

HIGH POINTS



GOOD NEWS FOR THE WILLAMETTE VALLEY

FEBRUARY 2021 • FREE



Elmer's Restaurant of Albany

Truly a family owned and operated labor of love, we pour our hearts into serving the local community. We continue to honor the values of the Elmer's family by delivering seasonally fresh entrees and premium, made-from-scratch favorites served with care in an inviting family atmosphere. We take pride in our local communities, source Northwest fresh ingredients, and are proud to have the most wonderful, loyal guests. That is what the Elmer's brand is all about.

Elmer's has been a part of the Albany community since 1983 and we at the Thomason Hospitality Group took ownership roughly 11 years ago. We have always known that community stewardship and involvement is the biggest part of operating a business, and that is exactly what we strive to do.

2020 had introduced us to some truly tough circumstances, no doubt, but we continue to delight our guests in every way possible. And we continue to stand

with our community and do what is needed when it is needed. From serving meals to families, donating to local organizations, or sponsoring events we try and do what we can, when we can.

As inside dining rooms closed, we continued to operate for take-out orders, providing curbside delivery as well as online delivery through DoorDash. It has been difficult to say the least, and our staff is eager to greet our guests and welcome them inside, hopefully one day soon.

In these times we are reminded of the most important part of life and that is community, helping hands and living life with purpose. There is nothing we cannot get through or overcome if we do it together.

We invite you to continue to make us your home when it's time for that good ole' family dining experience.



Girl Scout Cookie Season Kicks Off in Oregon and SW Washington, Bringing Joy During Challenging Times

Today, Girl Scouts of Oregon and Southwest Washington (GSOSW) and Girl Scouts of the USA (GSUSA) kicked off the 2021 Girl Scout Cookie season nationally, during a challenging time when many Girl Scouts are selling in creative, socially distant, and contact-free ways to keep themselves and their customers safe. Even considering the COVID-19 pandemic, girls are adapting their sales methods to share the joy of Girl Scout Cookies through the largest girl-led entrepreneurship program in the world—including taking contact-free pickup and delivery orders. Additionally, GSUSA is making online cookie ordering available nationwide on February 1st so consumers who don't know a Girl Scout can still purchase cookies from a local troop for direct shipment to their homes or donation to local organizations.

The Girl Scout Cookie Program has long taught girls how to run a business via in-person booths, door-to-door activity, and the Digital Cookie® platform online, which GSUSA launched in 2014. With the unique challenges posed by the COVID-19 pandemic, girls are adapting their sales methods. From virtual cookie booths to contact-free delivery to facilitating direct-ship orders, girls as young as five years old are embracing their entrepreneurial spirits, staying connected to their communities, and having fun by participating in the cookie program. The proceeds from each Girl Scout Cookie purchase stay local with the troop and its council to power Girl Scouts' essential leadership programming.

Beginning February 1, customers can enter their zip code into the Girl Scout Cookie Finder to find a local troop to purchase from through the Digital Cookie platform for direct shipment or donation to local organizations. This additional contact-free method supports local girls while keeping their safety and skill building top of mind.

Though social distancing measures may keep families and friends apart, cookie customers can share joy and stay connected this season through a gift-box option that ships directly to others via the Digital Cookie platform.

HOW TO SAFELY PURCHASE GIRL SCOUT COOKIES THIS SEASON

Girl Scout Cookie season in Oregon and SW Washington runs now through March 14, 2021. Consumers can support Girl Scouts by purchasing Thin Mints®, Tagalongs®, Trefoils® and other favorites in a few different ways:

- If you know a Girl Scout, reach out to her to find out how she's selling cookies in ways that meet local and state safety protocols.
- Beginning February 1, enter your zip code into the Girl Scout Cookie Finder at www.girlscoutcookies.org to purchase from a local Girl Scout troop online for shipment to your door or to donate cookies to first responders and local causes.

Girl Scouts of Oregon and Southwest Washington
Media Contact: Sarah Shipe, Director of Communications
sshipe@girlscoutsofsw.org 503-930-5275





Fun Events for February 2021

With the Covid-19 situation, many events are canceled or postponed. This year has been an interesting one so far. Let us all do something nice for someone else this month and share love all month long.

