

# HIGH POINTS



GOOD NEWS FOR THE WILLAMETTE VALLEY

JULY 2020 • FREE



## Local Life Jacket Loaner Programs

With summer here and limited activities many families are turning to the water this summer. Check with your location fire station if you are not in one of the cities listed below. They may have a loan program you can take part in. When worn properly life jackets save lives. With the rain lasting longer than normal, the rivers are still running high and swift. Often people are surprised but how cold the water is and how hard it is to swim out of a current. Remember many children have a harder time staying warm in the water. Life jackets can help with this too! We are featuring three cities' programs in this article; each area has provided us with their information. Any questions please direct them to the specific location.

### CITY OF ALBANY

There are six locations to be able to borrow a life jacket. Five are at the Albany Fire Stations. And the 6th location is now Bryant Park. It's easy and FREE to keep kids afloat and safe around water:

- Choose a life jacket
- Fill out a release form
- Wear the jacket while in or near water!
- Return the jacket within one week

Life Jackets are kept at all four fire stations all year round. During the summer season, life jackets are available outside on the Loan-A-Life sign with extras inside the fire station. Life jackets can be obtained from inside the fire station during winter months. The Loan-A-Life Jacket Program is fully funded through the Albany Firefighters Community Assistance Fund (AFFCAF), grants and donations.

For more information or to donate towards the Loan-A-Life Jacket Program, please call 541-917-7700.



### CITY OF LEBANON

The weather is heating up! Add the increase in heat and we see an increase in folks heading to our local waterways for some much-needed cool down time. Right now, the Santiam river still flows fast and cold. Please use extra caution when floating or swimming in the river. As always, grab a life jacket from one of our three kiosks before you get in! Life jacket use is free, we just ask that you fill out a waiver form and return it as soon as you are done. This year we've added a QR Code that will allow you to fill out an electronic waiver on any smart phone device. Stay safe while you beat the heat. There are three permanent kiosks in the Lebanon area – one at Gill's Landing/River Park on E. Grant Street and two in Waterloo County Park east of Lebanon. For more information about the life jacket program or donate please contact the Lebanon Fire District at 541-451-1901.

### CITY OF SALEM

All watercraft users are strongly encouraged to wear life jackets while enjoying activities on the Willamette River. During the summer, visitors to Wallace Marine Park may borrow and use life jackets from one of two free loaner stations in the park. One life jacket loaner station is located at the boat launch ramp, and the other station is located near popular swimming areas. The life jacket loaner stations close at the end of the summer season, and the inventory of life jackets are removed for storage until the stations are reopened the next summer, usually around Memorial Day. According to the National Safe Boating Council, wearing a life jacket is "the simplest strategy to stay safe while enjoying your favorite recreational water activity." The life jacket loaner stations are maintained and serviced by the City of Salem. This program is provided by the City of Salem in partnership with the Salem Fire Foundation. Any questions or to donate funds please connect them at via



## Recreation Advisory Issued for Lower North Santiam

The Marine Board is advising people floating in pool toys, inner tubes, or other inflatable devices and novice boaters to avoid the lower North Santiam River near Jefferson between Greens Bridge and the town of Jefferson. This advisory comes after nearly two dozen rescues and near drownings in the last week.

"The North Santiam is running high, and there are many, many trees in the river right now," said Randy Henry, Boating Safety Program Manager for the Marine Board. "Tubers, floaters, and novice boaters should avoid this stretch of river or use extreme caution. There is simply no way to remove these trees to make this run safe."

Henry toured the area with Jefferson Fire District, the Linn County Sheriff's Office, and ODFW on Thursday. "We want people to be safe and to see if anything could be done," said Henry. "After seeing all the trees in the river, and the large number of trees that look ready to fall, the only real way to prevent a tragedy here is for people to stay away or float somewhere else."

Henry said that Jefferson Fire is called regularly for rescues, and Linn County has fielded many complaints as well. "I'm told that many of those being rescued are from the Portland or Albany or other population centers who aren't familiar with this area. People continue to ignore signage or go unprepared without life jackets, whistles, or shoes. Henry adds, "At this rate, it's only a matter of time before we have a fatality here."

