

# HIGH POINTS



GOOD NEWS FOR THE WILLAMETTE VALLEY

JANUARY 2021 • FREE



## A Healing Center for All

Albany's Canna Kitchen & Research has been at 2300 Ferry St SW, Suite 1 in Albany since opening their doors on 11/11/11. Long-time Albany residents are still finding them for the first time, and that is okay. Their mission has rolled with the changes in the laws, and now they are working to morph into the ACKR Canna-it-ALL Healing Center on 2/22/22.

What will this Healing Center be? It will be a place where people come to heal, naturally. They will use primarily Cannabis, some massage, reiki, acupuncture, and as well as chiropractic. Once able, some psilocybin therapy for those suffering with depression and other conditions that have been found to benefit from their use will be offered.

Why a Healing Center? For starters, far too many people don't know how to use Smokeless Cannabis Remedies and are afraid of them. They aren't going to learn how to "smoke pot and get high", they're going to learn the proper smokeless dose for their symptoms and condition. Some people have never used Cannabis and have fears that it will make them "trip" like LSD. Sure, a big ol' glob of Cannabis Oil Concentrate might make you feel something like that, but if you've learned how to use it, hopefully you won't over-indulge and have that sensation!

What does the beginning look like? The beginning looks like the current situation as it has already begun! They have two Alzheimer's patients in care homes. Both have done much better with their Smokeless Remedies than without. Dosing can be as simple shot of elixir or a smoothie with a tablespoon of Cannabis leaf or a capsule two or three times a day. These greatly improve the patient's ability to cope, concentrate, and communicate. The THC opens the mind back up, it is really something to witness! Their hope is to work closely with a couple of care facilities with the cooperation of the patients and their family members to show just how effective Smokeless Cannabis Remedies

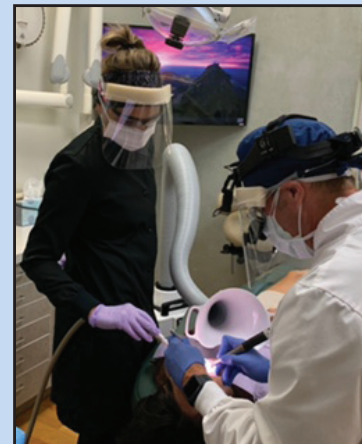
can be, and that the patient does not have to be high to gain relief.

What does the end game look like? The ACKR Canna-it-ALL Healing Center will be a fully functioning stand-alone facility where patients with many conditions, "from Alzheimer's to Zoster", can be treated. Burns, cancer, depression, every letter of our alphabet has a condition that can be treated with Cannabis and they plan to do so! A nice hotel is what is envisioned for the ACKR Canna-it-ALL Healing Center and in these days of less travel, that purchase may be easier than once thought.

If you are interested in learning more about how you can help or how to become a patient in the Oregon Medical Marijuana Program (OMMP) please give them a call and make an appointment at Albany's Canna Kitchen & Research, 541-981-2620, they look forward to hearing from you.

### WHERE THEY HAVE BEEN:

- **11/11/11 to 1/15/15** – Albany's Canna Kitchen and Research educated people about Cannabis as medicine and converted patient's Cannabis into Smokeless Cannabis Remedies. In October 2013 they held our first OMMP clinic for patients to get their OMMP card and have held at least one monthly ever since.
- **1/16/15 – 7/5/2017** – They operated "Gramsterdam", Oregon's Premier Smokeless Cannabis Dispensary. <RIP!> They wouldn't "roll to the rec side" so the state didn't renew their dispensary license.
- **7/6/2017 – January 2018** – in limbo waiting for the state.
- **January 2018 – present** – Teaching classes about how to make the Smokeless Cannabis Remedies you need as well as conducting one-on-one consultations with patients to determine the remedies that will be best used for their symptoms and conditions.