- CORVALLIS INDOOR WINTER MARKET**-Sat Jan 9-April 10 9am-1pm Benton County Fairgrounds. COVID restrictions are in place. Please wear your mask and stay 6ft apart.
- 8TH ANNUAL RUN YOUR TUTU OFF** – It’s time to Run Your TUTU Off!!! With the safety of our runners in mind, we have changed this year to a VIRTUAL run. So, grab a friend, make a team, and fundraise for our BEDS for KIDS and Wildfire Furniture Relief program! Walk or run at your leisure from February 19-21st. And don’t forget to post pictures of your tutus! We will be having a virtual award ceremony announcing the best tutus and fundraising teams as well as drawing for our raffle prize!! <https://raceroster.com/.../38089/virtual-run-your-tutu-off>
- LINN COUNTY ANIMAL RESCUE** – Feb 27th 1-3pm “Healing Hearts with Horses” event for individuals with PTSD. 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!

- SEED AND CLONE EXCHANGE (CANNABIS AND OTHERS)** – Thursday, March 11, 2021 at 12 PM PST – 4 PM PST- NO SALES, NO EXCEPTIONS. Attempting to sell or buy will get you ejected and blacklisted. Bring labeled seeds and clones and other house plants to share. Do not bring more than you legally can, we cannot be responsible for you. **\$10 entry fee for those who do not bring something to share. ** The usual rules apply; if you can afford beer, cigarettes, gambling or designer coffees, you can afford this. If you don’t do any of those things and cannot afford the \$10 at the door, let me know and we’ll get you in. If under 21, must be an OMMP Patient. Please share and tell a friend, thank you! Call (541) 981-2620 to register you are coming.

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

Valentine’s in Albany

If you are looking for an excuse to celebrate February 14 — Valentine’s Day — outside of the usual romantic rituals, you might come at it from an historical perspective centered around Albany’s oldest house, then grab a lunch at one of the city’s many eateries and head to one, or more, of our beautiful and historic covered bridges for a picnic.

Oregon was admitted to the Union as the 33rd state on February 14, 1859.

The Monteith House, Albany’s first frame house built in 1849, is normally the epicenter of the city’s statehood celebration, complete with a candle-covered cake. But this year things are a little different, says Patty Evans, president of the Monteith Historical Society:

“Due to Covid, there will be no party and the house is not open for visitors, but this is still a good time to appreciate the Monteith House, which played an important role in Oregon’s statehood. Stop by and take a picture of you and your family outside the oldest house in town, where the Oregon Republican Party was founded, and several of the early statehood meetings were held. The delegates sat on the parlor chairs and sofa that still grace the home of Thomas and

Christine Monteith.”

Evans says the group hopes to reopen the house later in the year. For reopening status or more information check out the Monteith House website at www.monteithhouse.org, the

group’s Facebook page or on Instagram, or drop an email to info@monteithhouse.org.

After a stop at the Monteith House, grab a box lunch at one of Albany’s eateries and enjoy the day at one of Linn County’s eight historic and scenic covered

bridges. Remember, February 14 is on a Sunday this year, so call ahead to see if your favorite restaurant is open. Check the banner at the top of the Albany Visitors Association website, albanyvisitors.com, for a link to a list of restaurants, their phone numbers and other information.

To help you find out more about the bridges, download the Albany Explorer app to your phone and head out to your favorite covered bridge for a relaxing day. The app – sponsored by Hospitality Vision and the AVA – includes an audio introduction to the bridges, an interactive tour with online links to explore, and a map for a self-guided tour of the structures.



