

HIGH POINTS



GOOD NEWS FOR THE WILLAMETTE VALLEY

OCTOBER 2020 • FREE



Playboy



Jodie



Chuck

Are You Ready to Start, Grow or Help a Fur Family?

Many of the people we know have soft spots in their hearts for pets. Sometimes we are in a position where we can house many of them as our own. Sometimes, life has us in a season where we are unable to have any pets at all. Whether you have lots of pets or no pets we can all agree that there are many pets in this world looking for forever homes. Points for Profit is proud to have three organizations (as part of our participating non-profit organizations) that extend a hand to pets.

Kitty Angel Team Adoption (KATA) focuses on cats and kittens, Linn County Animal Rescue houses horses and senior dogs, and SafeHaven Humane Society rescues and houses dogs, cats, and other small animals. Each of these organizations has seen challenges this past year in the both the ability to raise funds and a greater need for their services.

Points for Profit wanted to create a way to help them extend their efforts to save as many animals as possible. They each have contributed a pet of the month that you can sponsor. Each offers a little bit different option in what sponsorship means. We have included their contact information so you can reach out directly to them. This is an opportunity for you, the community, to help an animal in need without having to house them yourself. Each of these organizations takes amazing care of their animals. Please see below for this month's featured animals and continue to watch this paper for future featured animals to adopt or sponsor.

KITTY ANGEL TEAM ADOPTION

KATA received a call for help for the placement of four kittens. Instead of taking those kittens into foster care it was decided to take five others that were in immediate need of medical attention. Jodie was approximately six weeks old on her intake day. Along with a ruptured eye she was diagnosed with an upper

respiratory infection. She is one of 19 kittens taken into foster care from one location. Jodie will need eye removal surgery. KATA is looking for a sponsor to help with the \$1,000 surgery that Jodie will need. Even you are only able to help with a portion of the surgery it will all add up and is very appreciated. Please contact KATA at 541-367-7575 or katadoption@kittyangel.org

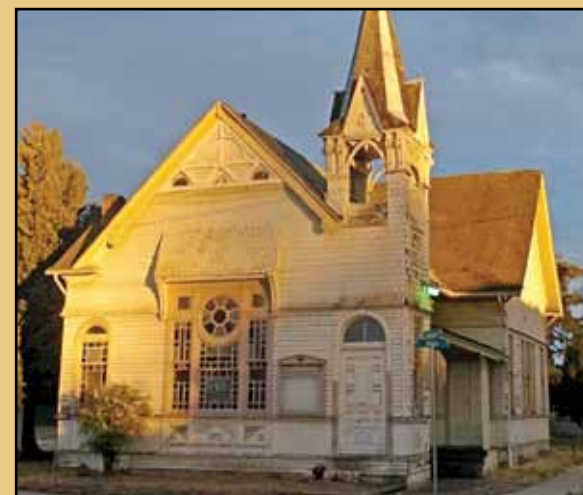
LINN COUNTY ANIMAL RESCUE

Playboy came to LCAR from a law enforcement seizure (2010). Abuse and neglected, he could barely walk. The veterinary check indicated he needed immediate surgery. Playboy suffered from ingrown testicle, so part of his lower intestines had to be removed. Playboy so named because he loves everyone, is a happy friendly life resident of LCAR. If you are able to help with his care, it would be greatly appreciated. Email LinnCountyAnimalRescue@yahoo.com or call them at (541) 258-3422 to get more information about helping Playboy.

SAFEHAVEN HUMANE SOCIETY

Meet Chuck! He is a four-year old Terrier/Pit Bull mix searching for his next great adventure – a new home and family to call his own! Can't bring him home? For only \$25.00 you can show him or another shelter pet they are not alone. Sponsor Chuck or one of his friends today on our website. We encourage you to share your sponsored pet with your friends and help us find them a home! Once you sponsor a pet, they will receive an 'I'm Sponsored' paw on their kennel so everyone will know they are loved. Once your sponsored pet finds a home, you will be notified of their adoption.

If you have any questions about sponsoring a shelter animal please contact Carly at carly@safehavenhumane.com or 541-926-2924.



