

HIGH POINTS



GOOD NEWS FOR THE WILLAMETTE VALLEY

JUNE 2021 • FREE



CHAMPION, *Victorian Splendor* by Camron Settlemier



CHAMPION RESERVE, *Life on 2nd Ave.* by Melinda Martin

Albany Photography Contest Winners Announced

The Albany Visitors Association (AVA) is excited to announce winners of our 14th Annual Photography Contest. The purpose of this contest is to find images suitable for use in the marketing materials for Albany and the surrounding area. The contest is open to photographers of all skill levels and this year 18 talented photographers entered 172 beautiful and creative photos.

Prizes this year included certificates and gift cards for: Champion, Reserve Champion, Staff Choice, and People's Choice. All 1st Place winners received a certificate for 15 Downtown dollars from the Albany downtown Association and the Student winner received a Splatter Box gift certificate. This year the 1st, 2nd, and 3rd place winners were also presented with gift cards to the Pix Theatre.

All photos in this year's photo contest can be viewed on the Albany Visitors Association YouTube and Flickr page: <https://www.flickr.com/photos/90531885@N07/>, and on the Pix Theatre screen prior to the feature film through June.

The overall winners of the 14th Annual Albany Visitors Association Photography Contest are:

- Champion, Camron Settlemier, "Victorian Splendor"
- Reserve Champion, Melinda Martin, "Life on 2nd Ave."
- People's Choice, Jill Weissbeck, "Sunrise at LBCC"

Culinary:

- 1st Place, Dan Bateman, "Decadent Temptations"
- 2nd Place, Camron Settlemier, "A Pack of Peppers"
- 3rd Place, Cathy Webb, "Saturday Market Treats"

Events:

- 1st Place, Cathy Webb, "Lift Off Kiss"
- 2nd Place, Camron Settlemier, "Porch Parade Passes"
- 3rd Place, Cathy Webb, "Pond Splash"

Historic Albany:

- 1st Place, Shannon Cruz, "Railroad Bridge"
- 2nd Place, Melinda Martin, "Cumberland"
- 3rd Place, Melinda Martin, "Historic Home"

Landmarks:

- 1st Place, Stephanie Low, "Welcome to Albany"
- 2nd Place, Lori Norton, "Christmas Carousel"
- 3rd Place, Shannon Cruz, "Ellsworth Bridge"

Life in the Community:

- 1st Place, Dan Bateman, "Cleared for Takeoff"
- 2nd Place, Camron Settlemier, "Cedar Waxwing Takes on Photinia Berry"
- 3rd Place, David Maestas, "Wheat in the Raw"

People:

- 1st Place, Lori Norton, "Carousel Fun with GG"
- 2nd Place, Lori Norton, "Contemplating the Popcorn"
- 3rd Place, Jolene Thomson, "Untitled"

Scenic:

- 1st Place, Lori Norton, "Cloudy Winter Afternoon"
- 2nd Place, David Maestas, "Santiam at Rest"
- 3rd Place, Dan Bateman, "Northern Pintail"

Student:

- 1st Place, Erin Thomson, "Hackleman District"

Congratulations to all the winners of the 2021 Albany Visitors Association Photography Contest and thank you to all who entered. For information on entering the 2022 contest, please contact Amy Felmley at the Albany Visitors Association: info@albanyvisitors.com or 541-928-0911.

This activity is supported in part by a grant from the Oregon Cultural Trust, investing in Oregon's arts, humanities and heritage and by the Linn County Cultural Coalition.

Browsers Bookstore, CASA and Linn County Jail Join Forces!

Not everyone in our community has access to good books to read. Browsers' Bookstore has teamed up with two local organizations to get books into the hands of people eager to read.

CASA of Linn County has a hand-picked list of books they are looking to buy for children in foster care.

The Linn County Jail has a highly curated list of books, both fiction and nonfiction, that they want to have available to inmates.

Both organizations have a "store credit" account at Browsers' Bookstore. They can use this credit to buy books off of their lists, either new copies or any used copies we can find. We've put out the word to our customers, and have raised over \$1,000 in donations of cash or store credit to put toward these organizations.

