

HIGH POINTS



GOOD NEWS FOR THE WILLAMETTE VALLEY

SEPTEMBER 2020 • FREE



To Whom much is Given, much is Required

Linn County Animal Rescue (LCAR) is a rescue and sanctuary for neglected /abused horses and hospice dogs. Their goal for the horses is to rehabilitate and care for them with medical and personal attention to both body and mind. They oversee adoptions by approved individuals as well as provide a permanent sanctuary for those not suitable for adoption. Some of the animals participate in a mutually therapeutic program with people in addiction recovery, developmental disabilities, and mental health challenges including Post Traumatic Stress Disorder. The hospice dogs are those that will get to spend the rest of their life at the beautiful LCAR facility with care given to their health and wellbeing.

Lofty goals like these take funding. When you work to achieve them you truly find out what 'hard' means. It takes a community to do this work and help these animals. LCAR relies on many businesses and non-profit organizations to make this happen. At LCAR they survive on donations and grants and have always had a challenge of getting enough food to feed the dogs in the hospice program. They have been blessed to brainstorm solutions to challenges they face with Katie Bateman of SafeHaven, Kitty Angel Team Adoption (KATA) and their LCAR volunteers. With Katie's help, SafeHaven has been able to assist them by donating some of their dog food to feed the hospice dogs several times now. A second example of local non-profits working together: LCAR buys senior horse feed (one ton at a time) on pallets for almost \$800. Having lost all but one of their 'Barn Cats' who protected the feed from mice; they were losing hundreds

of dollars to mice damage. Because of non-targeted animals potentially being poisoned they will not use poison hence the Barn Cats. KATA (Kitty Angel Team Adoption) graciously worked with them to re-house two neutered barn cats to help protect the horse feed.

Rich Little from LCAR told us "Not only are we blessed in being supported we in turn get to bless others. We accept donations of hay and this year have receive more than what will be consumed in a year by our horses. Rather than have it go to waste we can act as a source of horse feed for qualified individuals who need help feeding their horse but cannot afford it due to the many challenges our community members are going through".

LCAR wants everyone to know when you support any local non-profits do not be surprised when your support reaches many other non-profit organizations through indirect but surprising ways. Little said, "This is still one of the amazing ways that Points for Profit has worked for LCAR." Little added "We thank the Points for Profit businesses for their support! By leveraging those advertising dollars, you are helping local non-profits in our community." He said also "Thank you to those who save receipts from the sponsor businesses (in Points for Profit). As consumers, your dollars matter, and they can support local or go outside of our community. We chose to support local and our hope is you will to!"

Any questions you have you can direct to their email LinnCountyAnimalRescue@yahoo.com or call them at (541) 258-3422.



**Even in these Trying Times,
we were still able to give back
to the community!**

The Winners Are...

For 19 years, Points for Profit has given back to local non-profits in the Mid-Willamette Valley. The staff and advisory board at Points for Profit work hard to leverage business sponsor dollars, help local business see a return on their investment, while supporting local non-profit organizations and their endeavors. Each non-profit organization works to be number one by attending monthly business meetings, events, supporting each other and collecting receipts with business sponsors.

Thanks to our 2020 Pinnacle Partners Bi-Mart and CoEnergy Propane, we were able to give back more than \$50,000 in cash, services, and items to our non-profit members!

This year, Points for Profit is proud to recognize Linn County Animal Rescue as the first-place non-profit participant and winner of \$5,000. The funds will be used to help their rescue animals and provide for their care. See their story in this paper for more information about them.

Second place was awarded to Dala's Blue Angels with a \$3,000 cash award. Dala's Blue Angels started in 2011 by a group of men and women from Lebanon. Hosting events such as Walk a Mile for a Child, putting in countless hours hanging blue ribbons, and providing staff for local events they help bring awareness to child abuse and work hard to STOP IT!

Third Place and \$1,500 is awarded to St. Edward's Youth of Lebanon. St. Edward's Youth is a place for youth to grow in knowledge of the Catholic faith. They also develop friendships, receive help and guidance from mentors. Youth and teens help each other through questioning, difficulties and learn to encounter Jesus. There's time to be silly with games, fun events, and laughter plus time to learn about Jesus, the Sacraments, and prayer.

