

HIGH POINTS



GOOD NEWS FOR THE WILLAMETTE VALLEY

JUNE 2020 • FREE



Rich's Sewing and Vacuum is now just Rich's

After 22 years of sewing machines and vacuums, Rich's is adding spas and grills to our selection! The staff is extremely excited to introduce some new products and looking forward to setting customers up for warmer weather.

Fantasy Spas offers a beautiful roto molded tub. Roto molding is like one giant football helmet. It allows durability while also reducing weight. The spas are "plug and play" style which means you can plug them into a wall outlet without any special wiring! The spas come in six different styles and two colors and are ready for pick up in the store.

Our new grills are made by Green Mountain Grills. We are excited to be the

first dealer in the country with their new "prime plus"

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line! The new grills offer a rotisserie and a light. They also have thicker grates and a fold-down shelf! Some of the models even include wi-fi so that you can keep a watchful eye on your smart phone while doing other things! Green Mountain Grills boast the widest cooking temperatures with a range between 150o-550o. They also have the best build quality to date!

At Rich's you will find a full selection of accessories to make your experience complete. The staff would be thrilled to talk with you about your needs! Please drop by and check us out!

Defining Moments in Retail

Defining moments- sometimes we realize them as they happen, and sometimes only in retrospect. We remember where we were when Sept 11, 2001 happened. We will remember "Before" and "After" Covid19. It's hard to believe that we will look back fondly on 2017, 2018 & 2019 as "the good old years"...those that shuttered the Family Christian Chain, and then took the LifeWay Stores...and with them, many other of our industry friends. We know there is no magic bullet, no instantaneous fix to what has happened to retail, and to Christian retail specifically. How the story finishes is up to the Lord, and the passion of those of us that remain.

Why did we start? The beginning, the passion, the calling...has God called you from this, or is He in the refining process? No one could fault a business owner for closing shop after a catastrophe like this...but yet, we need to remain steadfast to what God has called us to do. If He has made it clear that now is the ending time, it will be gut wrenching and difficult, but His grace will be enough for this step as well. He is faithful to the end. My encouragement is to end well. Work hard to recirculate the dollars necessary to repay the vendors, the landlord and your staff. Be faithful to the end with what was entrusted to you. Find the joy to celebrate the years that you provided your communities with unique, life changing products. Heaven will be a little more crowded thanks to your contribution and the work of your hands and hearts. Rest in a completed job-well done, faithful servants.

If this isn't the end, make it a fantastic new beginning! For those of us that do not feel God's blessing to stop at this point, the only other option is to forage ahead. Uncharted territories, changing landscapes, unknown enemies at the ready. My friends, are you ready for battle? Complacent will not cut it, I guarantee it. Prudent, careful inventory control, staying visible in a noisy world, being relevant to the next generation, careful store displays, engaging products, building relationships...these are just the tip of the iceberg in what I deem essential to survive.

WHAT I'VE LEARNED DURING COVID19-

- Apparently, Facebook videos can be effective (who knew?)
- It's possible to run a 5000sq ft store, curbside, by yourself for 7 weeks
- Face masks and communion cups might be top sellers in a pandemic
- There is NO PLAYBOOK for something like this
- Other people did awesome Facebook Live Events-I really should figure that out
- A sense of humor is extremely important
- We are all in this together-a rising tide lifts all boats-we need each other more than ever
- Being sensitive to the range of emotions is critical in every relationship-GRACE wins
- The world is watching, and how we react says a lot about where we place our trust

By the time this goes to press, most stores will be open to some degree. We are havens of God's

Defining Moments continued on page 2





Fun Events for June 2020

With the Covid-19 situation many events are canceled or postponed. Please check this page next month for a schedule of July 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/>
- AMERICAN LEGION POST 10** Sunday, June 7th BINGO is available beginning at 12:30 p.m. ALL participants must bring their own masks and wear them the entire duration until each person exits the

- building. We will be setting up the smaller tables allowing 2 people per table with a maximum of 25. All procedures are per the Governor's Executive Order and will be followed to the letter. Come join us and help support Post 10!
- AMERICAN LEGION POST 10** Monday June 8th-Post and Auxiliary meetings at 6pm. You have probably noticed things heading back to the way it was before, but we are not there yet! We all still need to wear masks when going to the Post. Put mask on, go in building. Leave building, take mask off (if you want). No mask, do NOT come in!
 - AMERICAN LEGION POST 10** June 22nd 6pm SAL meeting
 - LINN COUNTY ANIMAL RESCUE** will be resuming our June "Healing Hearts with Horses" event for individuals with PTSD on June 27th from 1-3 p.m. Please call (541) 258-3422 and leave a message as to when you would be attending because of COVID social distancing parameters. Thank you!

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

Defining Moments continued from page 1

love, and a place of refuge. How we respond to guests can either bless them or give them further reason to distrust. That is a weighty obligation, and one we should take seriously. A wise business person told me when I took over the store 14 years ago, don't take sides and get controversial on topics-you will alienate half your audience, and you do not know which half. On that note, my friends, let's be cautiously optimistic and positive, let's not tear down those in authority and increase division...let's be the people God has called us to be to further His Kingdom.