The Clock Ticks on Cumberland

The clock is ticking on the project to save the historic Cumberland Church in southeast Albany. In a time when people are yearning for contact and community, saving places that matter becomes a heartfelt priority. The threat of losing another cherished heirloom is being met with a grass-roots resistance.

The first deadline for the Cumberland Church project is Oct. 1, and fundraisers are confident they will hit that mark. But Emma Eaton, president of the non-profit Cumberland Community Events Center, said public support is more important than ever.

"You can help make a difference," Eaton said, asking for public involvement. "We have been working hard for over a year. We want people to know we are serious and doing this in a business-like way."

The Cumberland Church built in 1892 is located at the corner of southeast Main Street and Santiam Road. It is the only Queen Anne-style church in Albany, and one of only four wooden churches that pre-date WWII.

The idea to move the church started with a conversation a year ago with city officials. Since then, the COVID-19 pandemic, resulting economic hardships and hazardous air conditions from Oregon wildfires have stood in the way of fundraising efforts. This small but mighty group of defenders is not ready to let these setbacks stop them. If the project were to fall short, the Cumberland would likely be torn down, and a growing number of concerned citizens do not want to let that happen. "We believe this is the last chance," Eaton said.

The first payment by the Oct. 1 deadline for the property is \$69,000. The church will be moved by April 30, 2021, but Eaton says "we'll need a lot more money to do that. A lot depends on fundraising." The balance of the deal will cost about \$210,000.

This is where public support comes in. She said the finished Community Center will be a symbol of rebuilding and healing.

The Cumberland Community Events Center negotiated a deal with the Albany City Council about a month ago that includes four phases: first, to purchase the land the church will move to, then lease the church building, secure leases for adjoining property for construction purposes, and finally to purchase the church building.

The Church will be moved to the purchased property that sits on the corner of Santiam Road & Pine Street across from Eleanor Hackleman Park. Before the move, Eaton said, the steeple and stained-glass windows will be removed to make any repairs needed.

Once on the new site, the building exterior will be repaired, a new roof, a new paint job, the repaired steeple, stained glass windows and the bell will be added back to the Cumberland. An addition on the back end of the church will include modern conveniences such as bathrooms and a kitchen. The

The Clock Ticks continued on page 2

SafeHaven Pet of the Month

Edelyn is a three-year-old Mastiff mix who came to SafeHaven last December from Oklahoma on a “Fetch Fido A Flight”. This “runaway bride” certainly gave us a run for our money. After being fostered by a loving family, Edelyn sadly escaped and was only recently found and brought back to SafeHaven. While she was missing, we never gave up hope and were happy to see she was still healthy and friendly after being on the run for so long. Edelyn is looking for a quiet home that will be patient with her. She is loving and very sweet but can be timid in some situations. For this reason, we also think she would benefit as the only dog in a home. You won’t want to miss out on meeting this snuggle bug!

Stop by to see this beautiful, if not sometimes elusive, 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!



The Clock Ticks continued from page 1

center will be used as a community hall and rented for events, such as weddings, receptions, and festivals. The goal is to have it up and running by Sunday, April 30, 2023.

Emma said donations mailing address is: PO Box 2495, Albany, OR 97321 or if questions contact the Cumberland Community Events Center at contact@albanycumberland.org



With the Covid-19 situation, many events are canceled or postponed. Enjoy the sun breaks as they come this month. Please remember to maintain social distancing (6’ apart from other individuals) and follow all state and CDC guideline. Be mindful of children as there are some back in school.

- 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/>
- OREGON MENNONITE FESTIVAL FOR WORLD RELIEF ONLINE AUCTION** Thursday, October 1, 2020 - 12:00am to Saturday, October 10, 2020 - 11:45pm Please plan to join the online auction and keep up to date with the latest alternative plans by visiting www.oregonfestivalforworldrelief.com or their Facebook page for more information.
- VIRTUAL RESCUE ROUNDUP** This year’s Rescue Roundup will be an exciting online auction, where you will have the chance to bid on amazing items from the comfort of your home! The preview week starts on