Life-Line Baby Boutique took fourth position and \$1,250 to help with providing diapers and equipment to babies in need. Linn Benton Women for Ag rounded out the top five receiving \$1,000 that is used to assist with scholarships and furthering Ag education in the mid-valley. The rest of the non-profits all receive cash awards paid from the monthly sponsorship revenues. Nineteen local organizations received awards at the August 25th Awards Zoom Meeting.

Points for Profit wants to congratulate everyone! It was an outstanding year with over \$5.6 million dollars spent with Points for Profit businesses in the Linn and Benton Counties. We welcome new non-profit organizations and businesses (both must be referred by someone in the Points for Profit group) as space allows. You can help any participating non-profit organization by saving your receipts and sending them to the Inspirit Marketing office at 250 Broadalbin St SW #230; Albany, Or 97321.

You can find the list of participating businesses and non-profit organizations by visiting www.pointsforprofit.org. Just shop the businesses and give your receipt or copy to your favorite non-profit. For more information call 541-791-2901. Points for Profit...Shop local, serve local and sustain local.



Fun Events for September 2020

With the Covid-19 situation, many events are canceled or postponed. There is still time to enjoy the out of doors before the rainy weather sets in. Please remember to maintain social distaining (6’ apart from other individuals) and follow all state and CDC 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/>
 - **LINN COUNTY ANIMAL RESCUE** will be reaching out to individuals with PTSD through our “Healing Hearts with Horses” event on September 26th from 1-3 p.m. Please call (541) 258-3422 and leave your name & number. A volunteer will return your call and set up a time to attend, following COVID state mandates/social distancing. 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

Stay in or Go Out?

That seems to be the question on most people’s minds these days when it comes to things we used to take for granted: Do a little shopping, have a meal at your favorite restaurant, and maybe get a hotel room and relax in the pool.

For many in the age of Covid-19, there are no easy answers. But the Albany Visitors Association and a few other Albany businesses are taking part in a program that hopes to make those decisions a little easier, and a little more fun.

Under the Responsible Reopening Program, participants pledge to adhere to a set of rules, called the Willamette Valley Responsible Reopening commitments, alongside state mandated regulations to keep customers as well as their workers safe. To let you know who they are, the businesses have posted decals and other signage bearing the official logo to let you know who they are.

Comfort Suites in Albany is one of those and the hotel has taken steps to ensure the best quality experience for its guests, including opening its pool by reservation. The pool is open 7 a.m. to 11 p.m. Reservations are for half-hour time slots, but the hotel is flexible if reservations are slow, according to Front Desk Association Edgar Valencia.

“After their half hour, if they call the desk – there is a phone in the pool area – and nobody is in front of them, then we can give them an extra half hour,” Valencia said.

Another Albany hotel in the program is Phoenix Inn Suites. While its pool isn’t currently open, Phoenix Inn is pet friendly

and offers other amenities. Their commitment to safety includes: a gap period enforced between guest stays 24 hours; shield between guests and staff in main contact areas; contactless check-out; individually-wrapped

food options; property is cleaned with disinfectant; and guests are provided with free hand sanitizer.

Restaurants and pubs are doing their part to keep everyone safe, including added physically distant spacing to their dining rooms for those offering the indoor experience, and outdoor seating, like Sybaris Bistro. Sybaris is making the most of their quaint outdoor area and guests are enjoying fine dining in the fresh open air.

So far, over 200 businesses and sites ,11 and counting in Albany are participating in the program, offering everything from wine and beer to garden supplies. They are Springhill Cellars Winery, Urban Ag Supply, St. Innocent Winery in Jefferson, Calapooia Brewing & Vivacity Spirits, Deluxe Brewing & Sinister Distilling, (takeout only); Bryant Family Farm, Gallery Calapooia, Iron Water Ranch and Albany Historic Carousel & Museum.

For more information about the Responsible Reopening program, or to sign up for it, go to WillametteValley.org. For more information, call the Albany Visitors Association at 541-928-0911, or info@albanyvisitors.com.

So, when you get the urge to shop or get a meal out, take time to look for the Reopen Responsibly signs in and around Albany.