Happy Valentines Day

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

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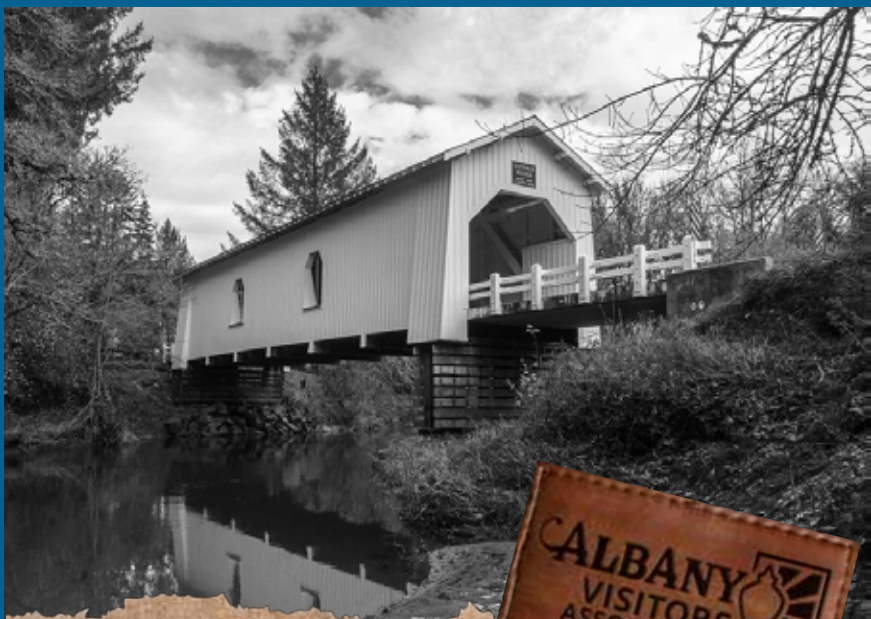
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Vitamin D3 & Your Immune System

You may find it surprising that vitamin D is so important for your health, especially if you're still under the impression that it's mostly a nutrient for your bones. Most people also think that vitamin D is really a vitamin, but in reality, the active form of vitamin D is actually one of the most potent hormones in your entire body and regulates more genes and bodily functions than any other hormone yet discovered. Vitamin D is produced as a pro-hormone in your skin after sunlight exposure and is then converted to the potent hormone form.

WHAT ABOUT VITAMIN D AND THE IMMUNE SYSTEM?

Vitamin D has a remarkable role to play in your health, influencing nearly 3,000 of your 25,000 genes, and playing a critical role in your immune response... a role far superior to the synthetic (and often harmful) immune responses that vaccines elicit. Vitamin D could rightly be described as a "miracle nutrient" for your immune system, as it enables your body to produce well over 200 antimicrobial peptides, which are indispensable in fighting off a wide range of infections. Since Vitamin D is necessary to absorb calcium from the gut into the bloodstream it

becomes important to the immune system in this way. It was discovered recently that the way that individual cells in your body make their first cry for help when under attack or damaged is through a process called the "calcium flash". In order to have a fully functioning immune system it is necessary to have adequate calcium in the cells of the body. Vitamin D and magnesium are needed for adequate calcium absorption.



DR. NICHOLAS R. BROWN,
TIMBER LINN
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WHAT DO WE KNOW ABOUT VITAMIN D AND THE DEVELOPMENT OF CANCER?

The PubMed database (the place where your doctor does his/her research) shows 63 studies indicating that vitamin D deficiency is a significant risk factor in the initiation of cancers of the colon, breast, ovaries and prostate gland.

HOW WIDESPREAD IS VITAMIN D DEFICIENCY?

According to a 2009 study published in the Archives of Internal Medicine it is estimated that 75% of U.S. adults and teenagers are Vitamin D deficient. Did you get your 20 minutes of sun exposure today without sunscreen? If not, you'd better supplement with Vitamin D.

You can watch Cannabis work!

BY RHEA GRAHAM

Do you have a patient in a care facility, or do you work at one in some capacity? Maybe you are a doctor, administrator or a CNA, it doesn't matter. I'd like to discuss Smokeless Cannabis Remedies for your patients, and have you carry that information forward. Memory Care facilities especially notice a huge positive difference in patients who undergo Cannabinoid therapy; it's easy and affordable to do.

We're scheduling an event to demonstrate what a difference Cannabis makes for several conditions. Using a variety of products, including a Cannabis fruit smoothie, we will watch the mind reopen in one patient while we watch pain fade away for another. We'll watch as a Parkinson's Patients tremors stop. I'd love to have you join us.