- 10/2/2020. Bidding starts on 10/9/2020 and will close 10/17/2020 at 10:00 p.m. For details call (541)928-2789 or visit: <https://safehavenhumane.org/roundup/>
- 14th ANNUAL HARVEST FESTIVAL** - October 3rd, 2020-Sankey Park in Sweet Home. Here are some of the fun things happening: FREE Children’s Games and Pumpkin Painting! This year we have brought back the popular Pie Baking Contest! There is no entry fee required for this contest. *All free activities and snacks are while supplies last*. We hope to see you there! **COVID guidelines will be strictly adhered to. ** - Maximum people 250 at a time - Face masks, coverings or shields required.
 - LINN COUNTY ANIMAL RESCUE WILL BE REACHING OUT TO INDIVIDUALS WITH PTSD THROUGH THEIR “HEALING HEARTS WITH HORSES” EVENT** on October 24th 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!
 - TRICK OR TREAT CRUISE-THRU @ BRYANT PARK** - Oct 31 @ 3:00 pm – 6:00 pm - Halloween is just a little different this year but just as spooky and fun! The whole family can dress up and drive through Bryant Park for candy, goodies, and Spooktacular decorations. Treats for kids one-15. Healthy distancing will be observed. This event is free, but registration is required (starts October 1). To register visit: <https://www.cityofalbany.net/parks/events/trickortreat>

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

Fall Harvest

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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1425 Mt. Hood 503-982-3333

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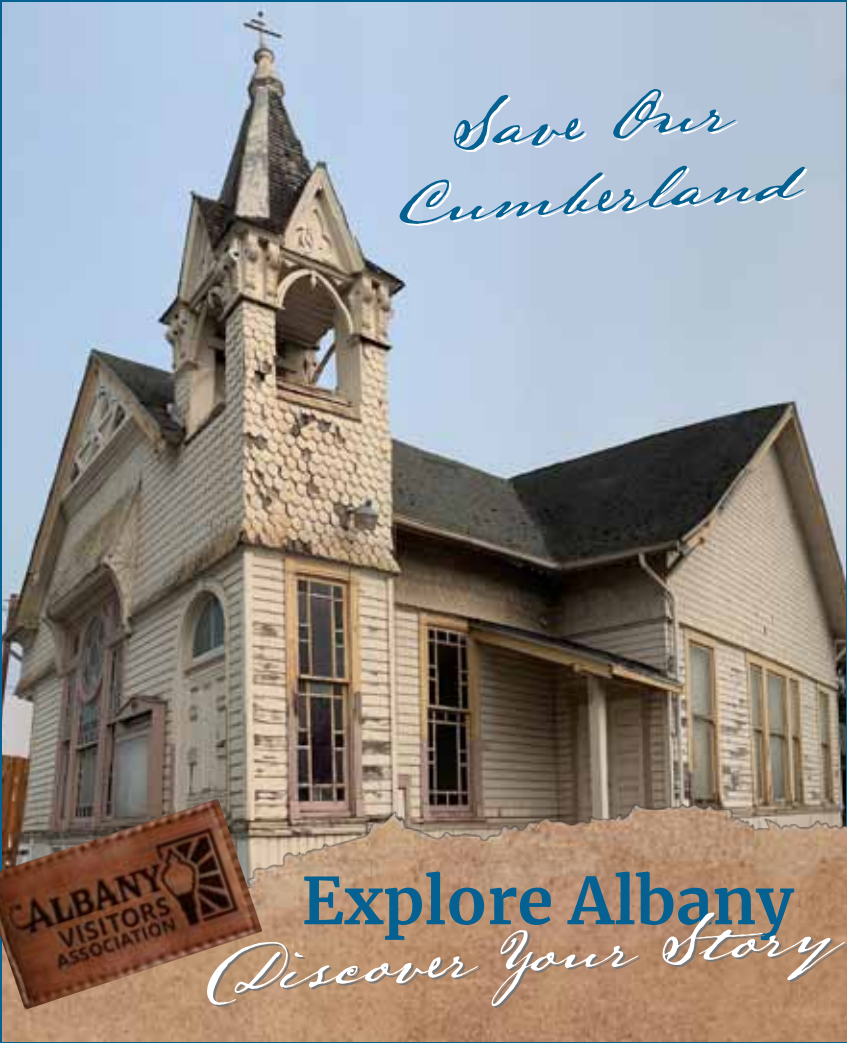
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Save Our Cumberland is a nonprofit organization dedicated to the restoration of the 1892 Cumberland Church. Join us in supporting their efforts to move and repurpose this Albany treasure as a community center. Donations are appreciated. We are #authenticallyAlbany and we can’t wait to share it all with you.



