

# HIGH POINTS

GOOD NEWS FOR THE WILLAMETTE VALLEY

NOVEMBER 2020 • FREE



## Now's the Perfect Time to Send Flowers

Do you wish there were a way to brighten these dark times? There is, it's flowers! Even the darkest days will be brighter with flowers. Everyone can use a pick-me-up but especially now. The COVID19 crisis has everyone social distancing for a safer tomorrow. It's the kind thing to do; however, it is sad. We miss our loved ones. So, let us get creative by reaching out in many ways. Sending flowers is one of our favorites!

Flowers are not just for special occasion; they can be another way of saying, "I'm thinking of you!" Flowers mean so much. The beautiful gesture of giving them or sending them, is a sign of love, friendship, respect, and admiration. They make you smile.

The holidays are coming, and they will look different to many! Flowers are a great way to share your love with those who you are unable to physically see. They make the best table center piece, window decorations and decorations for the Christmas Tree! Expressions in Bloom can design to your specifications and deliver too!

### HOW YOU CAN HELP SUPPORT EXPRESSIONS IN BLOOM?

Our store has updated our store hours, plus we are still doing local deliveries and taking care of your nationwide orders. We at Expressions in Bloom are so grateful to have our doors open and, available to meet your needs. It is so sad that some shops may never open their doors again due to the enormous loss of revenue, regardless of PPP and Cares Act relief offered to businesses.

The real crisis of the COVID19 pandemic and the incredibly debilitating effects it has had on flower shops and small business owners across the world is devastating. We have felt the effects of Covid19 but feel that we have been blessed by our loyal customers like you.

Small businesses are so critical to the prosperity of our local area; helping aid local, state, and the national economy; as well as creating jobs. Residents can easily support us by simply by calling us directly at 541-752-5666 or toll free 800-405-5666. You can also place an order on our website at [www.inbloom.com](http://www.inbloom.com).

As always, when you support Expressions in Bloom, you get the personal touch. You can be ensured that we are taking the proper precautions to send your loved one's flowers every day. Your health and well-being are a top priority with us.

Here are just some of the ways Expressions in Bloom go the extra mile to show we care!

- Floral delivery drivers are equipped with masks for each delivery.
- Flower arrangements are left on the porch with no signature required. Notification by text to customers or recipients alerts them of delivery if they do not answer the door.
- We are open for safe flower arrangement pickups.

We hope, the precautions we have put in place make you feel confident in ordering flowers from us. We hope you will feel good about supporting a local small business, who will get 100 percent of the profit—and give YOU 100 percent value of what you paid, and your purchase receipt goes to support a local non-profit thru Points for Profit (a list is available at [www.pointsforprofit.org](http://www.pointsforprofit.org)).

If you haven't shopped with us before, you can easily find us at 1575 NW 9th St. in Corvallis.

We love our Customers! And our customers love us! Thanks for Trusting Expressions in Bloom!



## Christmas Storybook Land Postponed to 2021 but Fish Food Drive Continues!

The 44th annual indoor Christmas Storybook Land Presentation scheduled for Dec. 4–18, 2020 has been postponed until 2021 due to the COVID-19 pandemic. The responsibility for the safety and health of everyone was overwhelming and the primary reason for the postponement.

However, in lieu of our usual event and in support of the Fish of Albany food pantry, we will be continuing our tradition by inviting the public to bring non-perishable, commercially packaged food items to a mini Christmas Storybook Land drive-through.

From the safety of their cars, visitors can view scenes, wave at Santa and Mrs. Claus and the kids will get candy canes! The food drive event will be Dec. 5 & 6 and Dec. 12 & 13 from 1 p.m. to 5 p.m. at the Linn County Fairgrounds and Expo Center. Please enter through the Guard Gate on Price Road.

We invite everyone to come out, enjoy a holiday event, and support the needy in our community.



The 2019 visitor line outside the event—37,000 visitors last year!