Back-To-School

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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Explore Albany

Discover Your Story

Comfort Suites, Albany is one of many Willamette Valley businesses who have made the responsible reopening commitment, adhering to strict guidelines to keep our guests and employees safe.

Stay as long as you like; we are #authenticallyAlbany and we can’t wait to share it all with you.

Plan your day or weekend getaway at AlbanyVisitors.com

541.928.0911

Cannabis and College- Should you be Concerned?



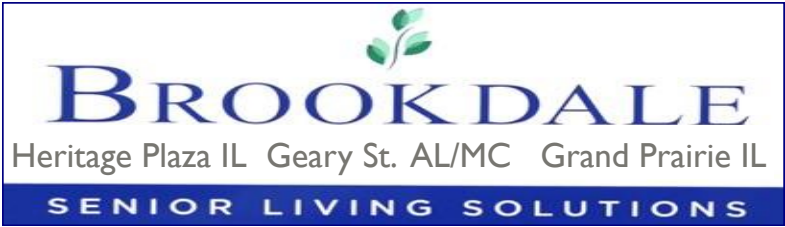
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Five Good Habits to Restore Youthfulness

BY NATALIE JACKSON
SALES & MARKETING DIRECTOR

We all know aging can be difficult at times, but it is important to remember that even though our physical appearance changes our spirit does not. Some older adults in their 70s and 80s are so active and appear much younger than those in their 20s or 30s. For those of us in the senior living industry we believe it all comes down to one thing and that is ones OUTLOOK ON LIFE. The magical fountain of youth can be found by simply looking within oneself.

Here are a few good habits known to restore youthfulness in older adults, which can help you to maintain optimal health and quality of life:

1. Be physically active, which is good for your brain and body. Regular exercise boosts your brain, while lowering the risk of chronic disease, disability, and falls. It also improves quality of sleep, overall mood and increases longevity.
2. Stay socially connected. Social

activity improves your mood, lowers the risk of depression and improves brain performance, including your memory.

3. Think positively. Studies show that a sunny outlook is linked to health benefits such as lower blood pressure, less heart disease, better weight control and healthier blood sugar levels.
4. Lifelong learning challenges your brain with mental exercise as you age. It increases cognitive reserve, or the brain’s resilience, and lowers the risk of developing dementia.
5. Do things that give you a purpose, whether learning a new skill, volunteering, or setting a meaningful personal goal.

It is so important for us all to remember, we are never too old to realize a new goal or dream. Like Henry Ford says, “Anyone who stops learning is old, whether at 20 or 80. Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young.”

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.”

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.

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.

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

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.

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.



DR. NICHOLAS R. BROWN,
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Mid-Willamette Valley

What is

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pointsforprofit.org

POINTS FOR PROFIT MEETING is September 29, 2020 from 6-7:30pm on Zoom. Zoom Room id is 541-791-2901. For more info visit pointsforprofit.org.

Outstanding Local Businesses Recognized

Each year Points for Profit members and the community vote for the outstanding business sponsors of the year. The businesses chosen have shown excellence and integrity in their business and have gone above and beyond in the communities they serve. The categories for businesses are Large Business, Medium Business, Small Business, Restaurant and Micro Business.

Bi-Mart (Points for Profit Pinnacle Partner 2018, 2019 and 2020), was awarded **Large Business of the Year** for the 14th year running! Bi-Mart was the first business to see the value in being a part of the Points for Profit mission and these “employee owned” stores welcome everyone as family and serve the communities in many ways. We encourage you to choose Bi-Mart FIRST when it comes to shopping AND your pharmacy needs.

Medium Business of the Year is a tie between Gillott Home Team-Keller William Realty and Premier Floor Covering. You have surely seen how Gillott Home Team-Keller Williams Realty is out there at all the local events, working hard to volunteer and be a true part of the community. From the wonderful, permanent new Gillott Dog Park in Lebanon to the FREE pies to ALL clients (former included). This team shows how much they care for this community and are willing to help in so many ways! When you need a realtor

there is no one better!

Premiere Floor Covering has won this award when they were owned and operated by Spencer Costello and now with new (still local) ownership they advanced to the Medium Business Level (from Small) and continued to serve with a smile and a hand. Premiere is known for beating any box store prices but going WAY beyond in customer service! Premiere handles all your flooring, counter top and window covering needs!