## Local Dentist Develops COVID Safety for all Dental Offices

Dr. V. Kim Kutsch, local dentist, inventor and entrepreneur has developed a new device to protect dental professionals during the COVID pandemic. The biggest risk for dental professionals comes from the aerosol created by the high speed drill, ultrasonic handpiece and air/water syringe. New additional PPE (professional protective equipment) does not completely protect professionals from the aerosol. So Dr. Kutsch and his engineering team (Steve Folin, Bob Cantrell) designed a new extra-oral vacuum specifically designed to remove virus sized particles from the aerosol. They started a new company in Albany, Dental Safety First LLC to build these new devices. They designed the vacuum around a custom 99.99% HEPA filter, with a 50 mph nozzle velocity to collect all of the aerosol, then slowing the air velocity down internally to 0.06 mph over the filter media to capture 99.995% of virus sized particles (based on NASA science). This provides the best protection possible for the dental professional from the aerosol. There are several vacuums already available in the US, but this patent pending vacuum is specifically designed for removing virus sized particles. The website is: [www.dentalsafetyfirst.com](http://www.dentalsafetyfirst.com)

And it's not just about the COVID virus, in 2017 the CDC released a report identifying that dental professionals are 23 times more likely to develop Idiopathic Pulmonary Fibrosis, a progressive and fatal disease of the lungs believed to be caused by long term exposure to bacterial proteins found in the dental aerosol. COVID has been a wakeup call for the dental profession to treat the biologic aerosol as a serious occupational risk demanding new technologies.

The vacuum is currently being manufactured and installed in dental offices across the country. It is locally being used at Pinnacle Dental Associates and Carson Kutsch Dentistry in Albany, and Adam Kirkpatrick Family Dentistry in Lebanon.

In other COVID news, Dr. Kutsch's other dental manufacturing company in Albany, Oral Biotech, which manufactures the Carifree system of oral healthcare products, produces a rinse being used as a pre-procedural rinse for dental appointments. An ingredient in their antimicrobial fluoride rinse originally designed to treat tooth decay, has been demonstrated in multiple studies this year to be one of the most effective agents to deactivate the COVID virus. Dental practices are utilizing a pre-procedural rinse for every patient as an additional strategy to reduce the pathogenic risk of the aerosol.





Fun Events for January 2021

With the Covid-19 situation, many events are canceled or postponed. As we welcome the New Year, please remember to maintain social distancing (6' apart from other individuals) and follow all state and CDC guideline. Be mindful of school zones and children walking as there are some back in school.

Information for this page has been provided by multiple organizations. If your organization has an upcoming event that you would like listed in a future issue of High Points, please email the information, as well as a name and phone number of a contact person submitting the article to: [info@pointsforprofit.org](mailto:info@pointsforprofit.org)

Introducing Kylan

Kylan is a handsome 3 year old Pit Bull Terrier mix who came to SafeHaven in November from Los Angeles on a lifesaving transport. He is full of life and energy and is seeking a family to spend the new year with. If you are looking for more fun and a lot of love in the form of a four-legged friend, Kylan is your guy. You won't want to miss out on meeting this bouncy boy!

Schedule an appointment today to meet Kylan. Call 541-928-2789 to speak with someone about meeting our animals. 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!



Just because it's Winter, doesn't mean the Fish aren't biting!

Steelhead and salmon abound in several rivers in the area, including the North and South Santiam, the mainstem of the Santiam, and a little farther away in the Alsea and Siletz rivers, and many others.

But if you just want to get away for the day, or just an afternoon with the kids, the mid-Willamette Valley is full of places to go fishing for trout, and some of the best are right here in Albany.

Mitch Smith, owner of Two Rivers Fly Shop in Historic Downtown Albany, says many local waters have been stocked with rainbow trout, some of which tip the scales at several pounds.

"Locally, the state is stocking the heck out of Timber-Linn Lake," Smith said, adding that a couple of weeks ago a man came into his shop who had caught a 9-pound rainbow there. "The state also plants those brooders and they have put some big ones in there."

Along with the normal planting of legal keeper-sized fish (8-inch minimum), the Oregon Department of Fish & Wildlife plants a few large brood fish – used to collect eggs for spawning more trout at hatcheries – to give the public a shot at landing "the big one."

