people into the community” ? We assure them that we take all of our precautions very seriously and everyone who has moved in said that same thing, “I’m so glad I didn’t wait, I feel much better here where it’s safe”.

When most people think about moving into a community setting, they think “OH I can’t afford that”. Here are a few things to consider.

1. Safety 2. Your overall health, are you eating well? How much are you pay for the following. Utilities, Gas, Electric, FOOD ... how many trips to the store do you make in a week? Do

you feel safe going out to the store? You won’t need to go out for food we have that covered with three meals a day, plus snacks and Happy Hour!

I understand there are so many other factors such as, Property Taxes, Insurance, Garbage, Maintenance, Gardening ... not to include all the uncontrollable expenses you may incur.

Well, guess what ... we are your SOLUTION. The Brookdale Albany Network wants to help you whether you are living independently or may need more assistance, we have you taken care of! I have spoken with a very informed real-estate broker recently and she told me the housing market is starting to really pick up and sellers are getting more than what they are asking in some cases.

Call today we will send you our cost comparison sheet so you can see how Brookdale can be your new home!

Do Germs Cause Disease?

WHAT DO PEOPLE SAY ABOUT GETTING SICK?

“Don’t get too close, I’ve got a cold.” “My kids brought something home from school.” “I’ve got that flu that’s going around.” “Its cold and flu season, I hope I don’t catch something.” “That flu virus got me.”



DR. NICHOLAS R. BROWN,  
TIMBER LINN CHIROPRACTIC & WELLNESS CENTER  
541-967-8060

Here’s an analogy that explains how fighting disease with antibiotics makes little sense. (Unless used for life threatening conditions)

Suppose you have a garbage can in your back yard. One day you take out the garbage and you notice flies hovering all around your garbage can. You love all of


You see... a lot of people think that sickness comes from the outside... that germs are lurking out there waiting to pounce on you and make you sick. The truth is that if germs can’t find a suitable place to grow and multiply, they just cease to exist.

God’s creatures; you just hate the flies... so you run inside, grab a can of Raid and destroy all the flies. You return to take out more garbage later in the day. What do you find? More flies. How come? Raid kills the flies that you spray, but there are always more flies. If you really want to get rid of the flies, you need to clean up the garbage.

ANTIBIOTICS TO THE RESCUE?

Antibiotics only kill bacteria. Aside from the fact that most infections are involved with viruses and antibiotics are useless against viruses, there is a bigger picture here. Antibiotics have been overused to the point that pathogenic bacteria have mutated into resistant strains that no longer are killed by antibiotics. Science tells us now that the overuse of antibiotics can permanently damage the flora of the gut and your immunity.

When it comes to infections, antibiotics just “spray” the bacteria; there are always more bacteria to return to the garbage. A better approach would be to raise the health of your body so you don’t have an environment where the bacteria can thrive. Think about it... If the germ theory of disease was correct there would be no one left on earth to believe it.



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**POINTS FOR PROFIT MEETING is August 25, 2020** from 6-7:30pm on Zoom. Zoom Room id is 541-791-2901. For more information visit [pointsforprofit.org](https://pointsforprofit.org).

## What Is Points For Profit?

You may never have heard of us, however, be assured Points for Profit is working to improve your community. The program is so simple that many people have a hard time understanding how it works. The program operator, InSpirit Marketing, Inc. recruits businesses and gives them exclusive sponsorship in their business category, then recruit up to 30 non-profit organizations whose members shop the businesses and save their receipts for which they are awarded points. At the end of the year the program is responsible for more than \$20,000 in cash awards to the non-profits, advertising opportunities, and additional fundraising opportunities. Non-profit groups also get points for attending meetings and special events.

A monthly meeting offers the business members the opportunity to discuss their products or services with both business and non-profit members. Non-profit groups such as Linn County Animal Rescue, St. Edward's Youth, and Women for Ag, encourage their members, staff and boards to shop the P4P businesses and enjoy the friendly competition to "win" the cash awards at the end of the year. Collectively over 100,000 people are "directed" to shop for points.

The insert you are reading represents the effort to promote the member businesses and make even more dollars available to our non-profit members. We encourage you to review the list of participating



non-profits and start supporting your favorite non-profit organization by simply shopping for what you normally buy at a business that supports your non-profit. Your dollars not only stay in the community but also come back to your non-profit! Shop local, Serve local, Sustain local.

Points for Profit is excited at the opportunity to speak to a larger audience with HighPoints. Our goal is to one day give back \$100,000 to our community. For more information on becoming a business partner or a non-profit member, call Lauralee Beck, at 541-791-2901 or email [info@pointsforprofit.org](mailto:info@pointsforprofit.org).