ACTION STEPS:

- Find every reason to celebrate! You've been open 2.5 years? Fantastic, it sounds like a party!
- New Hours? Make a big splash
- Watch some fun Facebook videos people did for their stores during the pandemic-some examples: Kevin Ferguson (Willamette Valley Christian Supply) & Danny Vera (Christ Centered Life Store) or LIVE Facebook Events Vicki Geist (Cedar Springs Christian Store) & Donna McCollough (Dove Christian Supply) There are many others, but what creativity can you tap into that will work for your/your store?
- Remerchandise in an appealing way-check out Pinterest, Gift Markets & your competition
- Get your TURNS- keep inventory lower and reorder frequently
- Go to CPE if possible-spend time with others in the industry
- Participate on the Facebook site Christian Retail Help (retailers only)
- Watch Christian Vendor Help page on Facebook for new products
- Social Media-just DO IT-regularly-keep those touch points up so that you're memorable (and you're over 6 ft away)
- Pray, Pray, Pray

May God continue to bless and guide you, my friends. You are loved & prayed over.

Lorraine Reedyk Valk
Parable Christian Store of St. Joseph, Michigan

Happy Father's Day

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

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Eugene 579 E. Broadway 541-686-1166	Salem 3302 Commercial St SE 503-364-7286
3577 W. 11th Ave 541-344-4141	Springfield 140 S. 32nd St 541-741-8000
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Animals and Cannabis

BY RHEA GRAHAM

When asked my opinion on giving animals Cannabis, I always give a resounding, “yes!” Animals have an EndoCannabinoid System just as we do, and it needs to be fed just as ours does. We have physical and mental pain, animals do, too. Having an EndoCannabinoid System means they have receptors for the Cannabinoids and the ability to obtain relief just as humans do.

Small animals will get high if they are given THC that has been activated. This isn’t what we’re typically after. If, however, you have an animal with a nasty disposition you may wish to consider giving it a bit of THC – you will likely be pleasantly surprised at the outcome. Some animals have a real affinity for “getting altered” while others have a complete aversion to it. Their “nose knows” but they don’t have an off switch, so when they find the ‘stash’ they will eat the “whole enchilada” so to speak! That can be expensive no matter how you slice it.

If your dog eats your plain ol’ Cannabis (not infused into food)

there is really no need to take them to the vet. Cannabis will not kill them, however chocolate (especially dark chocolate) can be deadly to dogs as can raisins, grapes and a few other foods. Cannabis is


not one of them. Some veterinarians will charge you as much as \$700, claiming the dog needs an IV and overnight observance.

Some dogs prefer to get altered and will seek out your Cannabis. The best defense, as always, is a good

offense! Stay a step ahead of them and make them their own capsules, elixirs or treats and provide them as needed. Dogs suffering from anxiety do exceptionally well on “CBD Drops” for example.

At Albany’s Canna Kitchen & Research, I teach classes and do consultations on how to make these remedies for you and your pets, are you ready to learn? Call our office and get scheduled, you will be glad you did. Our number remains 541-981-2620. And remember, if anyone offers you some “mostly Maui Wowie with some Labrador in it” that’s a hard pass!




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Positive Thinking Leads to Daily Happiness

BY VALARIE MILAM,
Executive Director

DO YOU WANT TO BE HAPPY EACH DAY OF YOUR LIFE?

Then start by making sure you keep your brain happy. Why? Because being happy matters more to your brain than you might think. To live a happier, healthier daily life, it’s important to boost your daily happiness by focusing on positive thinking and reducing negative thinking. Your brain is constantly monitoring the emotional tone of your thoughts and too many negative thoughts and your brain will respond by creating stress and sadness in your body.

Today, follow every negative thought with a positive one. This practice will help to retrain your habitual thought patterns to bring more positive thoughts into your daily life. You’ll be able to concentrate more on what you want to do without experiencing distracting emotions and stress. This will make you more

productive and energetic! Best of all, it will make you happier! Here are some helpful tips for Increasing Positivity and Happiness. Don’t just wait for the negative thoughts to come along to think about something positive. Add to this skill by making a conscious and planned effort to think positive thoughts throughout the day. Decide that you will think only positive thoughts for your entire lunch hour or during one of your breaks. Decide that you will only think positive thoughts while driving in your car. Create time throughout your day when you will be “positive only.” Be sure to remind yourself to do this task throughout the day.

Don’t let a today go by without engaging with your negative thoughts and substituting with positive ones. Ending the day with more positive thoughts, your brain will create relaxation and happiness and who doesn’t want to be relaxed and happy, especially these days? So start, TODAY!

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The Gardener’s Notebook from Summit Ace Enhance Your Kitchen Garden with Culinary Herbs

Herbs have a long and rich history. Growing your own herb garden at home for culinary use can be very rewarding. Images of herbs have even been depicted in cave paintings in France dating back to 13,000-25,000 BC. You don’t need to have a large garden to grow herbs. A nice sized pot by the kitchen door in a sunny spot will do.

What should you plant? Here’s a list of some of our favorites!

Rosemary use both fresh and dried for poultry or even in soups. You can also use this amazing and aromatic herb as a beautiful garnish. Or gather a few sprigs to add to beautiful garden flower arrangements. Bees also love rosemary.

Cilantro is unique. The greens of young plants are used in Mexican, Asian, and Thai cooking. When this plant goes to seed it becomes coriander. These seeds are ground or used whole.

Thyme is a hardy herb that holds up well in cooking. Lemon thyme is especially nice with chicken and fish. We love to use it fresh just before serving.

Sage has many varieties suitable for cooking. Consider planting a variety with colorful foliage. Purple sage is

beautiful in any garden space!

Basil a native of the Mediterranean, basil loves rich soil and warmth. Waiting to plant this herb until the temperature warms in late spring will reward you with lots of fragrant leaves for pesto, salads, and pasta.