Small Business of the Year is also a tie between Albany Animal Hospital and Albany’s Canna Kitchen and Research! If you live in Albany, Oregon, or the surrounding Mid-Willamette Valley area, then you have picked the perfect site to find a compassionate and competent veterinarian with Albany Animal Hospital and Dr. Ken Fletcher, Dr. Eric Glaze and Dr. Sara Spangler as they are licensed veterinarians, treating a variety of companion and exotic animals. Your pet’s health and well-being are very important to them and it shows by how they take every step to give your pet the best possible care.

Albany’s Canna Kitchen and Research began as a mother and daughter team who study wonderful ways of helping people in the medical Cannabis community to go smokeless. Rhea Graham and her

Outstanding Businesses continued on page 6

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Participating Non-Profit Organizations

- American Legion Auxiliary Unit 10
- American Legion Auxiliary Unit 184
- Dala's Blue Angels
- Furniture Share
- K-9 for Kira
- Kitty Angel Team Adoption (KATA)
- L.A.F.T.A.
- Lebanon Soup Kitchen
- Life-Line Baby Boutique
- Linn-Benton Women for Agriculture
- Linn County Animal Rescue
- Native American Cultural Association
- Oregon 4-H State Shooting Sports
- Pathways
- Safe Haven Humane Society
- St. Edward's Youth
- Wapaiti Bowman
- We are the Solution-Kickin Cancer
- We Love McKenzie



Hello, I'm Lola and I'm Going to Love YOU!

Cute = check. Snuggly = check. Full of energy and life = double check! My name is Lola and I am all set to become a member of your family! I am looking for a home where I can be the only animal and give my humans extra love. I love to play with my toys and go on walks. My favorite thing in the world is when I get belly scratches from my friends here at SafeHaven. How about we visit for a while to see if we're the perfect match? I have this afternoon totally open!

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 are open noon – 5 pm every day of the week!



Outstanding Businesses continued from page 5

team have grown from there. They prefer to refer to the plant as Cannabis ... there is, after all, no such thing as a marijuana plant in any horticulture book; but there are plenty mentions of Cannabis Sativa! This wonderful team has had to fight to help those they serve. They are NOT a dispensary. Rhea and her team help educate the public and consult on how to convert Cannabis to Smokeless Remedies. They care for each client as family!

Restaurant of the Year is awarded to J and C BBQ in Lebanon. Even with being newer in the community and Points for Profit they have shown in a big way that they can provide amazing food in a great atmosphere. Both in their restaurant and at a catered event and all the time remaining Covid-compliant to keep you safe! The food is the BEST and the family that owns and operates this wonderful eatery also cares deeply about this community and it shows!

Micro Business of the Year is awarded to Clean

Keeperz. This locally owned, dynamic company has a wonderful trio of ladies that want your home, business, or office to sparkle and shine. More importantly, they want you completely satisfied with their cleaning services. They are hardworking, honest, and reliable. These ladies make life easier for the rest of us!

Congratulations to these businesses and the others in Points for Profit were responsible for over \$50,000 being given back to participating non-profit organizations in the Points for Profit community in 2019 through money, sponsorships, advertising, and scholarships.

The great thing about Points for Profit is the entire community can help by shopping locally, serving locally (save your receipts) and sustaining locally. Call them at 541-791-2901 to see how you can help. A list of businesses and non-profit organizations can be found in this issue of HighPoints or online at www.pointsforprofit.org