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

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Jeff McMahon

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# Participating Non-Profit Organizations

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- 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.
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- Lebanon Soup Kitchen
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- 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

# Introducing Zeke

Hello everyone, my name is Zeke! I am a one-year old Retriever mix searching for a perfect forever home! I'm still young and full of energy. I love to play and have been working on manners since I've been at SafeHaven. They say I am a fast learner! I'd love to find a family of my own, perhaps with older children who can spend time and play with me. Overall, I'm friendly, happy, and aim to be a wonderful companion. Could I be yours? Stop by today to meet me!

Stop by to see this handsome pup any day of the week at the shelter. We have meet & 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!



# Introducing Lola

Hello everyone, my name is Lola! I am a four year old Terrier American Pit Bull mix searching for a new family! I am very sweet and people oriented! Super happy too! My love for people cannot be contained behind a fence as I will find a way over or under it. I am searching for a forever home where I am your only pet and you can give me all of your love. Stop by today to meet me!

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



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# Keep Your Fur Family Safe this Summer!

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

With the recent shutdown many of us are eager to get back out and enjoy mother nature this summer (while being responsible and minimizing risk around other humans during this pandemic of course)! There are a few things that I wanted to touch on in this article based on what we have been seeing recently at the clinic.

The first thing is the high number of dogs coming in with grass awns stuck between their toes or embedded in their fur. Grass seeds can also get stuck in the ears and eyes. It's important to check your dog's ears and fur, especially between the toes, after they've been in grass that's gone to seed. If left undiscovered these seeds will burrow deep into their skin and can be extremely hard to retrieve. Some of these seeds have been known to migrate through the skin and end up in the chest or abdomen with serious consequences.

This is also the time of year when we see the most cases of salmon poisoning. Dogs get this when they come into contact with raw fish from our northwestern rivers. They can get sick just from licking the skin of a raw fish. These include all fish in the salmonid

family including Rainbow Trout, Steelhead, Chinook, and Coho. Dogs generally get very sick seven to ten days after exposure. Symptoms include weakness, vomiting and diarrhea along with a high fever. This disease is very treatable once diagnosed and treated certain antibiotics.

Summertime is also when we see toxic blooms of blue green algae in some of our local freshwaters. This is relevant to owners of dogs that like to go swimming in lakes, ponds, reservoirs, etc. If the water has a slimy scum forming on the surface ranging in colors from yellow, pea soup green or even red then it's best not to let them swim in that water. The slimy algae sticks to their fur which is then ingested as the dog grooms itself. The algae contain toxic neurotoxins that can make them very ill and even die. The rule of thumb is "when in doubt, stay the heck out." The Oregon Veterinary Medical Association posts all major toxic algae advisories on their website [oregonvma.org/news/toxic-algae-advisories](http://oregonvma.org/news/toxic-algae-advisories).

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

# Grilling Cylinder Safety

Read and follow all the grill manufacturer's instructions before turning on and lighting the grill. Keep the top open when lighting a propane grill, and don't close it until you are sure the grill is lit. Turn off the burner control and close the cylinder valve. When a grill is not in use for extended periods of time, cover disconnected hose-end fittings with plastic bags or protective caps to keep them clean.

Properly transport and store gas cylinders. When refilling or replacing a propane cylinder, transport in a secure, upright (vertical) position in a well-ventilated area in your vehicle, and take it home immediately. Always use or store cylinders in a secure and upright position outdoors (not in a garage or shed).

## DO'S AND DON'TS OF PROPANE CYLINDER SAFETY

### Do

- Follow the grill manufacturer's instructions and keep written materials handy.
- If the igniter no longer works, replace it in accordance with the grill manufacturer's instructions.
- Keep the top of the grill open until you are sure it is lit, even if you have an electronic ignition.
- Cover disconnected hose-end fittings with plastic bags or protective caps to keep a grill clean when it is not in use.

- Store propane cylinders outdoors in an upright (vertical) position.
- If you smell gas, and it is safe to do so, turn off the cylinder valve, turning it to the right (clockwise). If you are unable to turn off the valve, immediately leave the area and dial 911 or call your local fire department. Before you use the grill again, have a qualified service technician inspect your grill and cylinder.
- Consult a qualified service technician if you are having grill or propane cylinder problems.

### Don't

- Smoke while handling a propane cylinder.
- Use matches or lighters to check for propane leaks.
- Pour an accelerant such as lighter fluid or gasoline on the grill.
- Allow children to tamper with the cylinder or grill.
- Use, store, or transport propane cylinders near high temperatures (this includes storing spare cylinders near the grill).

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KAREN'S FAMOUS RECIPES
Bagels

BY KAREN ROGERS

Everybody loves these tasty teething rings! Buttered and toasted or slathered with cream cheese, they're irresistible and easy to make.

Measure 2 C warm water into a mixer bowl. Add 1 package or 1 1/2 tsp yeast and 1 tbsp sugar and let proof until very foamy. Sift together 1 C flour, 1/2 C gluten flour and 2 tsp salt and add to yeast. Mix well. Add about 3- 3 1/2 C flour to make a firm dough. Let rise to double.