Parsley is amazing to add to any dish freshly before serving. Two common types are Italian leaf or curled. Mix a few sprigs with salad greens. Dry well for winter use.

Marjoram and Oregano are pungent herbs especially nice for Italian cooking or use with savory meats and stews.

Chives use the mild onion-like foliage with cheese, potatoes, and creamy dishes. You can even use the flowers in salads or as a garnish.

Dill can use both the foliage and seeds. This herb is indispensable for pickling and adds an amazing level of flavor to potato salads, which is the perfect summer dish!

Lavender has endless uses. The flowers can be used as a garnish but cooking with lavender is popular right now. Lavender recipes for shortbread,

“Kitchen Garden” continued on page 13

Infantile Colic

Of all the health challenges that seem to plague infants, this is probably the one that causes most upset with parents. Imagine for a moment feeding your child, when all of a sudden, he/she begins screaming at the top of their lungs, arms curling in, legs drawing up, with what seems to be agonizing pain.

All the common remedies associated with “over-the-fence” and grandmotherly advice seem to be of no avail. Colic and ear infections are the two that tug at mothers’ and fathers’ heartstrings more than any other condition that we see at our office.

Most textbooks describing Colic mention that it usually happens in the evening hours. I have not found that to be the case. I found that it tends to occur at any time of the day and seems to have no rhyme or reason. Colic, it seems, tends to start sometime in infancy, around the first two weeks of life, and can persist for several months.

For those who are not familiar with Infantile Colic and have never had the pleasure of dealing with a child who is so afflicted, you have no idea how devastating it can be on parents’ nerves. Why? It’s characterized by constant crying, screaming, whining,

pains in the stomach area, and acute irritability. (This is not cute irritability; this is acute irritability - big difference between the two.)

The spells of crying can last for hours, and parents’ nerves are shot at the end of such spells. This type of crying leads to aerophagia, which means the swallowing of air.

This then causes distention or enlargement of the bowels, which then creates more pain, which creates more crying, which creates more air being swallowed, which then becomes a cycle – just what you wanted to hear!


Colic is also characterized by passing an exorbitant amount of gas and abdominal distention, which simply means the stomach area is enlarged and bloated. As well, the infant does not appear to be ill, is gaining weight, and has a good appetite. If either of those is absent, then the incessant crying can be caused by a problem different from Colic - I would suggest you consult with me and I’ll be happy to give you lots of advice.

There have been many theories people have used in the past to attempt to explain what Colic really is and why

“Infantile Colic” continued on page 15



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Essential Oils for Skincare, and Self Care. Part 4

HOW TO USE ESSENTIAL OILS

Essential oils are either inhaled or used directly on the body. It's not safe to ingest them. When applying the oils topically to your skin, be sure to use a patch test ahead of time to make sure you're not allergic, and don't use them around your eyes.

A patch test involves placing a small amount of the diluted essential oil on your skin, say your forearm. Wait 24 hours to check for allergic reaction before using on a larger area of skin.

DIFFUSER

Diffusers are rising in popularity as tools to help disperse essential oils in a room so that you can breathe in the steam. This practice is also known as aromatherapy.

Still, while inhaling the essential oils can be relaxing (or invigorating, depending on the oil used), you won't necessarily reap the skin benefits using them this way.

MASSAGE AND DIRECT APPLICATION

When treating skin conditions, essential oils are most likely to work best

topically. This entails using small drops of an oil. You must also first dilute the oils with a carrier oil, such as almond or olive oil.

Use a few drops per tablespoon of carrier oil for best results, then massage into your skin until fully absorbed.

BATH

Bathing in essential oils can also work well for a variety of skin conditions, especially if you're trying

to treat hard-to-reach areas like your back. Simply add up to 10 drops of oil to a running bath. Take your time getting out of the tub, as the oils can make the surfaces slippery.

SIDE EFFECTS AND PRECAUTIONS

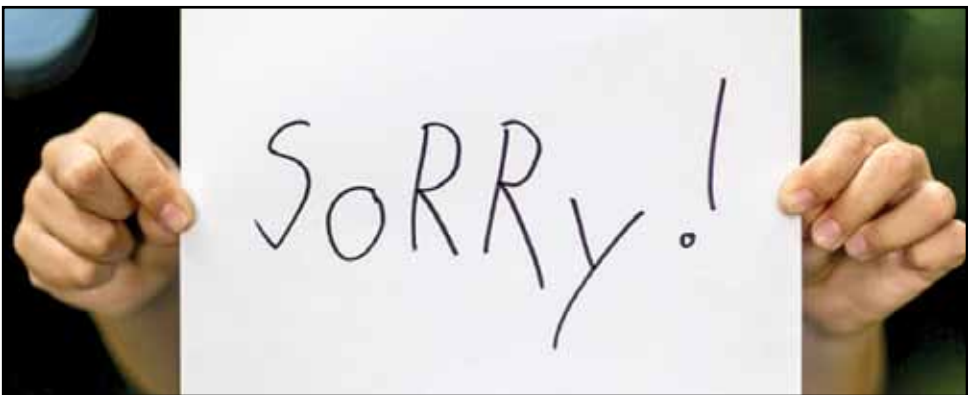
Topical uses of essential oils may lead to rashes and irritation if you don't dilute them beforehand with a carrier oil.

Before using the oils, place a small amount of diluted essential oils on your skin say on your forearm and wait 24 hours to check for an allergic reaction.