The best solution to the problem, said Henry, is to float somewhere safer. "Boats can be steered, tubes cannot. Several channels look inviting but once you're committed, you will become entrapped. Other channels are so littered with trees and root balls that it's like traversing a minefield," said Henry. "There are literally dozens of popped pool toys and rafts hung up on trees in this area. Each one represents a near tragedy."

The Marine Board advises all boaters and floaters to wear a life jacket, scout ahead, and pay attention to signage — no matter where you play this summer.

Fun Events for July 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. 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>
  - ALBANY REGIONAL MUSEUM: HISTORY BITES** Jul 8 @ 12-1pm Join the Albany Regional Museum for History Bites. Topic TBA. There is no charge for this program and a suggested donation of \$2 for adults \$1 for children is encouraged to support our programs. For info call 541-967-7122 or visit: Albany Regional Museum
  - CRAZY DAZE** Jul 9-11 Don't miss Crazy Daze, Downtown Albany's oldest event! Originally called Bargain Days in 1898, the name was changed to Crazy Daze after WWII. Merchants will be setting out their merchandise on the sidewalks throughout Downtown, offering them at crazy reduced prices! Merchandise changes daily so you might want to come down all 3 days. So, grab your sunscreen or a hat and stroll our sidewalks for crazy deals and crazy delicious food at our fabulous Downtown eateries!
  - SPORTSMAN HOLIDAY / CUT THE GUT CRUISE IN** Jul 9 @ 6-9pm. This year's version of Sweet Home's Sportsman's Holiday. Calling all Hot Rods, Motorcycles, Classics, Muscle Cars and fancy, street-legal rides of any kind! We invite everyone in town to CUT THE GUT through Sweet Home! From Sweet Home Choppers to the Jamboree Office, show us what you got! Visit Sweet Home Chamber for tickets and information.
  - CUMBERLAND COMMUNITY CENTER OPEN HOUSE** Jul 19 @ 1:00-5pm Tour the former Cumberland church, built in 1892, and learn about plans to relocate and renovate the building to create a community events center. Volunteers will be available to answer any questions and solicit input from the community. Tours will be available Sundays 1-5pm through August. Reservations are required so call the Albany Visitors Association, 541-928-0911 by the preceding Thursday at 3 p.m. Visitors are asked to wear face masks.
  - ANNUAL HISTORIC HOME TOUR: EXTERIOR TOUR & SCAVENGER HUNT** Jul 25 @ 11am-5pm The 2020 Summer Tour will look a lot different this year, due to the Covid-19 pandemic restrictions. To start with: no interiors. But those interested in our beautiful homes and historic buildings can still take a free self-guided exterior tour (with a virtual peek inside a few of them!) and take part in a scavenger hunt for prizes, including free tickets to the 2020 Christmas Parlour Tour. For all the details please visit 2020 Summer Historic Home Tour
- 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)

Beautiful Homes and Buildings Still on Tour — Just a Little Different this Year

The 2020 Summer Interior Tour will look a lot different this year, thanks to restrictions due to the Covid-19 pandemic. To start with: no interiors. But those interested in our beautiful homes and historic buildings can still take a free self-guided exterior tour (with a virtual peek inside a few of them!) and take part in a contest for prizes, including free tickets to the 2020 Christmas Parlor Tour.

This year, rather than allow visitors physically inside homes, the tour will consist of a self-guided event that will feature a walk-by of 10 to 12 homes with the help of a map, the publication Seems Like Old Times and/or the use of the Albany Explorer app, which is sponsored by Hospitality Vision and the Albany Visitors Association.

In addition, while taking the tour visitors can be on the lookout for architectural details that will be included in a scavenger hunt. Find the required items, such as beautiful woodwork detail or an interesting door, and mark it on the ballot. Return the completed ballot at the end of the day and be entered in a drawing for prizes, including tickets to the Christmas Parlor Tour on Sunday, Dec. 13. Five pairs of tickets will be given away.