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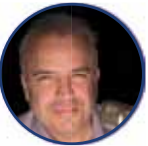
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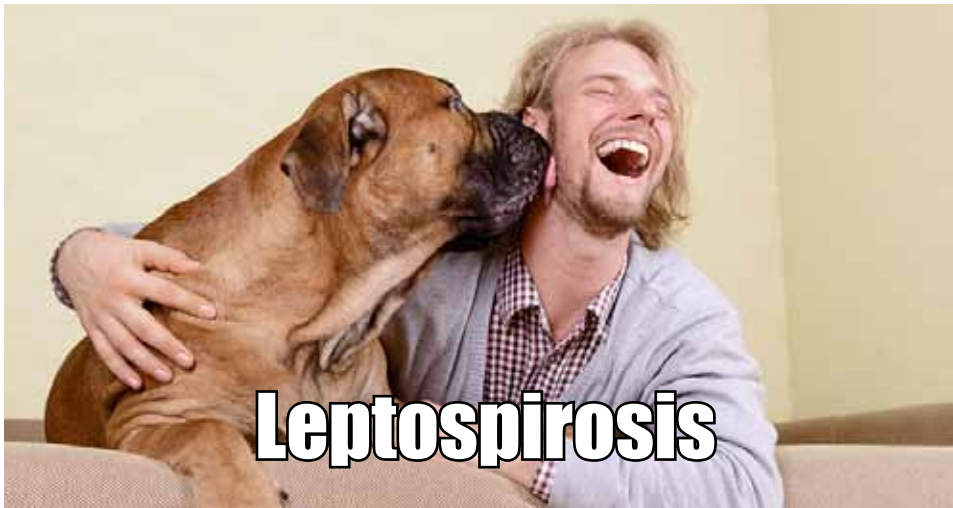


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<div></div>	<div><p>Lebanon • Sweet Home 541.405.4069 sugaryvibesdonutco@gmail.com</p></div>	<div><p>541-926-4314 www.lcfairexpo.com</p></div>	<div><div>TIP</div><div>Don't forget our monthly meetings are the last Tuesday of every month!</div></div>	<div></div>	<div><p>(541) 926-1811 www.linnbentontractor.com</p></div>
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**BY DR. ERIC GLAZE,
Albany Animal Hospital
541-926-8817**

One disease that is not often discussed and is re-emerging in the Pacific Northwest is called Leptospirosis. This is a disease that infects both dogs and humans. In fact, this is a zoonotic disease that can be passed from dogs to humans. A recent study by the CDC found that one third of all human cases were due to exposure to infected dogs and another third were due to exposure to infected rodents. There are some reported cases of veterinarians and other animal handlers that have contracted the disease when small abrasions on the hands contacted urine while handling rats. All infected animals shed the contagious organism through the urine.

The kidneys are where most of the damage from infection occurs. Approximately ten to twenty percent

of infected animals will also develop liver disease during infection. Dogs can be exposed through a variety of circumstances. Playing, swimming, and drinking from water in the form of puddles, creeks, and ponds that have been contaminated by infected wild animals such as rodents and raccoons are some means of transmission. The disease may also be transmitted to dogs through bite wounds and consumption of small vermin that carry the organism.

The most common time of year to see this disease is in the fall and in the spring when we see heavier periods of rain that wash the organism into standing bodies of water. Dogs with exposure to wild animals, especially rodents, are at risk year-round, this can include dogs that live in suburban and even urban environments. Hunting dogs and dogs that spend a lot of time doing outdoor activities with their owners should be vaccinated against this disease annually.

Benefits of a Propane-Powered Clothes Dryer

We talk about how “Propane Can Do That” and the variety of benefits of propane for Residential, Commercial, and Agricultural uses. Let’s get specific and talk about something we all need and use in our homes.

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Propane clothes dryers offer faster drying that is easier on fabrics, produces fewer wrinkles, and delivers greater energy efficiency compared with electric models.

Whether it’s for residential or commercial purposes, a propane-powered clothes dryer will get the job done faster. Additionally, propane clothes dryers are more cost efficient and with some states even offering rebates for home appliances.

Propane clothes dryers are a smart investment for cost-conscious homeowners, and they are suitable for all house styles and climate zones. They offer efficient, convenient, and quick laundry solutions and “laundry day” will go by a lot faster. Propane clothes dryers are suitable for all house styles and climate zones.

PERFORMANCE

Propane dryers are available in different capacities with higher heating output levels than electric dryers which provide faster drying times. Propane clothes dryers produce hot air with more moisture which can help relax wrinkles in the clothes.

Propane clothes dryers also feature moisture sensors, pilotless ignition, and

timed drying cycles to ensure that the unit operates efficiently and safely. The moisture sensors prevent over-drying of the clothes — thereby saving additional energy and keeping the cycle time to a minimum.