While essential oils are natural, they can be just as powerful as traditional medications. Don't take them by mouth, and you shouldn't attempt to self-treat any underlying medical condition. Ask a doctor before using essential oils if you're pregnant or breastfeeding.



LINDIE M. TRUEX, GODDESS COMMUNITY 541-602-0711




About Apologizing

We all make mistakes. Howsoever intelligent we may be, or wealthy, or experienced, we all make mistakes. Sometimes we realize, other times we don't. But we all make mistakes because we are human. Only God does not ever make any mistake.

Some of our mistakes hurt our interest. They don't hurt anyone else. But sometimes, we do things that knowingly or unknowingly hurt others. That is the time to apologize. Why do many of us apologize immediately, and why do many of us avoid it? Why do many of us say sorry even for an insignificant hurt, while some wait for ages to sorry after committing gigantic blunders? That is a mystery. It all depends upon our thinking, our upbringing, our humility, our sense of right and wrong, and our opinion of other's feelings. Do we become smaller by saying "I am sorry"? Are we confessing a blunder by saying "I am sorry"? Are

we hurting our ego by saying "I am sorry"? Certainly not. We become better by saying "I am sorry". When we say, "I am sorry", we feel good, the other party feels good. By saying "I am sorry", we are not making a mistake of confessing a blunder and putting ourselves to risk of ridicule, but saying that- look here, I made this mistake, and I am very sorry for that. Please forgive me and let us be friends again. An apology makes us a better person by cleansing us of our guilt. Let us all say "I am sorry" as soon as we realize that by any act of ours, we have hurt someone even if the hurt is insignificant. If the mistake is bigger, our apology should match it to bring matters back to normal. Let us apologize at all the times, we make a mistake and make someone happy again and get happiness in return.

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Balancing Your Decorating Ideas

Nowadays, the lack of time for decorating and its maintenance makes people look for something that can be done quickly and practically. However, even in this kind of situation personality is indispensable. The choice of material, furniture, accessories, and bright colors are great allies for those who want to make the interior environment more elegant and reflecting “the owner’s way of being.”

Colors are fashion. This has become a key element of decoration.

Harmony and quality: The main concept in a design project for a house or apartment can be defined in just one word: harmony. Harmony among styles and elements that will be used, such as color, fabrics, fabric textures, and right lighting – can increase the perceived value of your design project or, if used incorrectly, can ruin it completely.

For example, you can set a modern architecture concept of interior design and mix the environments that you have with some classic pieces; or you can set a classic architecture concept of interior design and mix the environments with some contemporary elements. However, it is necessary to be careful.

When you are designing on your own, it is very important that you how to get good quality design. The key is to avoid the use of too many colorful elements

and strong colors. “Using only one-color tone in the environment it will be almost impossible to make it wrong,” according to many interior designers.

But what is the meaning of matching in an interior design project?

Interior design is like fashion: everything can be used according to the taste of each person. There are not too many rules. The first principle is to start from the architecture style of the house, after which the interior design can be defined.

For instance, it is worthless to have a very contemporary house and use many classic elements inside its environments. You must follow the style of the house. However, to have one or another older piece in a modern residence brings a different and beautiful combination to the decoration.

The wall: It doesn’t matter if it is a painting, picture, sculpture, or a poster with your preferred superhero. When disguising the wall, everything can do good or bad, depending on the dose, the distribution, the lighting, and the position.

The walls of residences of people with more contemporary style receive more and more giclee from pop art. Icons of this movement, including Americans Andy Warhol (1928-1987)

Decorating Ideas continued on page 15

Rife's
HOME FURNITURE

Turn Your Home’s Outdoor Space into a Sanctuary

The benefits of propane do not end at the front door. Families across America are spending a lot more time at home due to COVID-19. With warmer months on the way, propane can do more than just power your home – it can transform your outdoor space into a fun family getaway. From fire pits to pool heaters, propane can help you get outside and make the most of quarantine.

Full outdoor kitchens, patio heaters, fire pits, flame lighting, and more — all powered by propane —

GRILLS: Propane grills are the picture of outdoor summer living. With instant on/off convenience and precision temperature control, you and your family can enjoy a perfectly cooked meal every time.

OUTDOOR KITCHENS

If you are looking for the ultimate outdoor living and entertainment experience, outdoor kitchens are the way to go! They provide everything you need to make delicious food and are powered by your main propane supply.

FIREPLACES & FIRE PITS

End a family meal by relaxing around your propane fireplace or fire pit. Simply flip a switch for a real flame and real warmth and shut it off when you



are done for no messy clean up.

PATIO HEATERS

While you may not need them during the summer, propane-powered patio heaters are a great way to continue to enjoy your outdoor spaces when nights get chilly. A

propane-powered patio heater can extend any outdoor living season by raising the outdoor air temperature as much as 25 degrees.

FLAME LIGHTING

Add some ambiance to your outdoor living area with propane flame lighting. Not only do they look great, but they are completely odourless and will continue to work during a power outage.

POOL & SPA HEATERS

Propane heaters can warm both above- and in -ground pools and spas, which means your family can enjoy no matter the season!

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We care about how you and your pets are being impacted and hope that you will continue to seek our professional veterinary guidance for the best quality care of your pets.

We are continuing to provide curbside service for the time being, but we really miss the special face-to-face time with you!

Thank you, as well, for your patience and understanding as we continue to adapt our services to meet the ever-changing expectations and regulations of the world around us.

