

HIGH POINTS



GOOD NEWS FOR THE WILLAMETTE VALLEY

MARCH 2021 • FREE



Salmon by Dan Bateman

It's Time to Get Your Timeless Photos In

A majestic waterfall amid bright fall colors. An historic home bathed in purple wisteria. A giant salmon seemingly ready to gobble up a young boy.

What do these images have in common? They each were winners in last year's photo contest sponsored by the Albany Visitors Association. If you would like to get in on the fun for prizes and a little recognition, you are in luck! The AVA just kicked off its 14th Annual Albany Photo Contest and the deadline is 5 p.m. March 19.

The purpose of the contest is to find images suitable for use in the coming year's marketing materials for Albany and Linn County, some of which are sent around the U.S. and the world! Photographers will be given photo credit whenever possible.

The AVA is asking that entrants specifically feature Albany and surrounding Linn County. Images most used in AVA publications, ads and on social media feature people enjoying life and having fun in the area.

The contest is open to photographers of all skill levels. First-, second- and third-place prizes will be awarded to winners in each of seven categories: Scenic, Landmarks, Events, Life in the Community, Historic Albany, People and Culinary. A first-place prize will also be awarded in the Student category. Photos taken in 2019, 2020 and 2021, and have not been previously submitted, are eligible.

If you need some ideas, we know that the most popular photos feature people relishing fantastic food and drink (think microbreweries, distilleries, winemakers), participating in events (like the Art & Air Fair, shows at the Expo Center), having a great time outdoors (yup: hiking, biking, and paddling in our parks and around town) and enjoying the beauty and majesty of our city's historic architecture. Remember: any photos of water recreation must be compliant with life jacket laws.

If you plan to take photos with people in them, remember you must have them sign a model release. It is much easier if you enlist your friends or family to use in the photos. Getting strangers to sign model releases can be difficult.

The deadline for submission is 5 p.m. Friday, March 19, 2021. For information, rules and release forms go to albanyvisitors.com, head to the bottom of the page, and under Blog Posts click on "Enter the 2021 AVA Photo Contest." Review the rules and required forms and then email info@albanyvisitors.com and they will send you the online entry form through Survey Monkey – you do not need a subscription to use the survey.

For further information contact the AVA at 541-928-0911 or info@albanyvisitors.com.

And remember: Have fun, and good luck!



Wisteria by Stephanie Low



Waterfall by James Williams



Easter Traditions on a Budget

Every year Moms and Dads scramble to find just the right Easter basket. Will it be the sports Easter basket for \$20 or the Baby Yoda one for who know how much? When did Easter gifts become so expensive?

The average family has 2.4 children and Easter gifts can break a budget in a hurry. Here are some wonderful easter memory creating ideas that won't break the bank.

1. BUNNY PAW PRINTS. Grab an old shoe box lid and cut out big bunny paw print to make a stencil. On "Easter Eve" use the stencil to make paw prints through your house by sprinkling baking soda in the stencil. Turn it over to make left and right feet. (the baking soda vacuums up off the carpet)

2. EASTER EGGSTRAVAGANZA. For most kids, easter is not easter without decorating eggs. This year instead of letting the kids have all the fun, start a tradition that involves the whole family. Throw an annual Easter egg decorating contest. Choose enough categories so everyone gets a chance to win. Some categories could be funniest egg, most original egg, scariest egg, or celebrity egg. The wackier the categories, the more fun you will have decorating and judging. Ask everyone to submit an egg and display them on the kitchen table. Ask Grandma and Grandpa to be the judges. Before you know it, you will have trouble finding judges because everyone will want to decorate an egg!

3. FOLLOW THE RIBBON. This is a simple tradition that doesn't take much preparation. All you will need to do is buy some narrow inexpensive ribbon from a local craft store. Choose a different color for each member of the family (15 to 25 yards per person depending on how crazy you want this to be). Once the kids are in bed, tie a ribbon to each of their hidden baskets and wind them in and out of the furniture and the other ribbons until you can't see where they began. Bring the ends to one central location (perhaps the kitchen table) as a place where your family can begin the entangled maze to find their baskets. Before you know it, everyone will be tangled in ribbons and laughs.