Learn about their cause and how you can help at AlbanyVisitors.com

541.928.0911

Does Medicare Cover Everything?

To search this question, I went to www.medicare.gov. It is the Government Site for Medicare. Under the tab “What Medicare Covers” is a section called “What’s not covered by Part A and Part B?” Unfortunately, Medicare doesn’t cover everything. Some of the items and services Medicare doesn’t cover include:

- Long-term care (also called custodial care)
- Most dental care
- Eye exams related to prescribing glasses
- Dentures
- Cosmetic surgery
- Acupuncture
- Hearing aids and exams for fitting them
- Routine foot care

If you need services Medicare doesn’t cover you will have to pay for the services yourself unless you have other insurance or a Medicare health plan that cover the services. These types of Medicare health plans are typically called a Medicare Advantage plan.

If you find the services above important then you should be looking for a Medicare Advantage plan. UnitedHealthcare offer Medicare Advantage plans that you should seriously investigate. UnitedHealthcare is a nationwide company offering Medicare Advantage plans in all 50 states. And UnitedHealthcare is number one in enrollments in the state of Oregon as well

as nationwide. Every year for the last ten years, UnitedHealthcare has been voted the most admired company. More individuals

are choosing UnitedHealthcare for what they offer and most of their plans offer Medicare Prescription Drug plans as well as Medicare Part A (hospital), Medicare Part B (medical) and dental, vision (exam and glasses

or contacts), hearing (exam and hearing aids at discounted rates), routine foot care, fitness (membership to fitness clubs), and with some plans acupuncture and naturopath services. Medicare Advantage plan has a contract with the government to manage Medicare Part A and Medicare Part B. UnitedHealthcare is required under contract, to provide the same benefits as Original Medicare and UnitedHealthcare offers more! For example, with Original Medicare it is required that you be admitted in the hospital three days and three nights before you can go to a skilled nursing home. With UnitedHealthcare and with the prior authorization, you can go to skilled nursing home without going to the hospital. How do you do this? It is important to have an agent that will be your advocate, someone who can navigate the complicated medical system. Call my office, (541) 286-6443 and schedule your appointment today. Annual Enrollment Period is fast approaching, October 15, through December 7.



DONNA R. GREEN
NORTHWEST FINANCIAL SERVICES
541-757-7701

How do You get Your OMMP Card?

BY RHEA GRAHAM

There are a couple of avenues you can take to get your OMMP card. If your doctor is an MD or DO, they are qualified to sign the state form for you, if you have a qualifying condition. There are ten qualifying conditions and chances are your condition falls in there somewhere. Some conditions seem so black and white, but really aren’t. For example, while anxiety is not a qualifying condition, the nausea it can cause is.

If your doctor is not willing or able to sign your card, come see us at Albany’s Canna Kitchen and we will get you scheduled with our doctor after a few easy steps. First we gather your information just as any other doctor’s office does, have you sign a Release so we can get your records stating your conditions and medications, and collect a \$50 deposit. You will pay the remainder of your balance (usually \$110) on the day of your doctor appointment.

At your appointment, our doctor will go over your history and current

situation, and sign the necessary paperwork. How can I be so sure your paperwork will be signed? At ACK&R we ensure our patients are qualified before they see the doctor. OMMP cards are expensive and we don’t want to waste your time OR money if you are not qualified.

After seeing the doctor, we provide the information necessary for your packet to mail to the state, or email you the necessary information to prepare the packet online and upload to the state. Your fee to

the state will vary, depending on your situation. Veterans and those on SSI pay an annual state fee of \$20. This does NOT mean Social Security Retirement or Disability, it is Supplemental Security Income. If you have SNAP or OHP the state offers you a discount as well; SNAP recipients pay \$60 per year to the state and OHA recipients pay \$50 per year. If you have no discounts, the state charges \$200 annually. If you use much Cannabis or need Medical grade, it is worth it. Call us today at 541-981-2620!