Here's how it will work. The tour is still scheduled for Saturday, July 25, 2020, and will run 11 a.m. to 5 p.m. Visitors can download a map and scavenger hunt ballot from the AVA website (coming soon), or pick them up on the day of the tour outside the front door of the AVA along with a copy of Seems Like Old Times, which provides guided tours, details about the homes and some fun and interesting information about Albany and its historic districts.

For the tech savvy, the Albany Explorer app is available to download free at Google Play for Android. It includes maps to three of Albany's historic districts, where to dine, spend the night and other details about Albany and the surrounding area. And since visitors won't be allowed inside the houses, a few homeowners have graciously agreed to let us to create short video tours of the inside of their homes for people to enjoy. They will be available the day of the tour on [albanyvisitors.com](http://albanyvisitors.com)

The tour and scavenger hunt contest are all free of charge. Normally, tour tickets cost \$15 each, and any proceeds go to the restoration and upkeep of the Monteith House Museum. Donations, though not required, will be greatly appreciated since Monteith Society income has been seriously diminished due to the Covid19 shutdown. Checks can be made payable to the "Monteith Historical Society" and mailed to the AVA, PO Box 965, Albany, Oregon 97321, or other donation arrangements can be made by emailing us

Home Tours continued on page 9

Happy Independence Day

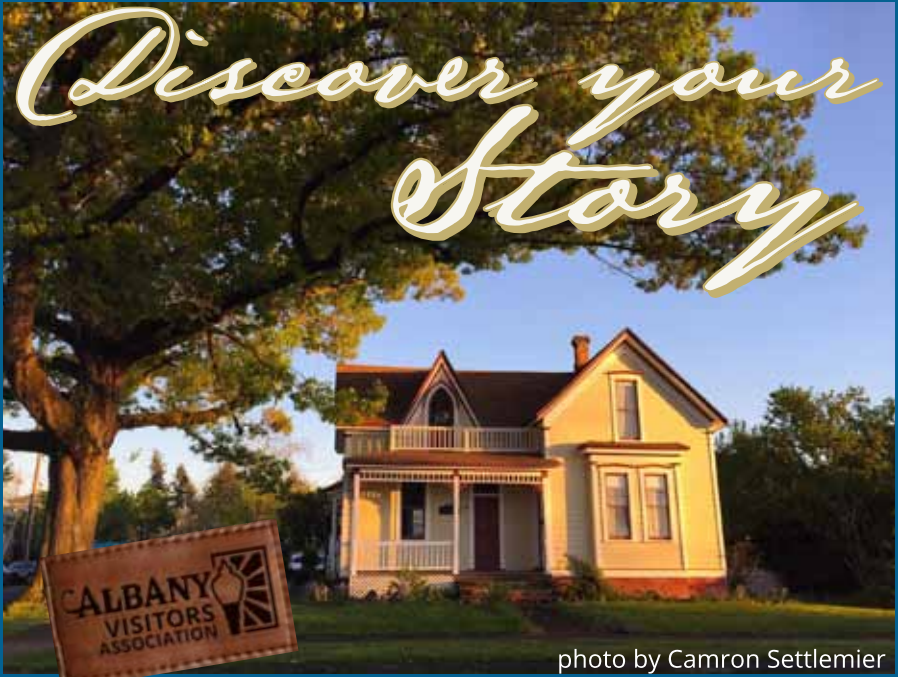
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Explore Albany



Summer Historic Home Tour  
(Exterior Tour & Scavenger Hunt)  
Saturday, July 25, 2020  
11 a.m. to 5 p.m.

Download a map and scavenger hunt ballot from the Albany Visitors Association website, or pick them up on the day of the tour outside the front door of the AVA along with a copy of Seems Like Old Times. Tour and scavenger hunt are free, donations to the Monteith Historical Society are welcome. Plan your day at [AlbanyVisitors.com](http://AlbanyVisitors.com)

Connect with us and download our free Albany Explorer app today.  
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# Let Your Medicine be in Your Food!

BY RHEA GRAHAM

Smoking Cannabis is “so last year”. Smokeless Cannabis Remedies and Edibles are something most patients seek out. If you’ve ever been to a dispensary, you’ve probably seen a whole variety of gummies, hard candies, cookies, brownies and more. How do you choose what to get and how strong?