4. THE BIG PEOPLE EGG HUNT. On Easter Sunday, gather the adults together and have them each hide one or more eggs somewhere on themselves. It might be in Grandma's apron pocket, Uncle Bob's boots, behind Dad's glasses, or under Grandpa's hat. This hunt isn't just for the little ones, it involves everyone and is a wonderful way to connect the generations. Your family will be sure to get a laugh as the kids poke around looking for hidden eggs. No one and no place are considered out of bounds. You'll want your video camera ready for this Easter Egg Hunt.

5. PERSONALIZE LETTER FROM THE EASTER BUNNY! What child does not get excited about getting mail? How about a personalized letter to your child from the Easter Bunny? This letter will be mailed directly to you child and talk about how mom and dad have told the easter bunny that he/she has been good. What an exciting memory for your child!

Easter baskets and gifts do not have to ruin your budget for them to be meaningful. These are just a few ways in which you can start some family easter traditions with your family.

Here's to a wonderful tradition filled Easter!

Brought you in part by



Fun Events for March 2021

With the Covid-19 situation, many events are canceled or postponed. This year has been an interesting one so far. Enjoy the signs that Spring is coming. Bulbs are pushing their green leaves up and even some flowers are blooming. Enjoy the sights of nature as you go travel around our beautiful valley.

- 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.
- 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
- LINN COUNTY ANIMAL RESCUE**- Mar 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!
- FIXER UPPER/A VIRTUAL AUCTION FOR KITTEN AND PUPPIES**- April 14th 8am through April 17th 5pm. Join SafeHaven Humane Society for a virtual spring auction full of Fixer Upper items to support the animals at SafeHaven. Sponsors and Items are needed, for more details email Steph Lesire at steph@safehavenhumane.com

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



Welcome Spring!

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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InSpirit Marketing Inc. is located in historic downtown Albany inside of Two Rivers Market.

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Photo by Ryan Cummings





Photo by Theresa Lynch



14TH ANNUAL PHOTO CONTEST FOR ALBANY AND LINN COUNTY

Entry Deadline March 19, 2021

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Photo by M. Krutsinger



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Diving into the Ocean of God’s Love

The great state of Oregon parallels perhaps one of the most magnificent wonders of the world. The mysteries that exist beneath the canopy of the Pacific Ocean are filled with fierce creatures, breath-taking landscape, and a width of gentle power revered by all. The ocean for some is a source of economy and yet for others it is a place to retreat on a warm afternoon. For those in coastal towns where disaster has struck, the ocean is a reminder how valuable life is and how short it can be. Recently, at the Pastor’s Prayer Summit, I had the opportunity to walk along the beach and take in all the beauty that was around me.

I love the sound of the crashing waves, the feel of the warm sand, and the taste of the salty air. I was reminded of God’s unfailing love as I stood and marveled at the width, length, and depth of the ocean. I wonder if those who lived in Ephesus, a major seaport, ever stopped and glanced at the Aegean Sea and thought of God’s love. Revelation tells us that the early church in Ephesus had forsaken their first love. Perhaps they were too busy or enslaved by the anxieties and worries of their daily routines. We know they worked hard,

endured hardship, did not grow weary, and did not tolerate wicked men. How could they have done so many things right as a Christian community and yet miss what was important?