Fun Events for November 2020

With the Covid-19 situation, many events are canceled or postponed. Enjoy the fall leaves as they turn color. 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/>
- M2 S3DA ARCHERY CLUB**-working with Covid-19 restrictions the club is reforming and open to new members, grades 3rd thru 12th. Please reach out to Karen or Marco at M2 Outdoors Sports in Lebanon 541-451-5883. Archery experience is not required.
- SANTIAM HOSPITAL AUXILIARY** - Scholarship applications for the 2021 year will have to be completed and sent in by April 4, 2021; interviews will be held on the third April 17, 2021. Applications are to be sent to Santiam Hospital Auxiliary, attn: Genny Baldwin, 1401 N. 10th Ave., Stayton, OR 97383. If you are interested in joining the Auxiliary or would like more info, or wish to make a donation contact, President, Pat Spaeth at 503-769-3381 or email [pspaeth@wvi.com](mailto:pspaeth@wvi.com). For the time being no more meetings will be held in 2020, hopefully we can return to our regular schedule in 2021.
- ONLINE PLANT PHOTOGRAPHY EXHIBIT**-Linn-Benton Community College is hosting a virtual way for people to experience art through its most recent show, available now through Dec. 31. The art show, entitled "POV/botaniques," features four perspectives on plant photography, and can be viewed at LBCC Digital Exhibitions.
- DOWNTOWN UNWRAPPED & HOLIDAY OPEN HOUSES** @ Historic Downtown Albany Oregon-Nov 5 @ 5- 8 pm Come Downtown to see the unveiling of merchant's holiday windows! Stop in at Downtown businesses for Holiday Open Houses. The festivities will continue Nov. 5th through 8th. Get a head start on your holiday

- shopping and have dinner at one of Downtown's acclaimed restaurants. Don't forget to try a special "unwrapped" cocktail or dessert! Pick up a ballot to vote for your favorite holiday window. A list of participating merchants and restaurants will be posted closer to the dates: Call 541-928-2469 for more information, or visit: [AlbanyDowntownAssociation.com](http://AlbanyDowntownAssociation.com)
- REVERSE VETERANS DAY PARADE** @ Mid-Willamette Valley YMCA-Nov 11 @ 10 am-12 pm-Join the Mid-Willamette Valley YMCA and area businesses and organizations in honoring or veterans. The reverse parade will be set up in the YMCA parking lot so you can drive by lots of floats and enjoy music from KRKT radio. You can also donate food items. For information call the YMCA at 541-926-4488. To register your business in the parade call 541-981-7502.
  - THE TASTE – MID-WILLAMETTE VALLEY FAMILY YMCA @ MID-WILLAMETTE FAMILY YMCA**-Nov 12 @ 6-8:30 pm Sample the "Tastes" of our valley's best restaurants, wineries, and breweries! This annual event is a fundraiser benefiting the YMCA's Scholarship Fund, enabling continued scholarships for programs, memberships, and day camp. The evening will include a best bid auction with great items from many local businesses. For information please call (541) 926-4488.
  - CAROUSEL FOOD DRIVE** @ Historic Carousel & Museum-Nov 14 @ 11 am-4 pm. Donate two non-perishable food items and ride the carousel for free! All donations will be given to the Salvation Army. Limit to two ride tokens per person.
  - VIRTUAL ANNUAL VETERANS CONCERT**-Nov 14 & 15 @ 3 pm. The Willamette Master Chorus opens its 36th concert season with its sixteenth Annual Veterans concert. The Chorus offers this concert virtually and complimentary for all to enjoy. Concert will be available to watch on Willamette Master Chorus's YouTube page. Go to [willamettemasterchorus.org](http://willamettemasterchorus.org) to access the concert each day. Following the concert dates, audience members can return at any time in the future to view the concert on the Willamette Master Chorus YouTube page.

You will find Color and Inspiration from Albany's Art Scene

Look to Albany's art scene for safe activities you can do with your family as the weather turns and the holidays approach.

You can enjoy the talents of some of Albany's finest artists or create a little art of your own. Shopping can be therapeutic, and you can shop at most of the galleries, museums and businesses you visit to get that special gift for that special someone.

Make sure that while shopping you wear a mask and practice physical distancing. The shops and galleries have put practices in place to allow them to stay open and keep you and their workers safe.