Albany has a fine selection of easily accessible lakes to fish, making it a perfect place to take the kids, particularly Timber-Linn and Waverly Lakes, which were planted recently. The ODFW has taken down its stocking schedule to keep people from congregating at any one place due to Covid-19 restrictions but is releasing some details about local stocking after the fact. For the latest information about fishing in the Willamette Zone, go to <https://myodfw.com/recreation-report/fishing-report/willamette-zone>.

Smith said right now a good bet to take fish is with Powerbait fished just off the bottom, or with Wooly Bugger flies in black, brown or olive on a fly rod or fished behind a casting bubble using spinning gear.

If you would like to talk more about fishing, visit Mitch Smith at Two Rivers Fly Shop, 204 1st Ave. SW, in Albany, give him a call at 541-967-9800, or drop him a line at [trfs@live.com](mailto:trfs@live.com). The shop is open 10 a.m. to 6 p.m. Tuesday through Friday and Saturday 10 to 4.

To plan your next adventure in Albany, go to [albanyvisitors.com](http://albanyvisitors.com).



Happy New Year!

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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# Echinacea: Fact or Fiction?

## Part 1

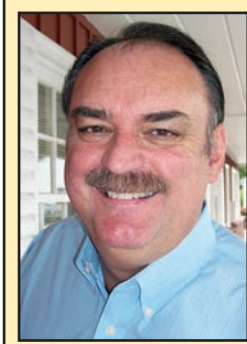
### IS ECHINACEA REALLY HELPFUL FOR MY IMMUNE SYSTEM?

In past issues we have talked about foods and services like turmeric, resveratrol and chiropractic that have been shown to improve your immune system. Echinacea has a very long history especially with Native Americans and with natural physicians in the 19th and 20th centuries. In fact, before antibiotics, Echinacea was the most widely used herb in medicine. There are plenty of myths, much fiction, and even downright nonsense about the herb Echinacea on the internet. The truth is that Echinacea may be one of the most important herbs in your diet for creating a healthy immune system. Let's look at some facts and fiction:

### ISN'T IT TRUE THAT ECHINACEA IS NOT SAFE TO TAKE OVER LONG PERIODS OF TIME? HASN'T IT BEEN SHOWN TO LOSE EFFECTIVENESS?

No, it's NOT true. Echinacea is not only safe over long periods of time, but research indicates that it has its most powerful effects on the immune system when taken regularly over long periods of time.

Research has found that the active constituents of Echinacea are found in the greatest concentration not in the flower,



**DR. NICHOLAS R. BROWN,**  
TIMBER LINN  
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the leaves or the stem, but in the roots of the plant. The active constituents are called alkylamides. Many of the commercial products available have been tested to find that they are either the wrong part of the plant, the wrong plant

altogether, or that the extraction method used produced a product with no active constituent.

There is a fairy tale that circulates the internet that Echinacea loses its effectiveness over time. The fable is based on the erroneous interpretation of a German study graph that showed that the number of active immune cells in blood dropped from day 6 to day 10 after beginning to take Echinacea. If arm-chair scientists could have read the German language they would have seen that the immune cell count started to drop on day 6 because the subjects stopped taking the Echinacea on day 5.

Next month we will talk about the most effective preparations of Echinacea, whether Echinacea is an immune system stimulant, and how Echinacea affects your immune system as well as your lifespan.

# Talk to your Vet about Cannabis!

BY RHEA GRAHAM

Both your Veteran and your Veterinarian need to know all about Smokeless Cannabis Remedies. Pain, sleep, cancer, anxiety, depression (and much more) can all be treated and without negative side effects. This treatment can be used on all animals, not just dogs. I've come to know several people who are using Cannabis for their horses and other farm animals. All are off prescription medication now.

Veterans suffering with PTSD are amazed at how well Cannabis works to quash symptoms. Some strains such as Blueberry Kush seem to work exceptionally well for vivid experiences. Some animals suffer PTSD as well and can be easily treated. Pain is one of many conditions that Cannabis can relieve; it can be treated in a number of ways: topically, internally, or rectally. Each has its own merits and not all use makes you high.