Paul wrote these words to the church in Ephesus some time earlier. *“And I pray that you, being rooted and established in love, may have power, together with all the saints, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge – that you may be filled to the measure of all the fullness of God.” Ephesians 3:17b-19*

My friend, Mike Novelli, makes this observation, “God’s love is like a vast ocean, where we stand at the edge just barely getting our feet wet. In our hearts, we long to dive in and let the waves carry us, but we are apprehensive. Will you jump in, leaving behind the safety of the shore? Jesus is waiting to meet you in the depths of your soul.” *“And so, we know and rely on the love God has for us. God is love, whoever lives in love lives in God, and God in him.” 1 John 4:16* God’s love is real and perfect. His love heals, forgives, and transforms. I encourage you to

God’s Love continued on page 9

RSVP now for these events!

BY RHEA GRAHAM

March 11th is the annual plant, seed, clone and bulb exchange at Albany’s Canna Kitchen & Research. The event will be from 11 am to 4 pm. Bring something to share and the event is free, if you come empty handed a \$10 donation is requested.

On April 20th, to celebrate the “420 Holiday” we are holding a free “Cannabis as Medicine Testimonial Event” at Albany’s Canna Kitchen & Research. This will be from noon to 4 pm. People who have used Smokeless Cannabis Remedies will be providing testimonials about their effectiveness and discussing the symptoms and conditions they have treated using them. You should also expect to learn of the many prescription drugs patients have stopped using, replacing them instead with capsules, elixir, suppositories or topical remedies.

April 22nd we will be welcoming new patients with pain, Parkinson’s and Alzheimer’s/Dementia as well as their caregivers to a free “How it Works” private event. You MUST call or come in to register for this event

to attend. Participants will require a designated driver. We will show you just how quickly and effectively Smokeless Cannabis Remedies can “change it up” and make life more tolerable and enjoyable for both patients and caregivers. When the patient is able to better function, the life of the caregiver is greatly improved.

Another bit of excitement on the horizon is the possibility of me giving a TEDx talk, and potentially a TED talk. If you have never heard of them, a TED talk is where you research and share “knowledge that matters through short talks and presentations.” Their goal is to “inform and educate global audiences in an accessible way.” TEDx is a local platform with local speakers (Portland) and TED is global.

I am convinced there is a whole population out there who needs to hear the truth about Cannabis, and the people I’m working with agree, so, it looks like we will be able to get something going on. Currently events are “Zoom-type” which is too bad, as it is much more fun to speak to a live audience! Stay tuned, I will update here.



Albany's Canna Kitchen & Research

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BI-MART



KAREN'S FAMOUS RECIPES
Stir-Fry Beef and Asparagus

BY KAREN ROGERS

With fresh asparagus finally on the market and almost affordable, this dish is one of my Spring favorites. The preparation takes a little bit of work, but it all comes together quickly. It calls for hoisin sauce which is based on soybeans and sweet potato and many spices. You don't use much, and a bottle lasts a long time. You can find it in the Asian section of the market, and it really makes the flavors pop.

To get thin slices of beef, freeze the meat until it is firm but not solid and the slice against the grain. For two, about 8 ounces works well. Before slicing, prepare the marinade, the broth mix and the sauce.

Prepare the asparagus by snapping off the ends and cutting into 1-inch pieces.

For the marinade combine 1 tbsp soy sauce, 1 tbsp dry white wine, 1/2 tsp sugar, 1 1/2 tbsp cornstarch, 2 tbsp water and 1 tbsp oil. Mix well and add the thinly sliced meat and allow to marinate for

about a half hour. For the broth, combine 1/3 C water or broth, 1 tbsp wine and 1/2 tsp each of sugar and salt. Set aside on the stove. Make the sauce by mixing 2 tbsp hoisin sauce, 2 tsp cornstarch, 3 tbsp wine and mix well. Have a crushed clove of garlic and a 1-inch slice of fresh ginger at the ready. Drain the meat in a sieve. Heat



a skillet over moderately high heat and add 3 tbsp oil. When the oil is hot, add the garlic and ginger and cook about 30 seconds, then discard them. Quickly add the meat

and stir it around until it is no longer raw looking. Add the asparagus and stir constantly until it is bright green. Now, add the broth mix and cover tightly for about 1 minute. Uncover the pan and add the sauce mix, stirring fast until the sauce is thickened and forms a glaze.