Furthermore, propane dryers are packed with high-performance features like steam cycles to de-wrinkle and freshen garments, drum lights to make it easier to see into the unit, moisture sensors to prevent over drying garments, and timed drying cycles. All these

features can be found on an LCD control screen for ease of use.

ENERGY EFFICIENCY

Propane clothes dryers can save over 20 percent in energy costs compared with electric dryers. The efficiency and cost benefits are created by the propane dryer’s higher heating capacity, shorter cycle times, and features like pilotless ignition. In fact, the propane clothes dryer, the clothes washer, and a propane tankless water heater supplying the clothes washer form a “laundry room technology trio” to optimize convenience, efficiency, and performance.

Over its lifespan, a propane clothes dryer saves over 2,000 pounds of CO2 emissions compared to an electric model.

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Did You Know Mortgage Rates are at a Record Low?

BY MARYANN HONEYMAN

Hi everyone, I sure miss seeing your faces! I hope you are all doing well and that we will get to be back together before the holidays. I would like to take a moment to share why this is an incredible time to purchase a home because interest rates are at an all-time low and we just don't know how long they will stay this way. What goes down must come up and I sure hope you get a chance to take advantage of these below 3% rates while they are available. Whether you are a first-time home buyer or if you have a home to sell too it just doesn't get any better than this. Homes are selling so quickly, and we are taking many precautions to keep everyone safer during this pandemic.

Our local real estate market is very strong, there are many factors that are ensuring that. One of the most important is that in the last 10+ years, lending has become stringently regulated. Gone are the days when just anybody could get a loan and little to no proof of income was required. Financial institutions are now very careful to protect their investments and that is why we see so few foreclosures, another reason is that most people have at least \$100,000 in equity in their homes which puts them in a very safe place to weather any financial storms.

Because of the low rates even though home prices have been increasing, homes are more affordable right now than they have been in years. Even though home prices have risen for 97 consecutive months these record low mortgage rates have made purchasing an average priced home the most affordable it has been since 2016! These low interest

rates are allowing many people to "upgrade" from their current home. I have some clients who want to move out to the country and have some acreage, another family wanted a newer, bigger home in a better school district and what is so exciting is that they just closed on their beautiful new construction home exactly where they wanted to be and even though they just purchased their last home only 18 months ago, with these low rates they were able to purchase a lot more home for the same exact payment. Let's talk!

The bottom line is that the single best way to build wealth and financial stability is through home ownership and it may be more within reach for you and your loved ones than you think. So many people have called or walked into our office to just ask some questions because they think they are a long way off from being able to purchase a home and in most cases after we help them talk with a lender they find out that they are ready now!

Please give me a call, I would love to talk with you about your real estate needs, on the Gillott Team we truly care about what is best for you and if buying and or selling is not in your best interest right now we will encourage you not to do it. We are your friends and neighbors and would love the honor to protect and advise you and your loved ones while you take one of the most important financial steps of your lives.

I want to thank all those who have referred friends and family and themselves to me, we have worked hard together to meet some very big financial and real estate goals and it is such an honor that I will never take for granted. God Bless!

Fall Energy Saving Tips for Your Home

September is usually a warm month in western Oregon, but we all know the cooler weather is just around the corner. With fall approaching, now is a great time to prepare your home for the cold, wet months ahead. Here are a few tips to help you make your home more efficient — and save money on energy bills — when the cold weather arrives.



BRYAN SMITH, SMITH GLASS
541-926-4446

First, let the sunshine in! Opening your curtains during the day allows the sun to bring heat into your home through the windows. If you already have energy efficient insulated windows, they will help to keep that warm air inside. Be sure to close the curtains at night to minimize the heat loss.

Second, turn down your thermostat at night. The Department of Energy estimates you can save 10% per year on your heating costs by turning your thermostat down 10-15 degrees at night. A programmable thermostat will do this for you, and you can set it to raise the temperature in the morning, so you won't climb out of a warm bed and into a cold room. Throw an extra blanket on and let the savings add up!

Third, be sure to get your furnace

serviced and change the filters regularly so your it can perform at its optimum, money-saving best. The harder it

works, the more money you spend. A little preventive maintenance in the fall will pay dividends in the long run not only on your heating costs but for your furnace as well.