Both humans and animals can be treated topically. Topicals are applied to the skin and work almost instantly. The animals like to lick the salve off which medicates them as well, so naturally you will want to put the cone of shame on them. The salve both

heals wounds quickly and relieves pain. Animals can be treated with Cannabis internally; low doses are typically used. They do get intoxicated with too high of a dose, some like it more than others. Dogs were required to be used as the "canary in the coal mine" so to speak, back in the 1800s and early 1900s to determine the strength of the Cannabis oil that was used. In the past there were more than 100 symptoms and conditions Cannabis was the first line medicine for. Cannabis was in the US Pharmacopeia until 1942 and will hopefully soon return.

And then there's rectal use. Yes, both animal and human. The suppositories do not affect bowel movements but do affect a great deal of pain relief and wellness when the cannabis is dumped right into the bloodstream through the anal canal walls. Although I've had a canine patient that was treated with them for cancer, I've not seen a horse yet; however, I do have the mold!

If you are interested in learning more or how to become a patient in the Oregon Medical Marijuana Program (OMMP) please call and make an appointment at Albany's Canna Kitchen & Research, 541-981-2620.



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f i s



KAREN'S FAMOUS RECIPES  
Creamy Tomato Pasta

BY KAREN ROGERS

This is a perfect comfort food-tomato-y, creamy, and full of warming tastes; just right for a cold day. I like to use the pre-diced Abraham brand of prosciutto available in supermarket delis because it's a bit cheaper and tastes fine. If you can get them, use fresh bay leaves as the difference is huge and they freeze beautifully. I have a small bay tree growing in a pot; it's ten years old and invaluable to me!

Melt 2 tbsp butter in a large sauté pan over medium heat. Add 3-4 tbsp prosciutto, one medium onion, diced, one large or two small bay leaves, a big pinch of red pepper flakes and cook until the onion gets soft. Add two minced garlic cloves and stir well, about one minute- don't let it brown or burn! Add 2-3 tbsp tomato paste and 4 to 6 chopped sun dried tomatoes (I don't care for the



ones packed in oil). Cook and stir for about a minute and add 1/3 C dry white wine and reduce it to a glaze. If you don't have wine, don't worry, it will taste fine. Add one 14 ounce can diced tomatoes and mix well. Reduce heat, cover and cook about 30 minutes

until thickened- the spoon will leave a trail in the sauce.

While this is simmering, bring a large pot of salted water to a boil and cook about 2 C of penne pasta until done to taste. Drain the pasta.

Remove the bay leaves and add about 1/2 C heavy cream to the sauce and stir well. Stir in the pasta and mix thoroughly. You can add a small amount of chopped parsley and basil, but don't overdo the basil. Serve this with some nice crusty bread and sing a song of praise that America gave the tomato to the world!

January Word Search by Rolie the Puzzlemaster

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

Perhaps you feel the weight of planning for the New Year. Maybe you have circumstances and situations that seem overwhelming. With Covid, shutdowns, the election and all the other normal challenges; you may be exhausted. 2020 has been full of the unexpected.

By God's provision and strength, a young shepherd defeated the enemy's greatest warrior. The Gittite Giant, Goliath, appeared to be unstoppable just by his size. He served in the Philistine army. David was an obedient servant willing to fight for God and Israel. David's King, Saul, on the other hand, lacked the courage to face his enemy. Saul's continued disobedience toward the Lord eventually cost him his position as king. God in His sovereignty raised

up and anointed David as the new King.

We often forget in the story that the true credit belongs to God. He is the one who gave David the courage and strength. He is the one who orchestrated David to become King. This very God is still orchestrating His plan and we are privileged to be a part of it. God is faithful and can give us the courage and strength to face the unexpected. Our God is truly big and mighty. May the God who created every star in the sky and gave courage to a young

What's a 9 foot tall Goliath to a star-forming God? Dwell on the size of your *God* not the height of your giant.

-Louie Giglio

shepherd boy grant you all that you need in the days ahead.