TA DA!!!! You have made a tasty dish in just a few minutes! Serve it with rice to soak up all the sauce. I really like this and until asparagus goes out of season, I plan to feast on this often.

March Word Search by Rolie the Puzzlemaster

Word search grid containing letters for finding words.

- AIRPORT, BEACH, BOARDWALK, BOATS, CASINO, CELEBRITIES, COMEDIANS, FISHING, FOREST, GOLF, HOTEL, LOBSTERS, LOUNGE, MUSEUMS, PARADE, PARK, SAILING, SMORGASBORD, SURF, ZOO

Browser's Bookstore advertisement with logo, Facebook link, hours (Monday-Saturday 9:30a-6p), and list of services: Paperback exchange, Used books of all varieties, Antiquarian books, We love to buy old books. Address: 121 NW 4th St., Corvallis - 541.758.1121 and 1425 Pacific Blvd. SE, Albany - 541.926.2612.

Jacopetti's Catering advertisement with logo, list of services (Homestyle Cooking, Food with Great Flavor, Personal Touch Menu Planning, Quality Service, Vegetarian Options, Competitive Pricing), slogan 'We love to cook for you!', and contact info (Albany, OR 97321, Tel: 541-926-9660, Email: debbie@jacopettis.com, www.jacopettis.com). Includes Proverbs 3:5 & 6.

The Action Stream advertisement with logo and website willamettevalleysports.com.

Albany's Canna Kitchen & Research advertisement. Includes coupon for \$10 off OMMP Doctor visit (valid 5/31/2021, adult 18+ or parental permission). Text: 'Learn how to make your own Smokeless Cannabis Remedies! SAME LOCATION SINCE 11-11-11'. Address: 2300 Ferry St SW Ste. 1 Albany, OR 97322. Phone: (541) 981-2620, Fax: (541) 730-4147, www.theackr.com. Details OMMP Doctor visits (\$50 deposit, state fees included/excluded) and lists qualifying conditions for an OMMP Card (Cancer, HIV, AIDS, PTSD, etc.).

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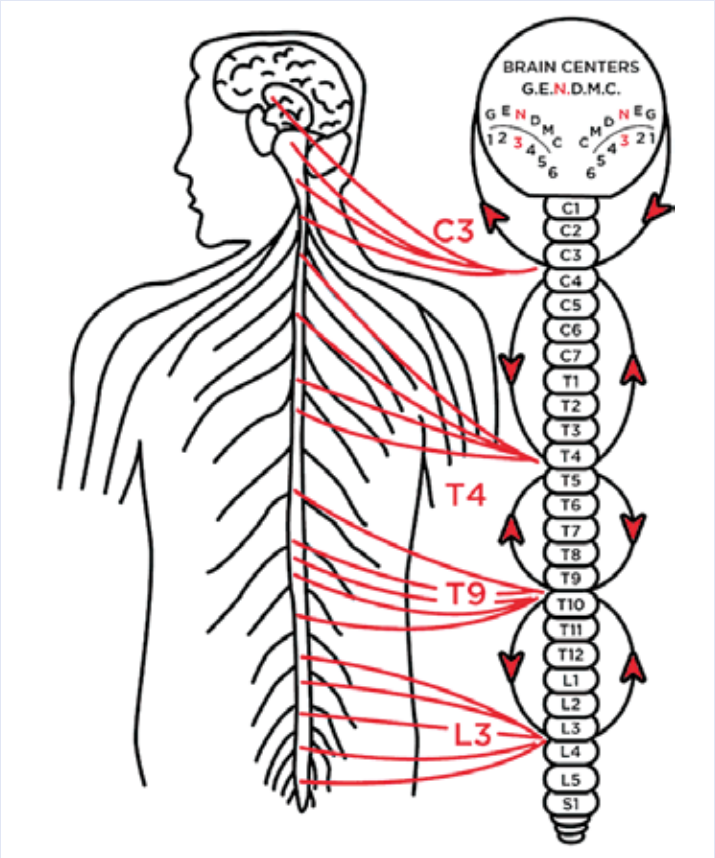
POINTS FOR PROFIT MEETING is March 30, 2021 from 6-7:30pm on Zoom. Zoom Room id is 541-791-2901. For more info visit pointsforprofit.org.