With ALL Cannabis products, you want to “start low and go slow”. Eating the “whole enchilada” is NEVER a good idea unless you know for sure that there are just a couple milligrams of medicine in the product. If you didn’t process the Cannabis and make the edible you can’t know what’s really in it, so ... don’t eat the whole thing at once.

Cannabis edibles are very tricky in that they react differently under different circumstances. What you eat and when you eat it, in regards to other foods, totally affects the “high” or lack of high one experiences. Some people get rather upset because they don’t “feel anything” (didn’t get high) yet others get upset when they do.


There is much at play here, but the one thing you can control the most is what you eat and when you eat it. If you don’t want to get high, avoid food containing fat and eat your meat and potato meal, take your Cannabis

with your meal and you should be fine. If you are hoping to get “elevated” eat your edible SLOWLY first of all – let it run around in your mouth! If you eat it with something fatty, it kicks the liver into metabolizing the fat and the Cannabis, and elevated you are. It can take from 15 minutes to 2 hours to feel an edible, so time and patience is a must!

Another huge consideration is how well the Cannabis was decarboxylated, or was it too decarboxylated? If the THC is not activated, you don’t get high. Time and temperature are what it takes. Eat it fresh in your salad, smoothie, or tea without too much blending and you will be fine. Just like any fresh food, it tastes better when you wash it before you eat it. Call and schedule your appointment! Please remember, do not medicate and drive or operate machinery.



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# Helpful Ideas to De-stress During Stressful Times

BY RACHEAL CATT LPN,  
Executive Director

There is a lot going on in the world today; COVID-19, Riots and not to mention we all have our own work-life stress! Here are some helpful ways to cope with stress and have a healthy outlet to focus on for your own mental health.

### CHANGE YOUR ENVIROMENT

When feeling “stuck” or that you are doing the same routine everyday change it up! Do something pleasurable or relaxing for a little while such as read a good book, re-watch your favorite movie, take a nice relaxing bath or shower and add your favorite essential oils or use your favorite lotion after. Nice weather? Go outside, go on a nice walk and enjoy the beautiful scenery that Oregon has to offer. If the weather is not favorable open the windows in your home to allow fresh air to come. Fresh air is a

great way to help clear your mind.  
**LAUGH AND LAUGH A LOT**

It is a great outlet to stress build up. Research has shown that laughter decreases the stress hormone in the body and which reduces artery inflammation and increases the “good” cholesterol in our bodies. Once you start laughing, it literally forces you to feel better! Since everyone finds different things funny in life, pick something that makes you laugh; call a friend or watch a good comedy.

### MOST IMPORTANT IS TO REMEMBER TO EAT WELL

Our moods are closely linked to what we consume. So avoid eating junk foods, eat more fruits & vegetables and drink plenty of water to stay hydrated! Don’t be afraid to have something sweet once in a while! Remember to take care of you first and the stress will distress if you are healthy and able to have an outlet!

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# Hardy Fuchsias

BY KAREN ROGERS

I have been a life-long bird watcher and feeder. My binoculars, bird book and life list are always by my chair

that overlooks the back patio area where I have bird feeders. Humming birds are a particular favorite.

One of the best plants to attract humming birds are hardy fuchsias. The beautiful drooping blossoms are magnets for bees and birds.

Hardy fuchsias are wonderfully care free and they bloom from June until a hard frost in the late fall. It is not unusual for them to bloom until November and occasionally into December!

They are very easy to root from cuttings. I just pop them into a water filled jar in a semi-sunny area and a few weeks later they form roots.

I have the red and purple variety

and the more rare pink and white ones. They grow in full sun by the patio and in partial shade by the fence. They can easily grow to a height of five feet and make a beautiful screen

for the rather elderly wood fence.

In the fall, after they go dormant I like to cut them back to ground level. If you don't, they tend to grow very scraggy with a lot of dead wood areas.

Look for hardy fuchsias

at garden centers and local farmers markets. If all else fails, you can always ask a friend for a start. I know that over the years I have given away many, many cuttings.

My red fuchsia originally came from my Mom's house in Sweet Home. The white one was a pinch from the old Fairgrounds. They have been carefully moved from place to place with us, after 30 years they really are family members!