While nothing will return the patient to their prior self, Cannabis is able to reopen the mind so the Alzheimer's patient has brighter days and better nights. Patient use will

also make a world of difference for caregivers and other family members. For pain patients, there is a variety of ways to treat pain and most of them don't require the patient to get high. Parkinson's patients often need only the root of the plant to get them relief, there's no chance they can get high with those.

If you have a wound that "just won't heal" I urge you to make an appointment and see what we can do together. You will be amazed at the nearly instant pain relief and then healing that takes place. You can also take classes and learn how to make these remedies on your own.

Cannabis has shown to work miracles on both physical and mental pain in a short amount of time. Salve or massage oil bring near instant relief and will most often heal any wound, but every now and then I have to get out the special sauce. I look forward to meeting with you and getting your patient to a better place in life. Call 541-981-2620 today to get on the schedule and begin to change a life! Smokeless Cannabis Remedies for the win!



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BI-MART



KAREN'S FAMOUS RECIPES
French Onion Soup

BY KAREN ROGERS

This great classic takes a bit of time, but it's not fussy and the results are lip-smacking! That's vulgar, I guess, but apt. The soup depends on a fine, rich beef stock- get 2-3 pounds of oxtails or part short ribs. The oxtails have lots of cartilage and connective tissue that makes an unbelievably rich, unctuous broth. Place them in a large baking pan in a 400 degree oven and tent them lightly with foil so they don't spatter too much and mess up the oven and smoke up the whole house. Let them REALLY brown and cook until most of the juices evaporate. Remove them to a large pot. Carefully deglaze the pan, you can use 2-3 C red wine, and pour the fat and water over the meat. Yes, I said "fat" it will seal the stock and will be removed before you make the soup. Fill the pot with cold water just enough to cover the bones. Put over low heat and add 1 small onion, darkly browned in butter, 1 stalk celery, 1 carrot and 2 cloves of garlic, smashed. Simmer until the meat falls from the bones. Strain the broth and refrigerate overnight. Save the meat to make beef barley soup with some reserved stock. Discard the veggies. The browned onion adds huge flavor and color. Now for the onions! You will need 8 large ones. Do NOT use sweet onions!! Real



F.O. Soup uses a different cut of onions. Cut off the North and South poles, halve them across the Equator and cut vertically into halves then cut from the pole downward, making roughly triangular pieces. When the onions are cut this way, they do not moosh up and retain their shape. In a very large skillet, melt ¼ C butter and add the onions as you slice them, it will look like way too many onions, but persevere, they will cook down. Cook over medium heat stirring occasionally until they wilt down and start to brown- you will want them to become a nice rich dark tan. While the onions cook, remove the stock from the cold and lift off the fat. The stock should be firm and gelatinous. Wipe off any adhering fat with a damp paper towel. Heat until simmering and add 1 large pinch red pepper flakes. Just before you add the onions to the stock, add 2 cloves garlic finely minced and let them cook for a minute. Pour them into the stock and let simmer for about 1 hour. This is usually served with a toast round topped with gruyere cheese set in the bowl with the soup ladled over it. I do not like flotsam in my soup, so I have it on the side. Top with some chopped parsley and serve it forth! In France, this is considered a sovereign remedy for hangovers! Too much info, maybe?

February Word Search by Rolie the Puzzlemaster

Word search grid and list of words to find.

Browser's Bookstore advertisement with logo, hours, and contact info.

Jacopetti's Catering advertisement with logo, menu items, and contact info.

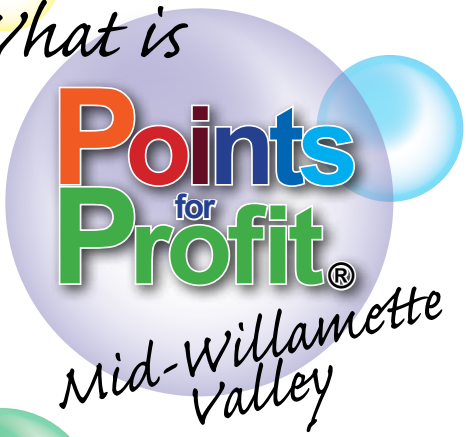
The Action Stream advertisement with logo and website.

Albany's Canna Kitchen & Research advertisement for OMMP Doctor services, including pricing and location.