Start in Historic Downtown Albany at Gallery Calapooia on 1st Avenue, an artist cooperative and retail gallery with a rotating selection of artwork. Each month two artists and their works are featured, but patrons may peruse many other displays of artists' creative imaginations in fiber, jewelry, mixed media, original paintings and more. The gallery is open 11 a.m. to 3 p.m. Tuesday through Saturday, or by appointment. And if something strikes your fancy, the art is for sale. If you're not sure what a friend of loved one might like, Gallery Calapooia has gift certificates, and a registry for those who might want to drop a hint about something special. The gallery has artist-made cards and can wrap your gift as well.

Next, head around the corner and down to The Crow's Foot at the corner of 3rd and Broadalbin. The gallery holds a bold selection of modern and traditional art from local artists in various mediums, including

wood, concrete, acrylic paint, metal, ceramic and others. Gallery hours are 1 to 6 p.m. Tuesday through Friday, and 10 a.m. to 2 p.m. on Saturday, or by appointment. If you are looking for something different to give,

private art lessons are available. And just in time for the holidays, the gallery is featuring art, jewelry and greeting cards perfect for finding that unique, hand-crafted present.

Just a few blocks away you'll discover art-in-motion at the Albany Historic Carousel &

Museum, where a whirlwind of sculpture in the form of whimsical horses, dragons, frogs and other assorted creatures await the art lover in all of us. Ride your favorite creature, then head to the basement to see some historic Carousel pieces in the new museum, there you may also catch some of the carvers creating new and fun animals or smaller items for sale. Before leaving, make sure to stop in the gift shop for that one-of-a-kind gift. Hours are 11 a.m. to 4 p.m. Thursday through Sunday.

Feeling creative yourself or want to make a loved-one something unique? Then get fired up and drop into Surefire Design-The Pottery Place, at the corner of 2nd and Ellsworth. All materials are on hand to create your own work of pottery art, and a friendly staff is available to assist in the painting, glazing and firing process. You can also begin your pottery chapter at Calapooia Clay at 1533 7th Ave. SE, a place for beginner potters to work on their skills or just have fun. Sign up in advance, classes are available.

Art Scene continued on page 6



Happy Thanksgiving

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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## \$10 Tastemaker

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### Gallery Calapooia Artists

## Explore Albany

*Discover Your Story*

These are the people of your neighborhood. Gallery Calapooia is one of many Willamette Valley businesses committed to responsible reopening, adhering to strict guidelines to keep customers and artists safe.

Shop small, shop local, shop safe. We are #authenticallyAlbany and we can't wait to share it all with you.

Plan your day or weekend getaway at [AlbanyVisitors.com](http://AlbanyVisitors.com)

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## Is Shingles Vaccine Covered and the Cost?

I hear this a lot and asked by many this question. Vaccines are treated differently. Medicare covers one flu shot (or vaccine), one per year during flu season at \$0 cost. And Medicare covers Hepatitis B shots (or vaccines) for people at medium to high risk for Hepatitis B. Those vaccines for Hepatitis B shots cost \$0. The pneumococcal shots (or vaccines) are to help prevent pneumococcal infections (like certain types of pneumonia). The two shots are the 23-valent pneumococcal polysaccharide vaccine (PPSV23) and 13-valent pneumococcal conjugate vaccine (PDV13). The two shots protect against different strains of the bacteria. Medicare covers the first shot at any time, and also covers a different second shot if it's given one year (or later) after the first shot. Medicare drug coverage (Part D) covers all other recommended adult immunizations (like shingles, Tetanus, diphtheria, and pertussis vaccines) to prevent illness. Know



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

how your plan works, whether it is a Medicare Prescription Drug Plan (Part D), or a Medicare Advantage plan that includes Medicare Prescription Drug Plan (Part D). If your drug plan has a deductible, most plans deductible is applied to Tier 3, Tier 4, or Tier 5. Shingrix, the drug name for Shingles, is usually a Tier 3 drug. A deductible will be applied when you obtained a Shingles vaccine unless you have already met your deductible previously. It may be worth your efforts to shop the Pharmacies, to find out what the Shingles shot would cost. Also, vaccines or shots should be obtained at a Pharmacy, not your Physician's office. Some Medicare Advantage plans allow Physician offices to charge an Administration Fee. To keep your costs down, receive your vaccines at a Pharmacy. If you have more questions please call me, (541) 286-6443.