If you'd like to help, you can do one of three things:

- If you already have credit at Browsers', you can ask to transfer some of it to CASA and/or the jail.
- If you have books to sell, you can ask that we credit the CASA or Jail account instead of yours.
- If you'd just like to make a cash donation, you can come in or even send PayPal (to info@browsersbookstore.com) or call with a credit card, (541) 926-2612, from 10:00 to 5:30.

Anything you can do will really help make a difference.



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Fun Events for June 2021

- FARMERS MARKETS**
 - Albany - Saturday 9am-1pm, City Hall Parking Lot <https://locallygrown.org/home/>
 - Corvallis- Saturday and Wednesday 9am-1pm, First St. Downtown <https://locallygrown.org/home/>
 - Lebanon-Thursday 2pm-6pm, Corner of Main Street & Grant <https://sweethomefarmersmarket.org/>
 - Salem Saturday 9am-3pm-865 Marion St NE, Salem <https://www.salemcommunitymarkets.com/>
 - Sweet Home- Tuesday 2pm-6pm, Corner of 12th Ave & Kalmia <https://sweethomefarmersmarket.org/>
- FUNCTION 4 JUNCTION-** June 4th and 5th; see www.function4junction.com for more details.
- STRAWBERRY SHORTCAKE AT CHEADLE LAKE PARK** – June 5th from-2pm come drive thru and get your free piece of strawberry shortcake (until they run out) to celebrate keeping Lebanon Strawberry Festival tradition alive.
- BONANZA SAFARI-WAPITI BOWMAN** - June 19-20. For more information and to register visit www.wapitibowmen.com for more details.
- RUMMAGE SALE**-St. Edward Catholic Church - June 10th – 12th at 100 S Main St. in Lebanon Noon to 6pm on Thursday, 9am to 6pm on Friday, 9am to Noon on Saturday.
- BONANZA SAFARI-WAPITI BOWMAN** - June 19-20. For more information and to register visit www.wapitibowmen.com.
- CAR AND MOTORCYCLE SHOW**-June 20th from 3-5pm, Hope Church in Albany
- LINN COUNTY ANIMAL RESCUE** – June 26th from 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!

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

Exploring Albany through the 2021 Passport Program

Looking for a great activity for the kids this summer that gets them outside and gives them a chance to put their thinking caps on?

Get them involved in the 2021 Albany Summer Passport Program.

The program is geared toward elementary-aged children, but their siblings, parents and grandparents are welcome to come along. The program is free and offered through a partnership with the Albany Visitors Association, City of Albany, Albany Regional Museum, Albany Downtown Association, the Monteith Historical Society and Albany Historic Carousel & Museum.

This year’s program is designed with the uncertainties of COVID 19 safety guidelines in mind to make sure everyone is safe!

Passports can be picked up starting June 22 at a Kickoff Drive, from 3 to 7 p.m. at a place as yet to be determined. Check the AVA website, Albany Passport Facebook page, albanysvisitors.com, or call 541-928-0911 for an update.

For those who miss the kick-off, a passport can be mailed by calling the AVA, or come into the office at 110 3rd Ave. SE and pick one up. AVA office hours are 9 a.m. to 5 p.m., Monday through Friday.

Once the kids have a passport, email the AVA at info@albanysvisitors.com to register: please include the best email and phone number to reach you and each child’s first and last name and age. Registration is necessary to receive the weekly newsletter with information about challenges and opportunities for prizes.

Here’s how it will work: Thirty-six participating partners will display a Passport poster in their window with a mystery task to complete. The businesses will be listed in the passport. When possible, kids will also be able to enter businesses to have their passport stamped. Take your time and have fun!

When finished, drop off your passport on or before Monday, Aug. 30, at the AVA office. Include your address if you would like your passport returned.

The Challenges and Prizes: Watch all summer for your Passport E-Newsletter for weekly challenges to win prizes, donated by the participating businesses. At the end of the summer, participants’ names will also be entered into a drawing for more fabulous prizes. Passport holders do not have to visit every location to be entered in the final drawing. Good luck!