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POINTS FOR PROFIT MEETING is February 23, 2021 from 6-7:30pm on Zoom. Zoom Room id is 541-791-2901. For more info visit pointsforprofit.org.

Be Kind!

It's a phrase we often hear mothers say to their children. It's a characteristic we don't see too much, though, especially lately. Whether one is expressing their political views, posting on social media, or trying to maneuver around town during the busy holiday season, our own agenda takes precedence over others. We tend to think only of ourselves and the things that impact us, not how our actions affect those around us.

I Thessalonians 5:15 says, *"Make sure that nobody pays back wrong for wrong, but always try to be kind to each other and to everyone else."* That starts with the clerk at the grocery store who seems to be unnecessarily slow. It starts with the elderly person who is driving safely at the speed limit in front of us. And it starts with family and friends who move at a different pace than we do. You see, we all have a story. We can't begin to know what the other person's story is or what has led to them acting in a certain way. Ephesians 2:3-4 says, *"Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves. Each of you should look not only to your own interests, but also to the interests of others."* I am not the only one with a holiday agenda this year. Nor am I the only one trying to get from Point A to Point B. But when we

do whatever it is that we need to do, we can exercise kindness in our community and in our families. We can try to understand that there is a story behind why someone else is the way they are. And we can be respectful and yes, KIND.



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We are called to be a light, to be different, to be set apart. How are we different if we're grumping along with the rest of the world through the holiday season? Or if we voice our opinions with such force that we alienate all those around us? Or if we complain about everything that doesn't go our way?

Philippians 2:14-16a caught my attention lately, *"Do everything without complaining or arguing, so that you may become blameless and pure, children of God without fault in a crooked and depraved generation, in which you shine like stars in the universe as you hold out the word of life..."*

This year let's try to be very purposeful in our actions. Breathe more, listen more (instead of expressing opinions or speaking first without thinking), and smile more. Try to see things from another's perspective and not just your own. Try a little kindness. And funny thing, you just might see kindness returned.

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- Lebanon Soup Kitchen
- Life-Line Baby Boutique
- Linn County Animal Rescue
- Native American Cultural Association
- Oregon 4-H State Shooting Sports
- Pathways
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- St. Edward's Youth
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- We are the Solution-Kickin Cancer
- We Love McKenzie

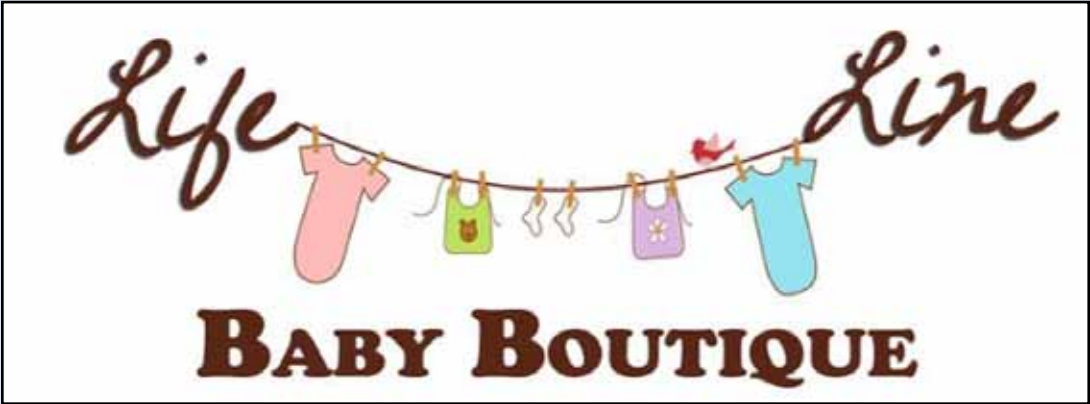
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Warm Clothes and Diapers with Love

BY WENONA GIVEN,
Volunteer for Life-Line Baby Boutique

This winter has been a mild one, however the past 11 months have been hard on many families. Do you know someone with a young child in need of warm cloths and/or blankets? Do you have a newborn that you need clothes for? Are you expecting but concerned with how to have enough clothes for your unborn baby? With clothes sized up to 2T Life-Line Baby Boutique is here to help.