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- Linn County Animal Rescue
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# Helping Local Families with Furniture and Food

Throughout the year Linn-Benton Furniture Share provides families with furniture to make their house a home. They have also provided food boxes to feed the hungry. Due to Covid-19 many families were hit with lay offs or had hours cut in half. Furniture Share has been able to helped feed their families. Coivd has also seen many children participating in remote learning, they were able to provide them a desk or dinner table to comfortably do their school work. This year added an addition need when the wildfires took families homes. Thanks to the generous donations from local people not directly affected by the fires, Furniture Share has been able to filled their new house/apartments/trailer/ friends or

families spare rooms with furniture to make it their home or new space. Even if their home was spared from the flames, toxic smoke from the wildfires destroyed family’s furniture. Once again Furniture Share was able to replaced their furniture with clean nontoxic furniture. This is on top of our normally every day client services as they serve 4,000+ annually. When making your yearend donations please consider donating to Furniture Share and help us continue our client services to our neighbors in need. Thank you! You can mail your donation to Furniture Share, PO Box 2224, Corvallis, OR 97339 or give online at [www.FurnitureShare.org](http://www.FurnitureShare.org)





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# Having a Problem with Rodents?



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

Having a problem with rodents? Please consider alternatives to rat bait (rodenticides). Currently there are two major categories of rodenticides.

The first category is a variety of anticoagulants. These cause the animal that ingests them to bleed to death. A dog does not need to ingest very much to become poisoned. A single bait trap may contain enough bait to cause bleeding disorders in dogs. We can however give the dog an antidote in the form of vitamin K to prevent bleeding while the poison is in his or her system when caught early. We also induce vomiting and give charcoal binders to try to reduce the amount of poison absorbed into the system. Both dogs and cats (and carnivorous wildlife) can also become poisoned by eating rodents that have ingested this poison.

The collateral damage to wildlife is the main reason the Environmental Protection Agency is pulling many of these anticoagulant

poisons in favor of the second category of rodenticide. This category is comprised of one poison, a neurotoxin called bromethalin. There is no antidote for this poison. The EPA is favoring a poison with no antidote because a larger animal such as a dog must ingest a much larger amount of poison to develop symptoms. The amount of bait that is supposed to be placed in a single trap generally does not contain enough poison to cause symptoms. The trouble is that people often pack these traps with more than the recommended amount and put out multiple traps in a single location. The

worst scenario is when a dog gets into the bag/bucket that carries all the bait. Once symptoms develop all we can do is provide supportive care with fluids and try to control their neurological signs with anti-seizure medication.

Dogs that eat enough bromethalin to become symptomatic can and do die. So please consider alternatives like eliminating things that attract rodents, using live traps, blocking access points, or get yourself a good mouser like a Jack Russell Terrier.



# New Year's Resolutions for Your Home

Many of us have resolutions for the new year. If you're like me, hopefully this will be the year you finally get in shape and lose that 20 lbs! But don't limit yourself to personal goals. Your house may need some too. With that in mind, here are a few resolutions for your home in the new year.

First, make your home more energy efficient. Turning down your thermostat a few degrees will cut down on energy use and has the added benefit of saving you money on your power bill. Turning your water heater down to 120 degrees will help too. And get your teenager to take a shorter shower. That resolution might be doomed for failure by February — but it's worth a shot!

Second, consider upgrading your appliances or windows to more energy efficient products. Be sure to look for the Energy Star label and ask about any incentives that might be available through the Oregon Energy Trust.

Third, making your home safer for the new year should be a priority. Check your smoke detectors and make sure they are up to date and have fresh batteries. It's also a good idea to have a fire extinguisher on every level of your home. They do not make the greatest

decorations, but you will be glad it's there if you need it. While you are at it, consider upgrading your carbon monoxide detector, especially if you can't remember when you bought the last one. This is an area where an ounce of prevention is worth a pound of cure.

Lastly, resolving to update the curb appeal of your home can pay dividends down the road, especially if you are planning to sell your home in the near future. Check with your realtor for improvements that give you the most bang for the buck but new windows, new paint, updating or replacing your front door, and fresh landscaping are great places to start. In some cases, you can do this work yourself save a bundle.

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## 5 Tips For Spring Cleaning

With warmer months just around the corner, spring cleaning isn't far away. Whether you want to clear some of the winter clutter or just feel like a change in scenery, spring cleaning can make it happen. Now is the perfect time to clean out the garage, basement and/or attic. If there are any items that you don't plan to use, this article will tell you how to get rid of them while making money doing it. As we all know, this can take a lot of work, but a few simple tips can make your spring cleaning experience a breeze.