The Partners: Businesses and locations who graciously have donated their time and prizes are: Albany Antique Mall, Albany Area Chamber of Commerce, Albany Community Pool, Albany Downtown Association, Albany Fire Department, Albany Historic Carousel & Museum, Albany Public Library, Albany Regional Museum, Albany Visitors Association, ATA Martial Arts, BJ’s Ice Cream, Brick Circuit, Bricks & Joysticks, Brigitte’s Place Fine Fabrics, Cool! Pool, Downtown Carnegie Library, Enigma Escape Experience, Gallery Calapooia, Infinite Air Center, Lake Shore Lanes, Margin Coffee, Midway Farms, Mid-Willamette Family YMCA, Monteith House Museum, Natural Sprinkles, No Baloney, Pix Theater, Shortstops, Southpaw’s, Spearit Beads, Talking Water Gardens/City of Albany, The Frame House, Thompson’s Mills State Heritage Site, Urban Ag Supply, Waverly Paddle Boats and Wicked Comics.

For regular updates, go to Albany Passport Facebook Page, email the AVA at info@albanysvisitors.com, or call 541-928-0911.

This activity is supported in part by a grant from the Oregon Cultural Trust, and by the Linn County Cultural Coalition.

Happy Father's 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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photo by Tiffany Holdahl

Explore Albany

Discover Your Story

2021 Summer Passport Albany, Oregon.

Get out and about with the Albany Summer Passport Program for kids. Explore Albany and enter to win fun prizes. This year's program is designed with the uncertainties of COVID 19 safety guidelines in mind, to make sure everyone is safe!

Find out more at AlbanyVisitors.com

541.928.0911

Simple Lifestyle Changes You Can Make that will Improve the Immune System

DR. NICHOLAS BROWN, CHIROPRACTOR

A depressed immune system lowers the body’s ability to fight off all sorts of diseases. A person with a weak immune system is more susceptible to infections and diseases. Here are the rest of the healthy tips.

1. Avoid refined sugars. When it comes to what to avoid in order to protect one’s immune system, refined sugar is among those at the top of the list. Research has suggested that sugar impairs immunity to quite a significant degree, reducing the function of white blood cells possibly by 50% over a period of up to five hours after ingestion.
2. Probiotics. Consume yogurt or other foods which contain good bacteria, such as sauerkraut and kimchi, or take a probiotic supplement. A significant portion of immune function resides in the gut. Good bacteria also keep the growth of harmful and immunity-damaging microorganisms in check. Even though science shows that probiotic colonies are never permanent, while you are taking them, they help create a more favorable environment in the intestine until you and your wellness doctor can work to rehabilitate your gut.
3. Avoid immune-damaging elements. These include cigarettes, excessive alcohol, MSG, artificial food additives

- and preservatives, heavy metals, harmful chemicals in household and personal cleaning products, etc. These are known to harm health. Go for natural products as often as possible.
4. Good nutrition. Consume plenty of natural whole foods, including vegetables, fruits, whole grains, beans, legumes, seeds and nuts. The body needs a well-balanced dietary intake sufficiently stocked with essential nutrients. Nutrient deficiency is the most frequent cause of a depressed immune system.
 5. Chiropractic. In 1975 researchers found when they measured two groups of people; one group that received regular chiropractic care and another group who never received chiropractic, that the chiropractic group exhibited a 200% greater immune competence when exposed to an immune challenge.
 6. Spiritual Practice. Modern research has shown that people with a regular spiritual practice have healthier cortisol levels and healthier levels of inflammatory proteins in the body. Those with religious involvement have been shown to have lower blood pressure and less depression.
- Timberlinn Chiropractic is in Albany, Dr. Nicholas Brown, Chiropractor, and his staff are available to answer any questions you may have to get your immunity system stronger! Call them today at 541-967-8060.

How to Select and Eat a Cannabis Edible

BY RHEA GRAHAM

The first thing you need to establish is, “why are you eating the edible?”. Do you wish to get high? Looking for more energy? Sleep? Not all edibles are created equally as you will soon learn once you start making and eating them.

Terpenes “drive the high” so it is hard to say “an Indica will put you to sleep and a Sativa will have you scrubbing the walls” but that is what you will typically find. This may not be true if you are bipolar or have opposites effect. Often, hybrids are more subtle, especially the Indica dominate ones. They usually allow you to enjoy a lift before you go to sleep.

The act of eating the edible is important. You want to nibble on it; eat it very slowly, let it “run around your mouth awhile”. In doing this you will feel the effects and relief in minutes instead of an hour or more. What you eat and when you eat it in relation to the edible itself is of vital

importance, too. If you eat “fat” (ice cream, yogurt, etc) half an hour before your THC edible, your liver will be busy metabolizing the fat and ignore the THC for the first pass through the liver. If you eat the edible on an empty stomach with “fat” the liver will metabolize the THC, altering your state of mind if the THC is activated.