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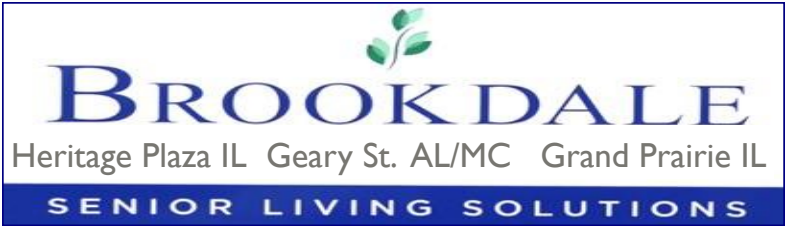


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Age-Old Questions, New Answers

**JENNIFER STREET,
EXECUTIVE DIRECTOR
BROOKDALE HERITAGE PLAZA
INDEPENDENT LIVING**

When the time comes to determine how a senior will enjoy their retirement lifestyle they will want to know where to turn. All senior living community associates are available to listen to seniors and identify and implement the right solution. Everything a senior living associate does is framed with a senior’s vision for their future as an individual, a couple or a family. Everyone is here for the seniors when they need us, let a Senior Living Community be family to a senior in need.

Seniors have unique needs and we have communities with unique levels of care to meet them. Whether you need:

Independent Living: An ideal retirement living experience.

Independent Lifestyle living is more than just a place to live,

the communities offer truly active senior living that inspires and fulfills with spacious apartments, elegant common areas and numerous services designed around seniors’ comfort and satisfaction.

Assisted Living: The right choice for people who need extra help with daily activities.

Alzheimer & Dementia Care: Persons-centered care for people at various stages

Whichever the level you or a loved one may need we can assure peace of mind every day.

Change is inevitable, but being prepared can make all the difference in how it affects day-to-day life. Seniors can feel confident knowing we’re always ready to listen and partner with them to customize solutions that support their needs as they evolve.

Ultimately, we hope seniors choose to make their home in a safe, caring place. When our residents do, they discover a wonderful, happy life has been waiting here all along.

Prospering During the Flu Season

IS THERE ANYTHING I CAN EAT TO PREVENT FLU THIS TIME OF YEAR?

It’s here now...flu season. Radical

changes in temperature and weather, holidays (starting with Halloween), the stress of family visits and eating or drinking too much... and being exposed to all the people who are carrying the flu viruses from the flu shots, all lower our body’s resistance and increase our chances for the flu.

There are foods that you can eat that will help you to increase your natural resistance to the flu.

- Use garlic in your cooking. To get the benefits from the garlic you must crush the garlic first. Research indicates that garlic increases your resistance to infection
- Yogurt and other fermented products are natural probiotics that increase your natural immunity (we are not talking the sugar-laden fruity kind here, go for plain, Greek Yogurt and add honey for sweetener).
- Foods with high Vitamin C help the immune system. Foods with the highest vitamin C include kale, broccoli, and berries. (all are higher than oranges)
- Meats and nuts contain high zinc which is needed for optimum immune function

ARE THERE SUPPLEMENTS I CAN USE THAT WILL HELP WARD OFF VIRAL INFECTIONS?

There are several nutrients and herbs that have been demonstrated to have clinical efficacy in up regulating your immune system, so you don’t get the flu in the first place.

The most effective are:

- Echinacea research has shown that the alkylamines from the roots help strengthen and support the immune system by optimizing the function of white blood cells. With Echinacea the benefits come from ongoing use, it can’t be used as a last-ditch method to treat symptoms.
- Zinc is needed to make healthy white blood cells and activate T-cells to fight viruses.
- Probiotics will enhance the balance of gut flora. Often the first exposure to viruses may begin in the gut.
- Vitamin D receptors are found on both B cells and T cells. Vitamin D helps to modulate your immune response
- St. John’s Wort is an herb that has been shown to have antiviral effects on enveloped viruses such as influenza and herpes. Ebola is also an envelope virus.



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POINTS FOR PROFIT MEETING is October 27 , 2020 from 6-7:30pm on Zoom. Zoom Room id is 541-791-2901. For more info visit pointsforprofit.org.