PHOTO BY WAYNE SANCHEZ

# Be Healthy and Lose Weight Too!

Tens of millions of Americans are obese, and while figures have stabilized in recent years according to government findings, the numbers are still staggering. Poor dietary choices rank very high as a cause of obesity, but another factor is one that gets far less attention — is Americans' increasing lack of physical activity.

In fact, a new study found that the average obese woman only gets one hour of vigorous exercise per year, while men don't get much more... less than four per year.

The findings, published in the journal Mayo Clinic Proceedings, stem from the tracking of participants' movements over the course of a year. Researchers collected data regarding the amount of exercise participants engaged in and at what intensity levels.

Researchers defined vigorous exercise as jogging or other high-cardio-related, fat-burning exercises. For those who were considered extremely overweight, walking may be considered vigorous.

For women especially, researchers cited extremely busy lives as a major

reason why they exercised so little. Between work, caring for children and sleep, they noted, women did not have much time in the day to devote to fitness.

"They're living their lives from one chair to another," Edward Archer, a research fellow with the Nutrition Obesity Research Center, "We didn't

realize we were that sedentary. There are some people who are vigorously active, but it's offset by the huge number of individuals who are inactive."


## HOW TO BEGIN AN EXERCISE PROGRAM?

Finding the time to work in a fitness program is difficult in today's busy world. But almost everyone has time for some sort of activity 3-4 times per week if they really want to change their lifestyle. Here are some guidelines:

- Set a weight goal
- Take a before photo
- Don't overdo it at first
- Don't go it alone
- Pick something fun
- Don't make excuses
- Clean up your diet



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## What Does a Yellow Ribbon Mean?

Have you noticed that some dogs have a yellow ribbon tied to the collar or leash? Do you know what these ribbons mean? Here's what you should know about a dog's yellow ribbon.

The yellow ribbon you see on a dog's collar or leash is becoming a universal sign to other people that the dog needs some space and that you need to proceed with caution. The reason is that the dog may not be child friendly or may have health issues. They could also be afraid or have anxiety issues or is in

training. Either way, caution should be applied when approaching. Dogs wearing a yellow ribbon are not necessarily aggressive, in fact, many are not. They just need a bit of extra space.

If your dog has an issue that means it's best for other people and dogs to keep their distance, consider tying a yellow ribbon to the leash or collar. The more yellow ribbons there are out there, the more awareness about the meaning of the ribbons. The more awareness, the happier dogs and their owners will be.

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- St. Edward's Youth
- St. Helen's Catholic Church
- Wapaiti Bowman
- We are the Solution-Kickin Cancer
- We Love McKenzie

# Introducing Pepper

Hello everyone, my name is Pepper! I'm very sweet and think playing fetch is pretty much the coolest thing ever! I would thrive in a home with a big yard to play in and lounge around with my people. I love my human friends but need to be the only animal in the home. I am eager to please you and am willing to work for treats or toys. I'll be patiently waiting at SafeHaven until my perfect family finds me. If you are that family, please call today and ask the staff to schedule an appointment to come meet me. I can't wait!

Stop by to see this sweet girl 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!



# Introducing Seamus

Hi, my name is Seamus! I arrived at SafeHaven as an owner surrender in June and am on the hunt for my very own forever home. I'm full of energy and love to play. I'm an excellent singer also – you'll see. I'm always down for a long walk or even a run! I can be a bit shy at first, but once we get to know each other, I would love to go on many adventures with you!





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# What Happens when you don't Spay your Dog?