Gastro paresis will affect how your body reacts to edibles. If your intestines aren’t pushing the edible through your system, you won’t have the effects. With this condition, you will really want to let the edible “run around in your mouth”. You will absorb the Cannabinoids through the mucus membrane in the mouth faster and without the degradation of stomach acid. I have had a patient tell me that they got “high” more than a day after eating an edible due to gastro paresis. Making your own edibles is the very best way to know what you have. You can purchase the concentrate at a dispensary and easily dose a batch of edibles.



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BI-MART

KAREN'S FAMOUS RECIPES
Multi-Bean Salad

BY KAREN ROGERS

With summer almost upon us, we enter the delightful world of outdoor eating. Everything always tastes better outside- it must be the extra oxygen from the grass and trees, but I can get giddy eating barbecue on a concrete parking lot!

Make the dressing first so it can chill completely. Sift into a saucepan ¾ C sugar or Splenda and 1 ½ tsp cornstarch. Be sure to completely mix the cornstarch, or it will be lumpy. Very slowly add 1 C red wine vinegar and stir well. Cook over medium heat until thick. Add two minced cloves of garlic and ½ C vegetable oil. Whisk until smooth. Cover and chill completely. You can put this in a small jar and shake it well instead of whisking.

To make this salad perfect, get fresh green and wax beans from the Farmers Market. Prepare 2C of each type of bean. Bring a large pan of water to a rolling boil and drop in all the beans at once. When they return to a boil, time five minutes exactly. Pour the

water off and shock the beans in a pan of ice cubes and cold water until completely cold and drain. Remember, I'm a vegetable snob and this step is necessary to achieve the best result.

Place the drained beans in a large

bowl and add 1 can each of drained kidney and garbanzo beans. Chop 1 small red onion, add and mix well.

Just before serving, pour the dressing over the salad and mix well. Add salt and pepper to taste. The lightly thickened dressing will cling well to the beans.

You can vary the beans in any way you like. If you dislike garbanzos, leave them out or substitute others. The dressing is adequate for about six cups of salad. This can be made a day ahead and refrigerated, adding the dressing at the last minute.


This is always well received at picnics. The Splenda version is very good for dieters and diabetics. The crisp beans and the tangy sauce make it a hit at any outdoor feast!



June Word Search by Rolie the Puzzlemaster

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

AGELESS	FOOD	PINT
ARTWORK	FRIED CAKE	PUREE
BUTTER	FRITTER	RECIPES
CAKES	HEIRLOOM	REGION
EDITION	LARD	SALT
EGGS	LOAF	YEAST
EPICURE	PASTRY	



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Proverbs 3:5 & 6

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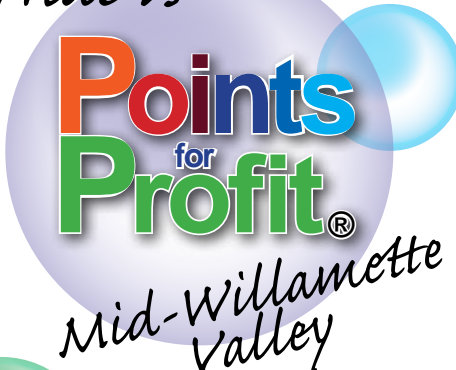
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541-791-2901. For more info visit pointsforprofit.org.

Women of the Bible Speak

Have we moved away from values and virtues? Are we walking away from truths and principles that we once held so dear? Has the “Golden Rule” changed over time? Growing up, I was taught to be polite, address adults with respect, and to be patient while waiting for my turn. But where do we find good values for our families today? I believe with confidence that good values are found in the pages of God’s Word. His Word, by the power of the Holy Spirit, is what transforms our lives inside-out.

Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. 2 Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.



Might I suggest that you and I NOT just pursue morals and good values, but strive to live Biblical values that will make an eternal difference in the lives of those around us? I would like to recommend a book that captures Biblical values in a unique way: “The Women of the Bible Speak”, by Shannon Bream. Fox News correspondent, Shannon Bream, writes about 16 extraordinary women in the Bible. Their experiences are filled with learned lessons that we can apply to our daily lives. The women are Sarah and Hagar, Rachel and Leah, Tamar and Ruth, Deborah and Jael, Hannah and Miriam, Esther and Rahab, Mary and Martha of Bethany, and Mary – the Mother of Jesus and Mary Magdalene.