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POINTS FOR PROFIT MEETING is June 30, 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 June 29, 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.



Albany American Legion Offers Help

The Albany American Legion Post 10 has been actively serving the military community by helping to serve the Lebanon Veterans Home staff hot food. Members of the Auxiliary and the Post have cooked and delivered meals for staff. Kraken Wood Fire Pizza, South Paws Pizza and Novak's Restaurant voluntarily cooked meals for the staff which was delivered by members of the Post.

The Post has a nonperishable food pantry for veterans and their families. The Post is partnering with the DOT Ranch in Scio. They will deliver fresh

seasonal produce, eggs and meat for any veteran and their families in need who produce a veteran I.D. Deliveries are made to the Post every Tuesday morning beginning at 10 a.m. Those veterans in need please contact the Post at 541-926-0127 from 10-2 daily to place an order. For those veterans who are homebound, there is delivery available at no charge.

When the Post restaurant reopens it will be for members only until such time as the restrictions are lifted for gatherings requiring social distancing.

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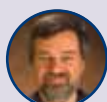
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- American Legion Auxiliary Unit 184
- Awesome Women Today
- Cascade School PTO, Lebanon
- Dala's Blue Angels
- Furniture Share
- K-9 for Kira
- Kitty Angel Team Adoption (KATA)
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- Native American Cultural Association
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- We are the Solution-Kickin Cancer
- We Love McKenzie

BBQ Tip...Rib, oh my!

We have been competing in Kansas City Barbecue Society (KCBS) since 2017 and the Pacific Northwest Barbecue Association since 2019.

Every competition we strive to be better than the competition before. This allows us not only the opportunity to improve for the judges but allows us to improve our product for you.

This last weekend we were hoping to compete again in the BBQ Blues and Brews in North Bend, but due to Covid it had been postponed until July. Not too long ago they decided to cancel the competition all together for 2020. As disappointed as we are, we weren't about to let the opportunity to practice to pass us by.

When we compete, we use St Louis Style Ribs (pork). In my experience not all ribs are created equal. When I'm searching for the perfect racks, first I'm looking for meaty racks (Tip #1). I want to make sure that there is meat on the bone. We've used some high-quality ribs with competing, but one of the company's we used did in fact use high quality hogs. However, they process the hogs at a little younger age, producing a tender product, but didn't give us the meat we were looking for. We want the judges to bite into the rib meat and get a good bite.

Racks have an average of 12-13 ribs; however, for competition, rib #2-#5 maybe #6 is what I'm paying the most attention to. These ribs need to be as straight a possible. I have bought unstraight rib racks before because it was slim pickings. I'd much rather have too many to choose from or at least have some extras, just in case, than risking not having enough. (Tip #2)

Joe does the trimming as he has more experience

than I do. He carefully dries each rack and proceeds to trim and remove the silver skin on the back of the racks. Leaving that membrane on, doesn't allow for the perfect bite through as well as the smoke won't penetrate through it. He'll also removes patches of

thick fat so that the smoke will penetrate the meat. (Tip #4)

Now for the next step, well it's a secret. We have certain rubs that we use, but for the every BBQ, a good rub with an equal heat and sweet is a good complement to the pork.(Tips #5) Be sure to rub both sides of the rack, and be sure to put the rub on evenly.

Ribs can be smoked multiple ways. We like the flavor profile of our stick burner smoker over a pellet smoker. We find that we get a more complex flavor as well as the smoke off of the stick burner seems to penetrate the

meat more. We have a certain wood combination that we use that I can't share; however, don't be afraid to experiment with different woods or pellets. (Tip #6)

Now, the next steps of our process are proprietary to our smoking process. These can't be shared, but I will tell you that it allows us to pack a lot of flavor into the ribs. Remember, judges only get "one bite". You have to pack as much flavor as you can into that one bite as possible.

Most people like ribs that fall of the bone, and most people will cook ribs this way. But in reality, a rib that falls of the bone is overcooked, plain and simple. If you want to step up your game, try cooking a rib to competition standard. It's a lot more challenging. A correctly done rib should have a clean bite through



BBQ Tips continued on page 13







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Three Great Ideas for 4th of July Party Food

Add some fun to your 4th of July party food. If you are tired of the same old burgers and hot dogs, go ahead and add more or change it up! There is no rule that food should be one thing or another. In fact, a potluck of choices is the most American of all ways to celebrate. Gather up some new menu ideas and make this 4th of July fun and enjoyable for everyone.

Need some help coming up with fun ideas for party food? If so, there are more than a few things that you can do. Here are some great ideas.

Add more choices. Instead of just burgers and hot dogs, why not cook up some shrimp, crab or even lobster? You can add chicken, fish, and steaks to the menu. Yes, you can cook all this right on your grill (with the help of a side burner in some cases) and still enjoy the grilling atmosphere that the 4th is all about.

Dress up dessert. How about a cake that is in the shape of an American flag? For red stripes, go

with strawberries in rows. For the stars, add enough blueberries to make them shine through. Frost the cake white and decorate. This is a great way to make a special treat.



Don't forget the drinks. You can make various types of drinks special by just adding in flavored ice cubes, in blue and red, of course. To make them, add strawberry and blueberry flavoring to the ice cube trays. Or, just use the right colored Kool-Aid to make

it work. Drop them into drinks for a festive yet fun way to add to your food celebration.