## Did you save your Organic Cannabis Roots?

BY RHEA GRAHAM

The Cannabis plant is medicinal from the root to the flower tops. While the flowers are prized for their ability to get one high, the root is noted for pain relief and wellness. The 'green' part of the plant has numerous Cannabinoids, the root has mainly triterpenes and only trace amounts of Cannabinoids.

Cannabis root has been said to rid a person of cancer, but we haven't tried it for that at Albany's Canna Kitchen & Research. Our patients have found it to be an amazing remedy to use for pain, most especially nerve pain such as neuropathy. It puts an end to the horrific burning pain instantly, allowing you to get on with your day or to go to sleep whatever the case may be.

Preparing the root is lot of work, but it's effort well spent. At harvest, dig your root out and knock as much of the dirt off as you can. Set it aside and let the soil all dry so it will come

off even easier. You're going to be preoccupied with the leaf and flower, so the root can sit for a minute. Don't leave it in the ground though, it will rot.

Once you're at a stopping point from dealing with the rest of the plant, "get back to your roots!" A water source with good pressure and a hose-end sprayer work well. Warm water feels better on the hands, but don't clog your sink with the silt if cleaning the roots indoors. I spray as much as possible off, then use an abrasive

pad to get the soil off the larger roots, then let soak a bit and spray some more. Once they are nice and clean, I put them in a Ziploc bag in the freezer until I'm ready to process and use them.

The next steps of preparation are taught in classes. I have gleaned this information from more than 10 years of study and hands on research with patients. You can truly get rid of pain yet, not get high, imagine that!



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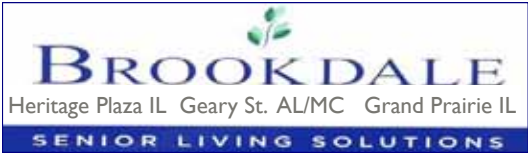


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# Staying Happy During the Holidays & COVID

VALARIE MILAM,  
EXECUTIVE DIRECTOR

Things are going to be a little different this year for us all, but different doesn't necessarily have to be a bad thing. After all, it'll be easier to avoid that family party you usually dread! The pandemic is now part of our everyday life, meaning that normal things like knocking on a bunch of strangers' doors to get candy or simply gathering in a big group may not be possible. But the holidays don't need to be canceled or minimized unless you want to use the virus as an excuse to do less and by all means focus on you if that's the case. If you're still feeling the holiday spirit, you can make this time of year just as special even while safely distanced. Here's how.

**Make the most of the traditions you can safely continue.** You can send cards and sweets to family, unwrap all your beloved Christmas ornaments and drive around town and look at everyone else's holiday decorations. Don't forget the hot cocoa!

**Take advantage of festive pandemic-inspired events.** While I'm looking forward to the day when this whole social distancing thing is over, I have to admit I'm impressed by the creativity so many people have shown to make the pandemic as fun as possible. The holidays are no exception:

Some cities are putting together drive-through haunted houses and reopening drive-in movie theaters to screen holiday movies, among other COVID-friendly events. Missing out on getting to see Santa? Check out JingleRing which allows you to schedule a live or prerecorded virtual call with the one and only Jolly Man himself!

**Do the ZOOM thing.** For the holidays, you can use Zoom to host a Halloween costume contest, sing Christmas carols together, share what you're grateful for while everyone eats their own Thanksgiving dinners, or light the candles on your own menorahs. Getting to "see" everyone when you can't be together in person is one aspect of the pandemic I hope we keep for years to come.

**Enjoy yummy holiday treats.** Thank goodness the holidays are here because now I have a legit excuse to bake cupcakes, pies, and all the sweet stuff without having to make up a reason. But if you can look at the holiday-related changes that the pandemic is imposing on us as an opportunity to get creative or a perfectly good reason to scale back this year you and your family will enjoy more time making memories and less time feeling like this year is lacking.

Who knows? Maybe you'll discover a new way of celebrating that will become a family tradition post-virus.