**Tip 1:** If you are storing away your winter clothes, consider using large plastic storage containers that feature snap-on lids. These can be found in the house wares department Bi-Mart, your local membership discount store, and are very inexpensive. Storage containers are very important to keeping your clothes dust and discoloration free, which may otherwise be a problem if they are left hanging in the closet from one season to the next.

**Tip 2:** When packing your clothes, roll them instead of folding. This not only eliminates creases and wrinkles, but also saves a lot of space. You will be able to pack a lot more clothes with this technique.

**Tip 3:** Label your clothing containers as 'spring,' 'fall' and

'winter.' This will help you to easily locate your wardrobe inside the closet.

**Tip 3:** If you have any clothing that you don't plan to wear or simply have outgrown, consider donating them to a local goodwill or other nonprofit organization. Rather than tossing them out, your clothes can provide revenue for a worthy cause and help the less fortunate to be able to afford clothing that would otherwise be unattainable.

**Tip 4:** If you are looking to clear out some knick knacks or perhaps even some Holiday decorations in order to make room for new ones, consider a trip to the local flea market. Everyone is looking for a bargain and they just may be looking for something that you no longer wish to own. A setup fee is usually required which, depending on the location, can be \$10.00 to 20.00 per day. Otherwise, you can always sell items at internet auction sites, including eBay, and Facebook Marketplace.

**Tip 5:** With all of the changes that you're making, it may be time to switch to a lightweight vacuum. This will save from lugging around a heavier model and will glide across the floor with ease. There's no use in completely wearing yourself out during spring cleaning, so try to make it as easy as possible. Check out the vacuums at Rich's in Albany and Salem.

## Propane Exchange vs. Refill

You are all geared up to enjoy with your guests your outdoor patio firepit or mushroom heater and you realize you need propane. Should you take it to a local exchange location or find a place to refill your tank? Below we show you some of the most common myths about propane tank exchange and discover that refilling a propane tank is the best bang for your buck.



**MYTH: Exchange is cheaper than refill.** Some people may believe that grabbing a propane tank from an exchange cage at their local grocery store or gas station is the less expensive option. In fact, some people may not even know that CoEnergy Propane can refill their propane tank.

**Myth Busted:** A pretty standard average when exchanging a propane tank is about \$5.75 per gallon. At CoEnergy Propane we only charge \$1.799 per gallon you save over \$ 4.00 per gallon of propane.

**MYTH: An exchanged tank contains as much propane as a refilled one.** Consumers should read the fine print. When you exchange a propane tank, you are only guaranteed 15 pounds of propane in a 20#

capacity tank. This means you are being shorted the actual amount of propane that the tank is able to hold.

Not only are customers paying more to exchange, but they are also getting less propane than if they refilled their tank.

**Myth Busted:** At CoEnergy Propane we fill up and top off customers' propane tanks—meaning they get the most propane their tank can safely hold. That extra 25 percent equals about four more hours of grilling time at a much cheaper price. The average cost of a fill is \$7.65 per 20# Cylinder/Tank if its empty versus \$19.97 for exchange on the average.

**MYTH: Exchange is quicker than refill.** Anyone who has exchanged a propane tank before knows that it's not as simple as dropping off your tank and grabbing a new one. You still have to go inside the location, wait in line behind other customers, and then wait for an attendant to unlock the propane tank cage.

**Myth Busted:** Refilling a propane tank is quick and convenient at CoEnergy Propane. We will meet you at the pump, verify your tank is safe,

Propane continued on page 11

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- Get your cat vaccinated for Rabies, even if it's an indoor-only pet (bats have been known to get indoors)
- When changing diets, gradually transition from the old diet to the new diet over the course of 5-7 days
- Research habitats, diets, and potential medical concerns when considering purchasing a pocket pet or reptile
- Remember you CAN teach an old dog new tricks- with love and patience

**HAPPY NEW YEAR from your friends at Albany Animal Hospital**

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# Good Review

## A Mystery by any other name...

I just finished my first book in John Sandford's mystery series about Virgil Flowers. I'd already read a couple of books about his character Lucas Davenport, and the Virgil Flowers is a spin-off of that. Other than following a different character, the series are also different in that the Davenport series seems to



**SCOTT GIVENS,**  
BROWSERS  
BOOKSTORES

be more of a detective novel, and the Flowers is more of a procedural. All of which made me think--maybe it would be helpful to describe some of the most popular types of mystery novels.