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What is Points for Profit?

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Non-profit organizations work to raise funds for their programs by shopping our business sponsors and purchasing their goods or services and saving receipts for which they receive points. At the end of the year the Non-profit that earns the most points will receive the largest amount of money which has been collected into a prize pool. Organizations earn points in many other ways as well, such as attendance at monthly meetings, (where businesses display and promote their products), by shopping all the businesses, attending special events the businesses are sponsoring and responding to special offerings by the businesses will earn you



even more bonus points. In addition, you will receive points for every dollar spent with the businesses in our program. Non-profits are asked to attend monthly meetings and turn their receipts and point totals in at our monthly meeting. Business are given an opportunity to share about their business at these monthly meetings. Giving every one a chance to learn new and relevant information.

Non-profits do not pay any money to be a part of the program but do sign a contract to attend ten meetings and two workshops and turn in six sets of receipts throughout the program year. If a non-profit fail to do this and therefore is not “active” in the program, they will not receive any money at the year-end banquet that honors all our non-profits.

Points for Profit is a grass roots program that has harnessed millions of dollars yearly to the local businesses in our program as well as given back thousands to non-profits each year. We have openings for both businesses and non-profits. If you would like more information please email info@pointsforprofit.org Our business sponsors and non-profits list are available on our webpage www.pointsforprofit.org.



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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.

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Good Review

Original “lost race” novel *She* by H. Rider Haggard

Reading a novel by H. Rider Haggard is like reading *Lord of the Rings* for the first time, or discovering *Star Wars*: you suddenly see where so many authors get their material! Haggard’s 1887 epic *She* is one of the original “lost race” novels. Although lost races have been written about since ancient times (think Atlantis), Haggard was the first author to turn it into a genre, and he churned out a bunch of novels featuring lost races—this theme was soon picked up by other authors, perhaps most notably Edgar Rice Burroughs, the creator of Tarzan. Today, the idea of a lost race is so ingrained that it has been absorbed by all other genres: from adventure stories like Michael Crichton’s *Congo*, to pretty much every episode of *Star Trek*.

The two main characters of *She*, Leo and his guardian Holly, discover a manuscript written by Leo’s deceased father which reveals a 2,000-year effort to avenge the betrayal and murder of the family’s progenitor, Kallikrates. Seemingly a myth, but supplemented with a few artifacts, the manuscript inspires Leo to travel to Africa to discover his past. No big surprise—the story of Kallikrates is perfectly true. But what is a surprise—his murderer is the beautiful Ayesha and she is

alive and well after two thousand years. Haggard spends a fair amount of time talking about the “lost race” that Ayesha rules over as the queen referred to only as “She-who-must-be-obeyed.” As the lost race novel developed over the next several decades, authors spent an increasing amount of time on providing details on how all aspects of their lost civilization work. Haggard, however, is ultimately more concerned with telling a story, and he forgoes such details in favor of developing the unforgettable character of She-who-must-be-obeyed.

Ayesha, when we first meet her, is a terrifying and cruel queen, dangerous and even deadly. Later, however, she becomes more of a tantalizing mystery than a threat. By the end of the novel, we have learned that her driving force is nothing other than that most noble of all instincts—love. She has made the complete switch from “bad guy” to “good guy”—a transformation that’s hard to accomplish in a relatively short adventure novel. She is one of the most cynical characters ever to be created, yet we finally understand that beneath that cynicism is a hope that has sustained her for two millennia.



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Power Outage continued from page 10



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