# Holiday Wellness Tips


Research shows that the average American adult gains weight during the holiday season. The season is also the peak of the flu/cold season and a time when stress levels can reach their maximum for the year. Here are some tips for a healthier holiday season:



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

- **Stay away from foods that cause Insulin spikes from loads of rapidly absorbed sugars.** Remember, insulin spikes cause fat deposition and can increase your hunger level. These foods include the "great whites", white rice, white potatoes, white flour and sugary sweets. Fruit drinks and fruit juices as well as soda can be added to this list.
- **Eat Protein and Fiber with Every Meal.** Protein in your meals causes your blood glucose levels to remain steadier and level. This means less hunger and more energy. Fiber slows down absorption of sugar into your bloodstream resulting in less sugar spikes and insulin spikes.
- **Fill Up on Healthy Bulk Foods.** Eat lots of your "skinny" fruits, vegetables and salads at the start of your meals. This will suppress your appetite before you consume foods that may have a greater negative effect on your blood sugar and insulin levels.

- **Make Exercise a Priority.** The holiday season is especially busy and that makes it easy to skip this important ingredient to health holidays. Exercise is the perfect tonic for the stress and anxiety. Take a "family walk" after your holiday feast. Recruit a holiday walking buddy. Incorporate walking into your holiday shopping. Park at the far end of the mall or shopping center.
  - **Limit Your Contact with People Who Have Had Flu Shots in the Past 21 Days.** Popular flu vaccines such as the mist style nasal type can spread flu viruses for up to 21 days are, they are. The CDC has admitted that these immunizations can spread the flu. Practice good hygiene. Wash your hands often with soap and water. Avoid coughing and sneezing people.
  - **See Your Chiropractor Regularly.** Having a nervous system that is functioning at optimum levels means that all your organs, glands and systems are working at peak potential. This gives you better immune function and a greater ability to deal with added stress.
- Reach out to us at Timber Linn Chiropractic for your chiropractic needs. Call us at (541) 967-8060.



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**POINTS FOR PROFIT MEETING is November 24, 2020 from 6-7:30pm on Zoom. Zoom Room id is 541-791-2901. For more info visit [pointsforprofit.org](http://pointsforprofit.org).**

## God Loves You Through the Pain

Local author, Nancey West, has written a wonderful devotional called, “Unbeatable, Devotions To Spark Your Potential.” Willamette Valley Christian Supply has chosen one of her excerpts that we pray will encourage you in this challenging season.

.....  
“Call on me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me with all your heart.” Jeremiah 29:12-13

Belinda stood sobbing. “Why does God hate me?”

Janice put her arms around the distraught mother. “God doesn’t hat you. He loves you.”

“Then why did He take my kids away?” Belinda’s eyes flashed with anger and hurt. “I prayed that Child Services wouldn’t take them, but they did.” Her lower lip quivered, “Even the little one. They took him, too.”

Janice stayed calm. “God didn’t take your children. He does love you and your children.” Janice held Belinda until her sobs turned to sniffles.

Belinda’s prayer had been a desperate cry for her situation to turn out the way she wanted. Instead of taking responsibility for her lifestyle of drugs and alcohol, she blamed God. To her, God had ignored her plea. Belinda hadn’t prayed for her children to be

safe and nurtured. Caught up in the pain of substance abuse, she only asked God to let the children remain in her custody. For Belinda, the pain of admitting her problems and taking steps to remedy those problems was too great.

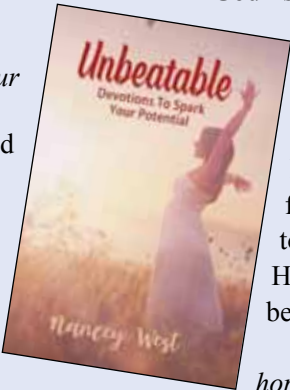
God listens to our prayers, but He also knows our motivation. Sometimes it’s painful to admit that prayers can be self-centered, focused only on instant gratification or not in our best interests. It takes your whole heart to seek His will. He wants what is best for you, even if that means going through tough or painful times. If your heart is with Him, rest assured the outcome will be for the best.

*Thank you, loving God, for the peace and hope I have no matter the circumstance.*

Today: Trust God today for your dreams of tomorrow.

.....  
Nancey’s devotion reminds us that God loves you and me. Give us a call if you would like to purchase a copy from Willamette Valley Christian Supply. Our number is 541-754-9295.

*Love in Christ,  
Kevin Ferguson*



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- American Legion Post 11
- 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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# Are You Ready to Help a Fur Family?