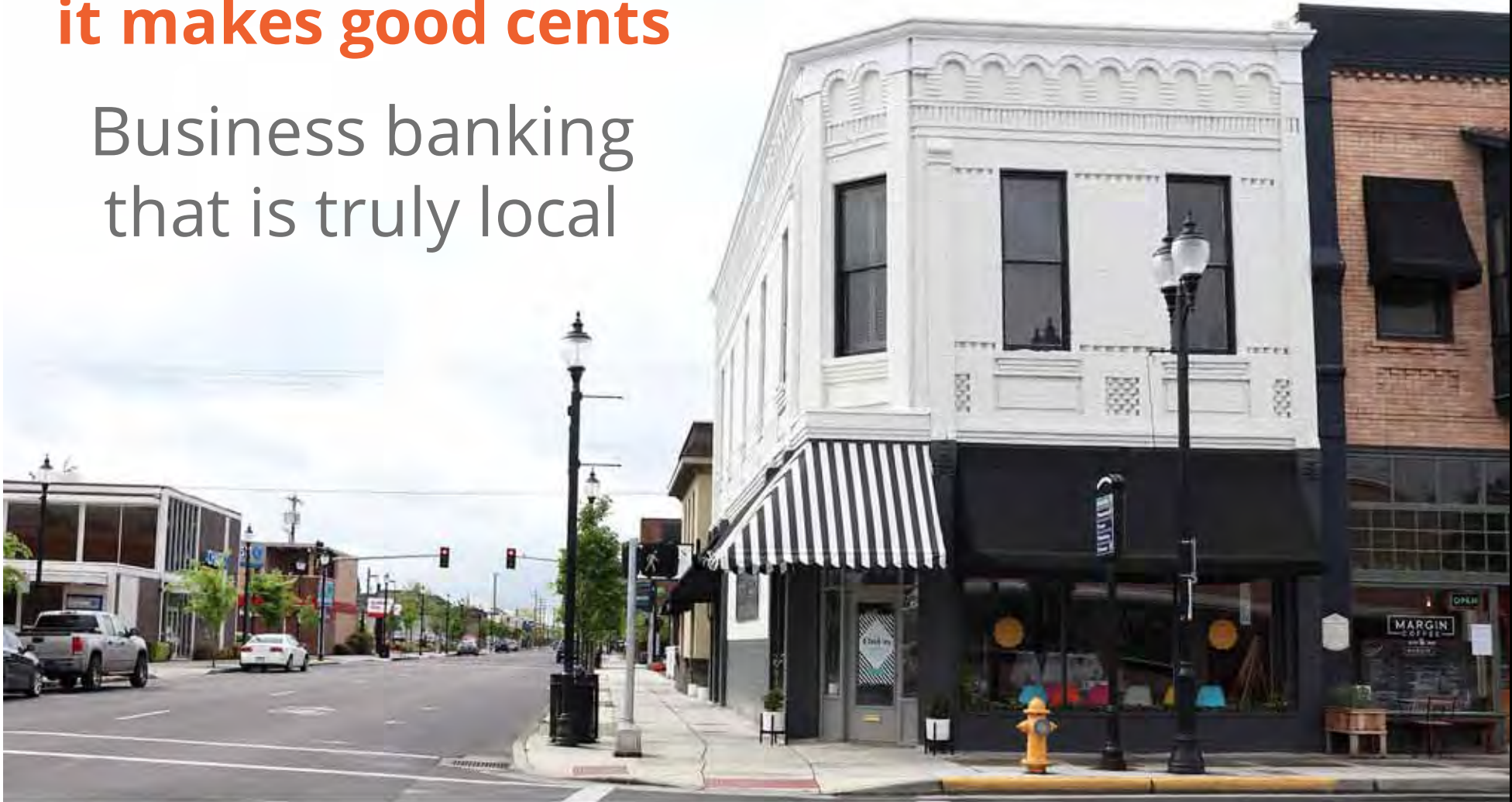
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Got Ants?