You can add virtually any side dish, any dessert, and any type of appetizer to your menu and find those that will love it. The only rules to consider about food for the 4th is that it should be something that does not require fine china, that can handle being out in the sun and is all about fun eating. You can come up with your own clever menu of foods! Have fun on the 4th!

Albany Photography Contest Winners Announced

The Albany Visitors Association (AVA) is excited to announce winners of our 13th Annual Photography Contest. The purpose of this contest is to find images suitable for use in the marketing materials for Albany and the surrounding area. The contest is open to photographers of all skill levels and this year 17 talented photographers entered 218 beautiful and creative photos.

Prizes this year included ribbons and gift cards for: Champion, Reserve Champion, Staff Choice, and People's Choice. All Photographers who earned a ribbon were entered in a drawing for \$200, and Barry Hoffman was the talented and lucky winner this year.

All photos entered in this year's photo contest can be viewed on the Albany Visitors Association Flickr page: <https://www.flickr.com/photos/90531885@N07/> Winners can be seen in a presentation format on the AVA website: <https://albanyvisitors.com/2020/05/05/congratulations-2020-ava-photo-contest-winners/>

The overall winners of the 13th Annual Albany Visitors Association Photography Contest are:

- Champion, Don Bacher, "Reflections"
- Reserve Champion, Melinda Martin, "Vintage Snow Scene"
- People's Choice, Jonna Niles, "Tulips"
- Staff Choice, Dan Bateman, "The Pizza's THAT Good!"

In addition to the overall winners, ribbons are presented to 1st, 2nd and 3rd



place winners in each category.

CULINARY:

- 1st Place, Dan Bateman, "Wood Fired Delight"
- 2nd Place, Lance Gross, "Famous Burgers & Big Smiles"
- 3rd Place, Katrina Wilson, "What's Up Doc"

EVENTS:

- 1st Place, Dan Bateman, "Vintage Elegance"
- 2nd Place, Don Bacher, "Mommy, I Like This One"
- 3rd Place, Camron Settlemier, "This Tree Is Lit!"

HISTORIC ALBANY:

- 1st Place, Stephanie Low, "Wisteria House"
- 2nd Place, Camron Settlemier, "Long Night's Moon"
- 3rd Place, Jonna Niles, "Castle in The Sky"

Photography continued on page 15



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KAREN'S FAMOUS RECIPES

Homemade Baked Beans

BY KAREN ROGERS

As we glide into summer barbecuers everywhere rise and stretch their grill skills and shake off the Oregon damp- Let's COOK!

One of American cuisines greatest dishes is baked beans. Not dumped from a can but baked to perfection.

First, brine your beans overnight as they soak. Brining makes the skin more permeable to water and the beans stay firmer, not mushy when cooked. For 2 C dry white beans use 8 C warm water mixed with 2 tsp salt dissolved in it. Check the beans for dirt or small stones- my Mom once broke a tooth on an undiscovered pebble.

I like salt pork, but bacon will work also. Remove the rind and slice into ½ inch pieces and simmer in water for a half an hour. This reduces the salt and fat a bit.

Drain the beans and rinse well. Cook them in fresh water that just covers them and boil for about 15



minutes. Preheat the oven to 325 degrees. Pour the beans and water into an oven-proof pot that has a cover. Add ½ C molasses, 1 rounded tsp of dry mustard, 1/3 C packed brown sugar and 1 medium onion very finely chopped, or better, ground up. You can add 2 drops of liquid smoke, but don't overdo it. Stir well and arrange the salt pork on top, cover and bake for about four or more hours. To thicken the beans, remove

the cover during the last hour, it will also brown the pork. If not using immediately, refrigerate the beans in the pot.

I use a 3-quart stainless casserole because it can go directly onto the grill to reheat at picnic time. Remember to stir them frequently, you would not believe how fast they can scorch! The beans freeze very well.

This has been a perennial favorite at many large gatherings for more than fifty years. And you never have to worry about leftovers.

June Word Search by Rolie the Puzzlemaster

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Are Essential Oils Toxic to Pets?

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

A question recently came up regarding whether essential oils are toxic to pets.

It turns out that some essential oils are in fact poisonous to cats and dogs. The reason for this is that dogs and cats are lacking in liver enzymes that metabolize and inactivate toxins found in these oils.

Eucalyptus oil is particularly poisonous. According to the ASPCA symptoms include difficulty breathing,

uncoordinated gait, drooling, muscle tremors, pawing at the face and mouth, burns on the lips, gums, tongue, and skin. Other essential oils that are potentially toxic to cats include the citrus oils, basil, cassia, cinnamon, clove, fennel, oregano, melaleuca (tea tree), peppermint, thyme, and wintergreen oils.

These oils should never be applied topically or orally to a cat. Diffusers should be used with caution and not be in rooms where cats eat their food. If you have recently handled these oils, it is a good idea to thoroughly wash your hands before snuggling with your kitty just to be safe.

Introducing Jade

BY CARLY STORM
SafeHaven Humane Society
carly@safehavenhumane.com

Meet Jade! Jade is a beautiful two-year-old Pitbull mix who arrived at SafeHaven just over two months ago. She is full of energy and loves to play with toys, especially tennis balls. She loves going for long runs or walks and would thrive in an active home. Jade would do best in a home with no other animals so she can be the center of your world. She is still young and working on her manners, so we are recommending she go to a home with older children. Jade is treat-motivated, loving, and will become your shadow upon getting to know you.