- **Detective/Whodunit:** These are the traditional mysteries in which neither the detective nor the reader know who the killer is. The detective may be a law enforcement agent, a private investigator, or an amateur sucked into the events, but the plot is generally one of looking for clues and figuring out who the murderer is.
- **Procedural:** These novels are probably the most realistic. They appeal to the reader who likes all the details. Often, the detective knows who the killer is, they just need to find enough evidence to convict or they need to hunt down and catch the bad guy. These only work well when the author has done ample research into the detective's line of work: whether that be police officer, CSI investigator, prosecutor, etc.
- **Suspenseful:** Most mysteries have some element of suspense, of course, but there is a certain type that really banks on suspense being the driving force.

In many cases, the bad guy is known, but instead of being a methodical unraveling of clues (as in the procedural), the good guy is usually some kind of amateur and/or victim and may very well wind up dead before they catch up with the bad guy.

- **Caper:** Not all mysteries are murder mysteries, some involve heists or thefts or other crimes. Oddly, many caper novels are written so that the criminals are actually the main characters, and seemingly the "good guys."
- In addition to plot types, there are also some very familiar writing styles to look for. Any of the above types can be written in the below styles:
- **Cozy:** Cozy mysteries are almost always whodunit's, with the following caveat: they do not involve violence, and generally avoid suspense. Originally, they were merely intellectual puzzles to be solved, often by an armchair detective. In the past several decades, they have become increasingly humor-based, with titles often being a pun, and frequently with the series having some kind of theme: cooking, hobbies, sports, paranormal activity, etc.
  - **Noir:** Noir is really a mood, but there are certain elements that frequently turn up: terse but clever dialogue, a nihilistic outlook on life, a woman who shouldn't be trusted (maybe a guy in more modern stories), and first-person narrative.
  - **Psychological:** Like noir, these frequently have a first-person narrative, and the narrator is usually paranoid or somehow doubting themselves. The story becomes one of "Do I trust myself or the facts that are presented to me?"

Figuring out the style and type of mystery that you most enjoy can help you quickly find new authors to read!

Propane continued from page 10

and fill your tank with propane. If there is a line or you have errands to run and are short on time, take advantage of our Cylinder Drop Off program. Leave your cylinder(s) with our front Office staff, they will fill out a tag for us to fill. This will allow you to return at your convenience to pick up your filled cylinder(s).

**MYTH: No propane is lost when you exchange a tank.** Most people don't let their propane tank completely run empty or they may not even know that their tank is full if they haven't used it in a while. Exchange customers guess when their tank is almost empty which leads to the loss of propane when the tank is exchanged. On average most tanks are exchanged that are almost full.

**Myth Busted:** Unless the propane tank is completely empty, customers lose propane when they exchange their cylinder/tank, in addition to paying more money for less propane. CoEnergy Propane will check your cylinder/tank and you pay only for what your tank needs.

**MYTH: All propane refill locations are the same.** Not all refill stations are created equal. CoEnergy Propane will make sure your Cylinder/Tank(s) are safe and work properly every time we fill it for you. Many locations have a minimum fill charge, which means they will charge a minimum amount, whether or not they actually dispense that much propane in your cylinder/tank.

**Myth Busted:** Make sure you do your research before choosing a location to refill your propane tanks. CoEnergy Propane does not have a minimum fill charge and we have two locations, 2505 Pacific Blvd. SE, Albany and 1818 S Hwy 97. CoEnergy Propane will only charge you for the amount of propane dispensed into your cylinder/tank(s).

*Happy New Year*



## Best wishes for a prosperous new year

I'll be with you every step of the way as we move through 2021.



### Michelle Morford

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