At one time or another, most of us have had our home invaded by ants. There are a lot of folk remedies believed to work for getting rid of ants, from baby powder, chalk, dish cleansers, toothpaste spread across the doorways, vinegar, salt, and even placing lime wedges on every windowsill. These folk remedies can stress out a colony and just move them to another location in your home, leaving you with a mess and more frustration. Even though some people have had luck defending their home from these invaders with these methods that is not always the case for everyone.

Eventually some people just learn to live with them believing their home was built on one big ant hill! Most do-it-yourselfers try using over-the-counter ant baits and sprays with little or no success and sometimes make matters worse.

The first step in successfully eliminating any pest problem is properly identifying the pest you are

dealing with. With over 12,000 known species of ants all over the world, identification can be a little challenging for the average person. Even though there are many species of ants found in Oregon, the most common ants the homeowner will have to deal with is the Odorous House Ant, Carpenter Ant and Argentine Ant. Proper identification of the ant will tell us what they eat, where they may be nesting and why they are invading your home.

Not all ants share the same diet, and some diets change with the seasons. Identification is the first step in what is called Integrated Pest Management or IPM. IPM practices allow us to use less chemicals than traditional methods of controlling pests and get longer results. If you have a pest problem calling in a professional can save you a lot of frustration and even save you money. For help dealing with your pest problems, call Mike Stanley at Victory Pest Control at 541-224-5055.



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Living the Dream
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**John Batchelor**
Breaking News Tonight
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**Harley & McNamara**
Red Eye Radio
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**Jim Bohannon**
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Good Living

Summer Pet Times are Better When you know What to Look for!

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

There are a few things that I'd like to touch on in this article based on what we have been seeing recently at the clinic this summer. The first thing is the high number of dogs coming in with grass awns stuck between their toes or embedded in their fur. Grass seeds can also get stuck in the ears and eyes. It's important to check your dog's ears and fur, especially between the toes, after they've been in grass that's gone to seed. If left undiscovered these seeds will burrow deep into their skin and can be extremely hard to retrieve. Some of these seeds have been known to migrate through the skin and end up in the chest or abdomen with serious consequences.

We have also seen a few dogs this summer with salmon poisoning. Dogs get this when they meet come in to contact with raw fish from our northwestern rivers. They can get sick just from licking the skin of a raw fish. These include all fish in the salmonid family including Rainbow Trout, Steelhead, Chinook, and Coho Salmon. Dogs generally get very sick seven to ten days after exposure. Symptoms include weakness, vomiting and diarrhea along with a high fever. This disease is

treatable with certain antibiotics. Summertime is also when we see toxic blooms of blue green algae in some of our local freshwaters. This is relevant to owners of dogs that like to go swimming in lakes, ponds, reservoirs, etc. If the water has a slimy scum forming on the surface ranging in colors from yellow, pea soup green or even red then it's best not to let them swim in that water. The slimy algae stick to their fur which is then ingested as the dog grooms itself. The algae contain toxic neurotoxins that can make them very ill and even die. The rule of thumb is "when in doubt, stay the heck out." The Oregon Veterinary Medical Association posts all major toxic algae advisories on their website oregonvma.org/news/toxic-algae-advisories.

Finally, fleas are ridiculously bad this year in the Willamette valley. If you are having a hard time battling these parasites contact your vet about strategies on how to win the war. Don't waste your money on over-the-counter flea products that all too often just don't work.

Albany Animal Hospital is available to answer any questions you must keep your fur families safe and well! Call them today at (541) 926-8817.



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Window Cleaning Tips for Summer

Sunlight streaming through a dirty window dulls even the brightest day. However, with a little elbow grease and the right products, you can get your windows cleaned and streak-free in no time! Here are a few tips.

On the inside of your house, start with the window frame itself. The tracks where the windows slide often collect dirt and mildew. A sponge with warm water and soap will clean them quickly and a light coat of car polish usually makes them slide more easily. For the glass, a commercial cleaner will probably work the best. Be sure to cover or remove anything on the windowsills to prevent damage from overspray. Paper towels or old cotton rags will leave lint on your newly cleaned windows. Instead, invest in a microfiber cloth or good chamois cloth. Both work well to remove the grime and prevent streaks.