Meanwhile, line two baking sheets with parchment paper. Do NOT attempt to bake these on a greased sheet!!! They will stick so bad even dynamite won't loosen them! Pre-heat the oven to 400 degrees. In a small bowl, beat 1 egg and set aside.

Turn the dough out and cut into 12 pieces and round them into balls. Let rest about 5 minutes. Place your thumbs back to back and push them

through the center of each ball and gently stretch the dough until it forms a circle about 4 inches in diameter. Let the bagels rest, covered with a

towel about 30 minutes.

Fill a non-reactive pan with about 4 inches of water. Add 2 tbsp baking soda, 1 tsp salt and 2 tbsp sugar and bring just to a simmer.

Poach the bagels, three or four at a time, for 30 seconds per side. Lift and drain and place on the parchment. Brush the bagels with the beaten egg and add poppy seeds, sesame seeds or dried onion. Bake 15 - 20 minutes until browned and 200 degrees on an instant-read thermometer. Cool on racks.

To vary them, add 1 tbsp cinnamon and 1/4 C sugar to the sifted flour and add 1/2 C golden raisins.

These freeze beautifully and 20 seconds in the microwave revive them perfectly, so they're always ready for brekkie or snack time. Enjoy!



August Word Search by Rolie the Puzzlemaster

Word search grid containing letters for finding words.

- AIRTIME, ALBUM, AMPLIFIER, BIG BANDS, BING CROSBY, BLUES, CYLINDER
- DISC JOCKEY, ELVIS, HEADPHONE, JUKEBOX, MULTIMEDIA, PHONOGRAPH, RADIO
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# Removing Hard Water Stains from Glass

In my last column, we discussed how to prevent hard water stains on your windows and shower doors. The old saying “an ounce of prevention is worth a pound of cure” really applies here. If you have particularly hard water and aren’t diligent about removing the spots early, they can actually etch the glass making them nearly impossible to remove. Although, if it’s too late and you already have these unsightly stains, there are some non-caustic home remedies worth trying before hitting the hardware store for a cleaner that uses a lot of harsh chemicals.

One popular option is a 50/50 mixture of white vinegar and water. Put the mixture in an empty spray bottle and apply to the glass. Let it sit for a few minutes and wipe off with a clean cloth. This method works well for minor stains and spots.

For tougher jobs, a paste made from baking soda and water may be effective if left on the glass for about 15 minutes then wiped off with a

wet towel. But beware, this method requires significant elbow grease! Applying this paste and completely removing it so there are no foggy areas can be a strenuous process. If the home remedies have not removed the spots, it may be time to talk with your local glass company

about a more robust commercial product. Typically, these are pastes that have stronger chemicals in them and they really do the trick. To stay safe, you should wear rubber gloves and carefully follow the manufacturer’s instructions on the containers.

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# Notorious Book 1 of the Max Revere “Cold Case” Series

BY ALLISON BRENNAN

A plot-twisting and hard-hitting series debut starring Max Revere, an investigative reporter who specializes in solving cold cases. In *Notorious*, she returns to her hometown to attend the funeral of a friend, only to get tangled up in solving some unsolved murders from the past.

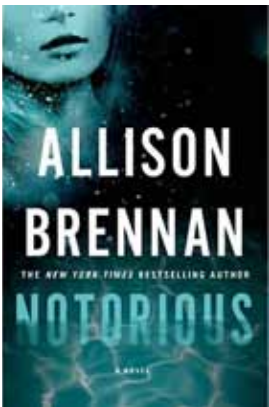
When Max was in high school, one of her good friends was murdered and another of her friends was accused of the murder. Although he claimed to be innocent, and he wasn’t convicted at the trial, his reputation in the town was never cleared, and he lived with the public rebuke, if not the jail time. He spent his days looking for evidence to clear his name, but after thirteen years, he took his own life. When Max Revere arrives for the funeral, she meets with his sister and finds out that he had been trying to get Max to help him solve the case.

This book made me a little curious, and so I looked up Oregon’s cold case history. From 1980 to 2008,

Oregon had 3,268 homicides. Of those, 1,189 were unsolved. That’s a clearance rate of about 64% which is a little lower than the national average, but not much. The point being, a full third of homicides don’t get solved, leaving lots of room for an investigative reporter like Max Revere to do some solving.

One refreshing aspect of the story is that it does not portray police officers as normally being corrupt, lazy, uncaring, or incompetent. Brennan does a good job talking about the differences between a police investigation and a private one.

For some reason, this book is categorized as “romantic suspense,” and Allison Brennan has won several awards in writing for that genre. However, I’ve read many, many books in the mystery and suspense genres that have a lot more kissing & hugging than this book! So, bottom line to guys who don’t want the smooching, or to anyone who doesn’t want explicit scenes: this book is safe to read!



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