If you think Jade would be a great adventure buddy for your family, please call 541-928-2789 and make an appointment to meet her today! We have meet and greet rooms, as well as yards, available for you to spend some quality time together. Jade can be a bit shy around new people but give this sweet girl a chance to warm up to you and she will provide you with a lifetime of happiness! We are located at 32220 Old Hwy 34 in Tangent, OR and open at noon every day of the week.



Infantile Colic continued from page 4

it occurs. Some authorities have blamed lactose intolerance; some felt it is caused by stress of the parents that the baby can perceive, stress of the baby, abnormal gall bladder function, higher levels of intestinal hormones, allergic reactions, digestive hormone instability, etc. None of these seem to be the problem. Many studies confirm what many parents and chiropractors have long suspected: Colic is associated with allergy. One study in Finland tracked a number of infants for one week, at seven weeks of age, and for one week at 12 weeks of age. The study revealed that 38% of children who showed signs of allergies at 2 years of age were significantly fussier during their seventh week and were more likely to have a colic-type cry during their twelfth week, compared with allergy-free babies. Further trials and research need to be completed to prove this fact, but the evidence is growing.

One of the biggest concerns with a child having Colic is that there is a potential for possible child abuse. Try to imagine a child screaming for hours, non-stop. I find that this will sometimes get on parents' nerves and on occasion we see a condition which is called "the shaken baby syndrome." This is a condition whereby the baby is literally shaken by the parents to somehow stop him/her from crying. This only takes place when mom and dad are at their wit's end. But there is no excuse for this behavior. Shaking an infant can cause irreparable damage to a baby and even death. I am not suggesting that this is a huge problem, but there is potential for abuse of an infant who happens to be colicky. If you do ever feel that you as a parent are close to "losing it," remember that there is a reason this is taking place. In my experience in dealing with tons of children and babies, I found that often a vertebral subluxation in the spine affecting the way the nervous system controls bowel functions, is usually the cause of Colic. Any chiropractor involved in seeing children will attest to this fact.

Kitchen Garden continued from page 4

jelly, and more are currently trending.

HOW DO YOU USE THESE HERBS?

You can use herbs fresh or dried when cooking. Fresh cut herbs are generally added at the end of the cooking process while dried herbs are added during the cooking process. Remember, when using herbs, the idea is to enhance your recipes, not dominate them.

If you are planning on drying your herbs, after harvesting, rinse them and lay the herbs on a paper towel. Gather into small bunches and hang upside-down in a cool dark place that has some air circulation. When dry these can be stored for winter use.

A small bunch of flowering herbs also makes a lovely table centerpiece or gift for a gardening friend.

For more information and ideas for gardening with herbs, come visit us at Summit Ace Home & Garden.

BBQ Tips continued from page 8

with a little tug and the meat will pull cleanly away from the bone. For the Kansas City flavor profile you should be able to taste an equal sweet and heat. (Tip #7)

I've had people ask what temperature do I cook them to? Well, temperature is only a gauge. Pork is done at 165, but that would produce very tough ribs. Over 200 and the ribs are falling off of the bone. About 195, is all I can suggest as a guide. Like everything we do, everything is done to probe tender. Does it feel like your pushing it through leather? It's not done and will be tough to eat. Does it feel like soft butter? It might be overdone. Does it feel like peanut butter? Perfect, at least for ribs. (Tips #8)

Well, that's all I have to help you with your next try at smoking ribs. Remember, BBQ = low and slow and Grilling = hot and fast



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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.



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Tuesday 2:30-4:30pm
Wedensdays 10-12



Window Cleaning Tips

Sunlight streaming through a dirty window dulls even the brightest day. However, with a little elbow grease and the right products, you can get your windows cleaned and streak-free in no time. Here are a few tips just in time for summer!

On the inside of your house, start with the frame itself. The tracks where the windows slide often collect dirt and mildew. A sponge with warm water and soap will clean them quickly and a light coat of car polish usually makes them slide more easily. For the glass, a commercial cleaner will probably work the best. Be sure to cover or remove anything on the windowsills to prevent damage from overspray. Wiping the glass with a microfiber cloth or a good chamois cloth works well to remove the grime and prevent streaks. Paper towels or old cotton rags will leave lint on your newly cleaned windows.

Once the inside is gleaming, it's time to tackle the outside. Remove the screens and lightly spray them with a hose. Warm, soapy water works best to clean them as well. Use care not to tear the screen since fiberglass mesh fabric gets brittle with age. Wipe the glass and window frame with a wet

rag to remove encrusted dirt before using your commercial cleaner. It's tempting to spray the window with the hose, but the pressure and large amount of water may overwhelm the drainage system of the windows causing them to leak which is why it is better to do this work by hand. After that, apply the

commercial cleaner and wipe away with the microfiber cloth.

Second floor windows present another obstacle. Some newer windows tilt in to make cleaning easier. If your windows don't have this feature, with a little practice, you may find a sponge and squeegee on a long handle will work equally as well.

For more information contact Smith Glass in Albany or Corvallis. Or visit their website 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.



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Welcome to the Mid-Willamette Valley Food Trail!

Over the last decade, knowing the source of our food and drink — and the makers who craft our brews and the chefs who prepare our meals — has become increasingly important to travelers. Since Oregon's Willamette Valley is central to growing and producing agricultural ingredients used by restaurateurs and other businesses and attractions, Albany Visitors Association has partnered with Visit Corvallis and Travel Oregon to create the Mid-Willamette Valley Food Trail.