Many of the people we know have soft spots in their hearts for pets. Sometimes, life has us in a season where we are unable to have any pets at all. 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

Meet Lil Hoot, a little tortie. She is now 6 weeks old and quite the character. She has been through much needed medical care since she has been brought into foster care. Her foster noticed her tummy was quite bloated and had potty issues which were not normal. Upon taking her to the vet a X-ray was required to see what was going on. The X-ray found that her tummy was full of cat litter, a lot of cat litter. The finder was using clumping litter that is not recommended for kittens so young. Numerous Vet visits and procedures needed to be done to free up the blockage inside her. Good news is that she is doing well today and has been pre-adopted! If you would like to help with her care any amount would be appreciated. Kitty Angel Team has a paypal account set up for donations which is [paypal.me/kittyangelteam](https://paypal.me/kittyangelteam). If you would like any other information you can email [katadoption@kittyangel.org](mailto:katadoption@kittyangel.org) or call 541-367-7575



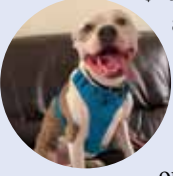
### LINN COUNTY ANIMAL RESCUE

Roman is a big black lovable Percheron, at least he is now. He did not come to LCAR that way. He was a volunteer surrender because he could not be handled, his hooves were in terrible shape. He has learned to trust. He now feels safe and very loved here, will be a life resident of LCAR. If you are able to help with his care, it would be greatly appreciated. Email [LinnCountyAnimalRescue@yahoo.com](mailto:LinnCountyAnimalRescue@yahoo.com) or call them at (541) 258-3422 to get more information about helping Roman.



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Hi there! My name is Bailey and I am just plain excited to meet you! I am a one year old energetic pup seeking a family to call my own and did I mention I’m excited to meet you? Stop by to spend some time with me any day of the week. I’ll pencil you in! Can’t bring me home? For only \$25.00 you can show a shelter pet they are not alone. Sponsor me or one of my friends today on our website. We encourage you to share your sponsored pet with your friends and help 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.



### Art Scene continued from page 2

If you want to *be the art*, stop in at the Splatter Box on Montgomery Street. Situated inside a historic building, this unique hands-on (or paint-on!) studio lets you paint on the walls and canvas (or your friends) with non-toxic water-based paints. Splatter, dance and be happy. Book an appointment online.

While out and about shopping, take in a few pieces of Albany’s public art. A garden of abstract sculpture symbolizing Oregon geology rests in a park-like setting at the corner of 1st Avenue and Lyon in downtown Albany. Nearby at the historic Carnegie Library on 3rd and Ferry is a metal sculpture titled “Zeki,” a lively piece appealing to children featuring the images of a dinosaur, giant children’s blocks and books. A marble sculpture of a young woman reading, known as “Young Lady with the Book that has No End,” sits outside the Main Library on 14th Ave S.E. And coming soon: A large piece of art depicting the native Camas flower is being erected near the overpass at 9th Avenue and Lyon Street.

Just outside of Albany is the town of Brownsville and the Brownsville Art Association, a community art gallery and studio. The Art Center holds workshops and classes as well as showcasing local artists’ work.

And in Lebanon, the Linn County Arts Guild was formed as a means of connecting Linn County artists and giving them a forum to share and promote their art. The Gallery Store is located on the corner of Main and Ash in downtown Lebanon.

Get a dose of color and inspiration from Albany’s art scene and keep your friends and family in mind to find the perfect gift. For more information contact us at [albanyvisitors.com](http://albanyvisitors.com)





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# Wintertime Hazards for our Pets

BY DR. ERIC GLAZE,  
Albany Animal Hospital  
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Winter is coming so I thought I'd go through a quick refresher of some common wintertime hazards for our pets.

First off, please bring pets inside when temperatures get to cold. It doesn't have to be below freezing for dog and cats to get too cold. Cats will sometimes seek out warmth near the engines of cars so make sure to bang on the hood or honk the horn of your car before starting it up to scare away a cat that may be seeking shelter from the weather. We see some nasty fan belt injuries on cats during this time of year for this reason. Please consider using "pet safe" antifreeze that uses the ingredient propylene glycol instead of ethylene glycol. Although it is not really safe, at least it is not incredibly lethal. A cat that walks through a puddle of deadly ethylene glycol can ingest a lethal amount simply by grooming it's feet. In addition, please be aware that certain de-icing compounds including salts can be very irritating to your pet's paw pads. It's a good idea to pay close attention to your dog's feet during winter months. If they walk through an area that has been de-iced make sure to clean their feet when you get home.