Lastly, prevent leaks. Drafty windows and doors

are uncomfortable and expensive. Look for areas where old caulking may need to be replaced and seal the joints. You may need to consider replacing your windows and doors if they are old and inefficient. If so, the Energy Trust of Oregon (energytrust.org) is a great place find out about energy saving weatherization products and check out any rebates that may be available.

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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COVID-19 AND SEPARATION ANXIETY IN DOGS (YOUR PETS ARE IN THIS TOO!)

Considerations for how to prepare your pet when you transition back to work/school and how :

- Practice daily periods of separation from your dog to maintain their confidence/comfort in your absence. For example:
 - Take a walk without your dog
 - Close doors in the house so your dog doesn't always have access to you
 - Go for a short drive without your dog
- Keep departures and reunions low key/unemotional
- If crating or confining to a specific space, pair that time with a reward
- Remain calm and reduce your own personal stress

Tips for handling anxiety during Shelter-In-Place/Stay-At-Home Orders:

- If your dog is exhibiting signs of separation anxiety, contact your veterinarian. Early intervention can improve outcomes.
- Veterinarians are uniquely qualified to diagnose and treat separation anxiety; treatment may include social management (e.g. daycare, pet sitters), behavioral modification, pheromone therapy, nutritional therapy and/or drug therapy
- Minimize drama during departures/greetings
- Be organized before your departure and limit rushing about
 - Pair a positive reward with your departure
- Do not reprimand or punish your pet for destructive or elimination behavior that occurred in your absence
- Attempt to maintain a similar exercise routine for your pet when you return to work outside the home.

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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 ½ tsp yeast and 1 tbsp sugar and let proof until very foamy. Sift together 1 C flour, ½ C gluten flour and 2 tsp salt and add to yeast. Mix well. Add about 3- 3 ½ 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 ¼ C sugar to the sifted flour and add ½ 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!



What Elephants Know

By Eric Dinerstein

With a nod to *The Jungle Book*, Dinerstein tells the tale of Nandu, a teenager working in the King of Nepal's elephant stable. When just a toddler, Nandu was found in the wilderness, being protected by wild dogs. Unlike most orphan stories, however, this is not a tale about finding his lost roots, but instead about finding his place in the present.

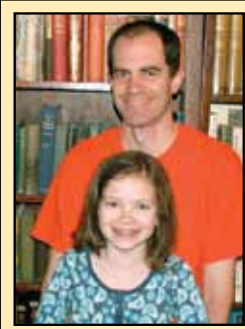
The *Borderlands*, a wild jungle between India and Nepal, is a seemingly timeless setting at the beginning of the book. After the first few chapters, you think you're reading a pleasant Nepalese fable. Soon, however, we learn of the inevitable encroachment of Land Rovers into the area, and governmental budget cuts mean the king needs to close Nandu's elephant ranch. He gives the ranch one year to prepare to move all their elephants to a larger, more centralized ranch.

During that year, Nandu's experiences—boarding school, a terrible fight with bandits, befriending a few strangers, personal tragedy, and his change in stature at the stable—give him the courage to try to save the stable from closure, using the plan of his best friend's sister.

Ultimately, this is a coming-of-age story, as many young adult novels are. But it may never make the bestseller list, because this is a throwback to older writing: no grandiose plot of saving the world, only saving a stable; no fantastic alternate reality, but the rustic setting of a Nepalese jungle. The basis is actually surprising for a book published by Disney, which is no stranger to hyperbolic fantasy. However, the author spent many years as a scientist in Nepal, and after reading this book, you'll feel like you know a little about the *Borderlands* and the life of an elephant driver.

The *Borderlands*, like America, is a place of mixed cultures. In the story, we see Hindus, animists, Muslims, and a Christian missionary; and I can't even keep track of the different ethnicities that inhabit the area. Despite this jumble of people, respect is the order of the day. If for no other reason, this mutual respect of race and religion makes the book a good read for anyone, not just young adults.

And what, exactly, *do* elephants know? Well, you'll just have to read the book and find out!



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

September Word Search by Rolie the Puzzlemaster

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