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

I wanted to share the story of Daisey, with the owner's permission of course. She is an eleven-year-old German Shorthair Pointer. She got very sick a few weeks ago. She had a condition known as pyometra. This disease affects older female dogs that have not been spayed and are no longer being bred. Un-spayed dogs are interesting when it comes to their hormones. About every six months or so they will go into heat. Once they are done with their heat cycle phase, they go right into the pregnancy hormone phase whether they are pregnant or not. The pregnancy hormone is progesterone and it is made by the ovaries for 63 days which is the amount of time it takes a fertilized egg to become a puppy ready to be born. Progesterone makes the uterus produce nutrients that nourish embryos before their placentas fully attach. It is also the hormone that tells the cervix to contract and form a barrier between the womb



and the outside world. As an un-spayed female dog ages, she develops cysts and other little nooks and crannies in the lining of her uterus for bacteria to potentially colonize. If she's not bred during heat, there are no embryos to use the nutrients produced by the uterus. If bacteria make their way through the cervix then they basically have a party cause nobody's home. The uterus then rapidly fills with pus. The name pyometra means pus filled uterus. Without surgery the prognosis for these dogs is bad, very bad. The surgery required is known as an ovariohysterectomy. In other words, Daisey needed to be spayed. Which is ironic. If she were spayed in the first place she wouldn't have been in this predicament. There is also a huge cost difference between a risky emergency ovariohysterectomy and a routine spay. Now here is another point I want to stress. Daisey's owners are not bad people. They just did not know that this could happen to her. Thankfully, she was able to have her life saving procedure and is now doing great.

# Tankless Water Heaters

## Needing a Faster More Efficient Way to Heat Your Water?

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



during operation. In addition, the many 50-gallon electric storage water heaters have an average first-hour delivery rating of just 64 gallons, while the 50-gallon heat pump water heaters average about 67 gallons. These flow rates are less than one-third of the delivery rate for propane tankless systems (see graph). For homeowners, this gap in hot water delivery rates is often the difference between a hot or a cold shower. Also, it's important to know that many propane tankless units can modify their heating output to very low levels. This lets them respond effectively to low flow demands in the home.

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

**ENERGY EFFICIENT**

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

**HOW IT WORKS**

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

**SIZE AND SPACE**

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

**CREDITS AND REBATES**

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

**LET US HELP!**

Here at CoEnergy Propane we pride ourselves in making sure our communities are supported in all their propane needs. Let us help find you the best tankless system for your home or business and improve your quality of living and efficiency. We value our customers and look forward to serving you. Give us a call at 541-738-6733, Albany.


**PERFORMANCE YOU CAN COUNT ON**

Many of these systems can maintain a 75 degrees Fahrenheit temperature rise

### Home Tours continued from page 2

at [info@albanyvisitors.com](mailto:info@albanyvisitors.com). More details about what will be available on the tour will be announced as the tour date approaches. Check the website for updates. [albanyvisitors.com](http://albanyvisitors.com)

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KAREN'S FAMOUS RECIPES  
Porkolt and Spatzle

BY KAREN ROGERS

This is a stew of Middle European ancestry, and is easy to prepare and tastes great, it is a bit different from our usual meat and potato based ones!

I like to buy paprika in small batches from a specialty shop that has a high product turnover so the spice is fresh. Depending on your heat tolerance, make sure it's not a hot paprika because some can really pack a punch! And you can experiment with some smoked varieties.

Cook 2 diced medium onions in 4 tbsp. butter until lightly browned. Add 1 large clove garlic, minced and cook about 1 minute, do not let it brown. Remove the pan from the heat and stir in 1 ½ tbsp. paprika and mix well. Return to a low heat and stir in 2 lbs. of pork, cut in 1 inch cubes and ½ C chicken broth. Cover and



simmer about 30 minutes.

While the stew is simmering, bring a large pan of water to boil with 1 tsp salt. In a large bowl beat 2 eggs with 2/3 C milk and beat in ½ tsp salt and 2 C flour and mix well. Drop the batter into the boiling water by a small scoop or spoon but be sure to dip the spoon in the water before it goes into the batter!! They are done when they rise to the surface. Pour melted butter over them.

Stir in 2 large tomatoes, peeled, seeded and chopped and 2 tbsp tomato paste, stir, cover and simmer 15 minutes.

Add 1 large green pepper, seeded and sliced into strips, cover and simmer another 15 minutes.

Add 1 tbsp minced parsley and salt and pepper to taste and serve it forth!

This is wonderful over fresh noodles or spätzle dumplings and you taste buds will celebrate!