We are also able to provide a few diapers each month (though size 5). As baby equipment is donated, we clean it and give it back to participants free of charge. Participants are interviewed to assess their needs. We are a volunteer run non-profit facility supported by Hope Church. Attendance at Hope Church is not required to benefit from Life-Line Baby Boutique. All items are careful inspected and washed before being sorted and hung up.

Since opening in April of 2013, we have been blessed to touch over 500 families in the local area. Each year we continue to grow and reach more families. We could not provide as much as we do without the support of our local community through

donations of clothing, equipment, and diapers. Fairview Mennonite Church and Quilts from Caring Hands have been generous supporters providing new quilts, blankets, burp rags, bibs and more. Currently we are well stocked but that can change. Please call ahead before bringing donations. These can be dropped off during business hours. Drop off is at Hope Church's main office. Items that often run short on are newborn and size 5 diapers, wipes, coats, and size 2T socks. We are unable to accept car seats, cribs or toys. COVID has reduced our hours and added a few layers of precautions. We ask that you come by yourself. If you are not able to leave your children, we are happy to shop for you and have a bag for you to pick up. Just let us know what items you are needing. If you are unable to come during our limited hours, we can extend pick hours to the Hope Church's Office Hours. Appointments are not necessary for shopping or new interviews. Our hours: Tuesday 2:30-4:30, and Wednesday 10-12. We are located at 2817 Santiam Hwy SE; Albany OR 97322 for more information call 541-926-2291 ext 228 or email: Babyb@hope.church, Please like and follow us on Facebook for updates and items needed.



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Urinary Tract Obstruction in Male Cats

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

This month’s article is about a condition commonly referred to as “blocked tom”. The technical term is obstructive lower urinary tract disease and it is a condition that is occasionally seen in male cats.

Both male and female cats can have periodic episodes of lower urinary tract disease. Signs of lower urinary tract disease are similar in both male and female cats and include; excessive grooming of the genitals, increased frequency of urination and in smaller volumes, straining to urinate, peeing outside the box, and sometimes blood tinged urine. The symptoms are the same regardless of the underlying cause. The causes include urinary crystals and or bladder stones, urinary tract infection and anatomical abnormalities. The most common cause of symptoms is as a result of a condition known as idiopathic cystitis. Urinary tract infections rarely occur in cats between the ages of one and twelve years of age. Urinary crystals and bladder stones are slightly more common and can often be addressed through dietary modification. Anatomical abnormalities are extremely rare. Nearly two thirds of cats with episodes of urinary disease are due to idiopathic cystitis. This is a condition we don’t yet completely understand. The point

of this article is that males have much narrower urethras than females and they can get plugged up if they are showing symptoms of lower urinary tract disease.

Plugs are formed from combinations of blood, crystals and mucous. The most common location for a plug to get lodged is at the very end of the urethra which is at the tip of the cat’s penis. Once the plug is lodged the male cat has officially become blocked and his urine has nowhere to go. The bladder simply gets bigger and bigger. This is an extremely painful situation. If a male cat shows the above symptoms and becomes extremely painful, squats from long periods while producing little to no urine, and howls whenever his abdomen is touched then he needs to be seen by a vet immediately. The sooner they are unblocked the quicker they recover. If the condition persists they become increasingly lethargic while remaining extremely uncomfortable. The cardiovascular system begins to shut down and their body temperature drops as potassium that normally is excreted in the urine backs up into the blood. High levels of blood potassium cause the heart to beat slower and with less force and eventually stop beating all together.

Most of our clients are familiar with this condition because we make sure all owners of male cats know the warning signs. If you or someone you know owns a male cat please make sure you are all familiar with this condition.

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Schedule an appointment today to meet Arlow. 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!

SafeHaven Adoption Blessings

Many things throughout 2020 were different, more so than we could ever have imagined possible in the beginning of the year. While much of what happened created hardship, fear, and hurt there were a few wonderfully bright spots that reminded us of what an amazing community we are blessed to live in.

In 2020, SafeHaven saw one of our best year’s for food donations. We were not only able to stock our own shelves but were able to assist other organizations and individuals with feeding their animals.