You are Never Alone

Trust in the miracle of God’s Presence and Power

Max Lucado’s new book is the encouragement that we all need during this strange season we are all in. Max writes, “Do you ever find yourself convinced that no one cares? That no one can help you, hear you, or heed your call?” These questions may stir in you the awkward reality that we all feel alone at times. As an extrovert and often perceived as outgoing, I have struggled at times during COVID of feeling isolated, distant, and alone. In fact, I often felt powerless, afraid, and disconnected. Max states, “All of us will face our share of storms. No one gets through life scot-free. At one point or another the sky will darken, the winds will rage, and we will find ourselves in a modern-day version of the Galilean gusher.” So, what do we do? How can we navigate through these tumultuous times? There are several lessons I learned in the past several months that I want to pass on to you:

1. Recognize that God is present: “I know the Lord is always with me. I will not be shaken, for He is right beside me.” Psalms 16:8 I saw a church sign years ago that read, “If you feel far from God – who moved?” God has not abandoned us. Please read Isaiah 43 and reflect on the promise that God makes with Israel. Those promises are relevant and true for you and me as well. God is with us through all our circumstances, good and bad.
2. Find a Friend: Find a friend to share your experiences, feelings, disappointments, fears, etc. I have been

blessed to have friends in my industry that I can call weekly for encouragement. I also am very blessed to have a wife that can understand what I am going through. At night, we take walks and talk through what we are feeling. This has made a big difference in my perspective.

3. Find routine amid chaos: During COVID, I found routine to be a dear friend. I would get up, get my coffee, and head into the store. Even though the Mall was closed, I still went to work. I found ways to connect with guests through making videos, posting Scripture, and doing curbside service for our community.

There is much more I can share, but these are a few principles that I learned during this difficult year. I would really encourage you to pick up Max Lucado’s book which goes into depth about navigating through the rough circumstances we often face. Chapter six really spoke to me. Max shares his personal story of how he learned to press into God when darkness fell onto his life. May God bless you and encourage you as we move into the unknown and uncertain with the certainty that He is with us.

*Love in Christ,
Kevin Ferguson*

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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 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

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Brownsville Group Stays Busy During Covid19

American Legion Auxiliary Unit 184 has been busy this spring and summer. They, along with the Willamette Valley Quilts of Valor Group awarded Quilts of Valor in August 2020 to both The Legion Riders Post #10 (Albany) and the Honor Guard at Post #51 (Lebanon). They hope to have the last of the quilts for both of those groups finished this month. Covid19 has not slowed down the sewing projects just moved them home. That way they are practicing social distancing too!

One of their other projects - Community Service Quilts with help from the Wednesday Sewing group allowed them to be able to donate 75 quilts of various sizes to those who have lost everything in the Oregon Forest Fires in September. Bolts to Blocks in Albany

was a huge help in quilting some of these quilts. A third project the Auxiliary ladies have participated in is the Rich's Sew and Vac event this past August. They donated baby receiving blankets and burp clothes. If you like to sew and are interested in helping with quilts- Quilts of Valor have kits made up, please contact Judy Clay, 541-808-1970. They do take fabric donations; however, it must be 100% cotton. You also have the option of sponsoring a Quilt of Valor. Donations of gift cards are welcomed. Supporting local quilt shops first is important, however Joann's or Hobby Lobby both have items that they use. Without the support of the American Legion Post 184, in Brownsville many of the projects would be more difficult to accomplish. Thank you.





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Noon - 3pm



Joe Pags
Living the Dream
3pm - 6pm



John Batchelor
Breaking News Tonight
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Hugh Hewitt
Voice of Reason
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Emergency Kit for your Fur Family

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

With the recent fires and emergency evacuations here is a list of things that are good to have in the emergency kit for your furry family members.