Make sure that if you use a fireplace that it is pet proof. Pets can be attracted to the flicker of flames, including candles, so make sure that no open flames are left unattended. If you don't already have a smoke detector that also detects carbon monoxide, then please invest in one. Wintertime is the season when carbon monoxide poisoning peaks. People who have gas powered devices like furnaces and stoves should definitely have these detectors. Small pets, especially pet birds, are very sensitive to this gas and can show symptoms including death long before we get sick, hence the term "the canary in the coal mine".

If you plan on having a live Christmas tree then please make sure your pets can't get at the water at the base, especially if you add liquid fertilizers. Also avoid tinsel on trees if you have cats. When ingested tinsel can obstruct a cat's intestines in a very nasty way. Also watch out for the ribbons and fancy string that are sometimes used to wrap presents as these can obstruct a cat's intestines too. Mistletoe and poinsettias are mild to moderately toxic to dogs and cats. Rarely is enough ingested to cause serious damage to a dog or cat but it is best to keep these plants out of reach.

Hopefully, the points listed here will help some pets avoid an emergency trip to the veterinarian this season.

# What Makes Propane the Best Choice for Standby Power?

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Reading Together...Apart

The importance of reading books aloud to children has been confirmed by countless studies. There is almost nothing a parent can do that will better ensure their kids are successful in school than reading aloud to them and making books constantly available. During this era of distance-learning, reading at home is that much more important.

It's not just children, though. Reading together has helped families, couples, and friends share a closer bond. This is, of course, the driving motivation behind book clubs--it's not so much the actual books as the relationships that are formed or maintained.

In a time of quarantines, lockdowns, social distancing, and just plain old caution, this bond through sharing books can be a little more difficult. However, I have talked to plenty of people who are using modern technology to enjoy a classic experience.

The availability of video chat is astounding. As of February, 2019, over 80% of Americans owned a smartphone, and virtually all

smartphones have a video chat app either built in or freely downloadable. On a laptop or tablet, the rise of

Zoom and Google Hangouts has made video chatting easy for people who don't own a smartphone.

The big drawback with reading over a video line is that grandparents,

for example, don't get that physical cuddle time with the grandkids. Some of the nonverbal communication is also lost, but in comparison to what the options (i.e., none) would have been just a few years ago, it's a pretty good substitute.

The best format I've heard about is where both the reader and the listener have the same book in front of them, turning the pages together, and sharing the story and their reactions with each other.

Yes, it's a pandemic, and we all need to be careful. As the holidays approach and family gatherings are cancelled or downsized or virtual, hopefully reading together isn't something that has to be crossed off the list of activities.



SCOTT GIVENS, BROWSERS BOOKSTORES

Why is there Condensation on my Windows?

It's a cold but dry morning so you open the blinds to let some sunshine in and notice water has formed on the inside of your windows.

It's running on to the frame and on to your wood windowsills. Not only is it unsightly but, over time, water can deteriorate the wood and create an expensive repair.

It's helpful to understand how condensation occurs and how you can prevent it.

No doubt about it, the glass in your windows is usually the coldest part of your house. Even the latest energy efficient windows perform poorly when compared to an insulated wall or roof. The warm, moist air inside collides with the coldest surface in your home and water droplets form as matter of simple science. Most often this occurs in the rooms we use the most like our bathrooms and kitchens but is common in any room with a high degree of moisture in the air.

HERE ARE A COUPLE OF TIPS TO MINIMIZE CONDENSATION.

First, make sure the air in your home circulates properly. Today's homes are so well insulated and tight that moist

air doesn't escape as easily as in older homes. Try using your ceiling fans in the winter to push the warm air back

to the floor area. If you're used to keeping the door shut on a rarely used room during the winter, open that door occasionally to increase air flow.

Second, do your best to keep the humidity in the house at a normal

level (ideally about 40-50%). Use the bathroom and kitchen fans to eliminate moisture in those areas. If you're using a humidifier, turning it down slightly so less moisture is in the air will also help.