Currently, there are six food trails in the state, created by regional travel organizations with the help of Travel Oregon. In addition to the Mid-Willamette Valley Food Trail are the North Coast Food Trail (Oregon Coast), South Willamette Valley Food Trail (mostly Lane, southern Benton counties), East Gorge Food Trail (Mt. Hood and Columbia River Gorge), The Wild Rivers Coast Food Trail (Bandon, Southern Oregon Coast) and The Great Umpqua Food Trail (Roseburg, Southern Oregon).

The Mid-Willamette Valley Food Trail is a way for visitors to connect with the source of our agricultural bounty. Over 40 businesses are represented on the Trail, weaving their origin stories with personal experiences. You can spend several days building your itinerary as you pass through some of the most scenic countryside in Linn and Benton counties. Settle into a cabin at an actual working farm stay, help bottle feed baby



lambs, pluck your own blueberries from the fields, or indulge in a scrumptious farm-to-table dinner.

To help you with your adventure, download the Explore Albany app onto your phone or other device and check out, not just the Food Trail, but where to eat, shop, play, stay and explore in Albany.

Due to COVID-19 guidelines from the Oregon Health Authority and local and state government, please check with the locations you would like to visit. Many of our Food Trail producers and businesses are open with COVID-19 accommodations such as online or telephone ordering, curbside pick-up, take out or delivery. However, not all farms, restaurants or businesses are able to accommodate visitors at this point. Instead, you may wish to review the Mid-Willamette Valley Food Trail brochure (PDF) to plan your Food Trail experience when restrictions are lifted.

For more information on the Mid-Willamette Valley Food Trail and the full list of businesses included, view the maps and itineraries at Visit Corvallis, our partner in the Food Trail development.

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Good Reviews

A Good Book Goes a Long Way

There are times when you just want to read something that will cheer you up. When the world is in the grips of both a pandemic and impending economic doom, it's a great time to escape into a funny book. Here's a few that have stood the test of time (arranged in order of publication):

1889 (travel): *Three Men in a Boat (To Say Nothing of the Dog)* by Jerome K. Jerome. Oddly, this book was begun as a travel guide. And, it's certain that the local history contained within it is interesting, but... the ridiculous stories that make up the bulk of the book is what has made this a classic. Although the oldest book on this list, it's as fresh and funny as the newest.

1932 (romance): *Cold Comfort Farm* by Stella Gibbons. A hilarious rural version of a typical Jane Austen novel, this has kept readers laughing for decades.

1979 (science fiction): *The Hitchhiker's Guide to the Galaxy* by Douglas Adams. One of the most-beloved science fiction books of all time also reveals the secret of the universe. The first of a series, these loosely follow the adventures of the

(almost) only surviving human in the universe (the Earth blew up.)

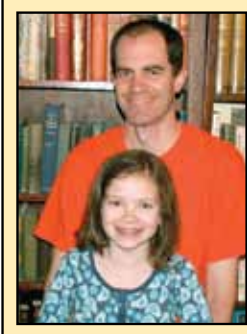
1983 (mystery): *Metzger's Dog* by Thomas Perry. I'm not sure I could make sense of the plot here, but the funny lines keep on coming. There is a long history of comic mysteries, and this is a bridge from the comic-hard-boiled tradition of Donald

E. Westlake to the comic-cozy style like Janet Evanovich.

1997 (essays): *Naked* by David Sedaris. David Sedaris is one of the funniest American writers today. His pseudo-autobiographical essays are funny, modern, and often somewhat touching (but warning: occasionally off-color.)

2002 (historical?): *Lamb: The Gospel According to Biff, Christ's Childhood Pal* by Christopher Moore. I frequently recommend this book, since it's one of the funniest I've ever read, but always with the caveat not to read it if you're offended by a humorist "filling in" the lost years of Jesus.

Of course, there are lots of fun and funny books to read, but these are a few that seem to continue to have a wide appeal, even years after they've been published. Enjoy!



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

Photography continued from page 11

LIFE IN THE COMMUNITY:

- 1st Place, Dan Bateman, "Square-dance Shoes"
- 2nd Place, Camron Settlemier, "July 4th Fireworks"

LANDMARKS:

- 1st Place, Barry Hoffman, "Light Up Train"
- 2nd Place, James Williams, "Gateway to Albany"
- 3rd Place, Christine Withers, "Garden Sun"

OPEN:

- 1st Place, Camron Settlemier, "Switchback"
- 2nd Place, James Williams, "Autumn Splendor"
- 3rd Place, Pavla Zakova-Laney, "Sunset at Scott Lake"

SCENIC:

- 1st Place, Stephanie Low, "Japanese Garden"
- 2nd Place, Dave Maestas, "Winter Sunset"
- 3rd Place, Melinda Martin, "Sheep"



STUDENT:

- 1st Place, Lexi Gross, "Picturesque Downtown Building"
- 3rd Place, Melinda Martin, "September 11th"

Congratulations to all the winners of the 2020 Albany Visitors Association Photography Contest and thank you to all who entered. For information on entering the 2021 contest, please contact Cathy Bradford at the Albany Visitors Association: cbradford@albanyvisitors.com or 541-928-0911.

Decorating Ideas continued from page 6

and Roy Liechtenstein (1923-1997), inspire copies and their masterpieces have been reproduced on a large scale. With colorful draws, the ideal would be to hang them on more bright walls.

As a first commandment, the experts say that the masterpiece should mean something for the owner.

Big pictures need to be alone in the wall. Two or more of medium size can be hung side by side. And many small pictures, making geometric figures, are very welcome.

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