- Scissors - for cutting out debris from matted in fur and freeing your pet from entanglements.
- Sterile eye wash - Saline solution, not contact lens solution.
- Tweezers - to remove splinters, or other foreign materials from wounds.
- Ear wash - speak to your vet about what one would be best for your pet.
- Toenail trimmer and styptic pencil - for torn toenails. Cornstarch also works for torn nails, but not for skin wounds.
- QuikClot or similar - to stop bleeding (wounds).
- Tape - preferably the 1” white medical tape. Easy to tear off and holds well.
- Roll Gauze - used for bandaging, an aid to stop bleeding, and padding for splints.
- Vet Wrap - this is a conforming bandage wrap used over a Telfa pad or roll gauze that comes in many colors and two sizes (2” and

- 4” - pick one that best fits your pet). It clings to itself and is semi-watertight. Caution is advised to not wrap this too tight. It is best to unwrap it from the roll, then use it for the bandage with very light tension. It can be purchased at many feed stores (horse section) and some veterinary clinics.
- Telfa pads - non-stick dressings for bandaging a wound.
- Bandage Scissors - these scissors have a blunted blade to easily slip between skin and bandage material and not cut the patient’s skin.
- Antiseptic wash or wipes - look for non-stinging preparations such as chlorhexidine or betadine. Rubbing alcohol and hydrogen peroxide are not good for open sores or wounds.
- Antibiotic ointment - over the counter “general purpose” antibiotic ointment for light use with minor skin wounds. Not for eye use. Caution is advised for animals that may ingest by licking. The antibiotics are absorbed via the skin, remaining ointment may collect debris or slow healing in some cases. Use with discretion.
- Vet-prescribed pain relief (NSAID) - speak to your vet about obtaining as-needed first aid kit pain relief. Do not use human prescription or

Emergency Kit continued on page 10

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Mad Hatter's Holiday

By Peter Lovesey

The English holiday spot of Brighton is the place to be in 1882. An enthusiast of the recent invention of binoculars decides to go to Brighton beach and do some people-watching. As it turns out, he is not your typical people-watcher: he has allowed his voyeuristic pastime to become a hobby, and then at Brighton, even an obsession. Or rather, he becomes obsessed with a certain woman whom he discovers through his binoculars and telescopes.

He contrives to meet with her and is soon on speaking terms with her, her surly step-son, her irascible baby, and the baby's nursemaid. There is a bit of mystery as to their past, as well as the current actions of her husband. However, it all takes a serious turn when the dismembered body of a woman turns up on Brighton.

I read a fair amount of historical fiction—either straight historical pieces, or historical genre-based

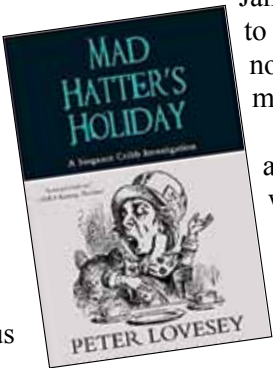
stories. So, I'm accustomed to either a huge epic novel that presents a grand sweeping view of the period, or a mystery, romance, or western that throws a few historical factoids, and drops a few names, maybe a bit of slang, and you go along with it. This mystery, however, is neither. A short novel, yet it packs in not only

a tremendous amount of historical detail and background but does so in a way as to not intrude into the story. If James Michener had been able to write a 192-page mystery novel, it would have been much like this.

Peter Lovesey has had a long, successful career with over 50 novels. This particular book is one of his Detective Cribb series, which was also a successful BBC production. It is excellent, not without a few surprise twists & turns, and I'm very happy to find a new (old) author to recommend to people who enjoy cozy English mysteries.



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Acrylic Sheet and Protective Barriers

Clear acrylic sheets are becoming a mainstay of everyday life with the advent of the Coronavirus. You see them used as protective "health" barriers everywhere interaction between store clerks and the customers exists.

Acrylic sheets make excellent barriers since they are lightweight and relatively easy to fabricate. Table saws, jigsaws, and standard wood drill bits can all be used to shape and assemble projects. Special care needs to be taken to keep it from cracking but if you practice drilling or cutting first with some scrap, you should have good results. Acrylic glue or cement is also available for joining corners and works like a solvent to melt the acrylic together. Get some advice from a professional if you plan to go this route though. Lining the pieces up together prior to gluing them is a key.

Impact resistance is one of the main advantages of acrylic. In most cases it qualifies by code as safety glazing for hazardous locations like doors. Areas like playhouses, greenhouses, or sheds are excellent uses for acrylic.