Once the inside is gleaming, it's time to tackle the outside. Remove the screens and lightly spray them with a hose. Warm, soapy water works best to clean them as well. Use care

not to tear the screen since fiberglass mesh fabric can get brittle with age. Wipe the glass and window frame

with a wet rag to remove encrusted dirt before using your commercial cleaner. It's tempting to spray the window with the hose, but the pressure and large amount of water may overwhelm the

weep system of the windows causing them to leak to the inside which is why it is better to do this work by hand. After that, apply the commercial cleaner and wipe away with the microfiber cloth.

Second floor windows present another obstacle. Some newer windows tilt in to make cleaning easier. If your windows don't have this feature, with a little practice, you may find a sponge and squeegee on a long handle will work equally as well.

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REDUCED COSTS

Crews that used propane equipment on their courses for one year reported a savings of 30-50 percent on fuel.

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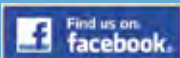
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Runner

By Patrick Lee

Like many people, I usually need to make time to read. It's a conscious effort, because I do want to read — but the time just seems to slip away. So, it was a fun experience to be so engrossed in a novel that I read it in just two days. Somehow, all those other little things dropped by the wayside. It felt like a throwback to the simpler days of childhood!

Patrick Lee's "Runner" is not great literature, don't get me wrong. But it is a fast-paced thriller that is hard to put down. The book starts out strong, with a young girl being chased by a covert military force. She is rescued by a man, an ex-soldier himself, who has tons of covert op experience himself, and they escape together.

The entire book is essentially one long chase scene, which is part of why it is so hard to stop reading. Along the way, we learn that young Rachel has special

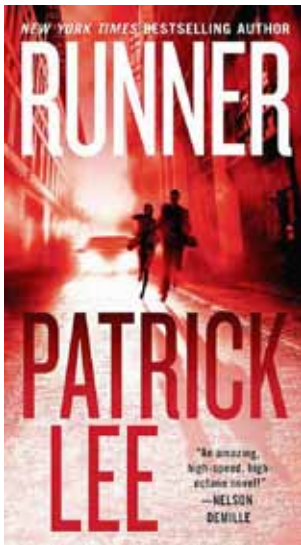
powers: the government knows about these powers and wants her for itself. Added to the mix is a third party, also specially capable who have their own reasons for wanting Rachel.

Much of this is formulaic and predictable, of course, but the author throws in enough twists that you have to re-evaluate everything you know once in a while, and re-frame the entire narrative.

The touch of science fiction, with characters having some special powers, isn't really distracting from the main plot, and this book will still get shelved in the thrillers/suspense section. It reminds me most of the Dean Koontz novels from the 1980s. Highly engrossing, and I'd recommend it to anyone looking for something along the lines of Lee Child or Vince Flynn, but willing to try something a little different.



SCOTT GIVENS,
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How much water does a lawn really need?

Well, while your soil type, the amount of sunshine, and the climate all come into play, a good rule of thumb is 1 to 1 1/2 inches a week.

What is most important is HOW you water. You want to water deeply and infrequently to have a healthy deep rooted grass lawn. Let's say you decide on 1 1/2 inches a week. You can do it in 2 doses or one, but don't do just a little each day. If you do a little each day your grass will have shallow roots and you can have all kinds of drought problems. Now if you have sandy soil it is best to water your lawn twice a week since sandy soil drains faster and soon the water becomes too far down for your thirsty grass roots to reach it. By the same token, if you have dry heavy clay soil you may need to water 3 times a week due to it's water repelling qualities.

If you are unsure how much water your sprinklers put out in an hour, then put out a few plastic tubs to measure how much water your lawn is getting and then adjust your watering

time accordingly. Also by putting out several tubs you can see if your sprinklers are watering the whole yard evenly or not. The best time to water is early in the morning. If you wait till afternoon you lose some of your water to evaporation. If you water at

night you could be inviting diseases to your lawn because of the length of time it stays wet. A couple tips to ensure your lawn looks great when it gets really hot out is to not mow as short and to leave the grass clippings on the yard.

By increasing your mowing height the lawn is less stressed and able to cool itself. Also grass clippings left on the lawn will actually give the grass's roots more moisture and minerals which will help it to be less stressed. Contrary to popular belief grass clippings will not cause thatch buildup.

So you see it is just as important how you water as how much you water. It is not that difficult to keep your lawn green and lush with a little planning when it comes to watering.



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