During the wildfires, with support from the community, we were able to temporarily house over 50 displaced animals until their owners were in a safe and stable position and could reclaim them. Additionally, in 2020, 1,937 animals were able to find their forever homes. With everything that has happened that is only 150 fewer animals than in 2019! For those bunnies, guinea pigs, cats, and dogs this may have been the best year of their lives. We are so thankful to have been a part of it. Here’s to 2021 and saving more lives!

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Decorating with Mirrors

Mirrors have a dramatic effect on the look of any room. Natural light pouring in through a window and reflecting off a mirror really brightens a space. And, since the pandemic has started, home gyms have become more popular than ever increasing the demand for mirrored walls. There are few things to consider if you're thinking of adding mirrors to your home.

Mirrors that go to the floor should include safety backing. It's an adhesive film that keeps the mirror in place in case of breakage. The last thing you want is large chunks of mirror falling to the floor with the potential to harm someone nearby.

Keep in mind also, that most mirrors for home gyms or other areas don't necessarily need to cover the entire wall to be effective. Usually, you can keep the mirror about 18"-24" off the floor and still see your legs and feet when standing a few feet away.

Don't be tempted to get a cheaper mirror at the home stores. Those mirrors are typically very thin and come with frames around them making them difficult to install side-by-side for the wall of mirror look. Also, they often

have distortions which give you a "funhouse" look making you appear smaller or larger than in real life. For the cleanest look use thicker mirrors and install them with low profile "J" shaped channel and mirror mastic adhesive. They can be set side-by-side and give the wall a monumental reflective look.

Large mirrors can be heavy and somewhat dangerous for a do-it-yourself project. Not only is handling them an issue but transporting them from the glass shop to your home can be difficult without a rack designed for that purpose. You should never lay large pieces of mirror or glass flat in the back of a pickup truck. A local glass company is best suited look over the location of the mirrors in your home then safely deliver and install them.

For all your window needs see the Smith family. They are your neighbors, so you can trust them to offer the highest quality materials expertly installed at a fair price. You can get more information at www.smith-glass.com or calling them at 541-926-4446 or 541-753-9175 or visit their showrooms at 133 Lyon Street in Albany or 544 SW 4th Street in Corvallis. Smith Glass, On the Cutting Edge since 1945.



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Agatha Raisin Mystery Series

One of the endearing qualities of genre fiction is that each book is so much like the other: if you pick up a mystery novel, you know that the killer will be revealed at the end. A trap that many authors fall into is relying on flat characters to walk through a plot. That’s not very interesting for the reader, though, so it’s refreshing when an entirely new type of character comes along.

At first glance, Agatha Raisin might be a younger version of Agatha Christie’s Miss Marple. Middle aged, single (in most of the books), and poking her nose into a murder on behalf of a friend. However, that’s where the similarities end. On the one hand, Agatha Raisin is a bit of a bumbler, and these books have a pleasant vein of fun and humor throughout. On the other hand, however, Agatha Raisin has a red-hot temper that can flare up in the most delightful ways. This is not your timid little old lady amateur detective, but a feisty hot-headed woman balancing the investigation, her easily-wounded pride, and a variety of personal relationships.

I love it when a main character is flawed. So many heroes & heroines are seemingly perfect: smart, strong,

emotionally tough, etc. Well, unfortunately, I’ve got a lot more in common with Agatha Raisin that I do with Jack Reacher, that’s for sure. When she goes off on one of her tempers, I cringe while reading, but can also relate. And when her friends chide her for being rude or obnoxious, I can hear echoes of my own conscience.

The plot line of the first book, *Agatha Raisin and the Quiche of Death*, reveals the flawed nature of our “heroine.” Having moved to a small town, she decides to enter a quiche competition. Lacking the culinary skills, but not to be outdone, she buys a quiche from a posh London restaurant. Much to her dismay, and to the town’s horror, one of the judges dies of poisoning after eating her quiche, and so she must solve the murder to clear her name!

Other than this interesting character, the stories fall in line with what you expect out of a British cozy mystery, complete with the occasional manor house. A fun combination of a classic English mystery with a modern humorous one, and with something around thirty books in the series,

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