Poor circulation and warm moist air are the chief causes of condensation. Keeping them in check during winter will pay dividends for the overall health and comfort of your home.

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Introducing Truman

Truman is a wonderful, sweet, and loyal Shepherd mix searching for a patient family who will give him time and space to blossom into the confident dog we know he is! This 4-year-old gentleman came to SafeHaven on a lifesaving transport and while we don't know exactly what he has seen and been through, we know good things are in his future. Truman is shy at first and seems to be a little unsure of his environment so a family that will be patient with his feelings would be ideal for his next step. Once Truman gets to know you, you will be so happy you brought him home. He is a sweetheart seeking so many lap snuggles. Those snuggles could be yours!

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



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Now, more than ever, we would like to reach out with hearts of gratitude to our long time customers as well as those who are new and have recently requested our services, becoming a part of the Albany Animal Hospital community.

THANK YOU for trusting us with your beloved pets!



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KAREN'S FAMOUS RECIPES  
Chicken Paprikash

BY KAREN ROGERS

As the cold weather descends upon us a warming, comforting stew fills the bill nicely. Chicken Paprikash is the perfect antidote to dark, dank days.

Early in the day cut up a large chicken into ten pieces (legs, thighs, wings and cut the breast meat into quarters). Place the bones, giblets (except liver) and wing tips in a pan and cover with cold water and simmer for an hour or so. Chill.

When ready for dinner, heat 2 tbsp butter and 2 tbsp oil in a large skillet. Preheat oven to 350 degrees. Salt and pepper the chicken and cook over medium heat until lightly browned, about 6-8 minutes per side. Remove chicken to an oven-proof dish and place in oven.

Pour off all but 1 tbsp fat from the pan and add one large onion chopped. Cook until lightly browned and add 1 minced clove of garlic. Do not let it scorch!

Add 2 tbsp tomato paste and 1 ½ tbsp sweet Hungarian paprika and stir until onion is evenly coated. Be sure it is sweet paprika because the hot stuff can really pack a punch! Stir in 1 C chicken broth, as made above. Use a bulb baster to remove broth from pot to cup measure to reduce fat.

Return the chicken to skillet, with any accumulated juices. Simmer for 30-35 minutes until sauce is reduced and

thickened.

While the chicken is simmering, bring a large pan of water with 1 tsp salt to a boil, and then reduce to a strong simmer.

Mix in a medium bowl 2 eggs and 2/3 C milk. Beat in ½ tsp salt and 2 C flour and mix well. Drop the thick batter into the simmering water by teaspoonfuls. A small scoop makes neater spatze.



Whatever you use, be SURE to dip the utensil in the boiling water before it goes into the batter!! The dumplings are done when they float, but they need to be gently stirred. Skim off into a serving bowl and set aside. Keep the water simmering, you will need it at the last minute to reheat the dumplings when the chicken is done.

When the chicken is done and the sauce reduced, stir in 1 C sour cream and heat gently. Do NOT boil!!! Sprinkle 1 tbsp chopped parsley over the chicken and place on a serving platter.

Return the dumplings to the hot water for a few seconds to reheat. Drain and place in a bowl and pour ¼ C melted butter over and stir well.

Serve the Paprikash over the spatze. The dumplings just love the sauce and you will be hard-pressed to stop eating.

The simple goodness of both dishes combined will generate waves of warmth, appreciation and happiness and the feasters will probably wash the dishes from sheer gratitude.

November Word Search by Rolie the Puzzlemaster

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

APPLE PRESS  
BLACK FRIDAY  
CHRYSANTHEMUM  
CORNUCOPIA  
ELECTION DAY  
FALL  
FAMILY

HARVEST  
LEAVES  
NOVEMBER  
ORANGE  
PARADE  
PLAID  
PUMPKIN PIE

SCARECROWS  
SCORPIO  
THANKSGIVING  
TOPAZ  
TURKEY  
VETERANS DAY

NOVEMBER  
27<sup>TH</sup> & 28<sup>TH</sup>

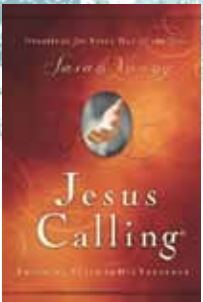
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Candles  
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