Acrylic weighs less than glass making it easier to handle and transport,

especially in large sheets. It is quite easy to safely load an entire 4'0" x 8'0" acrylic sheet into the bed of a pickup.

You will not be successful doing this with glass. As a side note, polycarbonate ("Lexan") is increasingly popular for bullet resistant applications for its lighter weight and lower cost when compared to glass in these situations.

The main drawback to acrylic is that it scratches easily. Leaving the paper masking on until fabrication is complete will give you the best results. Plastic cleaners are available to help minimize scratching but rubbing with a soft cloth to remove dust will leave fine scratches. For these reasons, glass still works better for most picture frames and display cases.

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Emergency Kit continued from page 9

over-the-counter pain medications for pets. Some medications, like Tylenol and Ibuprofen may be fatal to pets if ingested.

- Latex or plastic exam gloves
- A muzzle - or materials to make a muzzle. Even the most well-trained animals may bite when injured or afraid.
- Thermometer - know the normals for dog and cat vital signs and how to use the thermometer.
- Water-based lubricating jelly - for use with rectal thermometers.
- Ice and hot packs - cool down skin after a burn or keep an animal warm if hypothermic. Always use a cloth between the pack and skin.
- Extra towels, wash cloths and a blanket - use for washing, keeping warm/cool, and if necessary, a way to transport the injured pet (sling).
- Having a crate or carrier for housing as well as extra litter and box for cats. Diphenhydramine (aka Benadryl) - for stings and allergic reactions - speak with your vet first about proper dosing.
- Syringe or large eye dropper - to flush wounds or administer fluids by mouth.
- A list of phone numbers - your regular vet, the emergency vet, animal control, and animal poison control numbers.
- A sturdy box - ideally plastic or metal - to hold all your supplies and is easy to carry and pack with you will complete your kit.



Even though our customers remain in their vehicles during appointments, we still have a variety of harnesses and leashes (for both dogs and cats), as well as dog & cat treats and dental chews for sale. If you have a need, please ask the employee you are interacting with during your appointment or visit.

Join the Albany Animal Hospital team in supporting our Oregon neighbors, friends and communities affected by wildfires in Oregon.

Donate to the Oregon Food Bank, American Red Cross, United Way or local county organizations assisting in helping those whose lives have been upended due to the losses from the fires.



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KAREN'S FAMOUS RECIPES
Teriyaki Chicken Wings

BY KAREN ROGERS

With shorter days and cooler weather making their appearance, here's a nice snack for an afternoon or evening around the TV. Granted, they are a bit sticky, but are so tasty you can't resist them, just pass out some moist wipes. Of course, the truly fastidious will take a complete shower after each wing.

These are so easy and non-fussy that you can let them simmer slowly while you accomplish more important tasks, like finding the remote.

Get a large package of chicken wings, about twenty or so. I chop off the tiny last joint and freeze them for stock. Place the wings in a large Dutch oven or a slow cooker. Smash 2-3 large garlic cloves, peel and add to the pot and add two to three, one



half-inch slices of fresh ginger. Pour 1-C good soy sauce (I like Kikkoman) over the wings and add ¼ C sugar or Splenda and add just enough water to barely cover the wings. Set the pot over med-low heat and allow to simmer until tender, about 45 minutes. Stir occasionally, to make sure all wings are submerged to take on a nice color. When done, lift and drain and place on a platter

-they are good hot, cold or at room temperature.

Don't discard the cooking liquid! Pour it into a bowl and refrigerate, when the fat has hardened, lift it off and toss it. The sauce can be frozen or refrigerated for a week and can be reused one more time.

So, pass out the lobster bibs, wet wipes, and place extra towels on the rack! Enjoy!

October Word Search by Rolie the Puzzlemaster

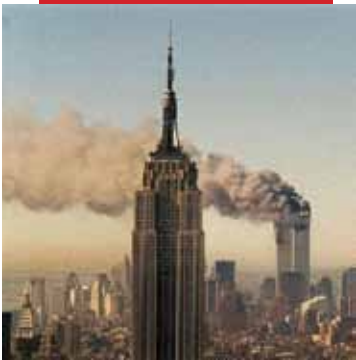
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