July Word Search by Rolie the Puzzlemaster

U O C P A I N I N R V D F D W S M F  
U I S H P U S S E R D Z N C M S T L  
A Z T E B X I F M F L A S Q F W A I  
L R E J F M E Z E P B U X X F V T D  
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Due to the ongoing concerns about maintaining a healthy team and the health of our customers, we will continue to provide curbside service for the next several weeks.

What we do know is that with current safety requirements and the layout of our hospital, we would be limited on how many appointments we can schedule in a day, in order to minimize the amount of customers inside the building at any given time. That would mean scheduling appointments even further out on the calendar than we already are.

By continuing with curbside service, we can accommodate more patients in a day as well as meet the needs of customers needing prescription refills or prescription diets. For now.

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# Preventing Hard Water Stains on Glass

Hard water is a fact of life for many homeowners in the Willamette Valley. No doubt you’ve seen the white, hazy water droplets at times on your windows or shower doors. Although glass appears smooth, it is a porous substance and the minerals in hard water can etch the surface leaving permanent marks. Usually, you can clean them off to a degree but positively removing the spots may not be possible if the stains have been there for a while. Here are some tips to prevent water spots.

First, keep a small plastic squeegee in your bathroom and use it on your shower door after every shower (yes, everyone). It only takes a few seconds, and this will prevent the water from building up on the glass. Be sure to go all the way to the bottom of the shower so the stains don’t build up on the lower part of the glass.

Second, many new shower doors are available with a factory applied glass protectant to help them shed the water and prevent build up. Continuing to use a squeegee, however, will provide the best long-term results. If you don’t have a glass

protectant on your existing shower, after-market solutions are available at most home centers but will need to be re-applied every few months.

Third, on the outside of your house, prevent your sprinklers from watering your windows when they should only be watering your landscaping.

This is a common occurrence during the summer and usually requires replacement of the glass to completely repair.

If it’s too late and your windows or shower doors are already etched with hard water, there are a few home remedies that may help remove them. I’ll tackle those in next month’s column.

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# Robin Hood

We all know who Robin Hood is. Whether we’ve seen one of the many movie adaptations, or just heard stories as kids, we know the tale. In many ways, Robin Hood is a very typical myth: possibly based on some sort of historical figure, his story has been retold innumerable times with a slightly different meaning each in adaptation.

One of the most famous tellings of the Robin Hood story is that of Howard Pyle. Howard Pyle was one of the most important American artists at the end of the nineteenth century, and he also wrote & illustrated several books. His version of Robin Hood continues to be one of the most widely read. In this version, Robin Hood is like nothing so much as a young man on summer vacation: he and his band traipse about in various disguises, tricking the bad guys. When he’s not doing that, he runs across some other fellow, they get into an epic fight, and then his opponent winds up joining his merry band. Notably absent is the

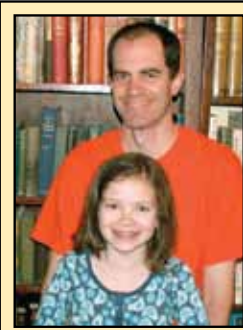
love story of maid Marian: this is a bromance novel!

A more modern take was by Parke Godwin, who wrote the Sherwood duology. This was an important version because he took great pains to place Robin Hood in the historical England: if you’re looking for an epic novel version of Robin Hood, this is it.

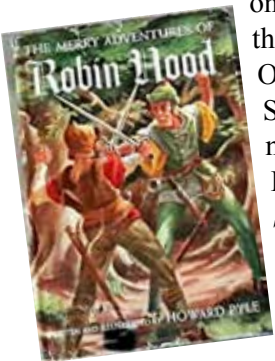
Quite a few big authors have taken on the tale of Robin Hood, and they all have their own take. One of the most popular is Stephen R. Lawhead, a noted name in fantasy fiction. His King Raven Trilogy (*Hood*, *Scarlet*, and *Tuck*) is probably the most widely read of the modern authors.

And, if you enjoyed Gregory Maguire’s *Wicked* series, you shouldn’t pass up *The Sheriff of Nottingham* by Richard Kluger. A novel of our favorite bad guy, this is a fun addition to any Robin Hood reading program.

**Bottom line:** whatever mood you’re in, there’s probably a version of the legend of Robin Hood that will be fun to read.



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